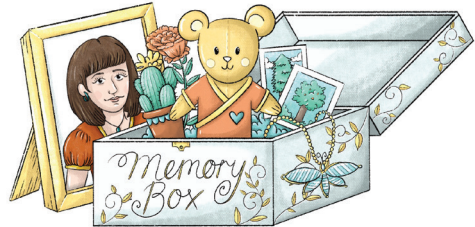


Worksheet 7:

Ways to remember someone who has died

When someone important to us dies, we worry that we will forget them. Ellie, Ben and Alex found lots of different ways to remember their mum...

They each had a memory box to put items in that reminded them of their mum and their times together.



As a family, they walked along the beach and talked about their mum, as this was one of her favourite places to visit when she was alive.

Memory bears were made from their mum's clothing. Sometimes the bears can have a space in them to put special keepsakes.



They all wrote down their memories and stories in their notebooks.



Alex listened to music to help her bring back memories of times shared together.



Ellie liked being creative by drawing and making things.



There are so many ways to remember someone who has died.

Write a list of ways you can remember someone you loved...

●	●
●	●
●	●