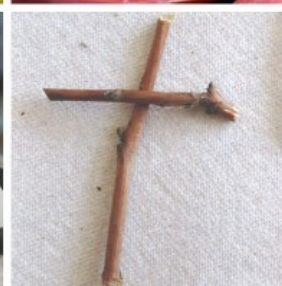
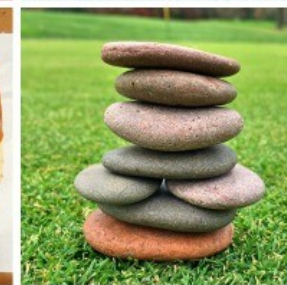
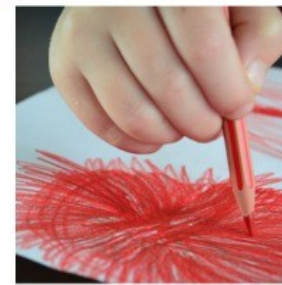
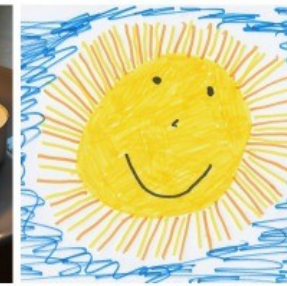


40 Activities
for families
to explore
together
during **Lent**

www.sunhatsandwellieboots.com





The six weeks of Lent offer you & your family an opportunity to journey, discover & prepare for Easter together. Whether you're young or old Lent has something to offer you, & sharing that with your family makes the experience even more special.

In this book you'll find 40 activities for your family to explore together during Lent.

The idea is that you can dip in & out of them week by week & find the activities that are appropriate for your family. Some of the activities are suited to older children, while others are accessible to all ages. There are tick boxes alongside each activity so you can decide which ones you would like to explore together. If you choose one or two activities to explore each week then that would be amazing, if you choose more activities then you are super committed & I am in awe of you! ♥

Whichever activities you choose, I hope you & your family enjoy exploring your journey through Lent together.



You can find more activities at: www.sunhatsandwellieboots.com
or follow us on [facebook/sunhatsandwellieboots](https://www.facebook.com/sunhatsandwellieboots)
or [pinterest.com/sunhatswellies/](https://www.pinterest.com/sunhatswellies/)

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May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

old Irish Blessing

Exploring Lent as a family

Week 1



- Make a Prayer/Blessing Tree together. (More on our blog)
- Cook & share Pancakes together. These [mini pancakes](#) are ideal for small children to make.
- Make a desert area as a reminder of Jesus' time in the wilderness. (More on our blog)
- Go to an Ash Wednesday Service together, or write/draw some charcoal "I'm sorry..." prayers.
- Create a Giving Jar. Over the 40 Days of Lent add any loose change to the jar, or if you're giving something up for Lent then add that saved money to the jar. At the end of Lent choose a charity you would like to donate it to.
- Make a Valentine's card for someone special. You might like [this one](#) or [this one](#).
- Give blessing pebbles to people who may need them, or leave them in your neighbourhood for people to find. (You can read more about these on our blog)

Exploring Lent as a family

Week 2



- Light a candle at mealtimes & pray for peace around the world.
- Drink only water for a day reminding you of how precious this resource is. Think about how many times we use water & what for. Say a prayer for those around the world who don't have clean water in their homes & find out more about WaterAid.
- Fill your week with an 'attitude of gratitude' & send "Thank You" postcards to those who are a blessing in your life.
- Write or draw Post-it-Note Prayers throughout the week. Over meal times you could share & pray together for the situations/people that are mentioned in your prayers. (You can read about these on our blog)
- Get creative with Prayer Dough & create something that you would like to thank God for. (More info on our blog)
- Take time out for some cloud watching. What colours & shapes can you see in the sky? Thank God for our amazing universe. Wherever we are in the world we all live under the same sky.

Exploring Lent as a family

Week 3



- Take a bunch of Spring flowers to a neighbour or someone living on their own. You could make [these](#).
- While outdoors collect two small sticks & join them together with string or a pipe cleaner to make a cross.
- Build cairn prayers together in your home, on the beach, or in your local park. If you made a Desert Area you may want to leave them in the sand so you can add to them during the coming weeks.
- Collect old toys, clothes, or books & donate them to a local charity shop.
- Make pretzels & discover what they have to do with Lent. Share your bakes & their tradition with friends.
- Weave a God's Eye & each add different stands of yarn. When it's finished hang it in your home. (You can find more info on our blog)
- Create a veggie patch in your garden, start now by digging a small area & preparing the soil. As you dig over the earth think about any rough times you've had, when things have felt turned upside down. Ask God to help you remember that from rough ground new shoots grow. All things grow with hope & love.

Exploring Lent as a family

Week 4



- Have an empty box or basket in the corner of your kitchen ready to collect items for your local Foodbank. Every day this week (& the next if you are able) add a different item to the box.
- Make a Mothering Sunday card for someone special. You could write down 5 things that you especially love about them. ♥
- Before you go to sleep read Psalm 139 together.
- Plant some seeds & watch them start to grow on a sunny windowsill.
- Create a work of art together. Handprinting is great fun & everyone can join in whatever their age. Or you might like to try making an Easter Canvas like [this](#). Pin your masterpiece on the wall.
- [Feed](#) & watch the birds in your backyard. Read Matthew 6:26.
- Invite someone to your house to share a meal or a cuppa.

Exploring Lent as a family

Week 5



- On Palm Sunday make folded paper crosses to share with friends, Read Matthew 21:1-11 together. What does Hosanna mean? See who can shout "HOSANNA" the loudest!
- Explore the Easter Story by making an [Easter Egg Planter](#) from a plastic egg.
- Draw a rainbow using pens, chalks, paint or crayons. Maya Angelou once said "Be a rainbow in someone else's cloud". How could you be a hope filled rainbow in somebody's life today? What could you do to make someone smile? If you have more time you might like to make these heart shaped [rainbow crayons](#).
- Make some [salt dough decorations](#) to add to an Easter Tree next week. Remember that you are the salt of the earth (Matthew 5:13-16)
- Make some homemade chocolates or special [Easter Rocky Road](#) (recipe at www.sunhatsandwellieboots.com) to give as gifts on Easter Day.



Exploring Lent as a family

Week 6

- Bake some Hot Cross Buns for family & friends, or make some play dough [Hot Cross Buns](#) for some sensory play.
- Make an [Easter Garden](#) at the beginning of the week & read the story of Holy Week together.
- Go on a Good Friday walk & take the stick cross you made in week 3. Find a beautiful spot on your walk & place your cross there. Thank God for the space you are in & all that you have.
- Make some [bread](#) together (ideally on Maundy Thursday) to remember the last meal Jesus had with his friends. As you eat it thank God for the food you have & who you share it with. Read Mark 14:12-26.
- Clean each others shoes on Maundy Thursday, a reminder that Jesus washed his disciples feet at the Last Supper.
- Make & wave an [Easter Cross](#) & talk about the sadness people felt on Good Friday when Jesus died.
- Decorate an [Easter Tree](#) with your salt dough decorations.
- Celebrate Easter Day at Church! Jesus is alive! Alleluia! Go on a family Easter egg hunt, & celebrate the new life Jesus brings.

