

St Augustine of Canterbury Catholic Primary School

“Created by God to love and learn”



LENTEN CHALLENGE 2022

From Wednesday, 2nd March we will be in the liturgical time of Lent. During this time, we think about **Fasting** or doing something extra, **Almsgiving** - giving or doing things for others and **Prayer** – building our relationship with God.

Look at the calendar below and think how you can be like Jesus and think of others and put them before yourself, during this special time. Write about the activities you complete each day on the sheet. Then ask an adult – a parent or member of staff to sign as a witness of your special act. For every 5 activities you achieve, you will receive a ‘Footsteps in Faith’ badge. You can choose to complete any of the activities on any day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	28	1	2 ASH WEDNESDAY Share the CAFOD LENT CALENDAR with your family at home and complete one of their recommended activities https://cafod.org.uk/Education/Primary-teaching-resources/Lent-resources-for-children CAFOD just one world	3 Draw a picture of what you think a ‘perfect’ world would look like Look at books, photographs, pictures or programmes of the world around us. Find out about Laudato Si and think about the meaningful, beautiful parts of our world, which you want to celebrate.	4 It’s Fairtrade Fortnight Can you talk to your family about Fairtrade products and see if you can spot any when shopping at the supermarket this weekend?	5 Look through family photos together and think about all the happy memories you have Make a collage or a photo album of these to treasure them.
6 1st Sunday of Lent Take some time off Screen time today and spend it speaking to your family instead	7 Buy an extra item at the supermarket and donate to our local food bank for those families who are finding life trickier at the moment Bring your tin to school and we can send all of our donations together	8 International Women’s Day Say thank you to one of the women who helps you.	9 Did you have a lovely dinner? Help to set the table, wash up, dry up or stack the dishwasher to thank the cook!	10 Share 10 hopes and dreams you have for 2022 with someone at home or at school What do you hope for in the months ahead? Are they hopes just for you or for others? What are your dreams? Are they to see people you have missed or to travel? Maybe your dream involves a future career?	11 LENT FAST DAY Family Fast Day is on Friday 11 March. Join in Family Fast Day with your parish, friends and family. By eating simply and giving any pennies that you save, you’ll be making a place at your table for children who are not as lucky and us.	12 Take a look outside and look up to the sky. What pictures can you see in the clouds? This is a fantastic calming activity. will make others happy that you are thinking about them

<p style="text-align: right;">13</p> <p>2nd Sunday of Lent</p> <p>Tell someone at home how your learning focussed on helping others. What is your Lenten Act of Kindness?</p>	<p style="text-align: right;">14</p> <p>Be generous with your words today.</p> <p>Think about how great you feel when someone pays you a compliment.</p> <p>Today pay a compliment to someone in your family, a friend or your teacher. See what reaction it creates.</p>	<p style="text-align: right;">15</p> <p>Start your own 'Small change for a big change jar'</p> <p>Design a small box or jar and then we can collect all donations after the Easter holiday and see the difference we can make for others.</p> 	<p style="text-align: right;">16</p> <p>See if you can make someone laugh today – spread a little happiness with others</p> <p>This doesn't mean telling a joke, but try thinking of what makes you smile or giggle and how it makes you feel. Laughter can be the best medicine to a difficult day.</p>	<p style="text-align: right;">17</p> <p>Surprise someone by ringing them or speaking to them, to saying 'thank you'. Tell them what they mean to you, thank them for what they do for you. smile on yours too!</p> <p>Face time them or phone them – seeing you may completely change their day!</p>	<p style="text-align: right;">18</p> <p>Do something kind for someone today, put someone else before yourself</p> <p>You could make a bed, get someone a drink, put out the recycling. Try to think of something that will make their day better</p>	<p style="text-align: right;">19</p> <p>It can be difficult to forgive, but what does God tell us to do?</p> <p>The Bible tells us that we are to forgive others many times, just as God does for us. The number we are given is 70 x 7. That is a pretty big number! The Bible also tells us we show others that we love God when we love others. God's love in us, can help us love and forgive others.</p>
<p style="text-align: right;">20</p> <p>3rd Sunday of Lent</p> <p>Do you remember talking about Fairtrade to your family? Can you find something at home that your family could swap for Fairtrade in future, like tea or coffee?</p>	<p style="text-align: right;">21</p> <p>Bake something and share what you have made with your family.</p> <p>Take the time to think about who you are baking for and what their reaction will be? You may even learn a new skill or recipe</p>	<p style="text-align: right;">22</p> <p>World Water Day</p> <p>Be careful with your use of water today and pray for those who do not have access to water. This is our house charity this year</p>	<p style="text-align: right;">23</p> <p>Say a Grace before your meals today.</p> <p>Take time to thanks God for the people who have helped to provide the lovely meal you have</p> <p>REMEMBER OUR 'write a Grace' for Lent competition, launched by Mrs Harding.</p>	<p style="text-align: right;">24</p> <p>St Oscar Romero's Day</p> <p>Oscar Romero was a friend of CAFOD. Can you find out more about his life? If you are using the internet, remember to ask an adult to help you and to stay safe online.</p>	<p style="text-align: right;">25</p> <p>Think of a way to treat someone with kindness today</p> <p>What would mean something to them? What would make them smile? How does it make you feel?</p>	<p style="text-align: right;">26</p> <p>Spot signs of new life</p> <p>This could be on a walk outside or by caring for your houseplants. Talk to your family about the importance of taking better care of God's creation.</p>
<p style="text-align: right;">27</p> <p>4th Sunday of Lent Mother's Day</p> <p>Can you think of a way to show how much you appreciate your mum or another special lady in your life?</p>	<p style="text-align: right;">28</p> <p>Count your blessings. Make a list of 5 good things that have happened to you this weekend...maybe you can list even more!</p> <p>You could do this by drawing pictures or make a montage based around your blessings. You may prefer to write a list or</p>	<p style="text-align: right;">29</p> <p>Think about how you can make a positive change during Lent</p> <p>Write on a piece of paper what you have done or said that needs to change. Say Sorry to God – and if possible the person. Tear up the piece of paper into tiny pieces, throw it away and be the Best You Can Be!!</p>	<p style="text-align: right;">30</p> <p>Compliment someone on one of their gifts.</p> <p>How you can use one of your own gifts to help others.</p>	<p style="text-align: right;">31</p> <p>Think about the world around us and what makes it so special</p> <p>If it's a sunny day go outside and make a note of the things you see in creation. If it is a wet day, take a look out of the window. Write a prayer to say thank you to God for some of the things we see in our amazing world</p>	<p style="text-align: right;">1</p> <p>STOP! The world can be a busy place</p> <p>Sit quietly and take a few minutes to appreciate the quiet around you</p>	<p style="text-align: right;">2</p> <p>Show your appreciation for the home you live in</p> <p>To show that you appreciate your home, tidy your room or help to clean and tidy with another member of your family.</p>





