



40 Days Of Lent Calendar



Learn a new prayer	Do some extra chores	Read about Good Friday (John 19:16-37)	Think and say positive words	Offer to help someone	Forgive yourself and resolve to begin again	Avoid technology today
Share something with a friend	Write down what you are thankful for	Help a family member with chores	Affirm someone with the good they have done	Make amends or reconcile with someone	Give something up for the day	Read a Bible story about Jesus
Say a special prayer for a friend	Sing your favorite Church songs	Forgive someone for something they did	Do something good for the enviroment	Give someone a compliment	Learn more about God and the Catholic Faith	No sweet treats today
Do something kind for someone	Read a bible story about Peter	Make a gift for someone	Pick up litter at a playground or school	Read a bible verse from proverbs	Be nice to a student who needs a friend	Have water as your only beverage
Make a cross with things you find in nature	Read an Old Testament story	Refrain from complaining	Write a letter of thanks to someone	Read the Stations of the Cross	Pray for someone	Play with a student who seems lonely at recess
Draw or decorate some Easter eggs	Start your day with a Prayer	Dontate to someone in need	Tell your family how much you love them	Clean your room without anyone having to ask		