

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			18 th 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?
<i>First Sunday of Lent</i> 22 Spend 5 minutes in prayer	23 Clean you 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
<i>Second Sunday of Lent</i> 1 st 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.
<i>Third Sunday of Lent</i> 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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<i>Forth Sunday Of Lent</i> Rejoice! Thank God for your mother on Mother's Day	15 Enjoy a family board game together.	16 St Patrick's Day Beannachtaí na Féile Padraig Ort Read the Story of St Patrick	17 Say one nice positive thing to someone today	18 Do a random act of kindness for someone today	19 Don't be bad tempered, let it go!	20 Write down 3 things you are grateful for.
<i>Fifth Sunday of Lent</i> Draw a big star on a page. Now write your talents in it.	22 Enjoy a sunset or a sunrise.	23 Give your time to help a charity for example Trocaire or SVDP	24 The Annunciation 25 Say a Hail Mary today	26 Look up to the sky and remember that we are part of something bigger	27 Set yourself a kindness mission to help others today	28 Be grateful for the little things even in difficult times.
<i>Palm Sunday</i> Say a prayer together with your family	29 Put a few pennies in a charity box	30 Why is this week special? Draw a picture	31 1st April List 3 things you like about yourself.	1st April Maundy Thursday 2 Read the story of the Last Supper	Good Friday 3 Observe silence at 3pm today in reverence for Jesus' sacrifice.	4 Keep vigil with Jesus as the soldiers did. Say prayers at bedtime.
<i>Easter Sunday</i> 5 Happy Easter, He is Risen Alleluia, Alleluia					<h2>St Bernadette's and Holy Rosary</h2>	