

# LENT

*season of grace*



ARCHDIOCESE  
of NEW YORK



*Family Activity Book*

# *Welcome to Your Lenten Activity Book!*

Lent is a special time for prayer, reflection, and growing closer to God as we prepare our hearts for Easter. This booklet is designed to help children and families experience the season of Lent together in a fun and meaningful way.

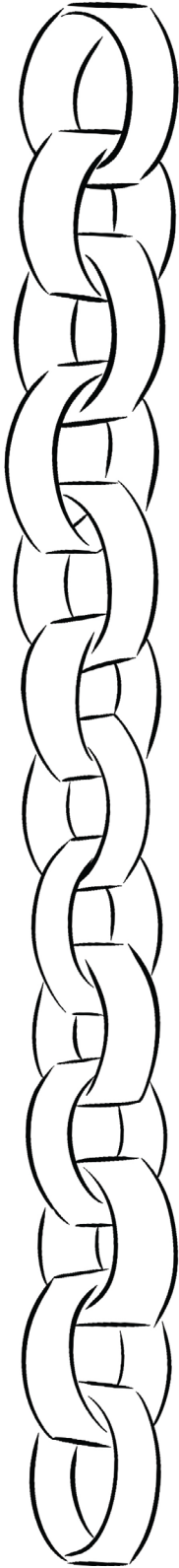
Inside, you'll find:

- A Lenten paper chain activity to count down the days to Easter with prayers and good deeds.
- Coloring pages to bring Lenten themes to life through creativity.
- A family guide for the Examination of Conscience to help children understand forgiveness and God's mercy.

As a family, take time to pray, reflect, and talk about the meaning of Lent. Use these activities to make this season one of faith, love, and spiritual growth. Whether through small sacrifices, acts of kindness, or time spent in prayer, every moment brings us closer to Jesus.

We hope this booklet enriches your Lenten journey and helps your family walk with Christ toward the joy of Easter!

Blessings,  
The Archdiocese of New York



# Count Down the Days of Lent with a Paper Chain

## *What you'll need*

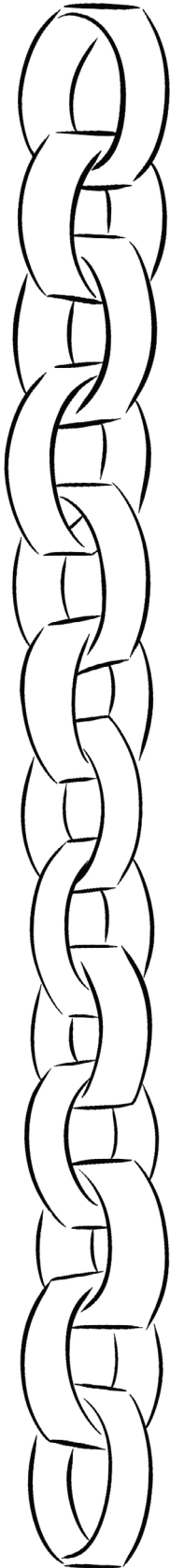
- Purple construction paper (purple is the special color of Lent!)
- Scissors
- Markers or crayons
- Glue, tape, or a stapler
- Grown-up helper for cutting (if needed)

## *How to make it*

- Cut the paper into 40 strips – one for each day of Lent!
- On each strip, write or draw:
  - A special prayer
  - A Bible verse you like
  - A kind thing you can do for someone
  - Or a way to grow closer to Jesus
- Make a circle with your first strip and tape or glue the ends together.
- Put the next strip through your first circle, then make it into a circle too.
- Keep adding links until you have a long, colorful chain!

## *Using your chain*

- Each day during Lent, remove one link from your chain.
- Do what it says on the paper.
- As your chain gets shorter, Easter gets closer!



## Some Ideas for Your Lenten Chain

### *Prayer ideas*

- "Say a prayer for someone who is sick."
- "Thank God for three things before bedtime."
- "Pray for kids who don't have enough food."
- "Say a Hail Mary for your family."
- "Ask Jesus to help you be more patient today."

### *Kind actions*

- "Give someone a big smile today."
- "Help set the table without being asked."
- "Draw a picture for someone who might be lonely."
- "Share your toys with your brother or sister."
- "Say something nice to each person in your family."

### *Small sacrifices*

- "No dessert today as a special offering."
- "Give up screen time and read a book instead."
- "Let someone else choose the TV show."
- "Drink water instead of juice or soda today."
- "Do an extra chore without complaining."

