

# FAMILY WALLCHART

Lent 2018: 14 Feb – 31 March

**Activities**

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

- 1** Make a list of all the people you would like to be generous to this Lent.



- 2** Send an anonymous gift to someone you know.



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



- 4** Be a good team player: don't hog the ball/game controller and compliment your teammates.



- 5** Hide some small toys at the park with a note saying 'Take one home and remember you are special!'



- 6** Give out anything with chocolate in it today.



- 7** Help without being asked: do the washing up or tidy up your classroom or cloakroom.



- 8** What are you good at? Write a poem or make a card, cake or video and give it to someone.



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



- 10** Smile at ten people today.



- 11** Give someone a Fairtrade Easter egg.



- 12** Make a new friend outside your usual group and invite them round to your house.



- 13** Draw a rainbow somewhere with chalks. How can you be a hope-filled rainbow in someone's life today?



- 14** Find out more about local charities in your area. Your school or church may already support a few.



- 15** Write five thank yous to God for different things that have happened today.



- 16** Choose and buy food for a local food bank or similar organisation.



- 17** Make a card/ note that says something nice about someone and hide it where they might find it.



- 18** Go on a prayer walk. Find places to stop and pray for your community.



- 19** Today is about positivity! Try not to argue, disagree or interrupt. Only speak encouraging words.



- 20** Phone your granny or grandpa, cousin or a friend you haven't spoken to for a while.




**21** Give someone a voucher with a 'promise' for something you will do for them.  

**22** Get to know the names of people that help you (e.g. the lollipop lady, local shopkeeper, policeman, school caretaker) and say hello.  

**23** Spend less time today looking at screens and play board games or share other activities.  

**24** Be generous with your words: pay a compliment to a family member, friend or even a teacher.  

**25** Make a 'Things I like about' book or card for someone and give it to them.  

**26** Make your own generosity kit and give it away. Add some pens/pencils, a £1 coin, tissues, sweets - what else?  

**27** Be a friend to someone outside your usual circle, or say hi to a shy person.  

**28** Pick up litter or gather a litter-picking team to tidy up an area where you live.  

**29** Don't waste food! What can you do to help your family/school/church not waste any food?  

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

**31** Return a supermarket trolley with £1 in it or tape a £1 coin to a wall where it will be really useful.  

**32** Tidy up your bedroom without being asked and even change the bedclothes.  

**33** Big pile of toys/games/books? Have a sort through and give away what you can.  

**34** Plan a nice surprise for a family member or friend.  

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

**36** What horrible jobs need doing? You could empty the bins or wash the car/dog!  

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

**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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