

Fifty Ways to Remember

Below is a list of 50 ways to help you as you remember and grieve.

1. Start a journal, recording all the memories you can think of, of the person who died.
2. Reminisce with friends about good times you shared with the person who died.
3. Put all your photos of the person who died in one place where you can look at them easily.
4. Save a copy of the memorial service flyer or photos. Laminate them for safekeeping.
5. Take two pieces of the dead person's favorite food and eat one piece for you and one piece for him or her.
6. Plant a special garden and put a small statue, maybe an angel or a fairy, in it.
7. Watch some home videos of times you spent together.
8. Make personalized memorial cards for the person who died and his or her family.
9. Call the person's family on the anniversary of the death.
10. Create a memorial web page in honor of the person who died.
11. Wear an item of clothing that reminds you of the person who died.
12. Climb into the person's bed, and pull the covers over your head. Or climb into your own bed and do the same thing.
13. Have a birthday party without the birthday boy but in honor of him.
14. Visit the family of the person who dies or make a phone call to them and listen.
15. Get flowers or a plush toy that the person would have liked. Cuddle the toy.
16. Help make a display of meaningful objects for the funeral or memorial service. Or create a display on a tabletop at school or home.
17. Speak at the memorial service.
18. Always refer to the person who died by name in conversation.
19. Write out your favorite memories of the person who died and give it to his or her family.
20. Invite other survivors to join you in activities honoring the dead in your community.
21. Share a book on grief.
22. Write a poem about the person who died and have it printed in the school paper.
23. Have your own ceremony of good-bye in which you write a note to the person who died and then release a balloon.
24. Light a candle at mealtime.

25. Burn incense.
26. Read the persons favorite poem or short story aloud.
27. Make a playlist with songs from the person's list of favorites.
28. Put on perfume like the scent that the person who died wore.
29. Display a special object from the person's own collection or an object that person gave you.
30. Memorialize the person who died in a short prayer.
31. Wear a colored ribbon in honor of the person who has died and in honor of others who have gone before.
32. Display a special photo of you with the person who died.
33. Volunteer your time to a group of cause that was important to the person who died.
34. Volunteer at a hospice.
35. Make a memory collage from old photos and magazine clippings.
36. Make a shadow box with three dimensional objects or art in memory of the person and ask your school to hang it in the library.
37. Donate books in memory of your friend.
38. Plant a tree in the name of the person.
39. Wear jewelry or carry an object that belonged to the person.
40. Paint a picture and hang it in your school library in honor of a friend or teacher who has died. Have everyone sign his or her own message on the painting.
41. Set aside some quality time alone to reflect.
42. Spend an afternoon doing exactly what your friend or family member used to like doing best.
43. Read stories about losing someone loved.
44. Talk to other mourners in an online chat and share your memories online.
45. Do something to help a stranger.
46. Do something to help your grandparents or parents.
47. Do something to help a teacher after class.
48. Visit the cemetery.
49. Clean your room and do other chores.
50. Sculpt a bowl or vase and paint it in the favorite color of the person who died. Fill it with flowers regularly to remember how much you care about the person.