

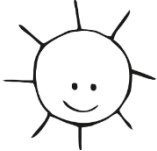















**ST CLEMENT'S AND ST JOHN'S CE INFANT AND BETHANY CE JUNIOR SCHOOL**  
**40 DAY FAMILY LENT CHALLENGE**

**Wednesday, 18<sup>th</sup> February - Sunday 5<sup>th</sup> April 2026**

1. Look in the mirror and say something kind to yourself.	2. Say something kind to someone in your class.	3. Say something kind to a teacher or leader.	4. Say something kind to someone in your family.	<b>SUNDAY</b> <i>a day for hope</i>	5. Say something kind to someone who is not a friend.
6. Do a kind action for yourself today and be resilient.	7. Do a kind action for someone in your class.	8. Do a kind action for a teacher or leader 	9. Do a kind action for someone in your family.	10. Do a kind action for someone who is not a friend. 	<b>SUNDAY</b> <i>a day for compassion</i>
11. Smile at 10 people today. 	12. Thank God for 10 things today.	13. Make your learning 10 times better today.	14. Pick up 10 pieces of litter today. 	15. Say 10 prayers today. 	16. Think of 5 good things about yourself today
<b>SUNDAY</b> <i>a day for courage</i>	17. Think of 5 good things about your classmates today.	18. Think of 5 good things about your teachers and leaders today.	19. Think of 5 good things about your family today	20. Think of 5 good things about your home today. 	21. Offer to help someone today in school.

<p>22. Offer to help your grown-ups today.</p>	<p><b><u>Mothering Sunday</u></b></p> 	<p>23. Offer to help someone younger than you today.</p>	<p>24. Offer to help a teacher or leader today.</p>	<p>25. Offer to help to do something in your community today</p>	<p>26. Encourage someone to do something they love.</p>
<p>27. Do something you really enjoy.</p> 	<p>28. Give some pocket money away to someone who needs it more.</p>	<p><b>SUNDAY</b> <i>a day for hope</i></p>	<p>29. Do something else you really enjoy!</p> 	<p>30. Speak to a family member or a friend you haven't spoken to in a while.</p>	<p>31. Say well done to someone who speaks up for others. It can be yourself!</p>
<p>32. Spend time in a quiet place thinking or praying.</p>	<p>33. Do something brave today! <b>BE BRAVE</b></p> 	<p>34. Write a thank you card to someone who helps you.</p>	<p><b><u>Palm Sunday</u></b></p> 	<p>35. Tidy up your bedroom and feel good!</p> 	<p>36. Play a game or an activity with your family instead of screen time.</p>
<p>37. Give a secret gift to someone without telling them!</p>	<p>38. Do a 'dirty' job like empty the bin or clean some shoes.</p>	<p>39. Recycle, reuse or reduce something today</p> 	<p>40. Say well done to yourself and others who have done this 40-day Lent challenge!</p> 	<p><b>Easter Sunday</b> <b>Hallelujah</b> <b>Jesus is Risen!</b></p> 