

40acts challenge for kids!



So, what is Lent?

How do you feel when you are hungry? Does your stomach grumble? Does it GROWL? Imagine not eating for 40 days.

That's what Jesus did when the Bible tells us he was led by the Holy Spirit into the desert.

You can read the whole story in Luke 4 v 1-13. Lent is the 40 days leading up to Easter when we remember Jesus' time in the desert and the challenges he faced when he was there.

Because Jesus didn't eat for 40 days, Christians like to remember this story by giving up something themselves during Lent. Have you ever given something up for Lent? Maybe chocolate or your favourite TV show?

This year, why don't YOU go a step further and not only give something UP but give something OUT to someone else? We challenge you to take up the **40acts** challenge and carry out simple acts of giving and kindness throughout Lent this year.

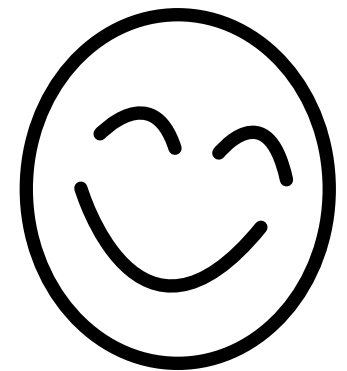
Will you do 10 of the **40acts**? Will you do all 40? IT DOESN'T MATTER – just make sure that the acts you do, you do WELL!



What to do next

Download the wall chart and put it somewhere you look everyday – perhaps on the kitchen fridge or above the TV.

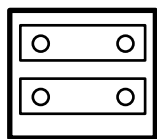
Use stars or tick the acts of generosity that you complete. Sit down with your family and think about how you might follow **40acts** together.



Whatever you do, have fun, look out for others and remember to thank God in all things!



1



Tidy up your room without being asked



2

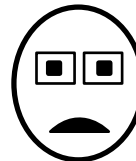


Save energy – turn off lights, TV, chargers when you leave a room



3

Cut down your screen time – TV, internet or games, and suggest playing a family game together



4



Begin to collect onion skins – both red and orange to make 'peche' eggs for Easter



5



Say **sorry** to someone



6



Put money into a Giving Jar. Feed it with loose change or the money you might have spent on treats – think about which charity you would like to give the money away to at the end of Lent



7



Try to spend a whole day without arguing (and that includes your Mum, Dad and any brothers or sisters!)



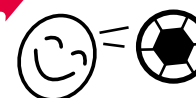
8



Send a letter or picture to a grandparent, relation or Godparent



9

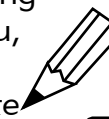


Be a good team player, don't hog the ball and compliment your team mates



10

If someone in your family has done something special for you, write them a thank you note



11



Make a friend outside your usual 'crowd'



12



Put food out for birds and make sure there is fresh water that isn't frozen



13



Try to find out about someone your age living in a poorer country and compare your lives



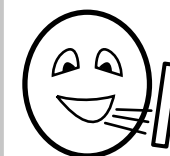
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Do chores without complaining



15

Phone/email a grandparent, distant relative or friend to say 'hi'



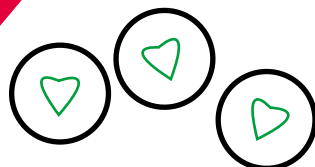
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Check through your games and toys and give ones you don't use to a charity shop (not broken ones!)



17



Make some cakes or biscuits to share with your class mates



18

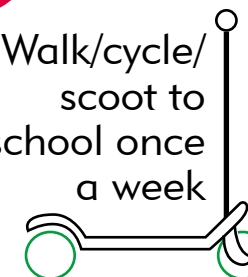


Volunteer – find an opportunity to help out. You may need an adult to help you with this



19

Walk/cycle/scoot to school once a week



20



FHB: Family Hold Back with a difference.... hold back from jumping in and taking what you want at the meal table





=Act/Do



=Care



=Speak



=Think

21



Say something nice about someone behind their back ☐

22



Change your bed and if you are feeling really generous change someone else's as well ☐

23



Help end food waste, don't cook or take more than you can eat ☐

24



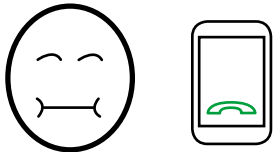
If the bin is full, don't ignore it – empty it and replace the bin-liner ☐

25



At the end of a special day or outing, get each member of your group or family to mention the best thing that they enjoyed and give thanks to God ☐

26



Cut down on your phone/texting time ☐

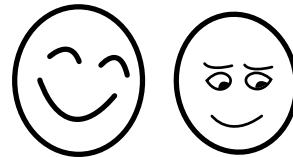
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Make a scrap book for an elderly relative or someone you know who is ill – find out what interests them: sport, nature, cooking, holidays, and spend some time going through it with them ☐

28

Be a friend to a shy person

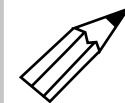


29



Ask if you can help at school, at home, at church, or at one of your clubs ☐

30



Make a card or a note – saying something nice for members of your family or friends and hide them somewhere where they will find them ☐

31



When you buy yourself a treat, buy two and give one away ☐

32



Set the table and clear away or do the washing up without being asked ☐

33



Run a fundraising event in aid of charity, organise a cake sale or a book swap with your friends ☐

34



Pick up litter outside your home, church or school ☐

35

Saturday before Palm Sunday



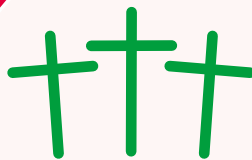
Cut out palm leaves and write thank yous to God on them ☐

36



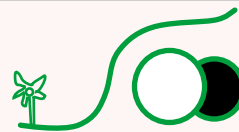
Be generous with your words, pay a compliment to a family member, friend or even your teacher ☐

37



Read or draw pictures of Holy Week events ☐

38



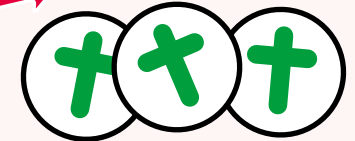
Make an Easter garden and invite a friend round to help make it ☐

39



Make 'peche' eggs ready for Easter Sunday ☐

40



Make Easter Story cookies ☐