



Lent Ideas for Families (liturgical Year)

Fasting, Prayer, and Almsgiving are the three staples of a Lenten journey. In Foundations Class we symbolize this with a traffic light graphic, reminding the children to “Stop”, “Pray”, and “Act”. Below is a list of family activities that can help children remain engaged throughout the season.

- Plan ahead. Decide what activities are best for your family.
- Have a pancake supper the night before Ash Wednesday. Making pancakes was a good way to use up all of the fat, cream and eggs in the house before Lent fasting began. This old tradition inspired the term “Fat Tuesday”.
- Fast from being busy
- Attend the Family Ash Wednesday Service (5:00pm)
- Take a family Closet Tour and count the # of shoes, pants, coats, toys, etc. that you have in your closets. Discuss need vs. wants and create a donation box to serve someone in need.
- Cut the “Acts of Love” activity page in to individual strips. Place the strips in a recycled tissue box. Pick one activity per day out of the box (preferably at family breakfast), and commit to that good deed for the day.
- Place the purple cross on your refrigerator and at dinner read one of the Lent questions from the hand out. Find the answer on the cross and allow that to begin a family discussion and broaden your child’s knowledge about our faith.
- Grow flowers or vegetables in a container garden. Label your garden as seeds of action. Create a family care plan to water and nurture the

garden. Discuss who the produce can help when ready to harvest, or how growing your own vegetables can serve the earth.

- Participate in Operation Rice Bowl. Set a family goal and make a chart to graph your efforts.
- Make pretzels as a family and say a prayer with each pretzel as the monks did during Lent.
- Talk about the importance of forgiveness and plan to attend the April 9th Family Reconciliation Service.
- Make get well cards (or Happy Spring cards) for the sick and homebound and place them in the mailbox at the back of the Church on Sunday.
- Avoid second helpings and donate the leftovers to the Homeless.
- Create a “giving basket” by placing a special item each week in a family decorated basket to be delivered to someone in need on Holy Saturday. Discuss as a family what items should be placed in the basket and how to attain them.
- Plan a family dinner for Palm Sunday. Create palm branches to welcome Jesus to dinner and have a family procession.
- Celebrate the Last Supper. As a family/circle have a Seder Service. Wash each other’s feet and talk about ways to serve others. (OLQP has a special Holy Thursday program for children. Watch bulletin and emails for details.)
- Begin a routine of praying before meals and before bedtime each day.
- Take a “table talk” handout home from Church. Engage in a family reflection of the Sunday Gospel.
- Participate in a “creation cleanup” at your local park.
- Volunteer to make brown bag lunches or fold clothes at Matt 25
- Fast for the planet – as a family make a plan to use less energy, water, and non-recyclables during Lent. Make colorful reminders to place on light switches and faucets.
- Take a walk together. Look for signs of God all around you.
- Attend Holy Week services, or make it a point to read some of the Gospel describing the events of Holy Week each day.
- Have a faith hunt – create sets of small items, pictures or Scripture passages that represent Holy Week. Put them inside plastic eggs and

hide them around the house or yard. Develop an answer key explaining each item in the set.

Have a Blessed Lent ☺

