

## Twenty + Ways to . . .

### *Don't Do Nothing!*

1. Symbolic tree ornaments/decorations.
2. Memory/photo table.
3. Funny stories re child.
4. What I learned from her/him.
5. Write a letter to deceased child, to family.
6. Long burning candle or lamp.
7. Family outdoor walk.
8. Gather nature's ornaments—leaves, cones, twigs, pine branch, rocks, dried plants.
9. Take photos of outdoor scenes and create a photo array.
10. Attend community events – hospice, BPUSA, religious, friends' parties, concerts, tree lightings, sports.
11. Service to others – visit nursing homes, clear neighbors leaves/snow, transport elderly/ill to medical apts/shopping, visit ill neighbors/friends.
12. Family bake/meal preparation together.
13. Dinner in child's favorite food restaurant or serve at home dinner.
14. Religious services together.
15. Read special poem, Psalm, Scriptures, Folktale . . .
16. Write or find a special prayer for family and read out loud.
17. Have Holiday meal in new location and connect with other bereaved parents.
18. Post drawings, letters by other children in family.
19. Read a favorite short story –*Badgers Parting Gifts, Fall Of Freddy the Leaf, Arvy Aardvark, Tenth Good Thing About Barney* . . .
20. "What I wish for this family . . .
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_