

LENT FOR FAMILIES

WEEK ONE: 15–21 FEBRUARY 2021



This week we have **Shrove Tuesday** and **Ash Wednesday**.
Next Sunday will be the **first Sunday in Lent**.

TO REFLECT

What does God want from us?

Micah 6:8

The Lord has told you what is good.

He has told you what he wants from you:

Do what is right to other people.

Love being kind to others.

And live humbly, trusting your God.

In Lent some people give things up, or take on something new.

? Is there anything your family could do to help others this Lent?

? Is there anything you could do to spend more time with God?

TO CREATE

Crosses

Ash Wednesday is the first day of Lent.

Sometimes on

Ash Wednesday people use

ashes to draw a cross on

their foreheads, as a sign that we are sorry for

the things we have done wrong and show that we trust in Jesus for forgiveness.

Could you use different materials to draw or make cross shapes?

Lego bricks, building blocks or train track?

Flour, sand or powder paint on newspaper?

Painting or drawing?

Playdough or clay?

Is there anything you could use to make a cross on your forehead? Your family could experiment with making ashes or try coffee grounds, chocolate or facepaint.



TO COOK

Pancakes!!

STEP 1

Put 100g plain flour,

2 large eggs, 300ml milk,

1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3

Set a frying pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.



Take some photos or a video of you cooking them to share at our pancake celebration.



TO GET UP AND GO

Visit a tree

Go out for a walk and try to find the biggest tree you can. How old do you think the tree might be?

Sometimes it seems like a big tree has been around forever. But God has been here even longer, throughout all time.

Look carefully at the tree's bark (possibly make a rubbing using a crayon and a piece of paper). Each tree is unique, just like the pattern of lines on your palm.

? Isn't it amazing that God who made all creation knows this tree? Isn't it amazing that God knows each of us too?

? People and animals need trees to survive. Do you know why?



You might also like ...

<https://www.bestcoloringpagesforkids.com/wp-content/uploads/2017/04/Walk-the-Lenten-Path-Printable.png>

This site has printable Lent Calendars, and colouring pages associated with Ash Wednesday.

LENT FOR FAMILIES

WEEK TWO: 22–28 FEBRUARY 2021



Next Sunday will be the **second Sunday in Lent**.

TO REFLECT

Listening to God and making good choices

Matthew 4: 1-11

This is the story about when Jesus spent time in the desert alone with God. See if you can find this story in a Bible or story book at home.

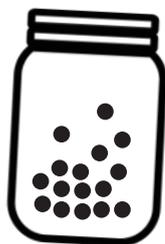
I wonder if you are ever tempted by something that you know isn't really a good idea?

- ? How can we know what choices God wants us to make?
- ? Where or when have you ever been alone with God?

TO CREATE

Shakers

As we have been thinking about listening, why not make sound shakers and challenge your family to work out what you have put inside?



Raid your recycling box for an empty jar with a lid, or two matching yoghurt pots/paper cups which you can sellotape together .

Put a tablespoon of rice, pasta, oats, beans etc into your shaker.

If your container is clear you might want to cover the outside with coloured paper to keep the contents hidden.

If you have enough time (and recycling!) you could make several shakers using different fillings.

- ? Do they each make a different noise?

TO COOK

Bread



Bake bread rolls using a bread mix (or if you are feeling adventurous you could start from scratch).

<https://www.bbcgoodfood.com/recipes/classic-white-loaf>

When the rolls are ready to eat, cut one into small parts. As you eat a part, take a moment to say thank you for the food that we eat. Then take a moment to think of all the things that we need as well as food. Say thank you for those things too.

If you're not able to cook rolls, you can still do this activity using rolls you have bought from the shop.

TO GET UP AND GO

Look around you

Go the biggest outdoor place that you are able to visit at the moment (park, woodland, garden ...).



Stand a little way apart from your family and look up at the sky. Slowly turn round in a circle and notice what is around you.

- ? What do you see? What do you hear? What do you feel? Remember God is right here with you, anywhere.
- ? If God wanted to tell you something today, what might that be?



You might also like ...

This week's Bible story lends itself well to sand play if you have a sand tray, sand pit or tubs of lay sand in your house. For some creative fun you could try colouring your own sand:

<https://www.learning4kids.net/2016/01/24/how-to-colour-sand-for-sensory-play>

LENT FOR FAMILIES

WEEK THREE: 1-7 MARCH 2021



Next Sunday will be the **third Sunday in Lent.**

TO REFLECT

Why do we need Jesus?

John 4:5-15

Jesus said "Every person who drinks this water will be thirsty again. But whoever drinks the water I give will never be thirsty again. The water I give will become a spring of water flowing inside him. It will give him eternal life."

? What do we need to be healthy and happy?

