

Pray-Fast-Give dice for home

Background

Ash Wednesday marks the beginning of Lent, a time when Christians really intentionally prepare for the celebration of Easter. In the Catholic tradition, we do this in three ways: We pray and spend time with God, we make room for God by fasting from things that usually fill our time, attention or our bellies; and give to others through alms-giving which puts our love for others into action.

These PRAY-FAST-GIVE dice are a fun way to engage the your whole family in these three pillars of Lent, as you journey together towards Easter!

To make these dice just follow the instructions below:

You will need:

- Printouts of the following pages (We suggest printing them on card)
- Scissors
- Glue/Tape
- Optional: To make your dice bigger, print on A3 card



Instructions:

1. Print the attached pages of the dice
2. Cut around the dice outlines, being careful not to cut off any flaps.
3. Fold the dice template along all the lines.
4. Fold and glue the sides together, ensuring that the flaps go inside the die.
5. Roll the die to see how you might PRAY-FAST-GIVE today
6. If you want to create die with you own ways to PRAY-FAST-GIVE use the blank die templates. Just remember to write your PRAY-FAST-GIVE ideas on the die template **before** you fold and glue!

You have two options to choose from:

- Make one dice with all three - pray, fast and give
- Make three dice that each focus on just one of these pillars of Lent.

PRAY

**Be still, close your
eyes and pray
'Come Holy
Spirit' 10 times**

**Pray the Sign of
the Cross slowly
3 times**

PRAY

PRAY

**Give thanks to
God for 5 things
that happened
today**

PRAY

**Think of 3 people
and ask God to
bless them
today**

PRAY

**Tell God 4 things
you think are the
coolest in all
Creation**

PRAY

**Be still, breathe
gently, close your
eyes and picture
Jesus for 1 minute**

FAST

Fast from treats -
go without one
yummy thing
today

**Fast from noise -
stay still and
quiet for 5 mins**

FAST

FAST

Fast from
screens - read a
book or play
outside instead

FAST

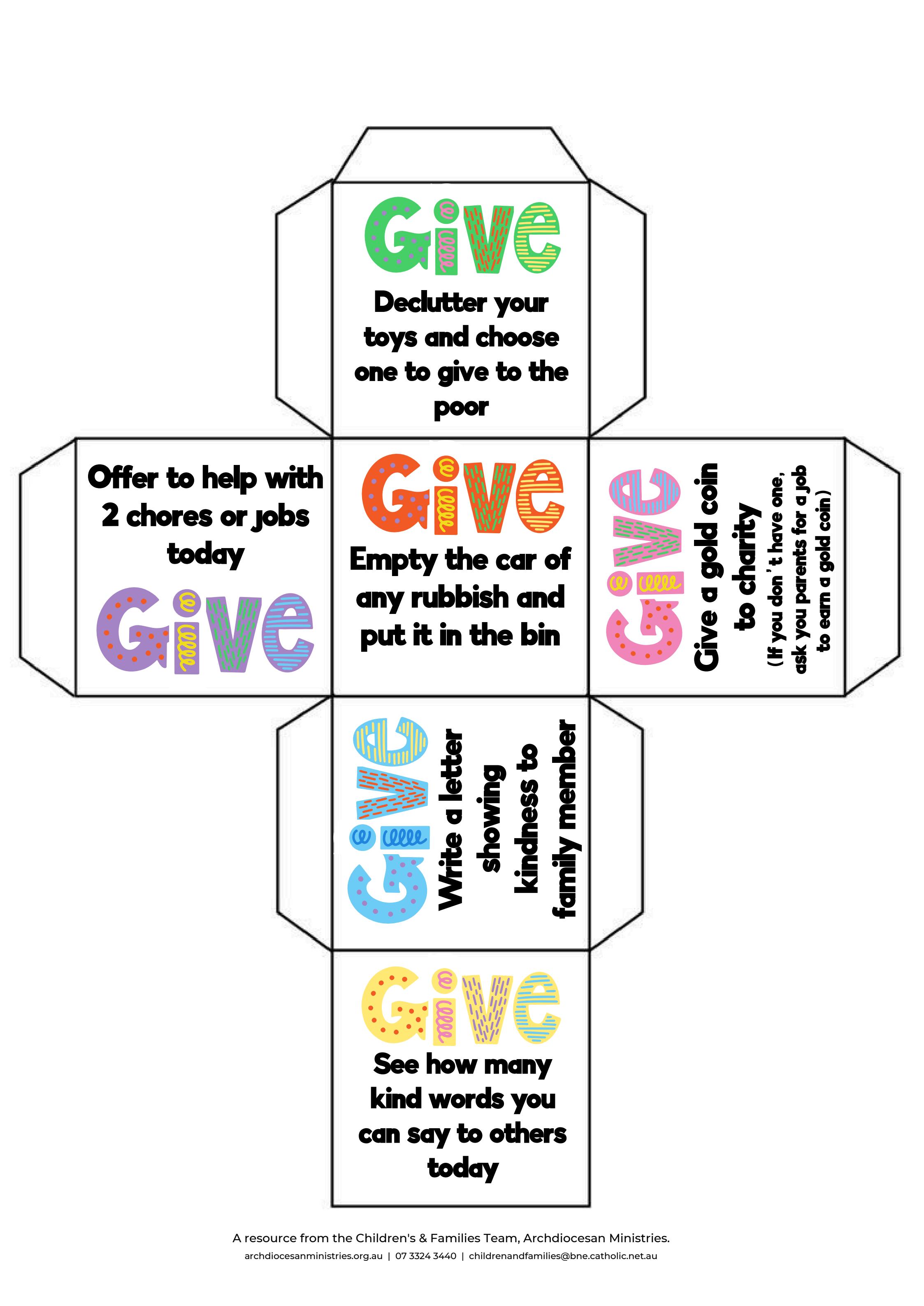
Fast from being
first - let your
sibling have their
choice before you

