


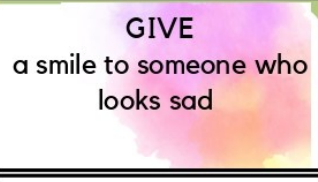


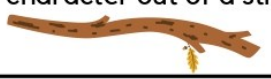







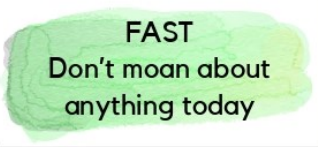



















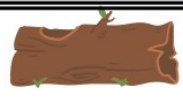





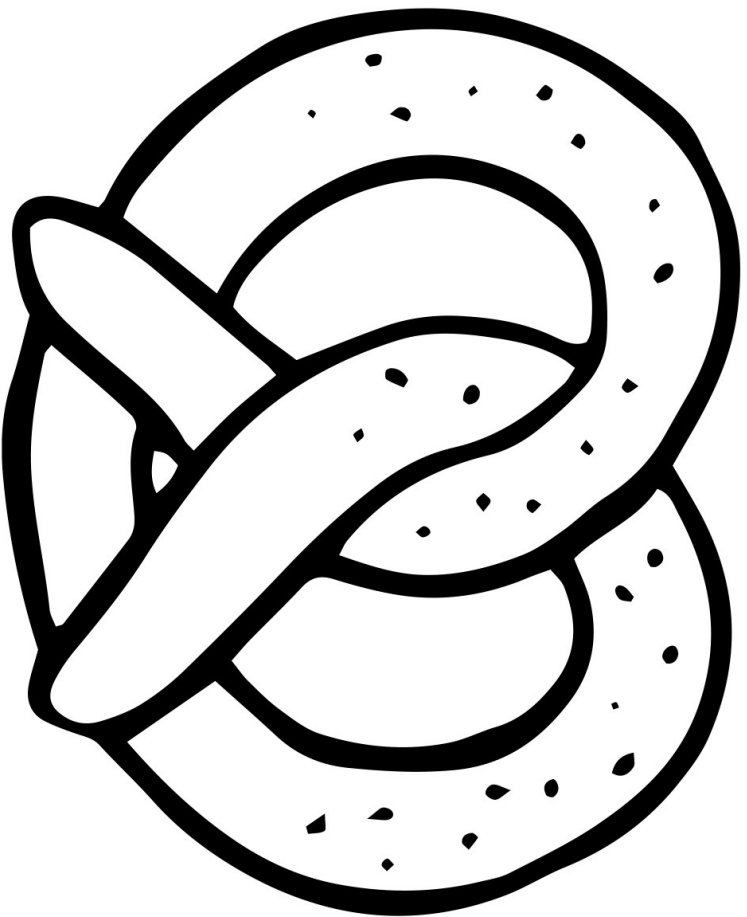
Lent Together



<p>MAKE Make a cross out of items you find outside</p> 	<p>FAST Give up something sweet today</p> 	<p>PRAY Pray for a friend</p> 	<p>GIVE a smile to someone who looks sad</p> 
<p>THANKS Think of three things you are grateful for today</p> 	<p>CARE Do a chore to help someone</p>	<p>ENJOY sit outside and watch the clouds</p> 	<p>MAKE a character out of a stick</p> 
<p>FAST Give up screens</p> 	<p>PRAY for people who help you</p> 	<p>GIVE something to the Foodbank.</p> 	<p>THANKS Write a note to say thank you</p> 
<p>CARE can you save some water today</p> 	<p>ENJOY a new food today</p> 	<p>MAKE A bug hotel</p> 	<p>FAST Don't moan about anything today</p> 
<p>PRAY for another country</p> 	<p>GIVE Do you have a toy or book you could share</p> 	<p>THANKS for your friends</p> 	<p>CARE pick some litter from around you</p>
<p>ENJOY Can you watch the stars</p> 	<p>MAKE a crown from grass and things you find</p> 	<p>STILL what can you hear and what can you smell</p> 	<p>PRAY for teachers</p> 
<p>GIVE Give someone a hug</p> 	<p>THANKS Say thank you to someone today</p> 	<p>CARE Create a bird feeder</p> 	<p>ENJOY spend time doing something different</p> 
<p>MAKE decorate a stone and hide it on a wander</p> 	<p>FAST fizzy or sweet drinks</p> 	<p>PRAY for people you love</p> 	<p>GIVE Can you recycle something today</p> 
<p>THANKS Thank God for things around you</p> 	<p>CARE find out about an endangered animal</p> 	<p>ENJOY time with a friend</p> 	<p>MAKE a card for someone</p> 
<p>STILL find a comfy place to sit quietly</p> 	<p>FAST give up music for the day</p> 	<p>MAKE a snack to share</p> 	<p>PRAY for your neighbours</p> 

Pretzel Prayers

In the Middle Ages fat, eggs and milk were forbidden during Lent. So people made a special dough using just flour, salt and water. This was shaped to look like arms crossed in prayer and became known as 'little arms' or braccellae in Latin.



WRITE A PRAYER TO SAY THROUGH LENT OR
ADD TO YOUR PRETZEL PRAYERS OVER THE 40 DAYS.

INSIDE EVERY RAINDROP IS A PIECE OF DUST

WHAT AREAS OF YOUR LIFE NEED CLEARING

DUST

WHAT THINGS ARE LEFT OVER FROM THE PAST?

WHERE ARE MARKS OF THE PAST?

Dust absorbs light which allows for the beautiful sunrises and sunsets

dust can stay in the air for five days



daffodil

umbrella

butterfly

cloud

snowflake



singing bird



nest



bee



tree trunk



blossom



boots



snail



pebble



caterpillar



kite



clover



leaf



fly

40 FINDS



web



star



seed



feather



orange leaf



worm



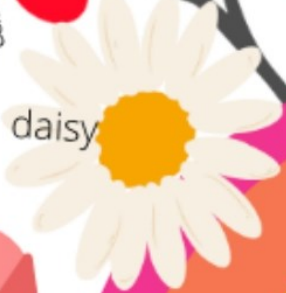
footprint



buttercup



berry



daisy



rainbow



bird prints



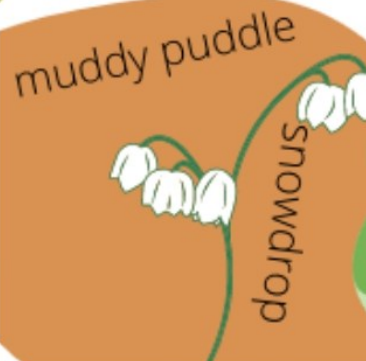
duck



ladybird



tulip



muddy puddle

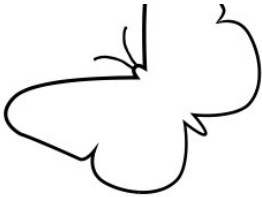
snowdrop


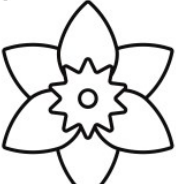


frog



grass

doodle **DOODLE** 
a d a y **Lent**

Simply add a simple doodle to reflect something of your day