

The Lent Challenge 2022

Ash Wednesday 2nd —Saturday 5th March

- Share a treat with someone for no good reason
- Share a smile
- Spend some time in silence looking at the sky
- Have one day without complaining

Monday 7th —Saturday 12th March

- Try and have a day without getting angry
- Say something kind to someone
- Think of **6** things beginning with the letter **S** you are grateful for.
- Feed the birds
- Listen to or watch the news and pray for the people affected by what you see
- Talk to someone you don't always talk to

Monday 14th —Saturday 19th March

- Don't say anything unkind today
- Think of **5** things beginning with the letter **T** you are grateful for
- Tidy your room. Take something to the charity shop
- Invite someone to play cards or a board game.
- Say hello to someone who often ignores you.
- What's the weather like? Think of good things to say about it

Monday 21st —Saturday 26th March

- Have a day without complaining
- Have a day without using electronic or computer games
- If you get pocket money then give some money to a charity that helps children overseas.

- Offer to do a chore for a family member
- Write a letter to thank someone who has helped you
- Dance to a good piece of music when no one is looking—even if its not your style

Monday 28th —Saturday 2nd April

- Try to think about positive things for a day
- Make someone laugh or smile
- Start to read a good book
- Help prepare a meal and find out where the food comes from
- Say thanks to someone for something that is good in your life
- Share a treat with someone at school,

Monday 4th —Saturday 9th April

- Have a day without being grumpy
- Thank someone for their kindness
- Have a day without TV or the internet
- Spend a few minutes thinking about people in a country where life is very different from ours
- Try not to interrupt while others are speaking
- Watch the clouds when you're in the car or outside

Holy Week: Monday 11th —Saturday 16th April

- Spend 5 minutes being quiet by yourself
- Make a gift and give it to someone
- Recycle your rubbish
- Go for a walk - really look at what is around
- Think about the Easter story or watch a film about the life of Jesus, or read a book about him.

Then celebrate Jesus is alive!