Remembrance Rituals

Gentle Ways to Honour a Loved One on Anniversaries, Birthdays, Christmas & Special Days

Inspired by conversations from the
Don't Be Caught Dead podcast.

Light a Candle & Say Their Name
Choose a quiet moment. Light a candle. Say their name out loud.
You can share a memory, read a poem, or simply sit with your feelings.

Create a Memory Space
Set up a small corner at home with photos, flowers, a keepsake, or their favourite item.
Visit it throughout the day — especially during tough times like Christmas morning or the anniversary hour.

Tell Stories in a Circle
Gather family or friends. Sit in a circle.
Take turns sharing memories — funny, tender, imperfect or profound. Between stories, pause, light a candle, or play a short song.

Cook Their Favourite Meal
Prepare a dish they loved. Set a place for them at the table.
Share one thing you learned from them before you eat.

Do Something They Loved
Go to their favourite place, walk their favourite path, play their favourite song, or watch a show they enjoyed. Let this small act bring you closer to them.

Forage & Create
Go for a slow walk and collect leaves, gum nuts, flowers, or branches.
Create a simple arrangement and place it at your memory space, their resting place, or somewhere meaningful.

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Write to Them
Write a letter or a single sentence:
"I miss…", "I remember…", "I wish…", "Thank you for…"
You can keep it, read it aloud, or burn it safely as a symbolic release.

Sunrise Ritual
Watch the sunrise on their anniversary or birthday.
Take a deep breath. Say their name. Remember the light they brought into your life.

Breathe, Meditate or Listen to Music
Spend a few minutes calming your nervous system.
Sit quietly with their photo.
Play a piece of music that feels right to you.

Small Acts of Kindness in Their Honour
Do something they would have loved:

- Donate to a charity they cared about
- Bake for a neighbour
- Leave flowers somewhere meaningful
- Offer help to someone who needs it
- Let your love for them ripple outward.

Most of All — Be Gentle with Yourself
There's no "right way" to remember someone.
Whatever ritual you choose, let it be simple, real, and yours.

Support Services
If you're feeling overwhelmed by grief, find support through our resources & bereavement services here.