



Message on a tag:

A simple way to remember your loved one at Christmas is to get a gift tag and write a message to them – it could be something you would like to say to them if there were here or a good memory you have of them. Hang the message on your Christmas tree to help keep their memory alive.

Bauble with ribbon/fabric:

Clear Baubles with ribbon/fabric – all you need for this is a clear bauble that you can put things inside – any shape. Then think about the person who has died. Then inside the bauble you can either put ribbons and fabric that remind you of that person – their favourite colour etc or if you have old clothes/fabric of theirs you could cut some of the fabric up and put bits of the fabric inside the bauble as a keepsake and hang on the Christmas tree each year to help keep their memory alive.



Light a candle:

The act of lighting a candle in honor of someone who has died is a centuries old tradition that allows us to express what we often feel we cannot communicate in words. By lighting a candle for someone who has died we can pause for a moment and reflect and remember their life and the memories you have.

Other things you can do – listen to their favourite music – perhaps they had a favourite Christmas song? You could also choose to eat their favourite food over the festive season or drink their favourite drink and toast them at a meal. If the person who has died was a big part of your Christmas tradition, try to have a conversation with your family to think about what you may do differently this year or would like to continue to do the same. Talking to each other can also be really helpful to understand how each other are feeling so that you can support each other during what may be a difficult time for many.

