

Lent Challenges - Week 1



Over the half term Lent started. We are sure that lots of you celebrated Shrove Tuesday with pancakes and had a great time.



During Lent it is traditional to give something up e.g. sweets and use the money or time you would have spent on that activity for something else.

However, we can also focus on helping others, being grateful and being kind to others during this period.

To help us to do this as a school community we will be setting Lent challenges that we would like the children to join in with. These can be shared via the class padlet and should be a fun way for the children to engage with the Lent period this year. We look forward to seeing what you all do.

Monday 22/02/2021

Challenge 1: Blessings Jar



Take a jam or coffee jar and decorate it

Cut up some bits of paper and put them by the jar with some pens or pencils. Put the jar somewhere accessible to everybody at any time e.g kitchen table. When something good happens or someone has been kind to you, write it on a slip of paper and put it in the jar.

Make a routine of opening the jar once a day or once a week when everyone is together, reading the slips and saying thank you to God for His blessings! You will be surprised how many good things happen in a week and it is lovely to celebrate these together.

Tuesday 23/02/2021

Challenge 2: Temptation - bread making



Lent is a 40 day period based on the 40 days Jesus spent in the desert. Here he was tempted by the Devil three times to do things which weren't right. Jesus stood firm and did the right thing even though he was tempted. Discuss with your children that we are all tempted to do wrong and that is ok

but we are able to make the right choices even when it is difficult.

Watch this short video of the three tests on Youtube

<https://www.youtube.com/watch?v=mc-x4qKY6Wc>

Make a bread roll as we think about Jesus being tempted to turn rocks into bread as he was so hungry. There is a simple recipe below.

<https://www.bbcgoodfood.com/recipes/easy-bread-rolls>

Wednesday 24/02/2021

Challenge 3: Post a Card



We are all missing friends and family due to lockdown. Receiving post in the mail is exciting however old you are when it is from someone you love. Think of a friend or



relative that you miss at the moment, make them a card telling them that you love them and post it to their address. They will definitely be excited to receive it.



Thursday 25/02/2021

Challenge 4: Make a Lenten Candle Cross

Having a Lenten cross is very similar to having an Advent wreath. You put the candles on your table, and light one each week adding a new candle each Sunday during Lent until it's Easter time. While an Advent wreath is shaped in a circle, the candles at Lent are in the shape of a cross.



Using playdough or icing make the shape of a cross. Stand 5 candles along your shape. When you eat your dinner light one candle and each week add an additional one. When all 5 are alight we will have reached Easter!



If you don't have dough, you can just arrange 5 candles in the shape of a cross onto a tray.

Friday 26/02/2021

Challenge 5: Print this graphic off and colour in these challenges as you do them, see if you can fill up the whole grid over the weekend!

Lent Challenge

Share

Say thank you to 3 people

Smile at 3 people

Pray for your family

Go out and enjoy God's creation in nature

Tidy your room

Do your best with your home learning.

Help someone without being asked.

Be honest

Give someone in your bubble a hug.

Do a random act of kindness

Read a story from the Bible

Pray for someone in another country

The graphic is a collection of various shapes containing text-based challenges. At the top is a banner with the title 'Lent Challenge'. Below it are several tasks: a sun-shaped circle for 'Share', a circular smiley face for 'Say thank you to 3 people', a rounded rectangle for 'Smile at 3 people', a small rounded rectangle for 'Pray for your family', a large downward-pointing arrow for 'Do your best with your home learning.', a scroll for 'Help someone without being asked.', a triangle for 'Be honest', a rounded rectangle for 'Give someone in your bubble a hug.', a pentagon for 'Do a random act of kindness', a scroll for 'Read a story from the Bible', and a cross for 'Pray for someone in another country'. A large, faint grid is visible in the background.