

40 Days

1 Take someone a drink

2 Give up television for a day

3 Say thank you to your teacher

4 Donate something to foodbank

5 Read Mark 1:9-15 or watch [Wild stories about Jesus - Mark 1:9-15 -](#)

6 Pray for people suffering with Covid

7 Say thank you to a key worker

8 Have a day without sweets or chocolate

13 Complete a quiz on [freerice.com](#)

12 Read Mark 8:31 [Jesus Speaks about His Suffering](#)

11 Draw a picture about Lent and put it in your window

10 Take some real or paper flowers or to an elderly neighbour who is alone

9 Read or watch [Brave Irene \(Brave Irene - Jan 2016 -](#)

14 Help to look after a pet (or feed the birds)

15 Drink only water today

17 Say thank you to your parents for helping with your school work this week

16 Choose 5 items (toys or clothes) to donate to charity

18 Bake something for NHS workers

19 Read John 2:12-22 or watch [Jesus clears the temple](#)

20 Send a card to a family member you can't see at the moment



26 Read John 3:14-21 [John 3:14-21 Bible Gateway](#)

25 Make a Mother's Day card to tell your mum you love her

24 Donate something to foodbank

23 Phone your Grandparents to say 'I Love you'

22 Take a snack to a family member

21 Pray for people who don't have enough to eat today

Lockdown Lent

27 Complete a quiz on [freerice.com](#)

28 Give up your computer or iPad for an evening

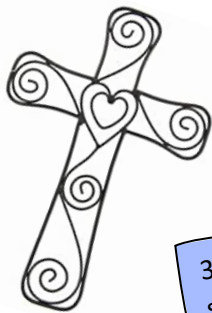
29 Find out about St Patrick

30 Eat an apple and plant the seeds in the garden or in a pot

31 Complete a quiz on [freerice.com](#)

32 Make something for the Easter Competitions

33 Read John 12:20-33 [John 12:20-33 Bible Gateway](#)



39 Don't forget to send in your Easter Competition entries

38 Help your parents tidy up or do the washing

37 Read about The Last Supper or watch a video ([The Story of Easter](#))

36 Complete a quiz on [freerice.com](#)

34 Draw a picture for someone

35 Read or watch [Beatrice's Goat \(Beatrice's Goat Heifer Project International - YouTube\)](#)

40 Read John 12:12-16 [Jesus Enters Jerusalem](#)

Make a cross for Palm Sunday