

Pray-Fast-Give dice for school or church

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 children in your class or children's ministry 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 your 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

Have everyone be
very still, close your
eyes and all
say 'Come Holy
Spirit' 10 times

Pray the Sign of the
Cross slowly 3 times
'In the name of the
Father and of the Son
and of the Holy Spirit.

PRAY

PRAY

Take turns to say
'thank you' God for
something, after
each person, all say
'THANKS GOD!'

PRAY

Everyone lie down
and listen to some
gentle music with no
words. Think about
God's BIG love

PRAY

God made our
amazing world! Take
turns to say what
you love the most
about creation

PRAY

Have everyone be
very 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
five minutes**

FAST

FAST

**Fast from screens -
read a book or play
outside instead**

FAST

**Fast from being first -
let someone else have
their preference
instead of you.**

FAST

**Fast from play for 10
minutes - do
something to make
your school beautiful
instead**

FAST

**Fast from fancy
drinks - just choose
water today**

Give

**Give each other the
Sign of Peace at the
end of your time
together: 'Peace be
with you!'**

**Give a smile to
someone in your
class or church**

Give

Give

**Give your teacher or
leader a hand to tidy
up the classroom or
kids area**

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

**Give someone a
home-made gift such
as a card, book-
mark, drawing or
friendship bracelet**

Give

**Give someone a piece
of Creation - a flower
or leaf, or point to
something beautiful -
like a bird or sunset**



Pray

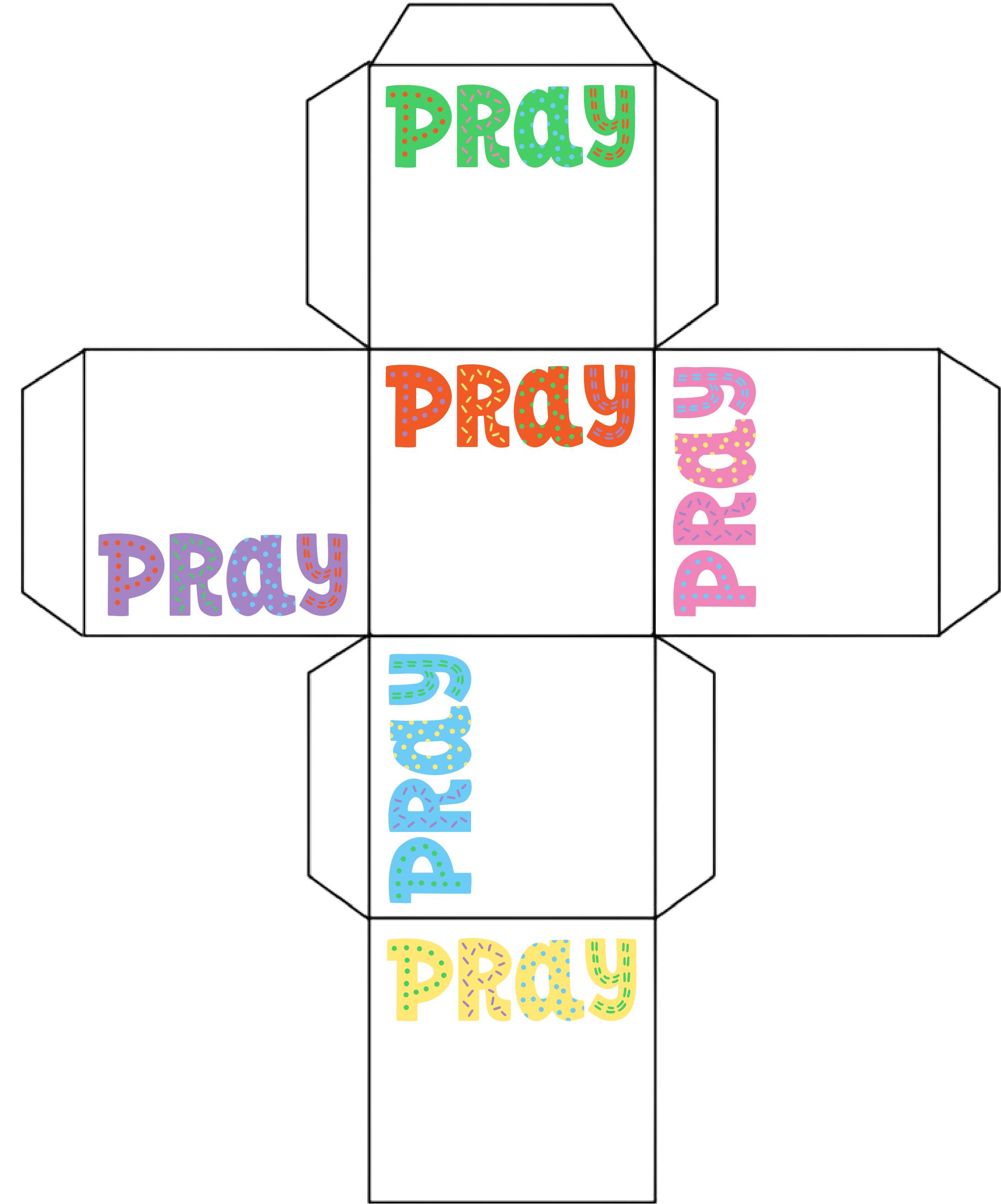
Fast

Give

Pray

Fast

Give



PRAY

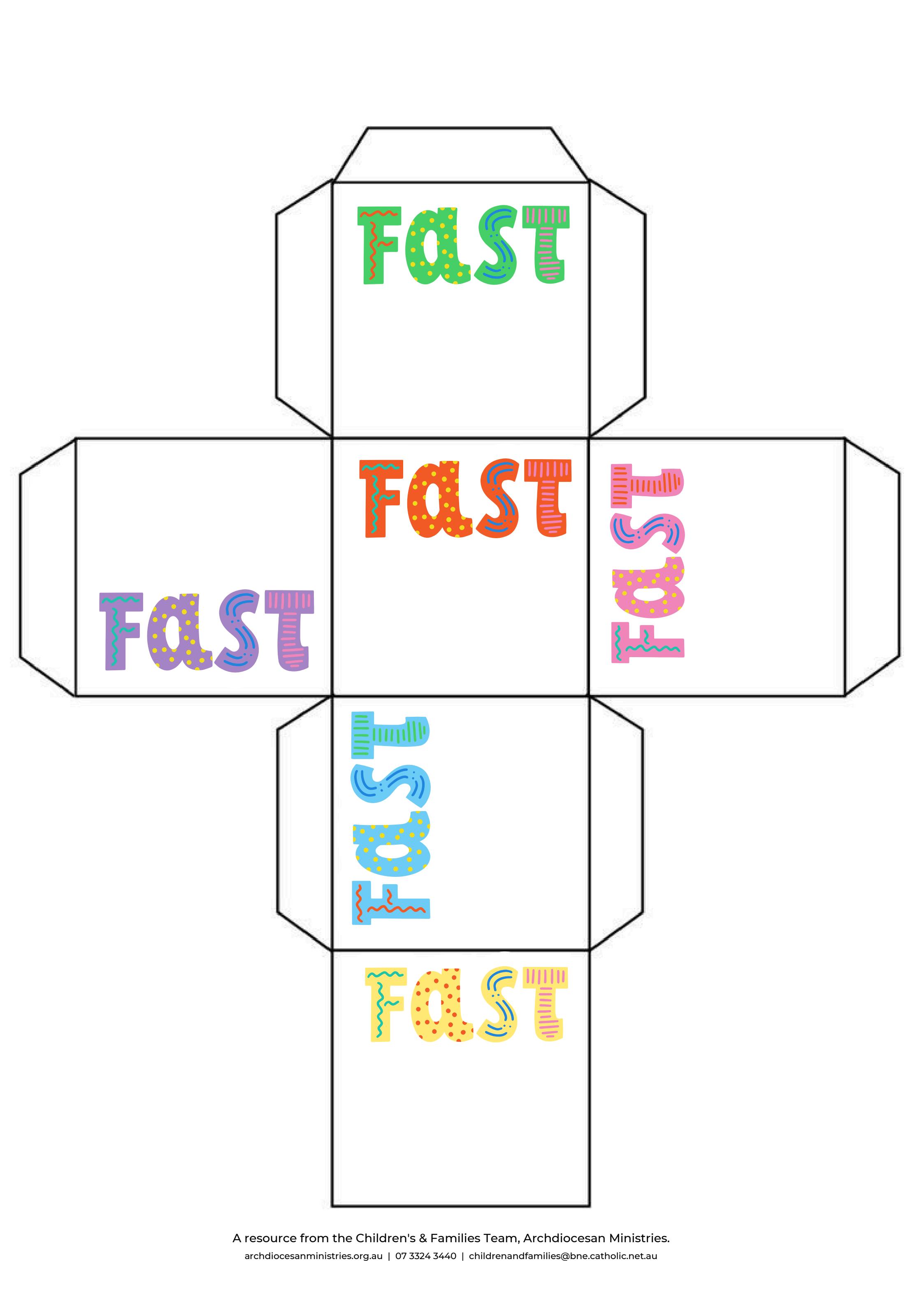
PRAY

3
A
R
A

PRAY

3
R
A
R
A

PRAY



Fast

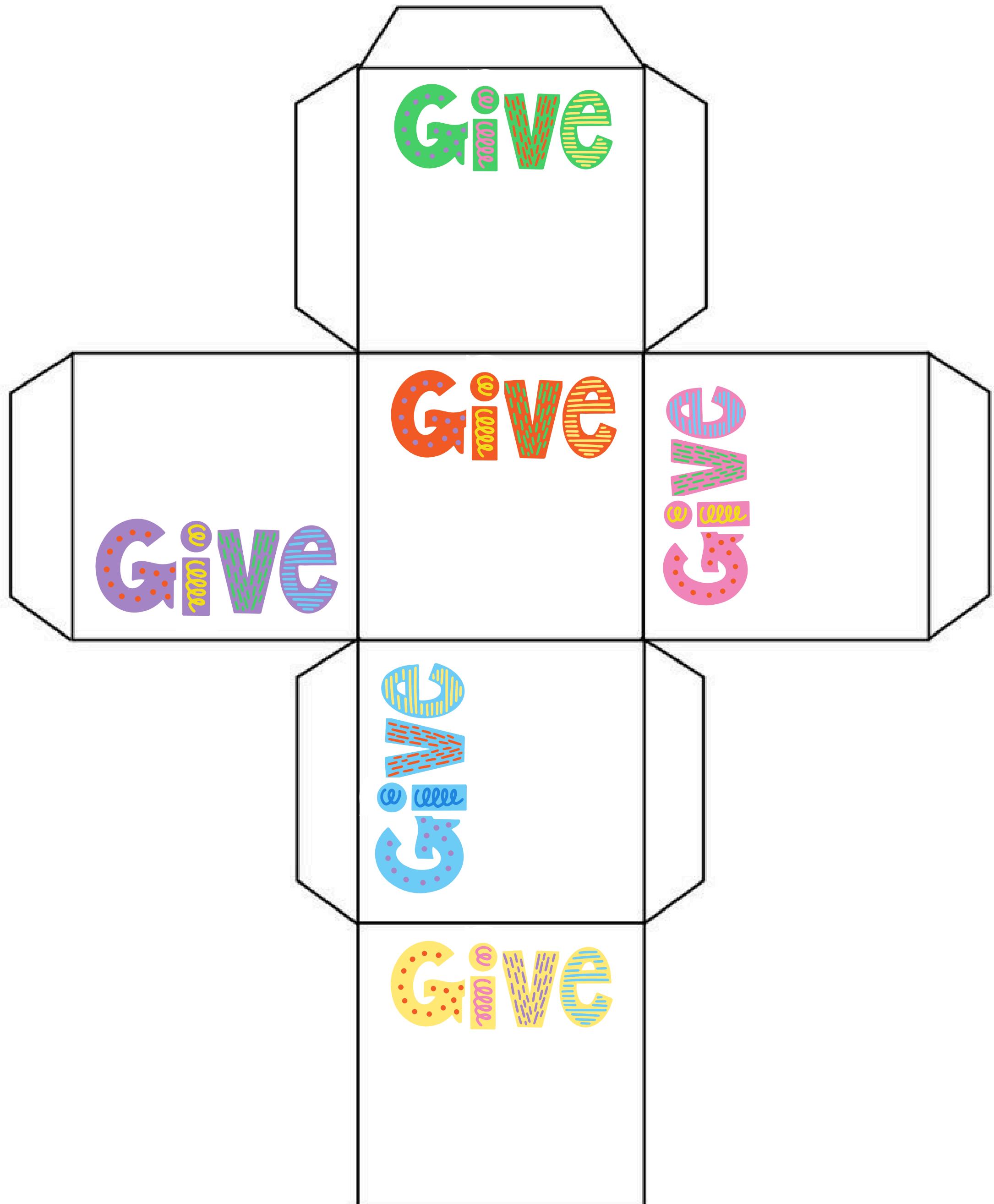
Fast

Fast

Fast

Fast

Fast



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

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