40 days of Lent

1. **Ash Wednesday**
2. Go for a walk
3. Write someone a thank you note
4. Get up earlier
5. **First Sunday of Lent**
6. Try a new fruit
7. Clean your room
8. No TV today
9. Call someone and tell them you love them
10. Eat 5 fruit or veg
11. Pick up a piece of litter on your way home
12. **Second Sunday of Lent**
13. compliment someone
14. Read a book
15. Do a chore around the house
16. Help cook dinner
17. Get creative! Draw a picture
18. Give up your favourite snack
19. **Third Sunday of Lent**
20. Make someone smile today
21. Write a list of things you're grateful for
22. Drink plenty of water
23. Go for a walk
24. Try a new vegetable
25. Go to the library
26. **Forth Sunday of Lent**
27. Clean your room
28. Help cook dinner
29. Go to bed 1 hour earlier
30. Say a prayer for someone in need
31. Choose your own task today
32. Choose one kind thing to do for someone
33. **Fifth Sunday of Lent**
34. Drink plenty of water
35. No electronic devices today
36. Smile at everyone
37. Donate something to charity
38. Make an Easter craft
39. Get up an hour earlier today
40. **Palm Sunday**
41. No chocolate today
42. Eat 5 fruit or veg
43. Go for a run/walk
44. No sweets today
45. **Good Friday**
46. **Holy Saturday**
47. **Easter Sunday**

He is risen!

Keep going!

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