

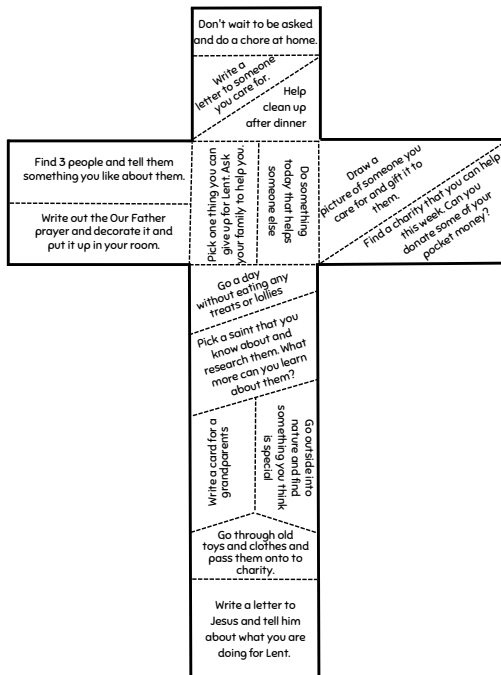
Year A - First Sunday of Lent

Matthew 4:1-11

Lenten Activities



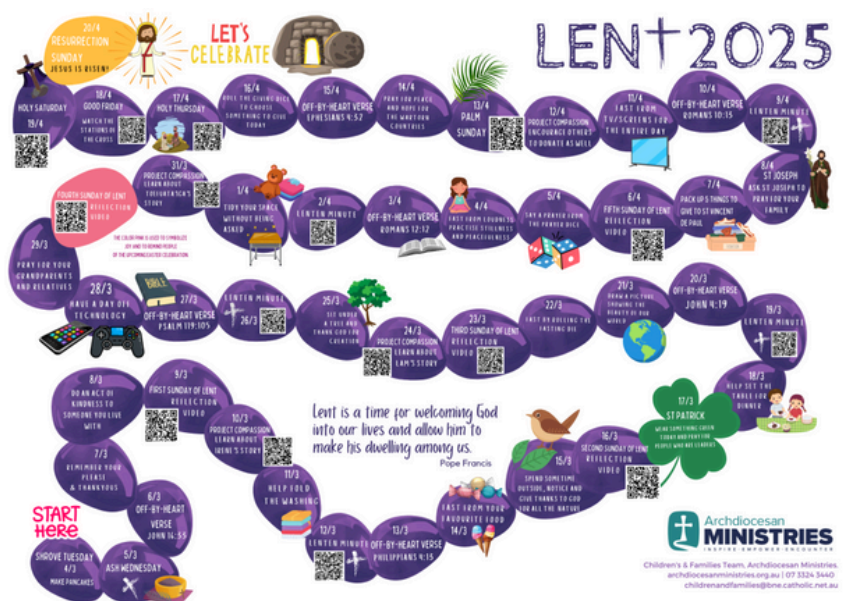
Ideas Cross



Print out the following page and share them with the children. Ask them to take them home and every time they complete one of the ideas to colour it in. There maybe some they can do it today. Ask them to tell you how they get on and to let you know when they finish it.

Family Lenten Calendar

Download the Lent calendars for free and share these with the children and their families. You can find the most recent Lent calendar at:
<https://archdiocesanministries.org.au/children-and-families/lent-for-kids/>



LENT 2026

This cross is filled with
task of what you can do
this Lent

Don't wait to be asked
and do a chore at home.

Write a
letter to someone
you care for.

Help
clean up
after dinner

Once you complete a task
colour in that space. Can
you colour them all in
before Easter?

Find 3 people and tell them
something you like about them.

Write out the Our Father
prayer and decorate it and
put it up in your room.

Pick one thing you can
give up for Lent. Ask
your family to help you.

Do something
today that helps
someone else

Draw a
picture of someone you
care for and gift it to
them.

Find a charity that you can help
this week. Can you
donate some of your
pocket money?

Go a day
without eating any
treats or lollies

Pick a saint that you
know about and
research them. What
more can you learn
about them?

Write a card for a
grandparents

Go outside into
nature and find
something you think
is special

Go through old
toys and clothes and
pass them onto to
charity.

Write a letter to
Jesus and tell him
about what you are
doing for Lent.