? How does knowing Jesus change our life?

Enjoy a drink of water. Let it refresh your body and mind. When the cup is empty, sit with it for a moment and imagine that it is full of all the good things Jesus offers us.

TO CREATE

Magic rainbow art

YOU WILL NEED:

Kitchen paper, felt tip pens, tray or baking tin.

Fold your paper towel in half, so it resembles a greeting card.



Use a felt tip pen to draw the outline of a rainbow shape on the front section.

Open up the paper towel, and use coloured pens to draw rainbow colours. If you are careful, you can get the colours underneath where the black outline will fold over.

Fill a tray or baking tin with 5mm water

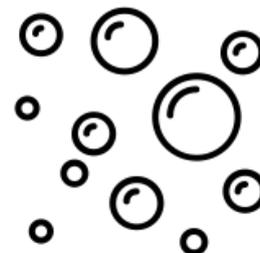
Place the folded kitchen paper in the water. The rainbow colours should magically 'colour in' your picture.

TO MIX

Homemade Bubble Mixture

INGREDIENTS

4 tbsp lukewarm water
2 tbsp sugar
1 tbsp washing up liquid



METHOD

Mix together the warm water with the sugar, until sugar dissolves.

Carefully mix in the washing up liquid, trying not to make too much foam.

You can blow bubbles using a bubble wand, a straw, or make your own bubble device using a biscuit cutter or a loop of string.

TO GET UP AND GO

Make a rainbow

If it is rainy and sunny this week, you might see a rainbow in the sky. If not, why not try to make your own.

You could:

Find a puddle, pond, lake or river. Crouch down low and see if you can see a rainbow where the sun shines on the water.

Use a hose pipe in the garden. Stand in a sunny spot, and spray the water in the direction of your shadow.

Take something shiny outside into the garden. This could be a sparkly stone, a large metal spoon, or a glass. Hold it between you and the sun, and see if you can find a rainbow.



You might also like ...

A song for you to listen to as you reflect on our Bible story.

https://www.youtube.com/watch?v=bDjD_Mr0-zQ

LENT FOR FAMILIES

WEEK FOUR: 8-14 MARCH 2021



Next Sunday will be **Mothering Sunday, the fourth Sunday in Lent**. Join us on Zoom this Saturday to make a card for your mum.

TO REFLECT

God loves us more than we can imagine

John 3:16-17

For God loved the world so much that he gave his only Son. God gave his Son so that whoever believes in him may not be lost, but have eternal life. God did not send his Son into the world to judge the world guilty, but to save the world through him.

Close your eyes and imagine God's love for you.

- ? I wonder how it looks and feels and sounds to you?
- ? Who do you love most in the world?
- ? How do you show these people that you love them?
- ? How could you show love to someone you don't know quite so well?

TO CREATE

Make a hug

Draw around your two hands on a piece of card or thick paper. Then cut them out.



Stretch out your arms as wide as they go.

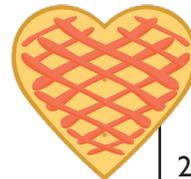
Ask someone to help you cut a piece of string to the length of your arms.

Use a stapler or sellotape attach hands to either end of the string.

Now you can send this to someone. They can wrap it all the way round them, and receive your hug!

TO COOK

Heart biscuits



INGREDIENTS

250g butter, softened
140g caster sugar
1 egg yolk
2 tsp vanilla extract
300g plain flour

STEP 1

Mix the butter and sugar in a large bowl with a wooden spoon, then add the egg yolk and vanilla extract and briefly beat to combine.

STEP 2

Sift over the flour and stir until the mixture is well combined.

STEP 3

Press the dough together and refrigerate for 20mins if you have time.

STEP 4

When ready to cook, heat the oven to 180C/160C fan/gas 4,

STEP 5

Dust your surface with flour and roll out mixture to approx. 1cm thick

STEP 6

Use a heart cutter to cut out each biscuit. Alternatively, draw a heart on a piece of paper and use it as a template, cutting around it with a knife. Or if you have a different shape cutter you could make another shape of biscuit.

STEP 7

Bake on a non-stick baking tray for 12 mins until pale gold, then transfer to a cooling rack to firm up.

TO GET UP AND GO

Watch a flower grow



It's the time of year when flowers are just starting to spring up from the ground! Do you have any flowers in your garden, or maybe in the road where you live?

If you can find a flower, try to look at it every day this week. Notice how it is changing day by day.



Maybe you could take a photo?

You might also like ...

Maybe you have at home the book 'Guess how much I love you' by Sam McBratney?
You can hear it read aloud here: <https://www.youtube.com/watch?v=ANuBMf2jDC0>

LENT FOR FAMILIES

WEEK FIVE: 15–21 MARCH 2021



Next Sunday will be the **fifth Sunday in Lent.**

TO REFLECT

What can we offer to God?

