

GOODBYE FOR LENT BOX

TO INTRODUCE KIDS TO THE IDEA OF FASTING, TRY A 'GOODBYE FOR LENT' BOX.



You will need:

- Cardboard box
- 'Goodbye for Lent' sign (you could also create your own)
- Pens, pencils, paint, any other craft materials you prefer (optional)



Instructions:

- 1.** Print the 'Goodbye for Lent' sign and stick it to the top or side of your box.
Options:
You might also invite the children to decorate the box in their own way to personalise it.
You might choose to have a box for each child or a box for your group.
- 2.** Invite the kids group to choose a toy or game they plan to fast from for Lent, put it in the box and seal the lid.
- 3.** Tip: Sunday's are not included in the 40 days of Lent. Lent is a time of prayer, alms-giving and fasting in preparation for Easter, but EVERY Sunday, even the ordinary ones, is a celebration of the Resurrection of Jesus Christ. Because of this, you might decide to have your children open the boxes, just on Sunday!

A resource from the Children's & Families Team, Archdiocesan Ministries.

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**Goodbye
for Lent!**

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