

# Year A - First Sunday of Lent

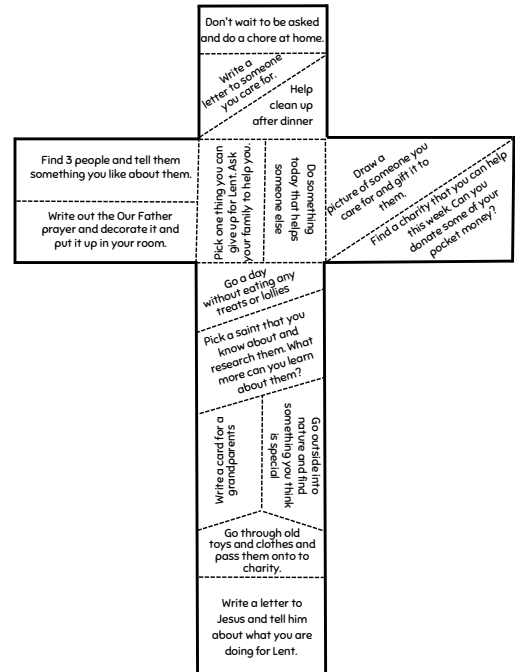
## Matthew 4:1-11

### Lenten Activities



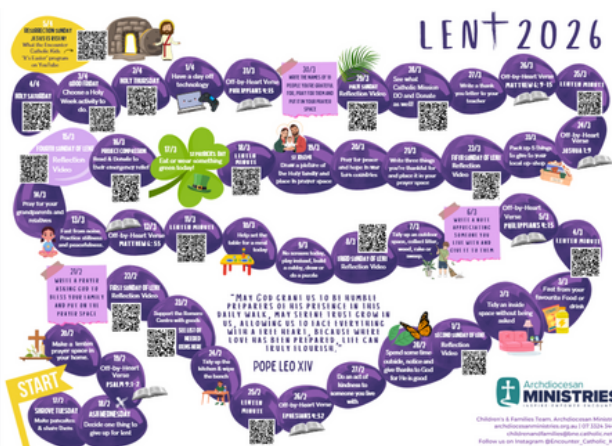
## Ideas Cross

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 one thing 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  
grandparents

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.