

DIY LENT CALENDAR 2026 - B&W

INSTRUCTIONS

This is a "Do it Yourself" Lent Calendar! You have the opportunity to come up with your own Lent practices of prayer, fasting and giving throughout the season of Lent.

Step 1. Print out the three pages of the DIY Lenten Calendar 2026. Choose the size that works for you:

- A4 paper - a good size for displaying your calendar on a table
- A3 paper - a good size for displaying your calendar on the wall

Step 2. With some scissors cut along the dotted lines to create strips for each week of Lent and the strip for Holy Week.

Step 3. Glue or tape the strips end to end so that the dates are in sequence. Trim the edges to make the calendar strips even.

Step 4. Using the symbol key as a guide write how you are choosing to 'give', 'fast' and 'pray' each day throughout Lent. You can make your own, or create a shared calendar with your family or your class!

SYMBOL KEY



Giving Day. Example: Donate to a Catholic charity or help a friend or family member.



Fasting Day. Example: Give up a food (E.g. Chocolate), or give up screen time.



Prayer Day: Example: Spend some time with Jesus in a special way. (E.g. read from the Bible).

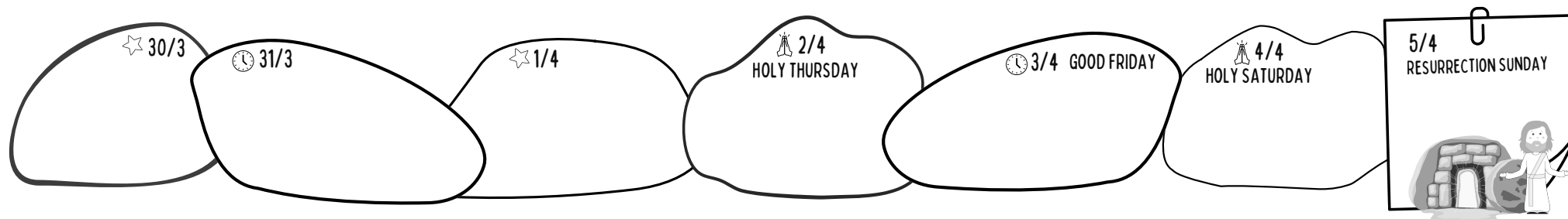


Sunday! Because Sunday is the Lord's Day, we get to feast on something today! Try to think of things that give you joy (E.g. Feast on extra family time)


You can also use our filled in Lent Calendar 2026 for more ideas!



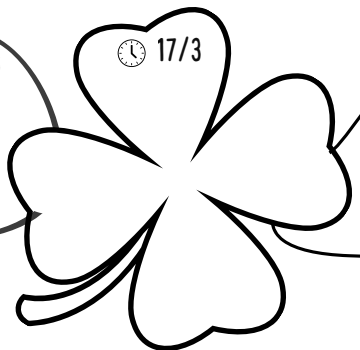

Paste 29/3 here




Paste 22/3 here

☆ 23/3	🕒 24/3	☆ 25/3	🕒 26/3	🕒 27/3	🕒 28/3	29/3 PALM SUNDAY 
--------	--------	--------	--------	--------	--------	--

Paste 15/3 here

☆ 16/3	 🕒 17/3	☆ 18/3	🕒 19/3	🕒 20/3	🕒 21/3	22/3 FIFTH SUNDAY OF LENT 
--------	---	--------	--------	--------	--------	--

Paste 8/3 here

☆ 9/3	🕒 10/3	☆ 11/3	🕒 12/3	🕒 13/3	🕒 14/3	15/3 FOURTH SUNDAY OF LENT 
-------	--------	--------	--------	--------	--------	---

Paste 22/3 here

☆ 2/3

🕒 3/3


☆ 4/3

🕒 5/3

🕒 6/3

🕒 7/3

8/3
THIRD SUNDAY
OF LENT



Paste 15/3 here

☆ 23/2

🕒 24/2


☆ 25/2

🕒 26/2

🕒 27/2

🕒 28/2

1/3
SECOND SUNDAY
OF LENT



START
HERE



☆ 17/2
SHROVE TUESDAY

🕒 18/2
ASH WEDNESDAY

☆ 19/2

🕒 20/2

🕒 21/2

22/2
FIRST SUNDAY
OF LENT

