

# WAYS TO REMEMBER



## LISTEN TO THEIR FAVOURITE MUSIC (NO MATTER HOW BAD THEIR TASTE IN MUSIC WAS!)

Music is a great way to bring back memories and help us feel more connected to a person. Why not spend some time listening and remembering.



## HAVE A THINK ABOUT THEIR FAVOURITE FOODS AND HAVE A SPECIAL DINNER IN THEIR MEMORY.

Maybe they had a favourite recipe or perhaps order their favourite take away as a treat.

## WHY NOT HAVE A BBQ OR A SPECIAL PICNIC IN THE GARDEN.

Play some games, put some music on, eat some food and celebrate what an amazing person they were. Don't feel guilty for having fun and smiling. Remember they would want you to be happy.



## WRITE A LETTER, POEM OR CARD TO THEM SHARING YOUR THOUGHTS AND FEELINGS.

You may want to keep it in a memory box after or you can post it to Scotty's and we will keep them safe for you. Sometimes it can really help to write your thoughts and feelings down.

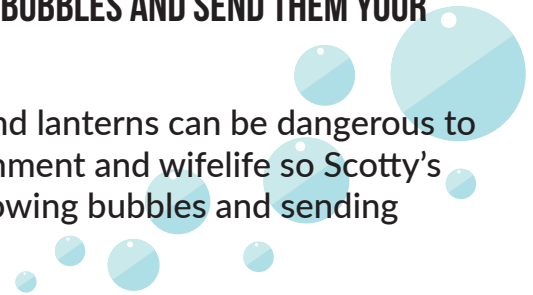


## PLANT SOMETHING IN YOUR GARDEN IN MEMORY OF THEM.

This is a particularly good idea if you can't go to the grave or your parents special resting place.

## BLOW SOME BUBBLES AND SEND THEM YOUR LOVE.

Balloons and lanterns can be dangerous to the environment and wildlife so Scotty's suggest blowing bubbles and sending wishes.



## MAKE A SCRAPBOOK ALL ABOUT YOUR HERO.

You could include photos, special memories, bits of their clothing, stories, certificates.

## BAKE A CAKE

Bake a cake and light the candles, then when you blow out the candles, send a special message to your loved one.



## SET YOURSELF A CHALLENGE TO COMPLETE IN THEIR MEMORY.

Why not raise money for a charity whilst you do it and ask people to sponsor you in memory of your loved one.

## CHAT.

Take the time to chat to your family or friends about your loved one. Share stories or memories. You might even learn something new about them you didn't know!