### *Spiritual growth*

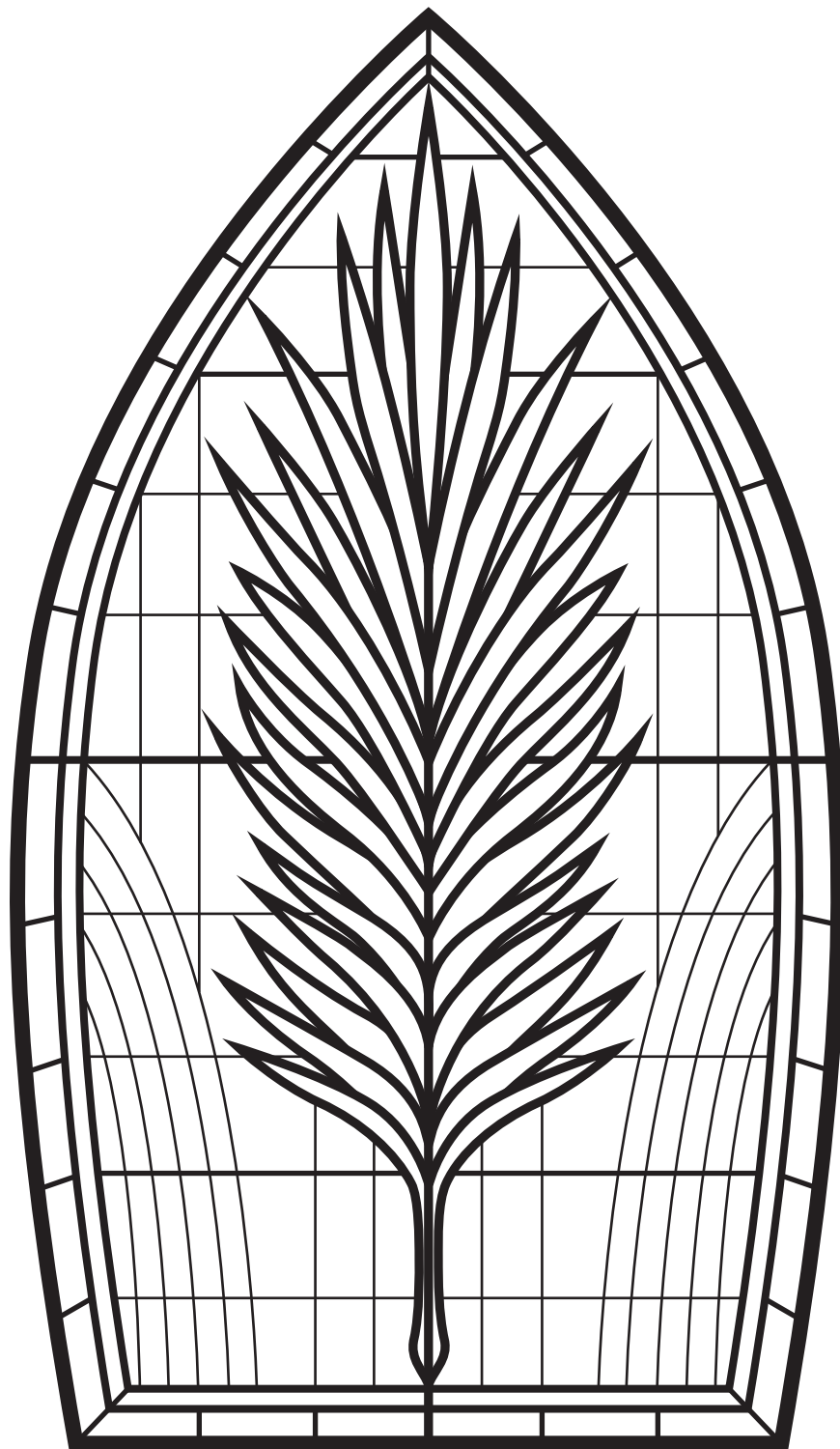
- "Learn about a new saint today."
- "Look at a crucifix and say 'Thank you, Jesus.'"
- "Listen extra carefully during Mass."
- "Tell Jesus one thing you're sorry about."
- "Say the Our Father slowly, thinking about each line."

