

LENT 2026

5/4
RESURRECTION SUNDAY
JESUS IS RISEN!
Watch the Encounter
Catholic Kids
'It's Easter' program
on YouTube



4/4
HOLY SATURDAY



3/4
GOOD FRIDAY
Choose a Holy
Week activity to
do.



2/4
HOLY THURSDAY



1/4
Have a day off
technology



31/3
Off-by-Heart Verse
PHILIPPIANS 4:13



30/3
WRITE THE NAMES OF 10
PEOPLE YOU'RE GRATEFUL
FOR, PRAY FOR THEM AND
PUT IT IN YOUR PRAYER
SPACE

29/3
PALM SUNDAY
Reflection Video



28/3
See what
Catholic Mission
DO and Donate
as well!



27/3
Write a thank
you letter to your
teacher

26/3
Off-by-Heart Verse
MATTHEW 6: 9-13



25/3
LENTEN MINUTE



24/3
Off-by-Heart
Verse
JOSHUA 1:9



23/3
Pack up 5 things
to give to your
local op-shop



22/3
FIFTH SUNDAY OF LENT
Reflection
Video



21/3
Write three things
you're thankful for
and place it in your
prayer space

20/3
Pray for peace
and hope in war
torn countries

19/3
ST JOSEPH
Draw a picture of
the Holy family and
place in prayer space



18/3
LENTEN MINUTE



17/3
ST PATRICK'S DAY
Eat or wear something
green today!



16/3
PROJECT COMPASSION
Read & Donate to
their emergency relief



15/3
FOURTH SUNDAY OF LENT
Reflection
Video



14/3
Pray for your
grandparents and
relatives



13/3
Fast from noise.
Practice stillness
and peacefulness.



12/3
Off-by-Heart Verse
MATTHEW 6: 33



10/3
Help set the
table for a meal
today



9/3
No screens today,
play instead, build
a cubby, draw or
do a puzzle

8/3
THIRD SUNDAY OF LENT
Reflection Video



7/3
Tidy up an outdoor
space, collect litter,
weed, rake or
sweep.



6/3
WRITE A NOTE
APPRECIATING
SOMEONE YOU
LIVE WITH AND
GIVE IT TO THEM

5/3
Off-by-Heart
Verse
PHILIPPIANS 4:13



4/3
LENTEN MINUTE



3/3
Fast from your
favourite Food or
drink



2/3
Tidy an inside
space without being
asked



1/3
SECOND SUNDAY OF LENT
Reflection
Video



28/2
Spend some time
outside, notice and
give thanks to God
for He is good



27/2
Do an act of
kindness to
someone you live
with

26/2
Off-by-Heart Verse
EPHESIANS 4:32



25/2
LENTEN MINUTE



24/2
Tidy up the
kitchen & wipe
the bench



23/2
Support the Romero
Centre with goods
**SEE LIST OF
NEEDED
ITEMS HERE**



22/2
FIRST SUNDAY OF LENT
Reflection Video



19/2
Off-by-Heart Verse
PSALM 9:1-2



18/2
ASH WEDNESDAY
Decide one thing to
give up for lent



17/2
SHROVE TUESDAY
Make pancakes
& share them



21/2
WRITE A PRAYER
ASKING GOD TO
BLESS YOUR FAMILY
AND PUT ON THE
PRAYER SPACE

"MAY GOD GRANT US TO BE HUMBLE
PREPARERS OF HIS PRESENCE IN THIS
DAILY WALK, MAY SERENE TRUST GROW IN
US, ALLOWING US TO FACE EVERYTHING
WITH A FREE HEART, BECAUSE WHERE
LOVE HAS BEEN PREPARED, LIFE CAN
TRULY FLOURISH."

POPE LEO XIV

START

**Archdiocesan
MINISTRIES**
INSPIRE · EMPOWER · ENCOUNTER

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