



Ideas for Remembering on Father's Day

Father's Day can be a difficult and emotional day for children who have been bereaved and are not able to celebrate with their fathers.

Here are a few ideas children may like to do to remember their fathers and share some happy memories:

- Play your dad's favourite music and have a go at dad dancing 😊
- Have your dad's favourite food. This could be a lovely excuse to eat chips, ice cream, donuts or cake!!
- Play your dad's favourite sport. You might get a lot of fun from swinging a golf club, cycling, kicking a football or playing some cricket.
- Writing a card to your dad and telling him about what has been happening can be a lovely way to think about him.
- Going to one of his favourite places or somewhere that holds happy thoughts of him and celebrating his life, helping to connect with him and the memories you have.
- Ask your family about their funny memories of your dad so you can have a giggle and smile with them.
- Do some gardening and plant something in your dad's memory or paint a stone for him and place it in a particularly memorable spot.
- Go for a walk and have a picnic with your dad's favourite food. You could even do some baking beforehand!
- You could also think about someone who is here for you today, perhaps your grandad, uncle, brother, your neighbour or your teacher.
Give them a small gift, some chocolates perhaps, to thank them for your kindness and support.

