

20 Lent Challenges

Lent is the 40 days leading up to Easter and a time for Christians to give up something or do something positive to make a difference to their life and the world around them. Lent begins this year on Ash Wednesday, 2nd March.

Worship Group have decided these challenges for you to try to complete during Lent.

Tick off each one as you complete it and bring the completed sheet back after the Easter holidays for a treat!

<p>Write a thank you letter to your parents or someone in your family.</p> 	<p>Make my bed and tidy my room.</p> 	<p>Set the dinner table and clear away.</p> 	<p>Wash up or load/unload the dishwasher.</p> 
<p>Help prepare a simple meal.</p> 	<p>Make myself breakfast or someone else.</p> 	<p>Put some food out for the birds or make a bird feeder.</p> 	<p>Leave a kind note in an unexpected place in your house.</p> 
<p>Do 3 acts of kindness.</p> 	<p>Reduce the amount of plastic you buy.</p> 	<p>Fold my clothes and hang them on a hanger.</p> 	<p>Call a family member to ask how they are.</p> 
<p>Make an Eco brick or something from recycled materials for someone else.</p> 	<p>Go for a walk or bike ride every weekend.</p> 	<p>Water and care for plants or plant something new.</p> 	<p>Learn my address and who to phone in an emergency.</p> 
<p>Sort recyclable rubbish or go to the bottle bank.</p> 	<p>Donate unwanted toys or clothes.</p> 	<p>Help with the shopping and unpack it.</p> 	<p>Do a litter pick at school or where you live.</p> 