

MY DAD AND ME



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There are so many things to remember and sometimes it's easy to forget the little things. Use this book to write, draw, remember, and talk about your memories of your dad. You could do this all in one day or just one page at a time and add to it whenever you think of something else. Other family members may be able to help with things they remember about your dad.

What are your top five memories with your dad?



Write a story or draw a picture showing your favourite memory of your dad:



What can you remember about your dad using the five senses below:

Sight (hair/eye colour, height, favourite outfit)

Smell (his aftershave or something he would cook)

Touch (what were his hugs like?)

Hearing (what was his voice like, did he sing?)

Taste (what was your favourite thing to eat together or what was his favourite food?)

Maybe you went on a day out or went on a holiday! What things did you do together?



Can you remember a game you would play together? If not, ask some other family members or friends what your dad liked to play and see if they would like to try it with you!



Have a conversation with someone who knew your dad - ask questions, ask them to tell you their favourite memory of him. You might learn some things you didn't know.



Do you know about your family tree? It might be fun to learn about your dad's family. Ask some of the grownups in your family about it.



Do you have any funny memories about your dad or things you did together that made you laugh? Write them down here:



What were your dad's favourite things? What sports, music, or activities did he enjoy? Write about or draw them below:



What did your dad look like? Draw a picture of you and him - you can even colour it in!



What was your favourite thing to do together? Did you watch sports, play a game, bake together, go for ice cream?



What was your 'thing' that was just for you and your dad? Did he always sneak you sweeties, maybe he was always the one who read you bedtime stories?



In what way are you similar to your dad? Do you share the same sense of humour, both have dark or light hair, or are you really tall like him?



Make a list of the movies and songs that your dad loved! Maybe you could have a movie marathon one day.



Draw a time when you enjoyed a trip or holiday with your dad, maybe at the beach or playing a game together.



Child Bereavement UK supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.

Helpline: 0800 02 888 40

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