



Lent 2026



Ash Wednesday

Go to church or say a sorry prayer and pledge to be a disciple of Jesus this Lent.



Thursday 19th

Find a way to spread positivity and kindness today.

Friday 6th

Ask an adult if there is anything you can do to help them at school or home today.

Thursday 5th

Today is World Book Day. Read or retell your favourite Bible story. Who is your favourite person mentioned in a Bible story?

Saturday 7th

If you can, explore an outside area with an adult. Can you make a cross using natural objects to remind yourself of Jesus' love for us?

3rd Sunday of Lent

Read today's Gospel John 4:5-15, 19-26, 39-42

Monday 9th

Talk to God in prayer today and tell him about the things you are sorry for.

Tuesday 10th

Visit a prayer station around school this week. Spend time there in prayer or take part in an activity.

Wednesday 11th

Hold the door open for somebody today and greet them with some kind words.

Thursday 12th

Ask somebody about how they celebrate Easter in their house. Are their traditions different to yours?

Friday 13th

Many Catholics do not eat meat on a Friday. This is a type of fast. Can you ask the adults at home to plan a meat free meal for tonight's tea?

Tuesday 17th

Give somebody a compliment today (say something nice about them).

Saturday 14th

Talk to God in prayer today and ask for him to help people in need all over the world.

Monday 16th

Ask a grown up at home how you can help them and do it without complaining.

Tuesday 31st

Introduce your grown ups at home to your favourite Easter hymn or worship song. You could sing it to them or ask them to help you find it online and listen together.

Wednesday 25th

Do a random act of kindness for somebody today.

Thursday 26th

Make an extra effort today to talk to your grown ups at home. Share stories about your day. Ask them how their day was.

Friday 27th

CAFOD Just one world Today is CAFOD Family Fast Day. If you normally buy a yummy treat at the weekend, could you consider putting some money into a CAFOD collection box instead and going without the treat this week?

Saturday 14th

Talk to God in prayer today and ask for him to help people in need all over the world.

Monday 16th

Ask a grown up at home how you can help them and do it without complaining.

Tuesday 31st

Today is Mothering Sunday. Do an act of kindness for somebody who takes care of you.

Wednesday 1st

If you can, spend time outside and pray to God, just like Jesus did in the Garden of Gethsemane.

Tuesday 24th

Say a thank you prayer before you eat today.

Wednesday 25th

Today is the Feast of the Annunciation. Pray the Hail Mary and think about what a brilliant role model Mary is for us.

Thursday 26th

Ask your adult if you can buy a traditional Lenten/Easter food with your food shopping this week such as pretzels or Hot Cross Buns.

Friday 27th

Go on a scavenger hunt around the house. Can you find any items which remind you of the Easter story?

Saturday 28th

We are about to begin the most important week in the Church's year, Holy Week. Find out more about Holy Week and why it is so important.

Palm Sunday

Make your own palm leaves or crown and say, "Hosanna Jesus!"

Monday 30th

Make an Easter card for somebody and gift it to them at the weekend.

Easter Sunday

Celebrate with your family today and say either out loud or in your head, "He is risen! Alleluia!"

Holy Saturday

Draw and decorate a picture of a candle. Tomorrow we will celebrate the resurrection of Jesus, the Light of the World!

Good Friday

If you're unable to go to Church today, research the Stations of the Cross and reflect on these at home.

Maundy Thursday

Tonight, Catholics around the world are called to spend time in quiet prayer with God. Can you put some time aside today for Jesus?