

Lent Kindness Challenge

Instead of giving something up for Lent, do an act of kindness each day and give something to others.

Print out this sheet or make your own and record your acts of kindness.

There are some ideas written in some boxes

Tidy up or clear the table without being asked			Go a day without grumbling	
		Talk to God about something you or someone else is worried about		
	Make someone laugh			Talk to someone you haven't spoken to for a while
		Give someone a compliment		
	Act out or read your favourite bible story to someone			Let someone else go first—in a race, queue or choosing something
Be grateful to God for all the good things he gives you			Give something to someone who needs it eg charity or Food-bank	
		Say thank you to everyone who helps you today		
Smile at everyone you meet today			Share something with someone else	