



St Vincent's Catholic Primary School

Wellbeing Wednesday: Screen Free Activities

LENT

<p>Lent Through A Lens Think of something that best represents Lent. This could be for the church season of Lent or Spring. Take a photo or draw a picture to show your Lent image.</p>	<p>Write down your Lenten promise for this year. You could decorate it and put it up somewhere to help remind yourself of your challenge.</p>	<p>While you are out on your daily walk, collect some pebbles, twigs and leaves. When you get home you can make your own Easter garden.</p>	<p>Bake some flat bread (unleavened bread). They are made using just flour and water (plus a little oil and salt for taste).</p>
<p>Go on a special walk to look for as many signs of Spring that you can see. When you get back home, make a gratitude list to give thanks for God's Creation and Spring!</p>	<p>Have a time of prayer where you pray for those who need help, especially those who are known to the Catholic Children's Society (CCS) or who are unwell.</p>	<p>Make your own cross with leaves or twigs for Palm Sunday.</p>	<p>The Catholic Children's Society theme for Lent this year is 'Will we bend down and help another to get up?' Make a poster or drawing to remind others of this message to go with your CCS Lenten box.</p>
<p>Make your own Lenten calendar with the 40 days leading up to Easter Sunday with something for you to do each day during Lent to get ready for Easter.</p>	<p>Create your own Easter scene, using paint or as a drawing, to remind us that lent leads to Easter.</p>	<p>Go on a scavenger hunt to find something beginning with each of the letters of LENT.</p>	<p>Plant a seed and watch it grow! Ask an adult if they have a seed or can get one from the supermarket (e.g. cress or mustard seed) and make sure you water it regularly!</p>

Together through Christ we grow and learn

