



Rainbow of Joy

*What are things you used to do with them that you
can still do sometimes?*

In honor of my grandmother Grace, I take leisurely walks in gardens. As I admire the flowers she loved, I sense her presence beside me, and her memory becomes a vibrant rainbow of joy.



World of Kindness

When things are tough, remember that you can be strong and show others how strong you are.

In memory of my friend Alex, I face challenges with unwavering strength. His resilience guides me to overcome obstacles, demonstrating that even in adversity, kindness and strength can prevail.



Cloud of Love

Even though they're not here, the love they had for you stays with you. How does that feel?

When I miss my father, I close my eyes, feeling the embrace of his love enveloping me like a soft cloud. His memory teaches me that love transcends time, remaining a source of comfort in the heart's landscape.



Circle of Love

What can you do every year to remember them, like lighting a candle or saying a prayer?

Annually, on the anniversary of my friend Lily's passing, I light a candle, its flame a symbol of the enduring light she brought to my life. As I gaze at the flickering glow, her memory becomes a circle of love.



Journey of Feelings

*Can you feel them close to you, even though they're
not here anymore?*

During quiet moments, I sense my mother's presence beside me, her warmth a gentle reminder that love transcends the boundaries of time and space. Her memory becomes a silent companion on life's journey.



Mountain of Courage

Use your sad feelings to do something good for someone else. How can you help them?

Turning my grief into positive action, I assist at a local animal shelter, inspired by my dog Max's boundless love for all creatures. Each wagging tail and joyful bark is a testament to his enduring spirit.



Sharing Happiness

What reminds you of them, like a place or a special thing you both liked?

Whenever I visit our favorite coffee shop, memories of my best friend Mia come alive. The aroma of freshly brewed coffee carries her spirit, reminding me of the happiness we shared over cups of warmth.



Bubbles of Connection

Do something kind, like sharing a toy or helping a friend, because it makes you feel good.

In the spirit of my sister Emily, I perform acts of kindness, passing her legacy of compassion forward. With each selfless act, I feel a connection to her, like a string that binds us across time.



Star of Bright Moments

Think about how they were strong and brave. How can you be strong and brave too?

I draw strength from my grandfather Thomas, who faced adversity with unwavering courage. As I tackle challenges, I imagine his presence, transforming his memory into a guiding star of bravery in my sky.



Rainbow Embrace

What can you do to feel happy, even when you're feeling a little sad?

*When sadness clouds my heart, I remember my cousin
Lily's vibrant spirit. I wear colorful clothes or paint
cheerful scenes, embodying her joie de vivre and
transforming gray skies into a rainbow embrace.*



Tied by Kindness

*Can you help someone, like giving them a smile, to
remember them in a nice way?*

With every act of kindness, I honor my friend Mia's memory. Whether it's sharing a smile or helping a neighbor, I tie her legacy of compassion to my actions, connecting us in a web of shared goodwill.



Heart on the Wall

What happy memories can you think of? How do they make you feel?

On my bedroom wall, I've hung a collage of photographs capturing joyful moments with my family. Each image paints a vivid portrait of love and togetherness, invoking a warmth that permeates my heart.



Reflection in a Puddle

When you're feeling down, remember something happy. How does that change how you feel?

On rainy days, I recall my brother Sam's infectious laughter. As I see my reflection in puddles, his memory ripples through my heart, transforming gloomy thoughts into sunlit reflections of joy.



Wishes in the Wind

*Can you do something kind for others, like sharing,
to remember them?*

Emulating my sister Lily's spirit of generosity, I make a conscious effort to share with others. Whether it's a smile, a helping hand, or a simple act of kindness, I pay tribute to her memory by spreading the light of compassion and love.



Toy of Kindness

Think about something they taught you, like how to be nice. How can you use that now?

*Guided by my grandmother Grace's lessons in kindness,
I strive to uplift others with my words and actions. Her
memory transforms into a toy of kindness, reminding me
to spread the love she cultivated.*



Garden of Kindness

How can you learn from them to be strong and helpful to your friends?

Reflecting on my friend Alex's strength, I cultivate a garden of kindness in my interactions. Just as he supported those around him, I extend a hand to friends, creating a blooming haven of support and love.



Tree of Comfort

What can you do to make yourself feel better when you miss them?

During moments of longing for my dear pet Charlie, I find solace under a tree's branches. Its sturdy presence becomes a reminder of the comfort and love he brought into my life, an embrace beyond time and space.



Gifts of Love

*Is there something fun you both liked to do that you
can still do sometimes?*

To honor my sister Lily's love for music, I play her favorite song on the piano. The notes become a bridge between us, carrying her memory into the present moment, and filling the room with the gifts of love we shared.



Art of Memories

Can you do something kind, like saying something nice, because they would do that too?

Inspired by my dear friend Anna's gentle spirit, I leave uplifting notes for coworkers. Each message carries her legacy of kindness, transforming the office into a gallery of shared memories and thoughtful gestures.



Friends Around the World

What good things did they do? How can you do good things like that too?

Recalling my brother Max's global perspective, I engage in acts of kindness that transcend borders. His memory becomes a bridge connecting me to friends around the world, fostering goodwill and understanding.



Kite of Warmth

Even though you can't see them, you can still feel them in your heart. What does that feel like?

As I close my eyes, I sense my father's presence like a warm breeze wrapping around me. His memory takes flight like a kite of warmth, lifting my spirits and reminding me of the enduring bond we share.



Hands of Support

*How can you be brave and strong, like they showed
you how to be?*

Channeling my friend Emily's strength, I face challenges with a resolute spirit. Her memory stands beside me like a pillar of support, empowering me to embrace adversity with the same courage she embodied.



Heart in Hands

Use your feelings to help others, like making someone smile when they're sad.

Drawing from my aunt Sarah's compassion, I reach out to those in need with open hands. Each smile I elicit becomes a tribute to her memory, as I carry forward the legacy of love she cultivated.



Bubbles of Happiness

What fun things can you do to remember them, like drawing a picture or telling a story?

Recalling my brother Leo's playful spirit, I blow bubbles with laughter in the park. Each iridescent orb becomes a vessel of happiness, carrying his memory and reminding me of the joy we once shared.



Flowers of Beauty

*Can you see something beautiful and feel like they're
with you in that moment?*

In moments of awe at a breathtaking sunset, I sense my friend Ava's spirit. Each hue and brushstroke across the sky becomes a canvas where her memory paints beauty, a reminder that she's forever with me.



Stars of Connection

*How can you use the things they taught you to make
your own life better?*

Guided by my grandmother Lily's wisdom, I navigate life's challenges. Her memory becomes a constellation of stars, lighting my path with the teachings that have shaped my journey toward a better life.