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| Give up the television or internet for one day | Pray for good things for someone who has been unkind to you | Make an almsgiving box and collect change throughout Lent to donate | Do a craft or piece of Art that glorifies the Lord |
| Send a note of encouragement to a family member or member of the religious community | Donate a bag of things that are still nice but you do not use | Pray the Rosary (or even just a decade) as a family | Go for a walk and reflect on the beautiful natural world God has created for us |
| Read a book of the bible | Plan a simple meal and talk as a family about how to help the hungry | Thank someone who has been a good influence on your life | Clear your mind of other things and sit quietly with God |
| Do something to help the Earth | Give up sweets or snacks for the day | Make some hot cross buns | Surprise someone by doing a task or chore that they normally do |

**Lenten Activities**