

40 acts

Lent Acts

'Love your neighbour as yourself' Luke 10:27

Lent 2020: Wed 26th February – Sat 11th April 2020

**BE
MINDFUL**

Spiritual Health



Learning Health



Digital Health



Mental Health



Physical Health



CONNECT

BE ACTIVE

**GIVE TO
OTHERS**

**KEEP
LEARNING**

Healthy acts



Physical Health



Mental Health



Digital Health



Learning Health



Spiritual Health

Wellbeing Acts



Connect



Be Active



Keep Learning



Give to Others



Be Mindful

1

Writes out our school Bible verse as a reminder to keep going for the next 40 days.

6

Send someone a message so they know you are thinking about them.

11

Sit in silence and just be still. Let your thoughts come and go and relax.

3

Pick up ten pieces of litter from around our school.

8

Spend some time outside. Appreciate the smells, sounds and what you can see.

13

Say hi to someone outside your usual friendship group today.

4

Smile at ten people today. See if they smile back or smile at other people.

9

Have a good laugh. Tell a joke or watch a film that makes you laugh.

14

Climate change. What can you do to save energy today?

5

Buy a treat for a friend or someone who needs one today.

10

Say hi to your local shopkeeper, lollipop person, bus driver or postman.

15

Today is no complaining! If anyone complains, put money in the jar.

16 Try a different exercise today. Try hopping, skipping or star jumps.

17 Say thank you to God for each of the amazing people in your life.

18 Make a promise to someone and remember to do it.

19 Send an anonymous gift to someone you know.

20 Write thank you cards to people who help you.

21 Go on a prayer walk. Find places to stop and pray.

22 Give a neighbour a card or a gift.

23 Make a Mother's Day card. Give it to someone who is a mum to you.

24 Write a list of all of the things you are grateful for.

25 Put down your electronics and play other games.

26 Have a proper chat! Phone Granny, a cousin or a friend.

27 Go on line and find out about how other children live.

28 Tidy your bedroom, change the sheets then do someone else's.

29 Pay someone a compliment today.

30 Draw a large heart and write in it all the ways you can love someone.

31 Be kind to yourself today. Look in the mirror and give yourself a big smile.

32 Do some extra jobs for people to fill your Giving Jar.

33 Go for a walk with a friend, connect away from electronics.

34 Plan a fundraising idea like a cake stall or car wash.

35 What horrible jobs need doing? You could empty the bins or wash the dog.

36 Choose who you're donating the money to from your Giving jar.

37 Ask an adult to arrange to meet with someone from your chosen charity.

38 Share information about your charity on line.

39 This Good Friday remember our Thank you, Sorry, Please prayers.

40 Well Done, you have reached 40! Carry on doing your great work after Easter.