**Remembrance Ritual Ideas**

1. Turn loved one’s signature/writing/doodles/handprint/fingerprint into a jewelry/tattoo/t- shirt/wedding program, family cookbook – handwritten jewelry on Etsy.com

2. Turn neckties/clothes/photos into a quilt or bear (thegazebo.com)

3. Dessert plate with family recipe printed on it (prairiehillspottery.com)

4. Family fossils - preserve items in clear liquid that hardens (buttons, coins, plastic toys, etc.)

5. Make a biographical scrapbook about the person

6. Create a shadow box

7. Keep seeds/re-plant family perennials/share clippings from a beloved plant

8. Make sculptures from reclaimed materials (paint brush, gardening tool, table leg, etc) Cammie Metheny 106 Vintage Company, Coleridge, NE FB: 106 Vintage Co)

9. Memory Keeper box – decoupage clippings, pictures – Tanya Monier – tanyamonier@gmail.com

10. Google Assistant – recall photos and add memories of loved one (see Superbowl 2020 “Remember Loretta” commercial)

11. Decorate picture frame (brooches, frames of eyeglasses, etc.)

12. Create a memory magnet

13. Keep voicemails on PC

14. Video – Legacy Republic (legacyrepublic.com) or muchloved.com -packages pictures, slides, videos to create one video

15. On-going Facebook memories of loved one on anniversary/birthday/Throwback Thursday’s

16. Create a memorial website – forevermissed.com or legacy.com

17. World-Wide Candle Lighting, 2nd Sunday in December at 7 pm, light a candle in memory of children who have died creating a wave of light

18. Kindness Project – commit a random act of kindness in memory of loved one. Print Kindness Project card from missfoundation.org

19. Family cookbook or use Google Docs to create a family recipe archive and invite relatives to share their recipe

20. Flipagram app – create fun and quirky videos of loved ones

21. Send a calendar invitation to small group of people reminding them of birthdays, anniversaries, etc. so they can reach out to you and/or set reminders on your calendar to check in with friends on trigger days

22. Craft their image into art – puuranders.nl.

23. Stones path with poem to a special sanctuary in the backyard– “We Remember Them” by Rabbis Sylvan Kamens & Jack Riemer

24. Give a basket of daffodil bulbs for every year they lived

25. Work with a medium – Lilydale, NY or Cassadaga, FL – Cassadaga.org

26. Journal what made them special– memories, stories, jokes

27. Buy a pot of forget-me-not flowers every spring

28. Plant a tree or plant a tree with ashes– arborday.org or nationalforests.org

29. Death of a pet – give a memorial in the pet’s name to Humane Society

30. Create a memorial scholarship

31. Special ornament for Christmas tree

32. Make food for family dinner/potluck with special family recipes. Share stories/favorite memories about your person. Set an extra plate in their honor.

33. Park bench/memorial walk-way/bricks

34. Giving away meaningful possessions to who you want to give them to and why

35. Frame a favorite recipe and make the recipe occasionally

36. Repurpose jewelry – rings into a necklace, bookmark, etc

37. Create an altar or picture of loved one with candle and stop and reflect and honor the relationship. Place fresh photos of them around during gatherings.

38. Bake a cake on their birthday with your children and sing “Happy Birthday”

39. Make jewelry with cremated ashes.

40. Celebration of Life Memorial

41. Honoring a favorite tradition

42. Memorial Reef

43. Charitable Donations

44. Butterfly or lantern release

45. Locket with picture of loved one

46. Social Media memorials – Facebook, Twitter, Linkedin

47. Visit a place he or she always wanted to visit.

48. Donate to a charity during the holiday season in their honor.

 Kay Glidden (6-2020) compassionresilency.com