

UNCOMPLICATED LENT FOR KIDS

join the journey

Spend time with God and all of God's creation this Lent.

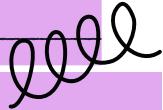
There are 47 days from Ash Wed (2/18) until Easter Day (4/5). To help you look forward to and remember to do our Lenten activity - gather 47 things you (your kids) will look forward to using each day of Lent. Then link them up - a new item for every activity every day in Lent. (Think: 47 juice boxes, packs of fruit snacks, pieces of candy, new crayons, or small containers of playdough.)

keeping track

Cut out each bullet pointed activity and tape them to each item you've gathered or just cross off the activities as you complete them. You can do any activity on any day.



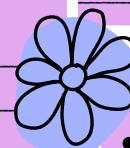
- give something up today - like dessert or your favorite spot on the couch
- Read Exodus 17.1-7 and act out hitting a rock for water



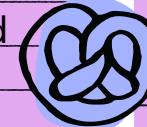
- share a high from today and a low from today with a family member
- find 5 things that are purple - purple is the color of Lent!

- read the story of Adam and Eve (Genesis 2.15-17, 3.1-7) from a story Bible.
- water a plant or drink a big glass of water.
- find two sticks and make them into a cross with string or just lay them on top of each other

- Pray: Dear God thank you for _____. Amen.

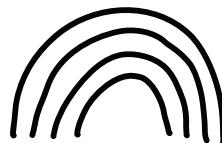


- Traditionally Lent has 40 days (we don't usually count the Sundays). Gather 40 blocks and stack them.



- cross your arms over your chest like a pretzel and pray: Thank you God for loving me. Amen

- read the story of Lazarus (John 11.1-45) in a story Bible and find a doll to wrap up in toilet paper. Unwrap the doll after you say Lazarus come out!
- pray: Dear God, I'm sad about _____. Please be with me. Amen.



- ask a family member to share their high and low for today
- read Psalm 23
- turn on a light - thank God for making light!
- make the sign of the cross on your forehead
- play a game with your family like Uno or the Wordle
- name 5 emotions
- pray the Lord's prayer

- Pray: Dear God, please be with caregivers. Amen.

- Pick a book and just look at the pictures - what do you see?



- send a you are special to me text, picture, or video to someone you love.
- go outside for at least 3 minutes.

- what time did the sun come up or go down today? How many hours of daylight were there?
- take a deep breath in and thank God for something. Breath out and ask God for something.
- sing Jesus Loves Me or This Little Light of Mine.

• Pray: Dear God, I feel _____.
Please be with me.
Amen.



- what is the weather like today?
- list people you love whose names start with or have in the the following letters: L - E - N - T. Pray for those people.
- color a picture using just the color purple. Purple is the color of Lent.
- Dear God, I'm mad at _____. Please be with them and me. Amen



- list 5 words that describe Jesus
- touch your toes and thank God for being with you in hard times – reach up and thank God for good times.



- share a snack with someone you love – let them choose first!
- Read about Jesus healing a man born blind in a story bible (John 9.1-12)

- give something beautiful (a smile or something you made or found) to someone you see today
- make a palm branch with paper and wave it>>>>>>>>>



- wash your hands or one of your toys with soap and water
- make a heart with your hands or put your hand on your heart – tell each other “I love your heart, just like God does”

- hide the word Alleluia or a toy/paper butterfly and set a reminder to find it again on Easter (4/5)
- play in the sink with measuring cups and a colander.

- Play i spy with my little eye – something purple! Purple is the color of Lent
- make a parade of toys – bonus if you have a donkey or a horse in the parade!

- Read Ezekiel 37.1-14 tap different toys or utensils together to make different sounds
- Find something that is empty – thank God that the tomb was empty on Easter!