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

Just OK

Friendly

Loving

Energetic

Hopeful

Stressed

Mad

Confused

Lonely

Sad

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