



Marking Loss

Ideas and Inspirations





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In these times we need to find new ways to remember.

This booklet has been produced by artists Coleman & Hodges in response to the limitations that the Covid-19 restrictions have placed on the ways in which people can gather together to mark a loved ones passing.

Please use the ideas for inspiration, modify them or create your own. When restrictions have been lifted the ideas contained here can be used with larger groups of family and friends.



Create a memorial garden in your garden or yard. Plant special trees and flowers there and decorate the space with pictures, objects, or anything that inspires you.





Make seed packets with your loved one's photo on and give to family in remembrance so they can sow them and remember as the flowers grow.





Make a recipe book with your loved one's favourite recipes as a gift for family.





Create a tribute wall to your loved one with photo's, mementos, letters and poems.





Ask friends and family to paint a 'memory stone' and take it to the top of a hill to place on a cairn. Everyone can visit the same hill or if friends and family aren't close by, they can choose a hill near to where they live.





Dedicate a supper to your loved one. Cook their favourite dish to remind and connect you. Tell stories and play music in their honour Ask family and friends to do the same on the same night.





Decorate glow-in-the-dark stars, each personalised in memory of your loved one. Hang from the trees and fences in your garden.





Make a list of songs that have special memories of your loved one. Keep private or share with family and friends.





Make and decorate a memory box
for photos, drawings or anything
that evokes happy memories.





Hold an evening of tributes to
your loved one in story and verse
online or around a fire outside.





Choose mementos, objects and photos that remind you of your loved one and make a ‘Table of Memories’.





Write notes or 'memory leaves'
in memory of your loved one
and decorate a tree with them.





Stand on a shoreline at the same time on the same day as friends or family and create a small ceremony or ritual to mark your loss.





Write messages on a pieces of paper
and make them into origami hearts.
Leave them in a place that was special
to your loved one.





Carry out a silent walk by yourself or with a small number of family and friends. At the end of the walk, share a memory. Ask each person present to write a note about the person who has passed and either burn it on a small fire or take it home to treasure.





Stand in a circle with family and friends, each person spaced out. Each person then shares a reflection of the loved one when they feel moved to do so. Standing apart but remembering together.





Keep an item of your loved one's clothing and make it into something that reminds you of them. This may be a soft toy, a fabric heart, a hot water bottle cover, a quilt or something else.





Ask children in the family or friendship group to draw a picture of the loved one or a memory of spending time with them. Collect these and share in a book or online.





Divide some of your loved one's ashes into tiny decorated bottles and give or send one to each of their closest friends and family to carry with and sprinkle in their own place of remembrance.





Make “memory boats” out of pieces of bark decorated with moss, twigs, flowers, feathers and scraps of paper on which you can write messages to your loved one. Set the boats adrift on the river as a way of releasing and letting go.





Float petals from wild flowers on the sea. Tell a story about your loved one for each petal as you let it go.





Arrange a socially distanced walk with friends and family after dark, bringing lanterns, candles or torches.





Write your loved one's name in the sand at your nearest beach just before high tide and watch as the sea gently covers it and then washes it away.





Invite a musician friend or friends to the grave of your loved one or a place that they loved, and play a favourite tune for them.





Create a tribute page on Facebook
where family and friends can share
pictures and memories.





Make a collage of old photos and recall memories of your loved one. Light candles around the collage.





Make a scrapbook of photographs
and mementos to preserve memories
of a loved one.





Use a favourite photograph and write a short story to make a creative keepsake in remembrance.





Prepare reflective or inspiring music, a song, poem or reading that connects you to your loved one to share with family and friends on an internet meet up.





Prepare an ofrenda ('offering' shrine) in your home and on it place traditional offerings such as flowers, candles, photographs, letters, foods, fruit, mementos, incense.





Light a bonfire on the beach or at a favourite place and sit with family and friends to share stories of your loved one.





Light a candle in remembrance.
Feel connected to others, by
inviting family and friends to light
a candle at the same time, creating
a gesture of togetherness.





Plant flower seeds and bulbs to create
a sustainable, wildlife friendly (large
or miniature) remembrance garden





Write a letter to your loved one, make it into an origami boat and let it sail away on the nearest body of water as way of expression of releasing and letting go.





Paint a stone in memory of your loved one and invite family and friends to do the same. The stones can be placed all together in a house or garden or each one kept by each person who painted it as a keepsake. You may wish to create a remembrance rockery and memorial, decorating and placing the stones in remembrance.





Commission a bench, bird box or other handmade item in memory of your loved one. Make it yourself if you have the skills, or learn how to.





Make an outdoor Memory Garden of Light using individual solar powered lights.





Sow wild flowers or plant a tree
in memory of your loved one.





Make a donation to your loved one's favourite charity or do some fundraising in their memory.



Further Information



Shoreline to Shoreline is a event created by Coleman and Hodges to connect those experiencing loss when people can't gather together. The ideas on the event's web page can be used at any time:
www.shorelinetoshoreline.com

Other information and organisations that may be helpful:

- Bereavement care and counselling:
www.cruse.org.uk
- Resources and links:
www.goodlifedeathgrief.org.uk/content/online_resources

Space for your own ideas:

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This booklet forms part of a larger project creatively exploring responses to the pandemic in Dumfries and Galloway. www.atlaspandemica.org



the
stove
network

ATLAS
PANDEMICA

www.colemanhodges.com