





















Put Your Lent Face On

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During Lent, we all try harder. In remembrance of the 40 days Jesus spent in the desert praying, fasting, and resisting temptation, we spend 40 days praying, giving up special foods or treats, repenting our sins, and doing good deeds. Although Lent is a time to deny ourselves and to try harder to follow Jesus, Lent is not a time to complain or be grumpy or go around with a sad face. Keeping a good Lent face means having a positive attitude. Here is a good way to make the most of Lent while keeping a good Lent face.

Many of the squares in this chart are filled with ideas for you. Fill in the blank spaces with ideas of your own. Add symbols that will remind you to stay positive. If you like, use the chart like a game board. Play with others or by yourself. Use a die or a coin. After throwing the die, move the spaces indicated. (If you use a coin, move one space for heads and two spaces for tails.) Begin at the first square and either go left to right across the rows or down and up the columns. When you land on a square, do what it says—with a good Lent face. Using this chart makes trying harder ... easier!

START ▶ ▼	 Decide on your Lenten sacrifice.		 Pray for someone who has hurt your feelings.			Collect food for the poor. 
Pray an Act of Contrition. 		 Clean out closet or toy box. Donate to the poor.			 Do something kind for a sibling or classmate.	
	 Eat all of your supper without complaining.		Read a story from the Bible. 		Invite someone new to sit at your lunch table. 	 Pick up trash even if it isn't yours.
 Ask your teacher if you can help with something.		Tell Jesus you love him. 		 Read the Gospel for next Sunday.	Make a card for a sick person. 	
	 Pray for the Holy Father.		Help out at a parish event. 	 Call, visit, or write to a grandparent.		
 Do someone else's chore in secret.		Pray the Stations of the Cross. 		 If possible, attend Holy Week services.		