

40 Lenten Activities for Catholic Kids & Families

40 Lenten Activities for Catholic Families

Give up television and internet for one day	Genuinely compliment someone who isn't expecting it	Donate a bag of food to a local church or charity	Go to a weekday Mass	Pray for good things for someone who has been unkind to you	Visit an elderly friend or relative who doesn't get a lot of visitors	Make homemade pretzels, a traditional Lenten food	Make an offering box and collect change throughout Lent to donate
Plan a simple meal and talk as a family about how to help the hungry.	Pray for people in your parish's RCIA program preparing to enter the Church.	Do a craft, piece of art, or creative project that glorifies the Lord	Send a card or note of encouragement to a priest or a member of a religious community	Pray for an increase in religious vocations	Ask for forgiveness from someone that you have wronged	Not just Friday: Have an additional meatless day one week during Lent.	Pray for someone preparing for First Communion or Confirmation
Light a candle at church and pray for someone in your life	Volunteer some of your time to help at church, school, or home	Clean up a mess that somebody else made (without complaining)	Memorize a prayer that you don't already know by heart	Surprise someone by doing a task or chore that they normally do	Donate a bag of things that are still nice, but that you just don't use	Pray the Rosary (or even just a decade) as a family	Thank someone who has been a good influence in your life
Read a religious book individually or as a family	Listen to religious music while doing a task you have been putting off	Attend (or read at home) the Stations of the Cross	Pray for world political and religious leaders	Make hot cross buns	Learn more about a saint that your family is unfamiliar with	Do something healthy to take care of the body God gave you	Clear your mind of other things and sit quietly with God
Do something to help the Earth	Go to Adoration, even if it's just for a little while	Pray for the Pope	Watch a religious movie together as a family	Give up sweets and other snacks for a day	Read one book of the Bible	Do a foot washing with your family members	Attend a Holy Week Mass

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