FAST

Fast from a
favourite toy or
game for one
day

FAST

Fast from fancy
drinks - just
choose water
today



Give

**Declutter your
toys and choose
one to give to the
poor**

**Offer to help with
2 chores or jobs
today**

Give

Give

**Empty the car of
any rubbish and
put it in the bin**

Give

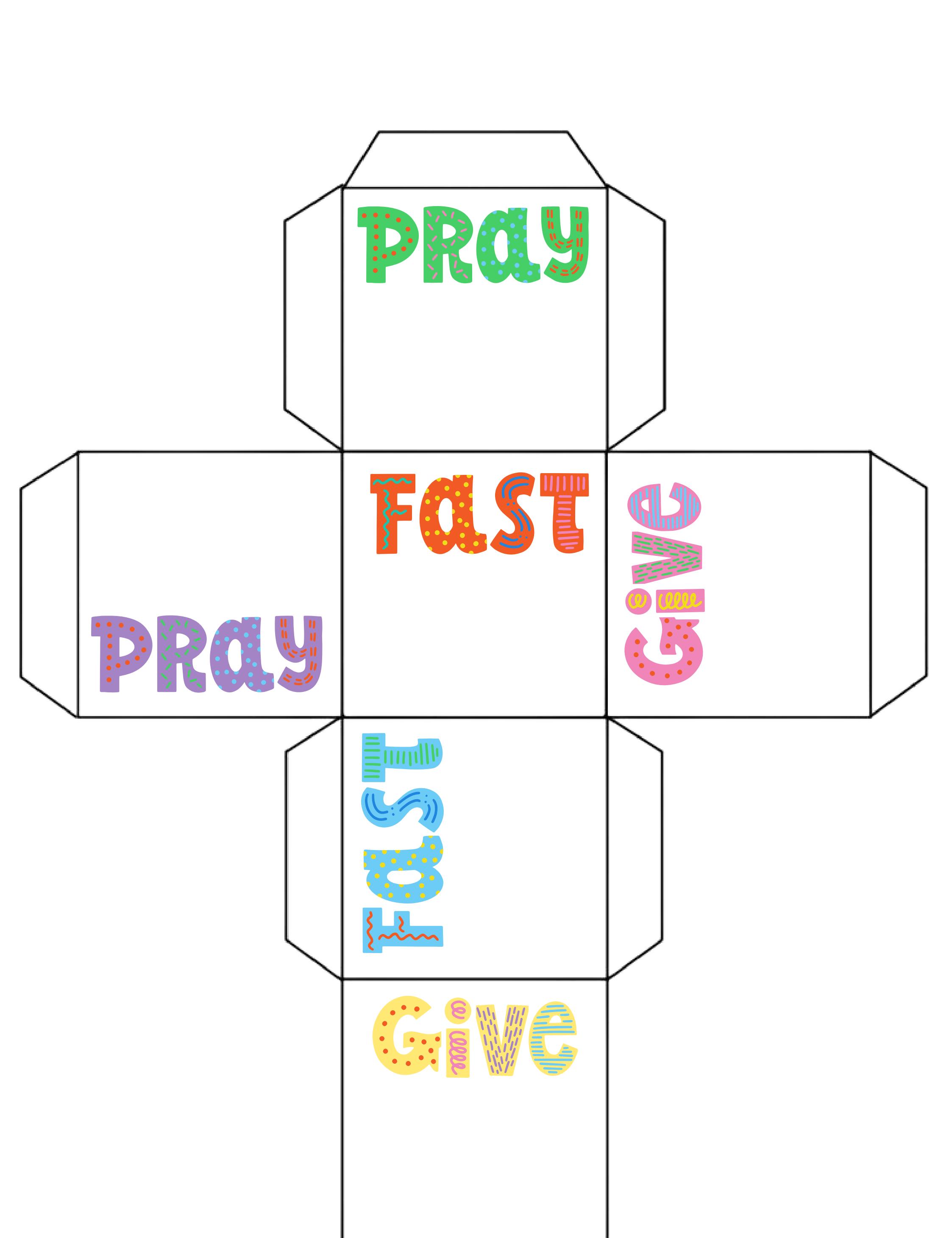
**Give a gold coin
to charity**
(If you don't have one,
ask your parents for a job
to earn a gold coin)

