

LENT 2023 JOY CHALLENGE

Can you do them all?

40 activities to do during Lent. There is a good mix of group and individual activities for all ages to join in!

Print this list, and check off an item after you've completed it.

<p>● ALONE TIME</p> <p>Schedule yourself some peace. Be reflective. Think grateful thoughts.</p>	<p>● Binge Watch/Listen</p> <p>Go ahead and catch up on what you missed, or enjoy it all again..</p>	<p>● Blanket Fort</p> <p>Make a place to hide. Invite somebody inside. It can be simple or elaborate.</p>	<p>● Call</p> <p>Pick up the phone; recite Stevie Wonder lyrics "I just called to say 'I love you.'"</p>
<p>● Compliment</p> <p>Brighten a stranger's day by saying something nice about them.</p>	<p>● Connect</p> <p>Introduce people you know who should know each other but don't.</p>	<p>● Cook</p> <p>Have a dinner party. Invite everybody to help prepare the meal together.</p>	<p>● Create</p> <p>Make something: draw, write, paint, mould, compose, or craft.</p>
<p>● DANCE</p> <p>Graceful, wild, or awkward ... it doesn't matter. Just move to the rhythm.</p>	<p>● Disconnect</p> <p>Put the tech away for the day. Or half the day. Or an hour. Or in the bedroom.</p>	<p>● Day Trip</p> <p>Go somewhere, anywhere but here. Be adventurous. Eat at a local haunt.</p>	<p>● exercise</p> <p>Make your heart work. If you think you need to ask your doctor, work it less.</p>
<p>● Give</p> <p>Most local charities work on shoestring budgets. Shock them with generosity.</p>	<p>● Learn</p> <p>Because you don't know everything, do you? Open your mind and experience.</p>	<p>● Let Go</p> <p>Give up something that's been bothering you. Write it down and throw it away.</p>	<p>● List</p> <p>Compile as many things/people/places as you can which bring you joy.</p>
<p>● Move</p> <p>Walk, run, hop, skip, jump, carry or crawl. Engage your kinetic being.</p>	<p>● Music Mix</p> <p>Make a playlist, CD, or dare we say tape? Give it to someone who needs joy.</p>	<p>● New Language</p> <p>Learn a bit of a new tongue. Practice with native speaker. Give them a laugh.</p>	<p>● Organize</p> <p>You know you'll be happier when that pile is gone. Make it happen; celebrate!</p>
<p>● Play</p> <p>Get out a board game, or the tea set. Build with blocks. Sock skate.</p>	<p>● Quit</p> <p>Stop the complaining, accusing, worrying, anger, or general party pooping.</p>	<p>● Read</p> <p>Pick up a book for fun; a good one that makes you forget the clock.</p>	<p>● ● ● ● ● sunday!</p> <p>Pray. Study. Breathe. Worship. Rest. Sing. Praise. Celebrate. Repeat.</p>
<p>● Scavenger Hunt</p> <p>Invite some friends and discover new things about your area.</p>	<p>● Set a Goal</p> <p>No, not a resolution. This needs to be something you can finish and celebrate.</p>	<p>● silly</p> <p>Let loose. Stop making sense. Have fun. Pratfalls encouraged (but be safe).</p>	<p>● Simplify</p> <p>Give away good things. Throw away junk. Empty a drawer, closet, or room.</p>
<p>● SING</p> <p>If you've got a voice, you can do it. Even if you can't do it well, you'll still smile.</p>	<p>● Sleep</p> <p>Take a nap. Sleep in. Hit snooze. Go to bed early. Nod off in the tub.</p>	<p>● Sunrise</p> <p>Get up in time for first light. Pro Tip: do this after you get the extra sleep.</p>	<p>● Sunset</p> <p>Watch the sun go down on the day. As it does, recount the joys from the day.</p>
<p>● Teach</p> <p>Give of yourself. Help someone grow in knowledge and love.</p>	<p>● THANK YOU</p> <p>Write notes of thanks until your hand cramps up. Then, send some e-mails.</p>	<p>● Volunteer</p> <p>Yes, your time is valuable, but give some away. Get behind a project.</p>	<p>● Write</p> <p>Journal your day, making sure to note all the good things that happen.</p>

Do each activity as a family - as individuals or together - Share how you got on!

See if you do them all by the end of Lent!! #40DOJLENT

Don't forget about the 5 Sundays!!