

# FAMILY WALLCHART

Lent 2023 - Wed 22nd Feb to Sun 9th April 2023



## Activities

- Write/Draw
- Give out
- Care
- Act/Do
- Think
- Spiritual
- Speak
- Make

## LENT 2023

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|--|---|--|---|---|
| <p><b>1</b> Write out your favourite Bible verse as a reminder to keep going for the next 40 days!</p> | <p><b>2</b> Start a giving jar and collect up loose change or donate some of your pocket money.</p>                             | <p><b>3</b> Make some cakes or biscuits to share.</p>                                    | <p><b>4</b> Smile at ten people today.</p>  | <p><b>5</b> Buy a treat for a friend or someone who needs one today.</p>  |
| <p><b>6</b> Send someone a message to let them know you are thinking about them.</p>                   | <p><b>7</b> Family Hold Back (FHB) with a difference – hold back at the meal table for that extra slice of cake or biscuit.</p> | <p><b>8</b> Make a card for someone you know who is unwell.</p>                          | <p><b>9</b> Leave coins taped to a car park/vending machine or in a supermarket trolley.</p>  | <p><b>10</b> Pick up ten pieces of litter today.</p>  |
| <p><b>11</b> Say hi to someone outside your usual circle today.</p>                                    | <p><b>12</b> It's Chocolate Tuesday! Give out anything with chocolate.</p>  | <p><b>13</b> Write out one of your favourite Bible verses and share it with someone.</p> | <p><b>14</b> Get to know the name and say 'hi' to your local shopkeeper, lollipop person, bus driver or school caretaker.</p>                             | <p><b>15</b> Go on a prayer walk. Find places to stop and pray (e.g. on your route to school).</p>                      |
| <p><b>16</b> Be neighbourly: say hello or drop a card round to one of your neighbours.</p>             | <p><b>17</b> Offer to help with anything, at school, church or home.</p>  | <p><b>18</b> Climate change: what can you do to save energy today?</p>                   | <p><b>19</b> Go online and find out about children who are less fortunate than you (e.g. refugees, asylum seekers or children in modern day slavery).</p> | <p><b>20</b> Make a generosity kit and give it away. Add some pens/pencils, a £1 coin, tissues, sweets – what else?</p> |

# FAMILY WALLCHART

Lent 2020: Wed 26<sup>th</sup> February – Sat 11<sup>th</sup> April 2020

Activities

- Write/Draw
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- Speak
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**21** Be generous with your words: pay compliments today.

**22** Tomorrow is Mother's Day. Make cards, buy flowers and tidy the house for the people who care for you.

**23** Today is no complaining! If you or someone else complains about anything a forfeit goes into your Giving Jar!

**24** What are you really good at? Could you use your talent to help or teach someone else?

**25** Have a proper chat! Phone Granny, a cousin or a friend you haven't spoken to in a while.

**26** Give someone a Fairtrade Easter egg.

**27** Write a mega-list of all the things you are grateful for and then decorate the paper.

**28** What have you promised to do and then forgotten? Try and remember and put your words into action!

**29** Your Giving Jar should be filling up nicely. Research what charity you want to donate the money to.

**30** Find out about your local foodbank; what 'treat' could you donate today?

**31** Write thank-you cards to people that help you (e.g. your teacher, postman, road sweeper, checkout assistant...).

**32** Stretch your generosity: what prized possession could you give away today?

**33** Spend less time looking at screens, and play board games or share other activities.

**34** It's Saturday so a bit more time. Plan a fundraising idea, like a cake or book sale. Discuss what charity you want to support.

**35** Draw a large heart and write in it all the ways you can love someone.

**36** Tidy up your bedroom, change the sheets and then do someone else's.

**37** Send an anonymous gift to someone you know.

**38** What horrible jobs need doing? You could empty the bins or wash the car / dog!

**39** It's Good Friday. Say sorry first, even if you think it wasn't your fault.

**40** Well done; you have reached 40! Count out your Giving Jar and donate the money to your chosen charity. Work out which of the 40 challenges you could carry on doing after Easter.