

Ways to remember

Sometimes it can be hard to know how best to remember a loved one, so here are a few ideas from the team at Scotty's



IT'S GOOD TO TALK

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.



MAKE A SCRAPBOOK OR KEEPSAKE BOX

You could include photos, bits of their clothing, certificates and special memories or stories you have been told.



GO OUTSIDE

Take some time to think about your loved one. Fresh air and time outdoors can help us to process difficult emotions.



VISIT SOMEWHERE SPECIAL

Go and visit a place where you feel close to your loved one. It could be visiting their grave, a place of Remembrance or even somewhere you used to go together. Just take some time to think about your loved one.



COOK A MEAL IN MEMORY

Maybe you fancy cooking their favourite meal or ordering their favourite take away.



WRITE OR DRAW YOUR OWN WAYS TO REMEMBER HERE →



LISTEN TO MUSIC

Music reminds us of so many things and can help us with our emotions. Maybe you could listen to their favourite band.