	create a poem. Look at all of these things when you are having a trickier day					
<p>5th Sunday of Lent 3</p> <p>Make a simple lunch for tomorrow. You could go without treats and add the cost of the treats to charity.</p>	<p>Did you donate a small item at the to our local food bank for those families who are finding life trickier at the moment? 4</p> <p>If you have...thank you so much...if you haven't could you donate one small item?</p>	<p>Visit our Stations of the Cross at school today 5</p> <p>Take the time to look at one station and reflect on it. (outside the staffroom)</p>	<p>Take time to sit and read 6</p> <p>Read a Gospel story today and get to know Jesus better.</p>	<p>Tell someone a joke today and make them smile! 7</p> <p>It is so important to smile. Find a joke or a funny cartoon to watch with a friend or family remember and laugh together!</p>	<p>We see God in all of those around us 8</p> <p>Try to spot the face of God at least three times today in people you meet.</p>	<p>Pray for those work in caring professions 9</p> <p>Think about the police, fire service, doctors, nurses, carers, paramedics. Their work is so important.</p>
<p>Palm Sunday 10</p> <p>Remember the importance of the word sorry. We all make mistakes. Say sorry and try not to do the same thing again.</p>	<p>No Waste Monday! 11</p> <p>Try to avoid being wasteful today. Take only what you need and encourage others to do the same.</p>	<p>Find out how to contact and talk to your MP about an issue that matters to you 12</p> <p>You may be young, but your voice counts and we know that we are 'agents of change'. Are you concerned about the climate, animal welfare or traffic issues? What is important to you?</p>	<p>Create pictures to represent Holy Week. 13</p> <p>Think about our collective worship during Holy Week and create pictures to share these reflections with others in your family.</p>	<p>MAUNDY THURSDAY 14</p> <p>Go to a Maundy Thursday service or attend on online</p> <p style="text-align: center;">OR</p> <p>Leave a note for someone to find in your home</p> <p>Put it in their shoe, their lunchbox, a drawer, somewhere they will find it whilst you are at school. This will mean the world to them!</p>	<p>GOOD FRIDAY 15</p> <p>Go to a Good Friday service or attend on online</p> <p style="text-align: center;">OR</p> <p>Leave a note for someone to find in your home</p> <p>Put it in their shoe, their lunchbox, a drawer, somewhere they will find it whilst you are at school. This will mean the world to them!</p>	<p>HOLY SATURDAY 16</p> <p>Plant a seed and watch it grow.</p> <p>Take the time and care to plant this seed and then look after it over the coming days, weeks, months.</p> <p>As it grows, remember the care you have given it and how much care others give you.</p> <p style="text-align: center;">EASTER DAY!</p> 

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Name:		Year Group:	
	Date	Which challenge did you complete? How did it go? Can you show an adult what you have achieved?	Adult to sign
1			
2			
3			
4			
5			
 Well done – You have earned your first ‘Footsteps in Faith’ badge! 			
6			
7			
8			
9			
10			
 Well done – You have earned your second ‘Footsteps in Faith’ badge! 			

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Name:		Year Group:	
	Date	Which challenge did you complete? How did it go? Can you show an adult what you have achieved?	Adult to sign
11			
12			
13			
14			
15			
 Well done – You have earned your third ‘Footsteps in Faith’ badge! 			
16			
17			
18			
19			
20			
 Well done – You have earned your fourth ‘Footsteps in Faith’ badge! 