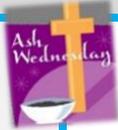


Lenten Daily “Kindness Calendar for Kids”



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 <p>5 Look in a mirror and say 3 times “God loves me!”</p>	<p>6 Say “Thank you” to a teacher</p> 	<p>7 Choose your own kind activity: _____ _____</p>	<p>8 Help with spring yard work or snow shoveling.</p>
<p>9 Draw a picture of your pet or favorite animal</p>	<p>10 Open doors for others</p>	 <p>11 Give someone a “high five”</p>	<p>12 Invite someone to play with you.</p>	<p>13 Make a greeting card for someone</p>	<p>14 Ask a neighbor “How are you doing?”</p>	<p>15 Raise donations for an animal shelter. Pray for the animals.</p>
<p>16 Paint/Draw a picture and give it to a neighbor.</p>	<p>17 Help with chores around the house.</p> 	<p>18 Make a bracelet and give it to a friend.</p>	<p>19 Give a card to a neighbor.</p>	<p>20 Help someone up if they fall down.</p>	<p>21 Clean up your toys.</p> 	<p>22 Go walk with a family member & talk about God’s creation.</p>
<p>23 Repeat 3 times, “I am a child of God”</p>	<p>24 Take turns</p>	<p>25 Relax and put your feet up after school.</p>	<p>26 Say a kind word to someone you meet.</p>	<p>27 Say “Thank you” to a school bus driver, even if you don’t ride</p>	<p>28 Pick up 3 pieces of trash on the playground.</p> 	<p>29 Collect donations for the local food bank.</p>
<p>30 Go outside and sit. What do you see and hear?</p>	<p>31 Relax and have fun with friends and family.</p>	<p>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).</p>				

Lenten Daily “Kindness Calendar for Kids”



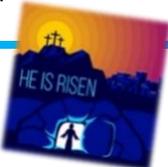
April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Which kindness activity are you looking forward to this month?



		1 Pray for someone who is sick or lonely.	2 Play with someone who does not have many friends.	3 Say “please” and “thank you”	4 Go for a walk with your pet or a friend.	5 Pick up 3 pieces of garbage at a park or on the sidewalk.
6 Read your favorite story or have someone read to you.	7 Go outside and look at the sky. What do you see?	8 Speak kindly to others. Don't yell.	9 Draw a picture of your family and pray for them.	10 Look in the mirror and say 3 times “God loves me!”	11 Smile and say “thank you” to the school workers.	12 Pray for someone who is sad, maybe that is you today.
13 Take 3 deep breaths. Thank God for the air we breathe.	14 Say an encouraging word to someone.	15 Ask an adult if you can help with something.	16 Share your smile and laughter!	17 Invite someone new to play with you.	18 Look and listen for signs of spring.	19 Visit someone in a senior home.
20 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?