



Family wallchart

Sundays are rest or catch-up days





Family wallchart

Sundays are rest or catch-up days

Renewed 21

List all the ways your hands can be kind - see if you can list 20 (or more)! Choose 3 of them to do today

Community 22

Visit a charity shop, buy something cheerful and give it to someone else

Serve 23

Help tidy up your street, playground or park. Take a brush, rubbish bag and gloves

Honour 24

Give a small thank you card or gift to someone who serves you like the bus driver, shop worker or postie

Precious 25

Give away something you really like, not just something you don't need, to show someone how precious they are

Cheerful 26

Share something you enjoyed: pass on a book or invite someone to your next match

Prompted 27

Offer your time to help someone with a job like tidying, gardening or walking their dog

Bold 28

Celebrate someone today with a cake, videocall, drawing or card, just because they are loved by God

Invite 29

Invite someone you don't know well to share a meal or snack with your family, especially if they might be on their own

Opportunity 30

Give a gift with one rule - the person has to share part of it to bless someone else

Encourage 31

Fill a jar with encouraging notes, Bible verses or jokes and give it to someone who needs cheering up

Freely 32

Skip a treat (coffee, bag of sweets, etc.) today and use the time or money to help someone else

Spotlight 33

Let someone else take the spotlight today. Give them a turn to speak, choose or share

Reach 34

Think of someone who might need help and offer it without being asked - cook, clean or run an errand for them

Hospitality 35

Set an extra place at your table this week and invite a friend, neighbour or someone new to join you

Forgive 36

Think of someone that you know has wronged you - how can you show forgiveness even if it's not received?

Good news 37

Write window/poster messages like "You are loved" or "God cares for you"

Illuminate 38

Look for as many opportunities as possible to show people you love them without saying the words today

Sacrifice 39

Give up something special today like your favourite treat or toy to remind you of what Jesus gave up for us

Generosity 40

Share a Lent highlight photo and how you'll keep living generously after the 40 days