

Lent – a time for action....



As a friend of Jesus, try to be really friendly, happy and helpful during Lent. As we get ready to celebrate Easter let's ask Jesus to be more like him. Then try some of these challenges. Tick any that you try! Maybe you can think of more....



On a Monday morning smile and say hello to at least 5 people in your class.



Ask somebody different to join you to play at play time in school.



Remember to say Thank-you to somebody for something kind that they said or did.



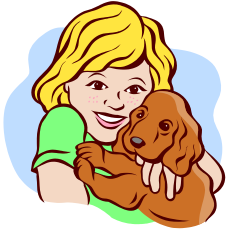
Tell someone special that you love them.



On a Friday afternoon wish your teacher a 'happy weekend.'



When you are cross count to 10 and walk away. Go to a quiet room or tell someone.



Offer to feed your pet all week or to take it walks or clean its pen etc.



Let your brother or sister have first go in a game or first play with a toy or first choice of a treat.



Surprise mum by making your own bed or tidying your bedroom.



Apologise at home or school if you have been rude, cheeky or naughty. Say sorry to Jesus too and ask him to help you to be more thoughtful next time.



Can you remember to say please or thank-you at least once a day?



Treat mum on Mother's Day (Don't forget! Sun 10th March).



As an Eggstra (extra) challenge - why not ask for ONE Easter Egg less this year and instead tell mum / dad / granny to give the money to a Christian charity?

Check out these charity websites to learn more about helping people in God's world:

www.charlenesproject.org

www.christianaid.org.uk/resources/games/index.aspx

www.tearfund.org/en/resources/youth_and_children/childrens_resources/

www.samsireland.co.uk/