

# Activities for Remembering my Loved One

Participate in a memorial service for your loved one.

Write stories about your loved one. Or write down stories that they told you.

Make a memory book or scrapbook of photos and memories.

Plant a flower or a tree in memory of your loved one and watch it grow.

Write a note to your loved one, tie it on a small branch and float it in a river or tie it to a tree in the forest.

Walk or run in a charity walk or marathon in memory of your loved one.

Make a "time line" or a paper chain of your loved one's life. Write down special events from their life and attach photos.

Participate in an event or activity that was special to your loved one.

Take up a hobby that was your loved one's hobby.

Make a recipe of one of your loved one's favorite foods and share it with someone.

Make a piece of art that represents your loved one's interest and place it where you can enjoy it daily.

Do something nice for someone in memory of your loved one.

Donate to or volunteer for a charity or a needy person in honor of your loved one.

Make a memory box of special items that belonged to your loved one.

Make a special ornament that represents your loved one.

Make something creative out of a piece of clothing or an item that belonged to your loved one.