

Lent Activities for Kids



Get inspired with creative exercises for this Lenten season.

Forty Days of Donations: For each day of Lent, select an item—a toy, a piece of clothing, a book—from your closet. At the end of the forty days, find a local charity and donate them.

Post-it Notes: Write a kind note for someone on a Post-it every day. Then leave the note in places like the grocery store, a car, or a neighbor's porch.

Change your Attitude: Pick one word for the season of Lent, like joy, love, or gratitude, and start each day with that word. Each morning, remind yourself of your word so that you can practice it throughout the season.

Money Jar: If you have a job or make an allowance, you can save up some change every day in a jar, and then pick a charity you'd like to donate it to at the end of Lent.

Daily Walk: Take a daily walk to clear your head and do some reflection. As an added bonus, bring along some gloves and a plastic bag to collect any spare trash you find along the way (just make sure not to pick up anything sharp or dangerous looking).

Volunteer: Have your parents help you find a volunteer activity you can do at least once before Easter.

Do Some Baking: Take an afternoon and bake some cookies for your neighbors (or anyone really). Leave them on their porches with a nice note just because.

Collect Manna: At least once a week, get a non-perishable food item for Manna (can of soup, cereal, uncooked pasta, etc.), and drop them off at the end of Lent.
