

Lenten Daily “Kindness Calendar for Kids”



February 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

As we go through this Lenten season, take a moment each day to share a little bit of kindness. Each day suggests a kindness activity suggested **by** the kids and **for** the kids. There is an activity for every day from Ash Wednesday through Easter Sunday (and it includes a couple of days for the kids to **choose** their own kind activity).



14
Look in a mirror and say 3 times “God loves me!”

15
Pick up toys.


16
Say “Thank you” to a teacher


17
Pick up garbage on the sidewalk

18
Draw a picture of your pet or favorite animal

19
Open doors for others




20
Give someone a “high five”

21
Choose your own kind activity: _____


22
Make a greeting card for someone

23
Hang out with someone who is sad

24
Give thanks to God for friends.

25
Make your bed


26
Share from your lunch

27
Take out the trash.


28
Say “thank you” to a school bus driver even if you don’t ride the bus.

29
Invite someone to play with you.



You have already made it through TWO Weeks of kind activities! Great Job! How do you feel?

Lenten Daily “Kindness Calendar for Kids”



March 2024

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Which kindness activity are you looking forward to this month?



1
Make a card for someone who is sick.

2
Ask a neighbor if they need help with yard work.

3
Choose your own kind activity: _____

4
Remember God loves you today and always!



5
Relax and put your feet up after school.

6
Say an encouraging word to someone.



7
Go on a walk with a family member and talk about God’s creation that you see.

8
Pick up 3 pieces of trash outside the school playground.

9
Say “thank you” to an adult



10
Relax and have fun with friends and family

11
Pray for someone who is sick or sad

12
Play with someone who does not have many friends.

13
Help with laundry.

14
Give someone a “high five” today

15
Pick up 3 pieces of garbage on the playground or sidewalk.

16
Go outside and look up at the sky. What do you see?



17
Read your favorite story or have someone read to you.

18
Choose your own kind activity: _____

19
Draw a picture of your family.



20
Look in the mirror and say 3 times “God loves me!”

21
Smile and say “thank you” to the school office workers

22
Take 3 deep breaths and thank God for the air we breathe.

23
Pray for someone who is sad, maybe that is you today.

24
Say an encouraging word for someone.

25
Ask your parents if you can help with something.



26
Share your Wonderful smile and laughter!

27
Invite someone new to play with you.

28
Help with dishes.



29
Go outside and look for signs of spring.

30
Sit quietly for 15 minutes. What do you hear and see?

31
CHRIST IS RISEN!
Sing and dance with all creation!



Congratulations! You made it through an entire Lenten season of doing kind activities! Which was your favorite?