



Your Feelings on the Anniversary Day

The day that someone died is called anniversary of their death. This happens once a year on the day they died.

People have many different feelings on the anniversary day: happy, sad, scared, angry.

These feelings are all O.K.

It sometimes helps to plan special ways to remember your loved one on the anniversary of their death.

This year to remember _____ on the day _____ died, I will:

- Look at pictures and special objects of _____.
- Say a prayer or attend religious services.
- Listen to music that reminds me of _____.
- Invite a friend or family member over for a special meal.
- Do something _____ liked to do.
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