

WHAT ARE YOU DOING FOR LENT?

(FOR CHILDREN & TEENS)

Giving Up?

- Chocolate
- Soft drinks/Energy drinks
- Complaining, muttering, rolling your eyes
- Ice Cream
- Movies
- Electronics (games, social media, ipad)
- Television
- Sweets
- Junk food
- Meat on Fridays
- Making life difficult for others at home
- Buying something you do not need
- Reduce your screen time
- Nagging your parents trying to get your own way
- Checking your phone
- Take-aways
- Swearing/taking the Lord's name in vain

Taking on?

- Feeding & Walking the dog/looking after family pets
- Filling/unloading the dishwasher without being asked
- Attend Sunday Mass
- Cleaning your room
- Helping your brother/sister with their homework
- Helping with the laundry
- Setting the table before meals
- Join in the parish Stations of the Cross
- Read a story from the Bible
- Giving some of your pocket money to someone in need
- Exercise a little more
- Don't leave your dinner behind you.
- Be more conscious of saying: Please, Thank you, and I'm sorry.
- Do a random act of kindness for someone
- Begin and end each day with a prayer
- Write a thank you card to someone
- Do something that benefits God's creation: use less water, turn off lights, the TV, etc.
- Walk or cycle instead of unnecessary car trips
- Pray a decade of the Rosary each day
- Go to confession

