

Children's Lent – a time for growth

Here is something to do for each day of Lent. The theme is growth – in different ways. Sunday we think about growing the church, Monday about growing your mind. Tuesdays is about growing faith, and Wednesdays about growing with the family. Thursdays is about the growth of the planet. Friday is about growing your giving, and Saturday is actually about growing things! (You don't need a garden, just a pot).

Ash Wednesday 14 th February	Look around the world and see how many crosses you can see today – ones which are crosses on churches but also crosses on things like taps and on a plate or whatever. Each time remember Jesus loves you
Thursday 15 th February	Today when you turn on a tap, for a wash, a shower, a drink, or cleaning your teeth, think about what it would be like if we were running short of water. Use a bit less.
Friday 16 th February	Find an empty jam jar or similar. Put 10p in it. Put 10p at least in it every week at least till the end of Lent, to give to charity
Saturday 17 th February	Plant a cutting – there are lots about or pick up some in church tomorrow !
Sunday 18 th February	In church today say hello to someone you don't know well, an adult or child. Tell them what you learnt in church today and ask what they learnt.
Monday 19 th February	Find out what's happening in Cape Town where water is so precious. Ask a grown up or with permission, use the internet to find out
Tuesday 20 th February	Today when you get up, pray for the person who you eat breakfast with – and say thank you to God for your breakfast.
Wednesday 21 st February	Make a card for someone in your family (or everyone) to tell them how much you love them.
Thursday 22 nd February	Think about all the different things you use electricity for; draw pictures of them. What could you stop using electricity for?
Friday 23 rd February	Find something you could give away – not just something old but something you know someone else might like (check with your parents) – such as music, a DVD or a book
Saturday 24 th February	Choose a patch of ground and ask your parents if you can buy and plant some seeds.
Sunday 25 th February	Offer to do something to help in church today, collect hymn books, sweep the floor, collect coffee cups.

Monday 26 th February	Talk to someone and find out three things about them you didn't know; especially what things are most important to them and what they think would help the world improve.
Tuesday 27 th February	Say the Lord's prayer today, and if you don't know it, learn it. If you already do this, then learn the Grace or another prayer
Wednesday 28 th February	For each one of your family, make a prayer card (just a simple card with their name/picture on). Use the cards to hold and pray for your family for a week – and longer .
Thursday 1 st March	Do you know what you can recycle in your house? Make sure you know and help to recycle today (or this week).
Friday 2 nd March	What's your favourite thing you usually get to eat today? A chocolate with your lunch, or your pudding or whatever. Give it up –or half of it – and remember there are lots of people who don't get nearly enough to eat.
Saturday 3 rd March	Find something in your food rubbish that might grow and plant it –carrot tops, apple seeds, or sprout some beans
Sunday 4 th March	If you go to Junior church, then thank a leader today. Could you make a card?
Monday 5 th March	When you come home, do without TV or screens. Can you read, play a game, talk to someone or make something?
Tuesday 6 th March	Find a bible and read Psalm 117 – the shortest psalm in the bible. Can you learn it?
Wednesday 7 th March	Sit and talk to a parent for at least fifteen minutes today, or read a brother or sister a story, or play a game with them.
Thursday 8 th March	Today is International Women's Day. Wish the girls you meet today a happy day. If your parents can help, look at stories from 'Send my friend to school' on the internet – many girls still don't get to go to school.
Friday 9 th March	Do some jobs for someone and ask for 10p for your giving jar (make sure you put 10p in yourself as well)
Saturday 10 th March	Plant a bulb or cutting in a pot
Sunday 11 th March	Talk to one or two adults today about either the job they do for church, or the church groups they belong to
Monday 12 th March	Find an atlas (perhaps online) and look up all the countries in Africa. Choose one or two and find out something more.
Tuesday 13 th March	Thank God today for each meal you eat. If you dare, do it out loud even when at work, or at school!
Wednesday 14 th March	Make something for someone in your family which they would like, - a picture, a cake, a cup of tea.

Thursday 15 th March	Put some flowers, or a tree branch, in a vase on put it on your table to remind you of the creativity of God.
Friday 16 th March	What things get bought for you every week? Make a list. Can you do without one, and ask someone if they can put the cost in your jar? Think about people who don't have as much as you.
Saturday 17 th March	Find something growing in your street or community and help – take off dead leaves, water it, prune it or whatever.
Sunday 18 th March	Find the collect for today in the church newsheet and take it home –use it to pray with your family today.
Monday 19 th March	Are you called after a saint? Or do you know what your name means? Try to find out some more about the saint or about what your name means. If there isn't a saint then choose one and find out some more.
Tuesday 20 th March	Today, look at the people you meet and ask God to bless them 'God, bless...'
Wednesday 21 st March	At meal time, ask everyone to tell a story of what they've done this Lent.
Thursday 22 nd March	If you usually have chocolate, cake, or biscuits – then have a piece of fresh fruit instead. .
Friday 23 rd March	Share something you would eat (which you like) with someone else today
Saturday 24 th March	Grow a dinner –help a grown up get a meal today.
Sunday 25 th March	Ask your friends in church how you can pray for them this week. Make some notes and then do this this week.
Monday 26 th March	The bible tells us of various people who meet Jesus in his last week, his disciples, the women on the road to Jerusalem, Simon who carried his cross and Mary his mother. Talk to a grown up and ask them to help you find out more about one of them.
Tuesday 27 th March	God loves you- Jesus died on the cross for you. Be quiet for five minutes today and think about what it means to be loved by God.
Wednesday 28 th March	Hug someone and thank God for your friends and family
Thursday 29 th March	Make a cross out of natural materials (e.g. a couple of twigs) and hang it from your house door
Friday 30 th March	How much is in your giving jar? Decide with an adult what charity to give it to and how to do this. Can you add some more?
Saturday 31 st March	Pick some wild plants, flowers, or a branch, or some pretty grasses and make a bundle to give as a gift, perhaps to someone next door?
SUNDAY 1ST APRIL	Celebrate Easter with us and enjoy an Easter egg!