

Supporting Children on Important Dates

How to help



Involve children in planning for the day



Welcome their ideas and offer suggestions for things they might like to do



Give them permission to join in activities and to take a break



Consider splitting the day between time remembering and time doing something fun



Role model sharing memories / emotions

"I remember..."

As a family or group to meet in person or online to remember the person who has died with words, videos, photos and items.

My favourite memory...

What I admired...

What I miss...

A fun time...

What I learnt...

Ways they continue to influence me...



Ideas



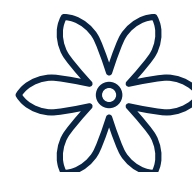
Visit the cemetery with toys and drawings



Writing a letter, song, poem or social media post



Have a secret signal when reminded of the person



Random acts of kindness e.g. give flowers to passers by



Create a memory box



Fundraise in someone's memory



Create a message jar



Light a candle



Put together a photo album



Create a music playlist



Walk in their footsteps at a place they liked to visit