










# FAMILY WALLCHART


Lent 2019: Wednesday 6 March – Saturday 20 April


**Activities**


 Write/Draw	 Think
 Give out	 Spiritual
 Care	 Speak
 Act/Do	 Make

- 1** Find a generosity buddy and agree to do a generous thing for the 40 days of Lent. 
- 2** Cut down screen time and pay attention to the people around you. 
- 3** Today is about positivity! Try not to argue, disagree or interrupt. Only speak encouraging words. 
- 4** Start a giving jar and collect up loose change or donate some of your pocket money. 
- 5** Be brave and pay a compliment to a grown up, a family member or even your teacher! 
- 6** It's Chocolate Tuesday! Give out some chocolate today. 
- 7** Plan a nice surprise for someone that you know will make them happy. 
- 8** Make a mega-list of things you are grateful for. 
- 9** Make a friend outside your usual circle, or say hi to a shy person. 
- 10** Tape change to a car park payment or vending machine with a note from 4acts 
- 11** Write a thank you card to people that help you (e.g. the lollipop lady, local shopkeeper, the school caretaker). 
- 12** Go on a prayer walk. Find places to stop and pray. E.g. on your route to school. 
- 13** What are the horrible jobs? Empty the bins, clean the sink or change a nappy. 
- 14** Do one green thing. E.g. turn off lights, recycle or mend something. 
- 15** What are you good at? Write a poem, make a cake or help sort out someone's phone. 
- 16** Help without being asked: do the washing up or tidy up your classroom or cloakroom. 
- 17** Find out about local charities on your area. Your school or church may already support a few. 
- 18** Make a 'Things I like about you' book or card for someone. 
- 19** Be neighbourly. Leave a small gift on their doorstep, a card or some biscuits to say 'hi'. 
- 20** Try and pick up at least 5 pieces of litter today. 

**21** Let someone else choose what game to play or what to watch. 

**22** Tomorrow is Mother's Day, make a card (or cards) for mothers you know. 


**23** Smile at 10 people today. 


**24** Have a proper chat! Phone your Granny, cousin or friend you haven't spoken to for a while. 


**25** Tidy up your bedroom, change the sheets and then do someone else's. 

**26** Find out about your local foodbank and donate some food. 

**27** Send an anonymous gift to someone you know. 


**28** Draw a large heart and write in it all the ways you can love someone. 


**29** Queuing up for something? Don't push forward but let others go first. 


**30** Plan a fundraising idea, a cake sale or book sale. Send the money you raise to a charity. 

**31** Lots of people end up sleeping on the street. Find out what your neighbourhood/church does and see if you can help. 

**32** Clothes you have grown out of/don't wear anymore? Have a sort through and give away what you can. 


**33** If you buy yourself a treat, buy two and give one away. (you might even find a special deal). 


**34** Besides your family, how many elderly people do you know? Get to know an older person in your church or neighbourhood. 


**35** Make palm crosses and write thank yous to God on them. 

**36** Give someone a Fairtrade Easter egg. 

**37** Tell a friend something you really like about them today. 

**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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