

There are **ALL KINDS** of things you can do
to **HONOR** and **REMEMBER** your loved one!



In Loving Memory Of:

Person's Name: _____

Today's Date: _____



Let's get started!

Draw a picture of
the person here.



How was this person connected to you?

grandmother, grandfather, mom, dad, sister, brother, aunt, uncle, cousin, good friend, someone else?

What are some things you remember about how this person looked?

What color were his or her eyes? _____



Did he or she wear glasses? _____



What color was this person's hair? _____

Did your loved one have long or short hair...or maybe no hair at all? _____

Did he or she like to wear hats? _____

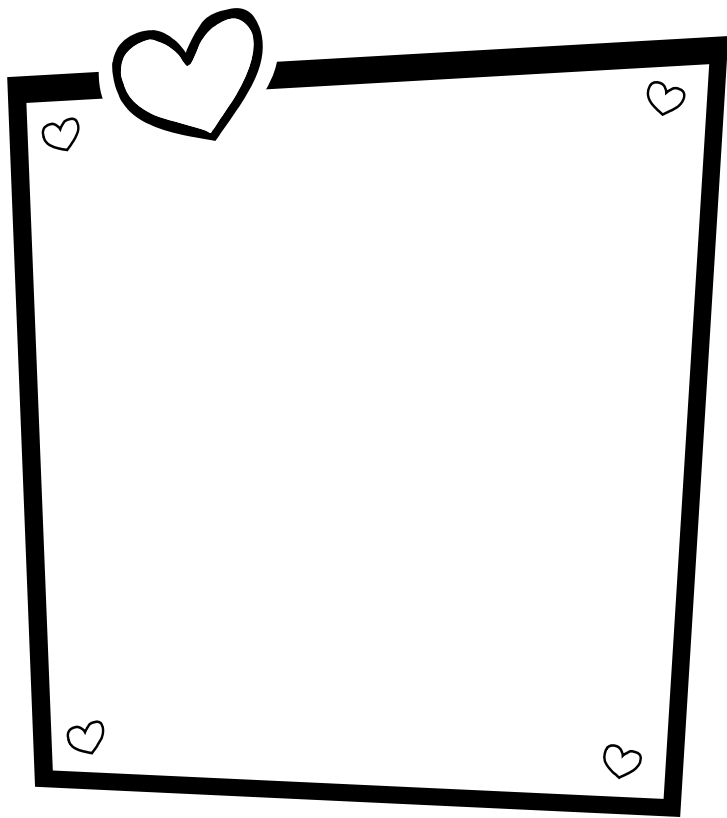


How did this person smell? _____

What did his or her voice sound like? _____

What else do you remember about how your loved one looked?

Draw a picture of your loved one!



How do you feel most of the time since this person is gone?



Pretty Good



Stressed



Just OK



Mad



Friendly



Confused



Loving



Lonely



Energetic



Sad



Hopeful

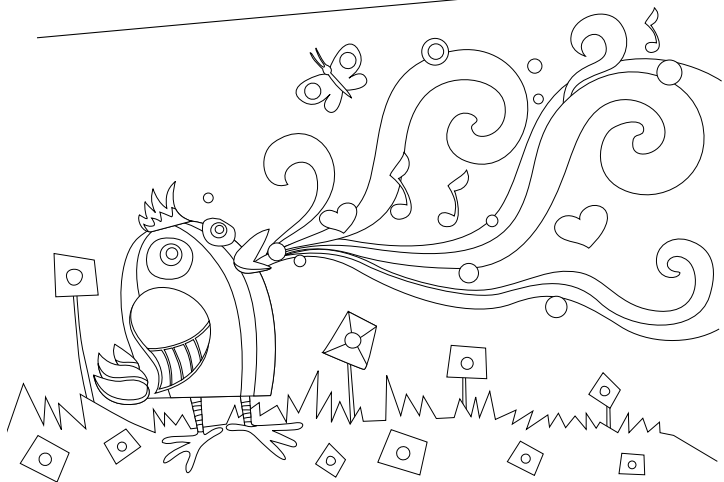


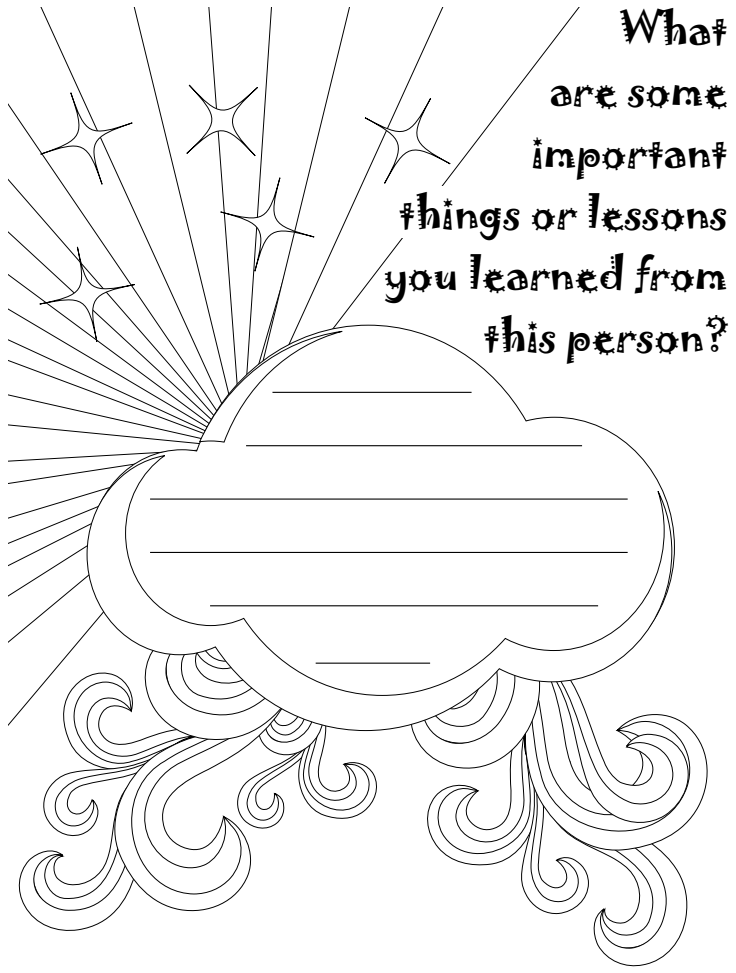
Shocked



My feelings keep changing
back and forth all the time.

What were some of your loved one's
favorite expressions or things
that person liked to say?



A large, stylized cloud with a scalloped edge. From the top-left of the cloud, several straight lines radiate upwards and to the left, ending in four-pointed star shapes. Below the cloud, there are several layers of swirling, flame-like or smoke-like patterns. The entire illustration is in black outlines on a white background.

What
are some
important
things or lessons
you learned from
this person?
