

## 40 Suggestions for Lent

1. Today, thank at least five people whom you owe thanks for their kindness and love.
2. Be especially nice to your mom and dad today.
3. Think of something good about a person you don't like. Compliment that person.
4. Sit in a quiet place and pray for 10 minutes, thanking and praising God.
5. Clean up your room.
6. Tell special people you love that you love them.
7. Offer to be of service to someone today.
8. Tell each of your teachers "thank you" after class.
9. Visit church with some friends. Thank God for making you and your friends.
10. Make something you are good at making for someone.
11. Be happy. Try to go without complaining for a whole day.
12. Thank God for as many things as you can think of.
13. Do something to help your Religion Teacher.
14. Give up something you like today. Think about how Jesus gave up His life for us.
15. Ask your mom or dad if there's anything you can do for them.
16. Write a letter to cheer a sick person.
17. Pray for peace in families and among nations.
18. Read something from the Bible or a story in a book of Bible stories.
19. Make up with anyone you are not at peace with.
20. Do three acts of kindness today.
21. Compliment your brother or sister.
22. Pray for your grandparents.
23. Do the supper dishes without being asked.
24. Play with a younger brother or sister or neighbor child to give parents a rest.
25. Ask God to bless all lonely people today.
26. Give up watching television for the whole day.
27. Tell your parents how much you love them.
28. Tidy up your lawn or the lawn of a sick or elderly neighbor.
29. Pray for all priests today.
30. Help prepare dinner.
31. Take a walk alone and talk to God for a while.
32. Give someone a gift.
33. Do something kind for one of your relatives.
34. Obey your parents cheerfully and promptly.
35. Pray for all the people you know who have died.
36. Teach someone how to do something that you do well.
37. Study extra hard in school today.
38. Think about Mary, Jesus' mother, then pray three Hail Marys.
39. Write a letter to someone you love. Tell the person what you are doing in class.
40. Try to put a dime in the parish poor box.