

**Read one story from the bible  
as a family, and talk about it.**



**Choose a toy to donate  
to a friend in need.**



**Draw a picture and mail  
it to a faraway friend.**



**Learn about the saint who celebrates  
his/her feast day today.**



**Send flowers to  
someone you love.**



**Read the Easter Story  
as a family.**



**Help with a  
household chore.**



**Facetime with a faraway  
friend or family member.**



**Sing a song to your sibling.**



**Learn how to say "I love you"  
in another language.**



**Say a prayer for  
someone you know.**



**Learn about another culture's  
way of celebrating  
love and forgiveness.**



**Listen to a story about a  
loved one who has passed on.**



**Create a special time  
of day to say a prayer as a family.**



**Bake a treat as a family  
and share with a neighbor.**



**Draw a picture  
for your priest**



**Come up with your own  
Love@Lent activity today.**



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Love@Lent activity today.**



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**Come up with your own  
Love@Lent activity today.**



**Write a letter and send to a friend, family member, or someone in the military.**



**Teach a skill to a younger sibling or friend.**



**Keep a journal during Lent, and write about your feelings of love and gratitude.**



**Help to clean and organize two drawers in your home**



**Write a thank you note to your Sunday School teacher**



**Share a way in which you are thankful today.**



**With the help of a parent, sibling, or friend, write a short story about your family.**



**Share three things you love about yourself.**



**Take time to call or visit an elderly person**



**Donate food to the local Food Bank**



**Perform an act of kindness anonymously.**



**Reach out to someone with whom you've lost touch.**



**Donate to the Church. If you already do, donate more today.**



**Write down three ways Christ has touched your life.**



**Set some time to pray today.**



**Sign up to volunteer for at least a few hours to help those in need (*food kitchen, Boys & Girls Club, cleaning up the community, etc.*)**



**Write a letter of forgiveness, even if it's never sent.**



**Share three things you are grateful for.**



**Make appointment to go to Confession**



**Don't engage in Social Media for the entire week.**

