

# LENT

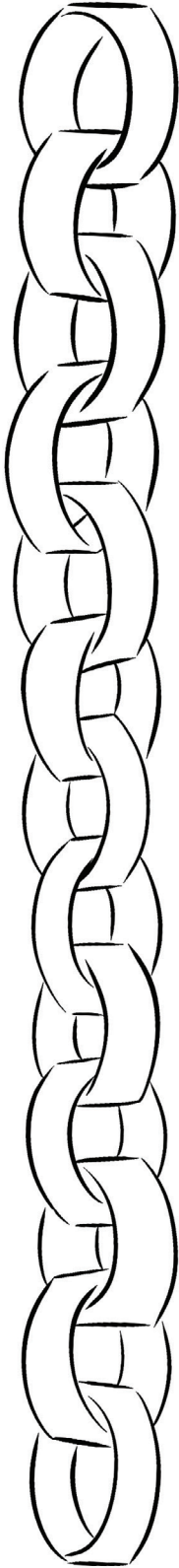
*season of grace*



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*Family Activity Book*



# Count Down the Days of Lent with a Paper Chain

## *What you'll need*

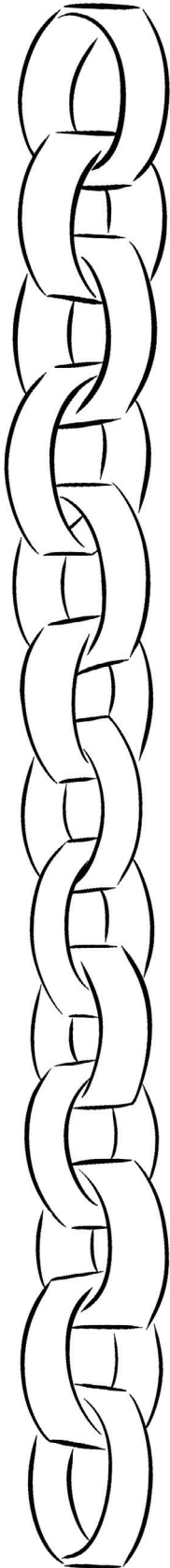
- Purple construction paper (purple is the special color of Lent!)
- Scissors
- Markers or crayons
- Glue, tape, or a stapler
- Grown-up helper for cutting (if needed)

## *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*

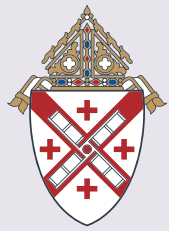
- "Give someone a big smile today."
- "Help set the table without being asked."
- "Draw a picture for someone who might be lonely."
- "Share your toys with your brother or sister."
- "Say something nice to each person in your family."

### *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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