

## 40 DAYS OF LENT IDEAS FOR KIDS AND PARENTS

✂ (Randomly ordered--cut as strips to make a paper chain counting up or down to Easter, or fold and put them in a jar to draw from each day.)

Pray for your parents.

Pray for your siblings and close friends by name.

Pray for the first person outside of home that speaks to you today.

Memorize a prayer you don't already know by heart.

Pray for your grandparents.

Pray for someone you haven't seen in a long time.

Spend five minutes sitting or walking in silence today. Invite God to join you.

Make a list of ten things you appreciate in your life. Thank God for them.

Think of three good things you wish for yourself. Ask God to bless someone you don't like with those same good things.

Give up all websites that aren't absolutely necessary for work/homework today.

Give up video games and social apps today.

Give up arguing with people today.

Give up worrying about something today.

Whatever your most physically unhealthy habit is, give it up all day today.

Give up using something that pollutes the environment today.

Give up buying or thinking about buying anything today.

Decide what you'll give up today. At the end of the day, see if your family can guess what it was.

Do something nice for someone in your family today. Without telling.

Pick up any litter you see today.

Be friendly to someone you think might be lonely.

Find ten things you can give away. Put them in a bag to be donated.

Use your talent in a way that helps somebody (for free) today.

Do something you've been avoiding.

Be extra kind to animals today. Rescue a spider, feed the birds, walk the dog.

Find out about a person or organization working to solve a problem that you're concerned about. Tell your family about it at dinner.

Do something kind for someone who is very young or very old today.

Get outside and pay attention to nature today. Watch the sky change. Notice the moon phase. See what's growing and dying around you. Be amazed at creation.

Say "I love you" today to someone who doesn't hear it from you everyday.

Pick one small thing you do the same way every single day and do it differently today. Part your hair on the opposite side, use a different color pen, sleep on the other side of the bed. Just to shake things up.

Go on a scavenger hunt through your house for loose change (ask family members to check their own pockets, purses, and dressers). Deposit it in a family alms-jar for charity.

Do some yard or garden work today. Be a good steward of the earth.

Remember someone who died. Find a picture or other reminder to display, and share memories of that person (or pet) with your family.

Let other people go first today.

Don't share or say one unkind thing about anyone today. Even celebrities.

On a piece of paper, write down something you are hoping for, or worried about. Bury the paper in the ground, and trust that God is handling it—even if we can't recognize it yet.

Don't say anything mean to yourself today. Smile at the mirror as if meeting an old friend.

Drink only water today.

Choose one negative word to remove from your vocabulary for today.

Sincerely compliment three people today.

Send a note of thanks to someone.