

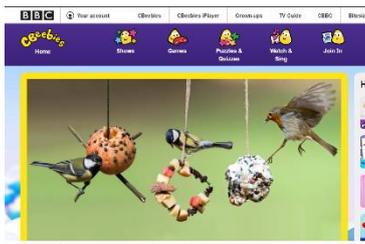


Lent Kindness Challenge

Instead of giving something up for lent – give to others in this kindness challenge. Do them in any order and let us know how you get on. We would love to add comments or pictures to our website at the end to inspire others to be kind too

Make someone laugh today	Help someone else put their wheelie bin out	<p>Week long challenge!!</p> <p>Each day this week put a packet or tin of food into a bag to give to a local foodbank or charity</p> <p>Make a card or picture to go with the food donation and take them to the centre.</p> <p>Tidy up today without being asked (your room or perhaps clearing the table after a meal)</p> <p>Help with folding some clothes today</p>	Take time to speak to someone you haven't seen today or for a while
Feed the birds – a few crumbs or make a bird feeder	Ask someone how they are feeling and take time to listen and care about their reply		Think of 3 things you would most like to do after lockdown & tell God - he loves to know what makes you happy
Go a whole day without grumbling or complaining	Read, listen to or act out your favourite Bible story		Share your favourite toy or treat with someone else
Sweep or vacuum the floors today	Encourage someone else today by telling them something they do really well		Try to pay a compliment to at least one person today
Say good morning or good afternoon to someone you meet today	Talk to God about something you (or someone you love) feels sad or worried about...and trust Him to help		Make a thank you card to give to the refuse collectors
Choose to give a toy or piece of clothing you don't need to charity	Think of a time when you have upset or hurt someone and say sorry (with words or by making a card or note)		Smile at every person you see today
Sing along to a worship song (some great ones are listed below)	Help with the washing up or loading the dishwasher		Read, tell or act out a story for a younger brother or sister (or pet or toy)
Think of 5 things you're grateful for – tell God, he loves to hear from you	Make someone else's bed for them		Put a thank you sign in the window or door for the person delivering your post
Let someone else go first today – in a game, a race or a queue or in choosing pudding!!	Make a tasty snack for someone else		Remember to say thank you for EVERYTHING today!

<https://www.bbc.co.uk/cbeebies/makes/bird-feeder>



<https://www.youtube.com/watch?v=JeJvKkBV6rY>



<https://www.youtube.com/watch?v=d6085sLXCMs>



https://www.youtube.com/watch?v=-424MpB_pd0

