

40 hearts to act on and colour in, one for each day in Lent.
Some are left for you to decide what to do.

Share your love with your family at Lent

Make the snacks

Tell a joke

Exercise

Make a drink
for your family

Lay the table

Hug someone
in your family

Make breakfast

Draw a rainbow

Talk to a friend

Go for a walk
with a parent

Play a board game

Write a poem

Make a treasure
hunt

Say a thank you
prayer

Sing

Dance

Make sandwiches
for your family

Watch a film
with your family

Listen to birdsong

Tidy your room

Write a letter

Look for pictures
in clouds

Make up a game

Listen to music
with your family

Paint a picture