

# 40 Acts of Kindness Lent challenge

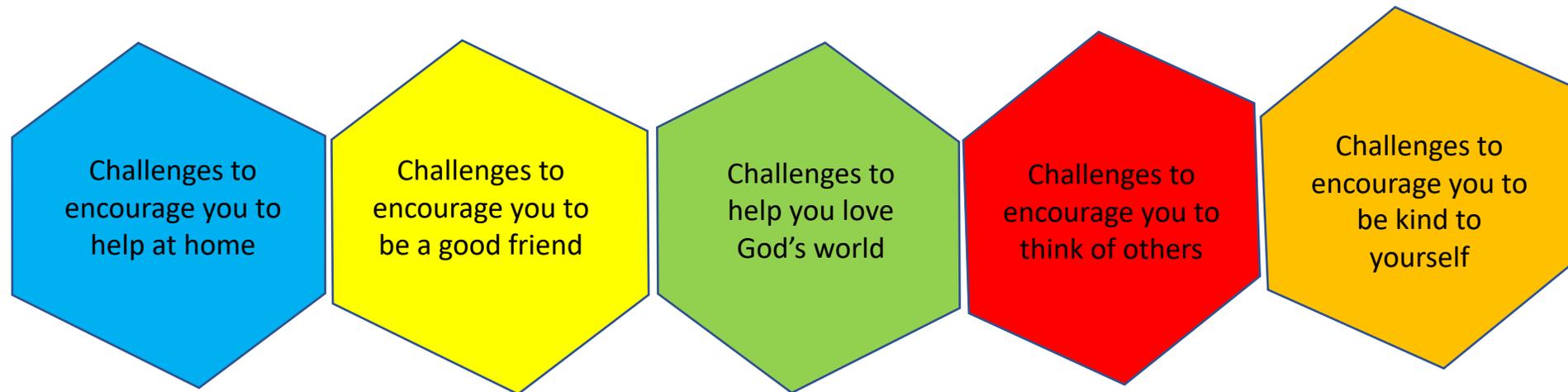
**Lent** lasts for forty days because that's how long Jesus wandered in the desert, fasting, while he resisted Satan's temptations. During the forty days of **Lent**, as we journey towards Easter, we all have the opportunity to be more like Jesus. We too can resist temptations and use this time to become closer to God.

The Sundays in Lent are called Refreshment Sundays or Rose Sundays when we can give ourselves a treat to say well done for completing the other acts of kindness.

There will be an Easter Garden at Church from Easter Saturday, if you would like to add something to it please do.

Follow the stepping stones towards Easter.

Have fun with the challenges.



17<sup>th</sup> February – Ash  
Wednesday  
Today is the 1<sup>st</sup> day of  
Lent

Think about  
all the good  
things in your  
life and thank  
God for them

Look in the  
rubbish bin, is  
there anything  
in there that  
you could  
recycle?

Replace screen  
time with a walk  
today, or playing a  
game (weekend  
only & with  
permission of  
your grown-up).

Refreshment  
Sunday – give  
yourself a treat  
today to say well  
done for  
completing the  
other acts of  
kindness

The best friend  
you have is  
God, spend a  
few minutes  
talking to him  
today.

Write a letter  
to an elderly  
neighbour or  
a  
grandparent.

Do something  
to help without  
being asked,  
your grown-up  
will be very  
grateful

God is always  
there to listen, if  
you are worried  
about something  
or feeling sad  
tell God all  
about it.

It is important not  
to waste the  
World's resources  
like water, turn off  
the tap whilst you  
brush your teeth  
and only turn it  
back on when you  
rinse.

Find out about a  
foodbank in your  
area, if your  
grown-up gives  
you permission  
could you give  
something to it?

Refreshment  
Sunday – give  
yourself a treat  
today to say well  
done for  
completing the  
other acts of  
kindness

Give lots of smiles away today, the good thing about a smile is that it comes back to you!

Think about how today has been. Thank God for 3 good things that have happened, you can grumble to him about 3 not so good things too!

Ask your grown-up if there is anything you can do to help?

Remember to turn off the light every time you leave a room today

With your grownup's permission could you start a small change jar, perhaps you could add a few pennies from your pocket money throughout Lent, if you have brothers & sisters maybe they could donate too? Donate this to your favourite charity when we get to Easter.

We are all missing seeing our friends at the moment, could you phone one, or send them a letter or a postcard.

Use the washing up water to water some plants.

Have you spoken to your friend God today?

If you have any younger siblings could you help them with a something today (help with home schooling, play with them or help them with something they usually have to ask a grown up to help with).

Take ten minutes in the garden today. Close your eyes and listen to the birds.

Next week is Mothering Sunday collect a gift from Church to make for Mothering Sunday

God is always there to listen, if you are worried about something or feeling sad tell God all about it.

Today is 'no complaining day' do whatever you are asked & eat whatever you are given without complaining!

Mothering Sunday – give your Mothering Sunday gift to your Mum or another important person in your life.

Watch a tv programme you enjoy.

Think about your 3 best friends, if you could see them today what could you say to them to that would make them feel happy, when you next see them say those things, it will make you feel happy to!

Make or write a card for someone whose house you pass, and post it through their letterbox, perhaps someone who loves alone or who has been isolating during the pandemic.

Refreshment Sunday – give yourself a treat today to say well done for completing the other acts of kindness

Draw a large heart and write in it everything that you are thankful for in God's World, decorate it if you would like to.

Do a job that someone else normally does, like washing up or taking rubbish out.

Make something to give to your best friend when you can next see them, or maybe if it is small you could post it with a note that lets them know you are missing them.

Listen to your favourite song

Spend about 30 minutes doing something you enjoy (with permission from your grown-up) eg. reading, watching TV, screen time.

Help clear up  
after supper  
without being  
asked

Find something  
you don't use, and  
give it away (put it  
in the next charity  
collection bag that  
comes through  
the door).

Think about how  
today has been.  
Thank God for 3 good  
things that have  
happened, you can  
grumble to him  
about 3 not so good  
things too!

Ask your  
grown-up if  
there is a job  
you could  
help them  
with

Palm Sunday -take part  
in the Easter egg trail  
so that you know what  
happened in Holy  
Week. On each day of  
Holy Week see if you  
can retell the story of  
what happened. The  
QR codes will help  
remind you.



Easter Sunday –  
add something to  
the Easter Garden  
at Church &  
deliver an Easter  
blessings egg to a  
neighbour.



HAPPY  
EASTER

A small illustration of a white Easter bunny sitting at the bottom right of the 'EASTER' text.