

# WAYS TO DO LENT

Try one of these practices each day during Lent.



Feed the birds Do a chore without being asked Read a book for fun Enjoy some time alone Fast from junk food Write in a journal for fifteen minutes Go to Mass Donate foods you like to eat to a food shelf



Walk a pet for a friend Close your eyes and listen Sing at the top of your lungs Try a new food or restaurant Write a letter to God Pray Psalm 19 Write a poem called "Spring" Compliment a parent Keep the TV turned off for a week Make the Stations of the Cross Buy or plant a flower and care for it Listen closely at Mass Play cards with the old folks at a nursing home Go for a walk Draw a symbol of the resurrection Offer to babysit for free (on a Friday night) Clean your closet and give away forgotten clothes Visit a grandparent Walk instead of ride Tell a child a story Try not to use the internet for a day Daydream about your



future Ask a relative to tell a story about when they were your age Pray the Rosary Get some exercise Give away toys you have outgrown Make a new friend Put your phone away for a whole day Make peace with an enemy Find eight signs of new life in nature Laugh Attend a service during Holy Week