Give

**Write a letter
showing
kindness to
family member**

Give

**See how many
kind words you
can say to others
today**



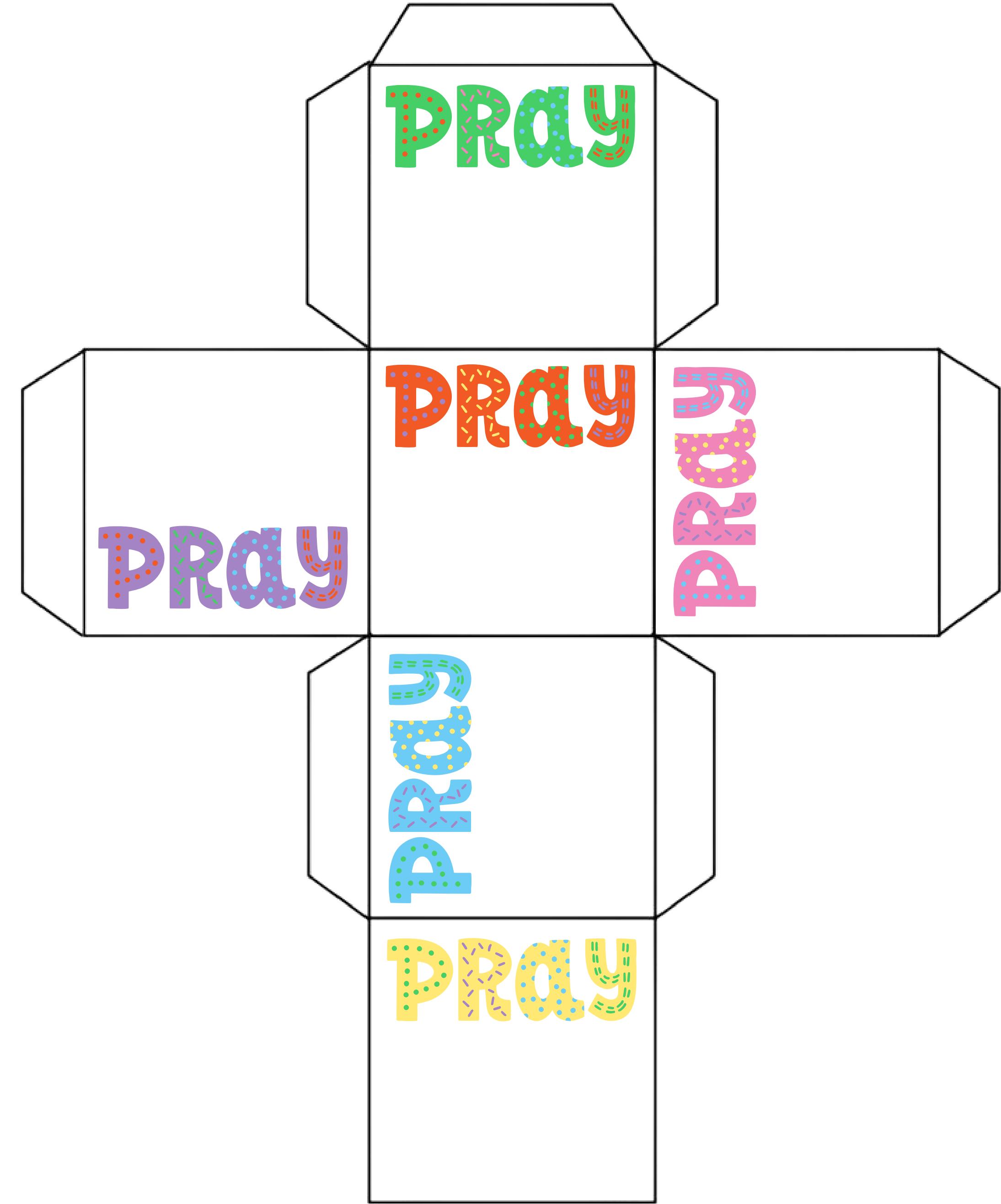
