

# Year A - First Sunday of Lent

## Matthew 4:1-11

### Lenten Activities

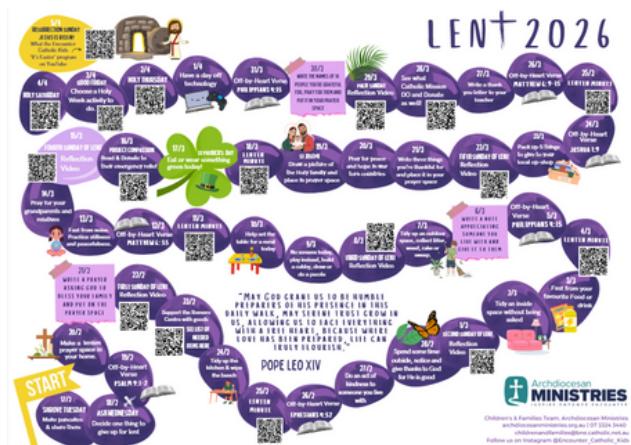
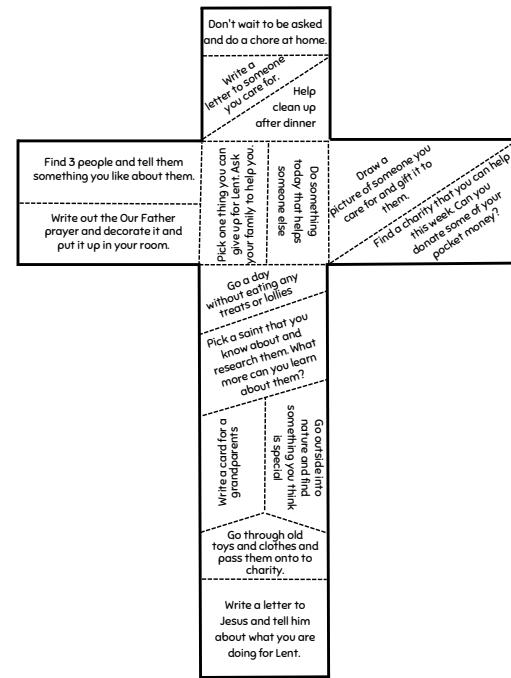


### Ideas Cross

Print out the following page and share them with the children. Ask them to take them home and every time they complete one of the ideas to colour it in. There maybe some they can do it today. Ask them to tell you how they get on and to let you know when they finish it.

### Family Lenten Calendar

Download the Lent calendars for free and share these with the children and their families. You can find our 2026 calendar via this QR code:

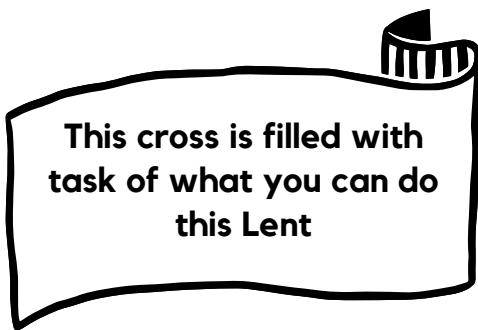


### Other Lenten Resources

Download the Lent for kids resources for free and share these with the children and their families. You can find our many Lent activity resources via this QR code:



# LENT 2026



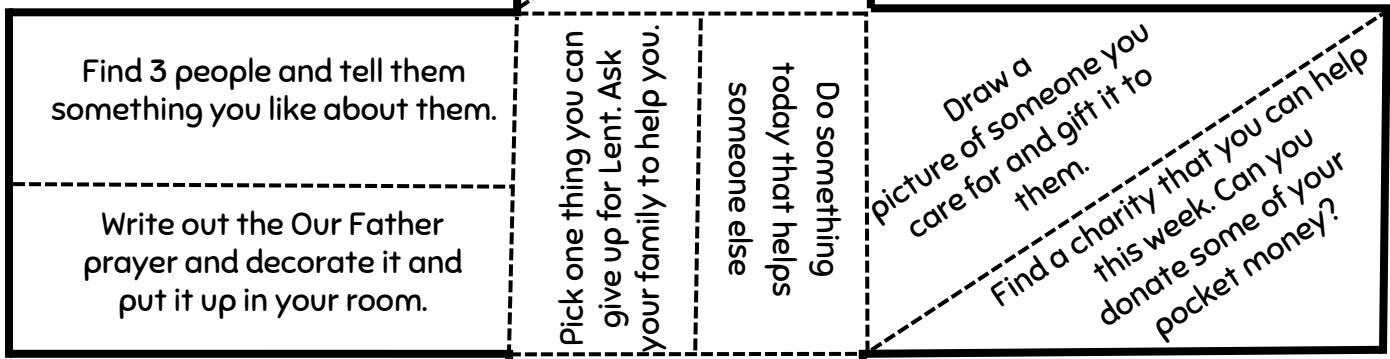
This cross is filled with task of what you can do this Lent

Don't wait to be asked and do a chore at home.

Write a letter to someone you care for.  
Help clean up after dinner



Once you complete a task colour in that space. Can you colour them all in before Easter?



Find 3 people and tell them something you like about them.

Write out the Our Father prayer and decorate it and put it up in your room.

Pick something you can give up for Lent. Ask your family to help you.  
Do something today that helps someone else

Draw a picture of someone you care for and gift it to them.  
Find a charity that you can help this week. Can you donate some of your pocket money?

Go a day without eating any treats or lollies

Pick a saint that you know about and research them. What more can you learn about them?

Write a card for a grandparent  
Go outside into nature and find something you think is special

Go through old toys and clothes and pass them onto to charity.

Write a letter to Jesus and tell him about what you are doing for Lent.