

LENTEN IDEAS FOR CHILDREN

Give up something as a family for Lent.
Jesus fasted for 40 days.

Donate some of your toys or clothes to those less fortunate.

Read the Bible together every day.

Make a prayer chain with 40 paper chains. Write a person or situation on each of the 40 strips of paper. Assemble them into a paper chain. Remove one link per day, and pray for person or thing.

Donate your allowance to CRS Rice Bowl.

Donate food to our weekly food collection at church or to a local food bank.

Pick up trash in your neighborhood.

Help a neighbor who could use a hand.

Make care kits for the homeless. Keep the kits in your family car and hand them out whenever you see someone standing on the street corner looking for money. The kits can include things like juice boxes, snacks, a toothbrush, toothpaste, hats and gloves.

Organize a stuffed animal collection. Donate the toys to a homeless shelter, like South Park Inn that services families or an abused women's shelter, or to a center for foster children.

Write letters and send care packages to servicemen and women, especially those overseas.

Shovel your neighbor's driveway and sidewalks when it snows.

Do one of your sibling's chores

Make a card for an elderly or sick neighbor and put it in their mailbox.

Read a book to your younger brother or sister	Do something nice for your parents every day in Lent.
Say something kind to a family member every day in Lent.	Do something kind for the earth, like recycling, taking shorter showers or baths, plant a tree.
Say something kind to a friend Every day during Lent.	Tell your teacher one thing you like about him or her.
Set aside some of your own money to give to the church.	Use your own money to buy food for the food bank.
Thank God every day for your favorite people.	Pray for someone who is sick
Read a Bible story with your parents. If you don't have a Bible, ask your parents to get you one.	Thank God every day for things you are grateful for.
Keep your room clean.	Go to confession
Walk to school instead of getting a ride to be in solidarity with kids who lack access to education.	Be one with the poor: sleep on the floor, not in bed to practice solidarity with the homeless.
Do not purchase anything for yourself (except for absolute necessities) to be in solidarity with those who must live on less than \$2 a day.	Drink nothing but water (and maybe milk, for growing bodies) to be in solidarity with those who lack safe drinking water.

<p>Perform a random act of kindness every day. Doing it secretly makes it more fun.</p>	<p>Learn and take responsibility for a new chore</p>
<p>Give up your place</p> <p>If your kids are always fighting about who gets to sit where or who gets to be first, then read and talk about Jesus’ teaching about “first” and “last” place: Mark 10:41-45. Challenge your kids to live that teaching out during Lent.</p>	<p>Make a giving jar</p> <p>Make a list of small acts of giving that your kids can perform throughout the day. Encourage them to keep track of their acts of giving. Later, count up their acts of kindness and allow them to deposit a coin in a “giving jar” for every act of giving. On Good Friday, count up the coins and give them to the poor; on Easter Sunday, fill the jar with candy (one piece for each coin).</p>
<p>Write your fight</p> <p>Older kids can cut down on sibling squabbling by committing to writing down their complaints rather than making them verbally. Print out “complaint forms” that include guidelines for rephrasing complaints using respectful language.</p>	<p>Give up something for the sake of the environment/God’s creation.</p> <p>Examples: give up meat to reduce carbon emissions; give up unnecessary lights; or give up soda bottles and cans.</p>
<p>Raise money for a charity</p> <p>Older kids and teens can choose a favorite cause. At the end of Lent, they can donate the money to a related charity.</p> <p>One idea is to give the money to CRS (Catholic Relief Services) Rice Bowl through church.</p>	<p>Practice being present</p> <p>Teens can commit to putting down their phone (or other electronic device) when someone is present with them. Even better: create phone-free zones (like the dinner table).</p>

