



## Lenten Activities



1	Give up television and the internet for a day
2	Try and recycle as much as you can
3	Clean up a mess that some else has made without complaining
4	Send a card to someone who you know is lonely or shielding
5	Surprise someone by doing a task or chore they usually have to do
6	Eat something healthy today
7	Make some hot cross buns and learn about why they are called hot cross buns
8	Spend some time just sitting quietly with God today
9	Find and learn a new prayer
10	Learn about a saint that you don't know anything about
11	As a family, research and select a charity that you will support during Lent
12	At bedtime pray for people who are homeless and sleeping on the streets tonight
13	Make a list of ten things you are grateful for in your life
14	Do something creative and do so for the glory of God
15	Miss a favourite TV program for a week

16	Have a clear out of your wardrobe and toys and donate to a local charity
17	Try not to gossip
18	Say a Prayer while you go for a walk
19	At the end of your day, take time to thank God for everything he has helped you with today
20	Pray for all the NHS staff who have lost their lives fighting the virus
21	Help to tidy up a common area near where you live that everyone uses
22	Try not to worry Trust in God instead
23	Plant a tree or plant in your garden and look after it during Lent
24	Try and forgive someone who has upset you
25	Take the rubbish out
26	When you are shopping say a prayer for the farmers and all those who help make food available for you and your families
27	Try not to compare yourself to others Remember we are all equal in God's eyes
28	Try not to complain Notice how often you are tempted to complain
29	Prayer for everyone who has died from the Covid 19 virus
30	Try to stay off your phone or other devices for one day
31	Tell a joke to someone who needs cheering up
32	Shop for someone who is self-isolating or unable to get out

33	Make a cup of tea or coffee for someone without been asked
32	Cook tea for one night to give the normal cook the night off
33	Pray for all NHS workers who continue to help patients to fight the virus
34	Wash a car for someone in your family
35	While you are shopping in the supermarket, put one extra item in your trolley and donate it to the food bank
36	Switch off unnecessary lights and don't waste water
37	Try and give up a favourite snack for a week and give the money to charity instead
38	Pay someone a compliment however small
39	Say please and thank you for those little things that someone does for you
40	Take a walk each day and thank God for something while you are walking