



Reflection cards



Day of Reflection – 3 March

Want to get talking but don't know how? We've got just the thing to help. Take part in the Day of Reflection with Co-op Funeralcare and get talking with our Reflection Cards. Marie Curie, end-of-life charity, created the Day of Reflection to encourage people to take time to connect with and support the millions of people who are grieving. It's a day to remember the family, friends and colleagues who have been lost.


Don't know who to talk to? For help and support go to: [coop.co.uk/bereavementhelp](https://www.coop.co.uk/bereavementhelp)

 **Reflection Card**

Where was their favourite place to go?

 **Reflection Card**

What is your happiest memory?

 **Reflection Card**

What is the thing you miss most about that person?

 **Reflection Card**

What was their favourite thing to do?

 **Reflection Card**

What reminds you most about them?

 **Reflection Card**

Do you remember what their favourite song was and why they loved it so much?
