






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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