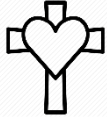
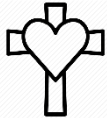






LENTEN ACTIVITY

42 activities to help you Pray, Fast & Give with your family during the 40 days of Lent! Color in the boxes as go!

Try to do one every day, in **any order** - See how many you can get done starting on Ash Wednesday until Palm Sunday!

Choose a board game instead of a video game	Tell a friend about Jesus.	Do something kind for a neighbor.	Pray for Father Laszlo	Sunday Mass 	Spend 20 minutes outside quietly looking at nature and thanking God.	Call or visit a relative who doesn't have a lot of visitors
Set up a prayer corner in your house	Read a story or watch a movie on FORMED* about Jesus.	Pray for your teachers and caregivers	Make a card for someone who is sad.	Sunday Mass 	Give up all treats for one full day.	Pray a decade of the Rosary.
Sing a song about Jesus out loud.	Ask for forgiveness from someone that you have hurt.	Plant a flower bulb, grass seeds or a bean in a cup and watch it grow	Go for a walk outside with your family.	Sunday Mass 	Read a Bible story or watch one on FORMED*	Give up all toys that use batteries for one day.
Draw a picture of Jesus as a gift for someone.	Pray for Pope Francis	Learn about a Saint from a book or on FORMED*	Give someone you love an extra-long hug.	Sunday Mass 	Pray for Father Matthew	Clean up a mess that somebody else made without being asked.
Pray for homeless people	Read a story or watch a movie on FORMED* about God.	Give up television for one day.	Write a list of things that you are thankful for.	Sunday Mass 	Bring a can of fruit for St Vincent de Paul at Holy Family.	Pray for the children who are preparing for First Communion.
At dinner, ask everyone what they are thankful for.	Help your mom or dad without being asked.	Invite a friend to Church.	Make an Easter craft about Jesus.	Palm Sunday Mass 	Watch 'He is Risen' on FORMED*	Donate some of your old toys to charity.

Dear Parents, you will notice the occasional suggestion to watch movies on **FORMED***. Formed is a Catholic-content streaming website (kind of like Netflix) which the parish has purchased a subscription to and is free for you to use. Please go to hollyfamilywhitby.formed.org where you will be directed to the FORMED registration page. Click "register now" type in your information and create a password. Agree to the terms of use and click "create account".

Below are some video suggestions for you available on Formed. Visit our Youth Webpage for easy links to the movies hollyfamilywhitby.ca. **The Lost Sheppard** (This is a short Bible Story), **The Saints** (Learn about many Saints), **God with Us** (The story of Jesus for age 7 & up), **He is Risen** (The Resurrection Story) and **Patrick** (The story of St Patrick)

