


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Children's Lenten Calendar</b> <b>2026</b> 			18 <sup>th</sup> Feb Ash Wednesday Think of something you can do to grow closer to God	19 Do something good for someone without being asked	20 Draw a picture that symbolises Lent	21 Notice everyone's facial expressions in your house today. Do they look happy? Sad? If they are sad, can you cheer them up?
<b>First Sunday of Lent</b> 22 Spend 5 minutes in prayer	23 Clean your room without being asked	24 Make a card and give it to someone who you wouldn't really chat to	25 Write on a piece of paper, 'Today is a good day', write or draw why it is	26 Be sorry for your sins, it changes you and those you have hurt	27 Don't be selfish, it won't make you happy	28 Make an active decision to smile more today
<b>Second Sunday of Lent</b> 1 <sup>st</sup> March Tell God something that happened you today	2 Don't despair, be grateful for what you've got.	3 Thank whoever made your lunch today	4 Help a classmate today	5 Call your Grandparents or an auntie or uncle and tell them how much you love them.	6 Make some hearts and write messages in them. Give them out instead of hugs.	7 Tell your parents or whoever cares for you how much you love them.
<b>Third Sunday of Lent</b> 8 Offer up a prayer for the homeless and lonely	9 Do something that makes you feel good today, watch some tv, walk the dog, read a book or just spend time with a loved one.	10 Focus on what you can do not what you can't do.	11 Have a night off from social media	12 Say a prayer for someone who is sick or in trouble	13 Be helpful in the home with a happy heart	14 Go for a family walk, wrap up warm.

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<b>Forth Sunday 15</b> <b>Of Lent</b> <b>Rejoice! Thank God for your mother on Mother's Day</b>	<b>16</b> <b>Enjoy a family board game together.</b>	<b>17</b> <b>St Patrick's Day</b> <b>Beannachtaí na Féile</b> <b>Padraig Ort</b>  <b>Read the Story of St Patrick</b>	<b>18</b> <b>Say one nice positive thing to someone today</b>	<b>19</b> <b>Do a random act of kindness for someone today</b>	<b>20</b> <b>Don't be bad tempered, let it go!</b>	<b>21</b> <b>Write down 3 things you are grateful for.</b>
<b>Fifth Sunday 22</b> <b>of Lent</b> <b>Draw a big star on a page. Now write your talents in it.</b>	<b>23</b> <b>Enjoy a sunset or a sunrise.</b>	<b>24</b> <b>Give your time to help a charity for example Trocaire or SVDP</b>	<b>The Annunciation 25</b> <b>Say a Hail Mary today</b>	<b>26</b> <b>Look up to the sky and remember that we are part of something bigger</b>	<b>27</b> <b>Set yourself a kindness mission to help others today</b>	<b>28</b> <b>Be grateful for the little things even in difficult times.</b>
<b>Palm Sunday 29</b>  <b>Say a prayer together with your family</b>	<b>30</b> <b>Put a few pennies in a charity box</b>	<b>31</b> <b>Why is this week special?</b> <b>Draw a picture</b>	<b>1<sup>st</sup> April</b> <b>List 3 things you like about yourself.</b>	<b>Maundy Thursday 2</b> <b>Read the story of the Last Supper</b>	<b>Good Friday 3</b> <b>Observe silence at 3pm today in reverence for Jesus' sacrifice.</b>	<b>4</b> <b>Keep vigil with Jesus as the soldiers did.</b> <b>Say prayers at bedtime.</b>
<b>Easter Sunday 5</b>  <b>Happy Easter, He is Risen Alleluia, Alleluia</b>				<b>St Bernadette's and Holy Rosary</b>		