

# Ways for Children to celebrate Lent with their Families

## GIVING:

1. do someone else's chores
2. give someone a hug
3. help someone
4. make a card for someone
5. make a craft for someone
6. do something nice for Mom/Dad
7. do something kind for the earth
8. read a book to a sibling
9. say something kind to a family member
10. say something kind to a friend
11. play with someone different at recess
12. tell your teacher one thing you like about her

13. smile at as many people as you can
14. write a letter/draw a picture for a senior
15. bring some baking to a neighbour
16. give something of yours to a family member
17. give something of yours to a friend
18. wash someone's car
19. do someone else's laundry
20. a bathroom
21. make someone else's bed
22. set aside some of your own money for giving to a church or charity
23. use your own money to buy food for the food bank

## FASTING:

24. fast from TV
25. fast from dessert
26. fast from candy
27. fast from a bad habit
28. fast from sweet drinks
29. fast from meat
30. fast from eating chips



## PRAYING:

31. praise God for who He is
32. confess something to God that you feel bad about
33. thank God for your favourite people
34. pray for someone who is sick
35. sing a song of praise to God
36. kneel before God and pray
37. pray for someone who has come to our country from another place
38. pray for someone who needs to know Jesus
39. pray for your minister
40. read a Bible story together

## Other Family Ideas for Lent

1. Pray as a Family. If you haven't done so already, you and your family can start praying together.
2. Give Up TV together or your favorite shows. For children to really understand the sacrifice, you can institute no TV during certain days of the week.
3. A Prayer Jar. In this Jar you can write down names of 40 different people (on separate pieces of paper) whom you would like to focus on that day ...
4. Family Time. Not just in spirit, but really push this. ...
5. Gratitude Journal. If you have young children, they can draw a picture about their favorite part of the day, everyday or every week.

# The Season of Lent Begins on Ash Wednesday

## WHAT is Lent?

In the Christian faith Lent is forty days long to remind us of the forty days Jesus wandered in the desert, fasting, and resisting temptation. Lent begins on Ash Wednesday and ends on Easter Sunday. It is really 46 days because Sundays are not counted.

## WHERE do the special days in Lent fall and what do they mean?

1. **Shrove Tuesday** is not really part of the Lenten season but takes place the day before it begins. People prepare for Lent by eating pancakes and sweets and taking part in carnivals like Mardi Gras.
2. **Ash Wednesday** is the first day of Lent and a day of repentance (penance) and prayer.
3. **Palm Sunday** is the first day of Holy Week. It celebrates the triumphant entry of Jesus into Jerusalem.
4. **Maundy or Holy Thursday** remembers the day Jesus shared the Last Supper with his disciples.
5. **Good Friday** follows Holy Thursday and is the day Jesus was crucified. (bound to the cross)
6. **Easter** is one of the holiest Christian days and celebrates the resurrection (return) of Jesus from the dead.

## WHEN does Lent begin and end?

In 2022 Lent begins on March 2<sup>nd</sup> and ends on April 16<sup>th</sup>.

## WHY is the number 40 important to Lent?

The number 40 is mentioned in the Bible 146 times. Jesus fasted for 40 days in the Judean desert. He was preparing for His great mission- helping others to know God's love and mercy for everyone, everywhere.

## HOW do we celebrate Lent?

Lent is a time for people to be quiet and thoughtful in preparation for Easter. As Christians we can pray, support charities that help less fortunate people or give up things we really enjoy. (e.g. Chips or pop)

## The Colours of Easter

There are many colors associated with Lent and Easter. Here are some and what they represent:

White – light, purity, triumph, glory, and joy

Violet – penance, humility, wisdom, reflection, and royalty

Green – Holy Ghost

Yellow/Gold – joy

Pink – joy

Red- martyrdom

Black - mourning

## The Butterfly and Its Ties to Easter:

The transformation of a butterfly and its release from the egg, caterpillar and pupa stages are often associated with the rebirth of Christ after his crucifixion. It is a Christian Biblical symbol of the resurrection of Jesus.

Attached are several self-explanatory Easter projects you can make that include both color and butterflies:



### Cupcake Liner Butterfly

#### Materials needed:

This craft requires colourful paper and cupcake liners.



### **Bow Tie Butterfly**

**Materials needed:**

**butterfly pasta and paint of various colors.**



### **Paper Butterflies:**

**Cut strips of various colors, roll one thicker piece of paper for the body, fold, and glue.**



### **Coffee Filter, Food coloring and Plastic Spoon Butterfly:**

**Materials needed:**

**butterfly pasta and paint of various colors.**

**Others:**