John 12: 1-8

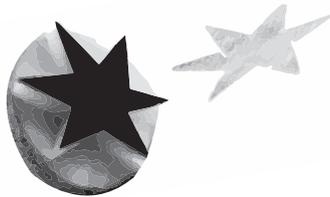
This is the story of something that took place just a little while before Jesus died. He was eating dinner with his friends, when a lady named Mary broke open a jar of very expensive perfume and poured it over Jesus' feet.

- ? What is your favourite smell?
How does it make you feel?
- ? Why do you think that Jesus liked what Mary did for him?
- ? What's the best gift you've ever given to someone?

TO CREATE

Potato print wrapping paper

You will need one medium size potato, some recycled paper/newspaper, poster paint and a paint brush. Ask an adult to help chop the potato in half with a sharp knife.



Take one half potato. Use the sharp tip of the knife to draw a shape on the flat side. A simple geometric shape will probably work best. Once you have the outline of your shape, go over the lines with your knife cutting down about 1cm, then cut away the edges around your shape.

Dip the shape into poster paint. It can help to use a paint brush to make sure the potato shape is evenly coated.

Press down the shape onto your paper. Repeat many times!

You can change colour of paint after a while. It is a good idea to wipe your potato clean with kitchen paper or a baby wipe to avoid unwanted colour mixing.

TO MIX

Scented playdough

You could scent this dough with peppermint or vanilla essence, an essential oil, or a drop of perfume or scented conditioner. Choose a smell that appeals to you and **DO NOT EAT IT!**



INGREDIENTS

½lb plain flour
¼pt water
1 tbsp cooking salt
1 tbsp oil
A few drops of your chosen scent
A (small) drop of food colouring if desired

METHOD

Mix all the ingredients together well – it takes quite a lot of stirring.

To store, put it in an airtight container and keep it in the fridge.

TO GET UP AND GO

Make a wild mural

In the garden or the park, try making a piece of artwork. See what leaves, stones, sticks or flowers you can find to work with.

Think about using different colours, shapes and textures in your picture.



Sometimes beautiful things only last a short while. But they can still make us and other people happy.

You might also like ...

To have a bubbly bath! For a treat, why not run an extra deep, extra bubbly bath and take turns to relax in it, enjoying the smell and feel.

LENT FOR FAMILIES

WEEK SIX: 22–28 MARCH 2021



Next Sunday will be **Palm Sunday, the sixth Sunday in Lent.**

TO REFLECT

Jesus brings us joy

Mark 11: 1-11

Read the story of Jesus arriving in Jerusalem. You might have this story in a Bible or storybook at your house.



TO CREATE

Leaf prints

You will need: leaves, poster paints, paint brush, paper.

When you are out and about, collect as many different shapes and sizes of leaf as you can.

Back at home, use a paint brush to paint one of your leaves. You might find that painting the back of the leaf gives you the best results.

Press the leaf onto the paper to make a leaf-shaped print.

Repeat with other shapes and colours. Could you try a stripy leaf?



TO COOK

Chocolate dates

Dates probably grew on the palm trees in Jerusalem. If you can't get hold of any dates, you could use dried apricots, whole nuts or even marshmallows to make a tasty treat.

STEP 1

Unwrap the chocolate and break it into pieces. Place in a heatproof bowl

STEP 2

With an adult's help, melt the chocolate in the microwave, or over a pan of hot water.

STEP 3

When the chocolate is melted, take a date and dip it into the chocolate so the date is half coated.

STEP 4

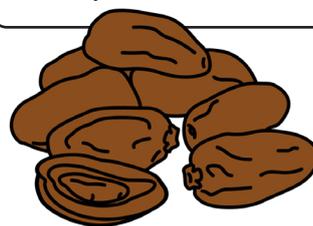
If you want to, you can roll the chocolatey date in chopped nuts or coloured sprinkles.

STEP 5

Repeat with the other dates, while the chocolate is still runny.

INGREDIENTS

A packed of dates (ideally ready to eat without the stones in)
100g bar of Fairtrade dark chocolate
Sprinkles or chopped nuts if you wish



TO GET UP AND GO

Find a space to dance

Go out to a place where there are not too many people and find a good place to dance.

Do some spins and twirls, make up your own moves and make as much noise as you like!

If you want to, you could find a branch to wave like the people praising Jesus as he entered into Jerusalem.



You might also like ...

This activity from Godly Play UK, inviting you to build your own model of Jerusalem to retell Jesus' story at home.

<https://www.godlyplay.uk/wp-content/uploads/2020/03/Holy-Week-and-Good-Friday-from-Godly-Play-UK.pdf>