










FAMILY WALLCHART


Lent 2019: Wednesday 6 March – Saturday 20 April


Activities


 Write/Draw	 Think
 Give out	 Spiritual
 Care	 Speak
 Act/Do	 Make


- 1** Find a generosity buddy and agree to do a generous thing for the 40 days of Lent. 
- 2** Cut down screen time and pay attention to the people around you. 
- 3** Today is about positivity! Try not to argue, disagree or interrupt. Only speak encouraging words. 
- 4** Start a giving jar and collect up loose change or donate some of your pocket money. 
- 5** Be brave and pay a compliment to a grown up, a family member or even your teacher! 
- 6** It's Chocolate Tuesday! Give out some chocolate today. 
- 7** Plan a nice surprise for someone that you know will make them happy. 
- 8** Make a mega-list of things you are grateful for. 
- 9** Make a friend outside your usual circle, or say hi to a shy person. 
- 10** Tape change to a car park payment or vending machine with a note from 4oacts 
- 11** Write a thank you card to people that help you (e.g. the lollipop lady, local shopkeeper, the school caretaker). 
- 12** Go on a prayer walk. Find places to stop and pray. E.g. on your route to school. 
- 13** What are the horrible jobs? Empty the bins, clean the sink or change a nappy. 
- 14** Do one green thing. E.g. turn off lights, recycle or mend something. 
- 15** What are you good at? Write a poem, make a cake or help sort out someone's phone. 
- 16** Help without being asked: do the washing up or tidy up your classroom or cloakroom. 
- 17** Find out about local charities on your area. Your school or church may already support a few. 
- 18** Make a 'Things I like about you' book or card for someone. 
- 19** Be neighbourly. Leave a small gift on their doorstep, a card or some biscuits to say 'hi'. 
- 20** Try and pick up at least 5 pieces of litter today. 

21 Let someone else choose what game to play or what to watch. 





22 Tomorrow is Mother's Day, make a card (or cards) for mothers you know. 



23 Smile at 10 people today. 



24 Have a proper chat! Phone your Granny, cousin or friend you haven't spoken to for a while. 



25 Tidy up your bedroom, change the sheets and then do someone else's. 





26 Find out about your local foodbank and donate some food. 





27 Send an anonymous gift to someone you know. 





28 Draw a large heart and write in it all the ways you can love someone. 



29 Queuing up for something? Don't push forward but let others go first. 





30 Plan a fundraising idea, a cake sale or book sale. Send the money you raise to a charity. 





31 Lots of people end up sleeping on the street. Find out what your neighbourhood/church does and see if you can help. 





32 Clothes you have grown out of/don't wear anymore? Have a sort through and give away what you can. 





33 If you buy yourself a treat, buy two and give one away. (you might even find a special deal). 



34 Besides your family, how many elderly people do you know? Get to know an older person in your church or neighbourhood. 




35 Make palm crosses and write thank yous to God on them. 





36 Give someone a Fairtrade Easter egg. 





37 Tell a friend something you really like about them today. 





38 Go online and find out about children who are less fortunate than you (e.g. refugees, asylum seekers, children in modern day slavery). 



39 Say sorry first, even if you think it wasn't your fault. 



40 Bake some Easter story cookies or some hot cross buns and deliver them as a surprise. 





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