PRAY

FAST

GIVE

FAST

Give



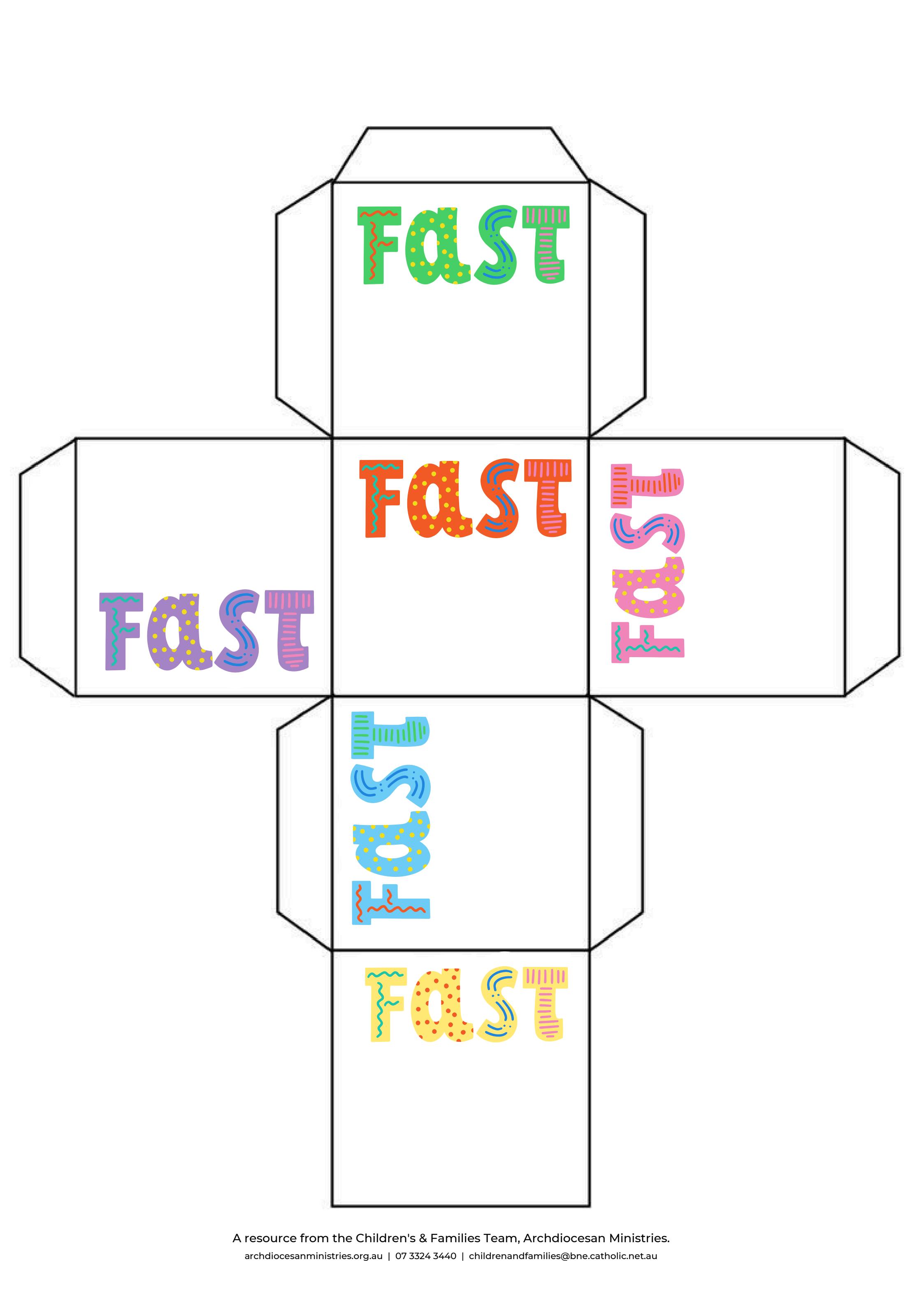
PRAY

PRAY

3
A
R
A

3
R
A
R
A

PRAY



Fast

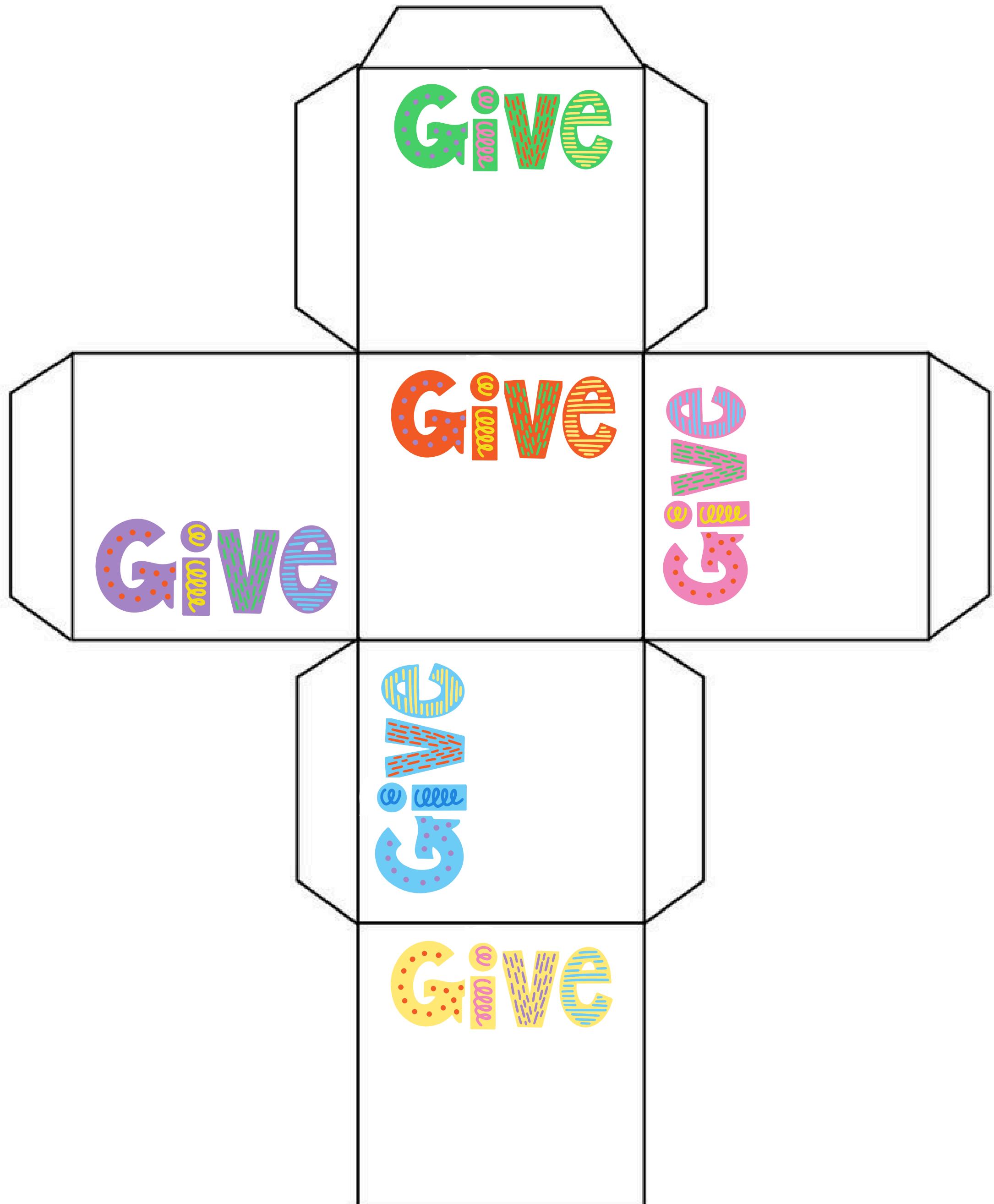
Fast

Fast

Fast

Fast

Fast



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

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