





Lenten Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	What are you going to do for Lent?	SHROVE TUESDAY Make pancakes with your family	ASH WEDNESDAY Go to Mass and receive the Ashes	Put aside some money for those who have less than you do	Eat no dessert today	Do an extra chore to help at home
1ST SUNDAY OF LENT Pray with your family around the table	Only say kind words today	Give a card to a lonely person	Say sorry to someone today	Do your homework without being asked	Pray for those who have been unkind to you	Hug someone you love today
2ND SUNDAY OF LENT Read a story about Jesus to someone in your family	Go without soft drinks today	Say a prayer for those who have no food today	Eat all your meal today	Make a new friend	Forgive your brother or sister without complaining	Do something for someone else today to make them happy
3RD SUNDAY OF LENT Go to Mass as a family today	Look through your cupboards for possible donations to St Vincent de Paul	Make friends with someone you don't like	Think of Jesus your friend and ask Him to help you be kind	Offer to help your teacher today	Find out about someone who helped the poor children	Tidy your room without being asked.
4TH SUNDAY OF LENT Pray for those who are teaching people about Jesus	Wash the dishes without being asked	Eat no sweets today	Help someone at home	Pray before you get into bed	Listen to someone really well today	Play fair today
5TH SUNDAY OF LENT Prepare some decorations for the upcoming Easter celebrations	Give some of your pocket money to your Project Compassion box	Find some toys to give away to someone who might need them	Don't fight with anyone today	Read a story about Jesus	Find out about poor children from another country. Ask someone to help you with this.	Draw a picture of you helping someone
 PALM SUNDAY Go to Mass and bring your palm branch home to keep.	Pray for all parents today	Read about Jesus' journey to the cross.	Decide how can you make the world a better place today	HOLY THURSDAY Read the story of the Last Supper	 GOOD FRIDAY Make a cross to remember Jesus' Crucifixion.	HOLY SATURDAY Finish the decorations for tomorrow's celebrations.
 EASTER SUNDAY Go to Mass today and have a family celebration to rejoice in the Resurrection of Jesus.						

Resource from *Conversations About Catholics*—Anne McLean and Alice Sullivan rsj