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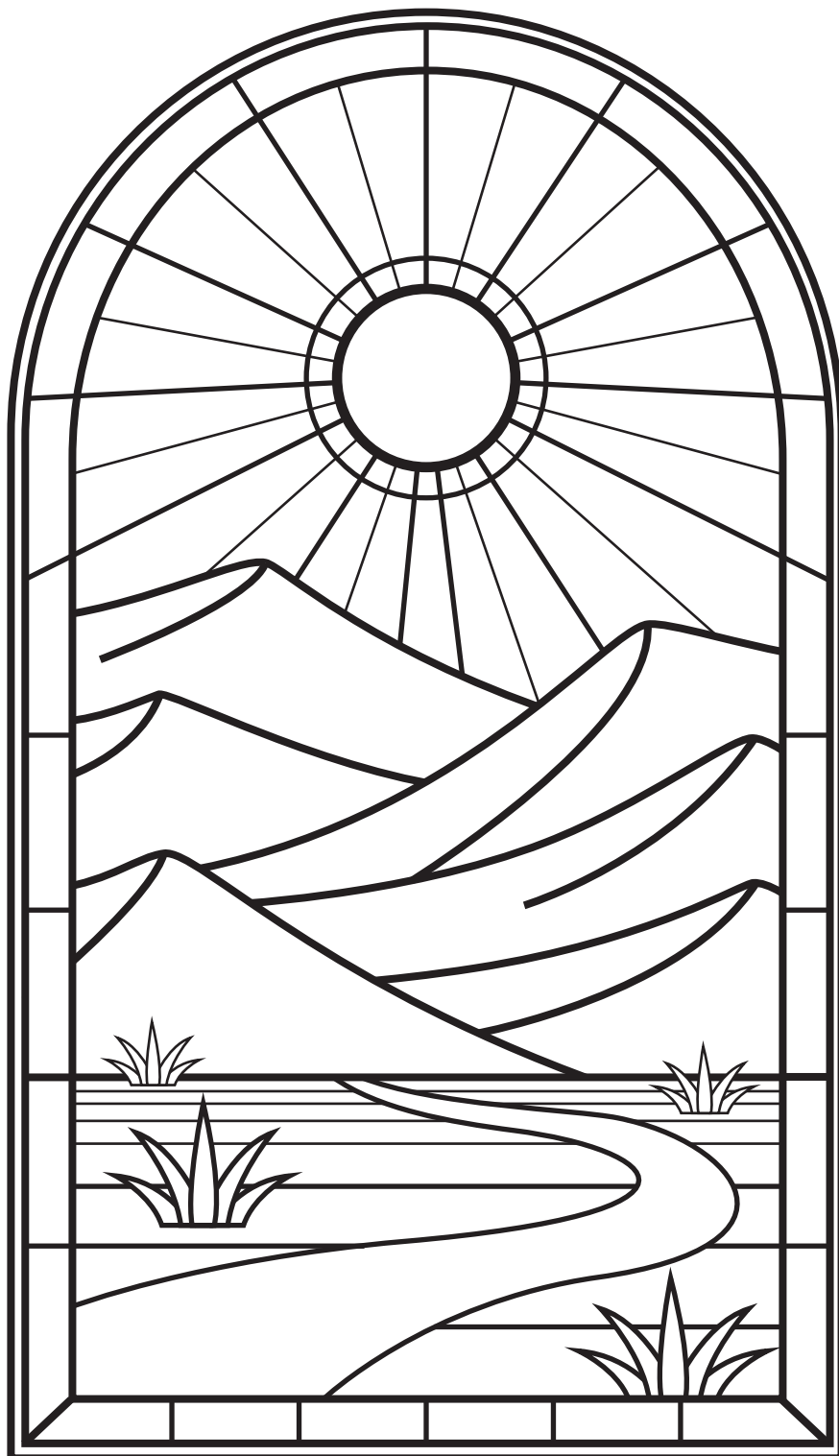
Palm fronds remind us of Jesus' joyful entrance into Jerusalem and help us prepare our hearts to follow Him through Holy Week and Easter.

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The desert reminds us of Jesus' 40 days of prayer and fasting, teaching us to trust in God always.

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The symbol of a fish remind us of Jesus' sacrifice and the tradition of fasting during Lent, helping us grow closer to God.



# EXAMINATION OF CONSCIENCE

## Guide for Children

**HOW TO USE THIS GUIDE:** This guide is designed to help children prepare for the Sacrament of Reconciliation by reflecting on their thoughts, words, and actions. Parents, teachers, or catechists can guide children through these questions, encouraging them to think about their relationship with God and others. Before confession, children should:



- Find a quiet place to pray and ask God for guidance.
- Talk to a parent, teacher, or priest with any questions.
- Read through each question carefully, reflecting on how faith is lived in daily life and how others have been treated.

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### Responsibilities to God

- Do I pray every day?
- Have I been thankful to God for my blessings?
- Do I pay attention and participate in Mass?
- Have I used God's name with love and respect?
- Do I ask the Holy Spirit to help me make good choices?

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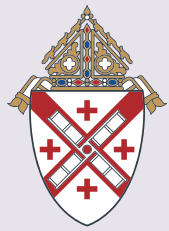
### Responsibilities to Others

- Have I been obedient and respectful to my parents and teachers?
- Have I lied, been dishonest, or made excuses for my wrong actions?
- Have I been kind to my siblings and friends, or have I been selfish, mean, or hurtful?
- Do I share what I have with others, especially those in need?
- Have I used unkind words, teased, or made fun of someone?
- Have I forgiven others when they hurt me, or do I hold grudges?
- Have I done my chores and schoolwork responsibly?

Jesus wants to help you be loving and kind. Ask for His mercy and grace, and trust in His forgiveness.







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