

It comes with me everywhere. Now when I am small and also when I grow really old. In every moment of my life, her love will be there with me.



On Dates of Particular Significance

Sammy is always going to miss his mum, but there are going to be days that will be tougher than others. An anniversary, a birthday, or a date of particular significance. On those days in particular the mark in his heart shines brighter, as Sammy remembers his mum in a special way. When such days arrive, rather than wait for the day to pass quickly, Sammy has been thinking of special activities that might help his family on those special days.

Sammy wrote down some ideas. Can you think of some more? Which ones do you think Sammy should show to his family and do together? Are there any ideas that could be combined?

- ♥ Prepare something to bring/leave in a special place: a drawing, a card or something else you have created.
- ♥ Paint a stone and leave it in a special place (see “Painting Stones” activity)
- ♥ Write a letter, a poem or song to or about the special person.
- ♥ Plant a tree, plant or flower in a special place.
- ♥ A visit to the cemetery.
- ♥ Visit a place that holds special memories.
- ♥ Go out for dinner, for an ice cream, or simply to spend time in a place that your special person especially liked or that has a special meaning for you.
- ♥ Do an activity that you used to do with that person.
- ♥ Visit a place that your special person wanted to visit but never got the chance.
- ♥ Light a candle and read a story, or poem or a prayer (written by yourself or by someone else).
- ♥ Bring flowers to the graveyard or to someone loved by them.
- ♥ Create a special space within the house or in the garden to remind you of this person, where you can include, for example, their photo and a candle.
- ♥ If you are a religious person, attend a religious celebration, visit a church/temple and say a special prayer for them.
- ♥ Hold a memorial or ceremony with music, candles and a reading of a nice text.
- ♥ If you have a memory box (see “Memory Box” activity), open it and look at it with your family, perhaps add a new item, photo or story to the box.
- ♥ Share memories that day, with the help of videos, photos or another of Sammy’s resources/activities.
- ♥ Cook one of that person’s favourite meals.
- ♥ Make a special call or visit to other people that also have the same name written in their heart.

