**Lent Activities for 40 days!**

*Your student can choose* ***one item and do it for 40 day****s for choose* ***different activities*** *but do* ***one each day for 40 days****. This is an extra credit assignment. Please email us the complete the 40 squares sheets to let us know what you did each of the 40 days (Sundays are not included).

Lent starts:* Wednesday, February 17

* **Give up something.** Jesus fasted for 40 days. That is a very long time! You could be giving up desserts or cut back on video game time. The key is that it has to be something you enjoy. If you hate brussels sprouts and decide to give them up during Lent, you may need to reevaluate.
* **PUT DOWN YOUR PHONE** - This one is pretty obvious. Young people can limit social media for Lent (all 40 days). Just make better use of time in general.
* **Add some good!** You could go for a 10 minute walk every day or read book that is not required. eat more vegetables or drink only water.
* **40 bags in 40 days.** Instead of or in addition to giving up something for Lent, you could purge a bag’s worth of stuff every day during Lent. You choose the size of the bag, and you should definitely make it a family affair. Just think of how clean your home will be by Easter!
* **Read the Bible** together every day.  You could read a section of the Bible with your kids every day, or if your student is old enough, they can read on their own.
* **Keep a prayer journal** with a new entry every day– It’s easy to say, “I’m going to pray for Brittany.” Or “I’m going to be more thankful.” Please have your student write down their prayer intentions and blessings. Writing down prayers not only helps us remember what to pray, but allows us to look back later and see how God as worked in our lives.
* **Make a prayer chain.** Write a person or situation on each of 40 strips of paper. Assemble them into a paper chain. Remove one link per day, and pray for that thing with your kids.
* **Serve 40 ways in 40 days**.  Draw and color a picture for someone (family, friends, teachers and other at school or at Church), people at mom and dad’s work)
* **Serve 40 ways in 40 days**.  Do someone else’s chores for 40 days. Do the dishes, feed the pet. Doesn’t have to be the same chore every day and it doesn’t have to be for the same person. but it has to be one that you are not already assigned.
* **Grow something.**  There are lots of spring bulbs and seeds in stores already, so you should be able to get some inexpensively.
* **Feel Free.** The above are suggestions, please feel free to make up your own!

No matter how your students choose to observe Lent, the key is that *they actually do it.* Talk to your kids about Jesus, about His sacrifice, about their Savior.

Start Wednesday, February 17

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_**

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***Record Keeping***

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| --- | --- | --- | --- | --- | --- |
|  | February 17 | February 18 | February 19 | February 20 | February 21 |
| February 22 | February 23 | February 24 | February 25 | February 26 | February 27 |
| February 28 | March 1 | March 2 |  March 3 | March 4 | March 5 |
| March 6  | March 7 | March 8 | March 9 | March 10 | March 11 |
| March 12  | March 13 | March 14 | March 15 | March 16 | March 17 |
| March 18  | March 19 | March 20 | March 21 | March 22 | March 23 |
| March 24  | March 25 | March 26 | March 27 | March 28 | March 29 |
| March 30 | March 31 | April 1 | April 2 | April 3 |  |