

## Worship 2 Go – Lent Drawing School and Home Together



This is a special edition of W2G for Lent which begins on 2 March this year. This is the time of 6 weeks leading up to Easter. It's a time Christians remember that Jesus went into the desert to fast and pray before beginning his work for God. Sometimes people give things up for this time but people also aim to do something positive on each of those 40 days. Here are some ideas, in no particular order which have been suggested to us by younger leaders from some of our Diocesan family of schools—Bishop Bridgeman, Bolton, St Nicholas Newchurch and St Peter's, Ashton. Why not give it a try on your own or with your household?



Give someone a handshake

If someone has done something impressive tell them 'well done'

Take time away from the screen

Tell someone a joke

Leave a bottle of water on your front porch for delivery drivers

If someone looks lonely ask them if they want to play with you

Paint a kindness rock and hide it somewhere in your neighbourhood

Take time to write down three good things about yourself

Do something nice with someone

Call a family member to say 'hi' and tell them about your day

Take time to be still and reflect



Clean up your toys and books without being asked to

Help out the adults who look after you

Do a secret act of kindness for someone



Get some fresh air today

Send someone a nice note

Let someone join a game



Donate some old books or toys

Think of three compliments to give to other people today

Draw a picture for someone



Recycle everything you can today

Do a favour for someone

Smile at everyone you see today

Give someone a fist bump

Learn more about someone that inspires you

Help your teacher out today



Write some positive messages on slips of paper and leave them in place they can be found

Take a few minutes to just sit quietly, relax and do nothing

Cheer someone up

Sit with someone if they are looking lonely

Help a neighbour bring out their bins

Forgive easily today

Bake treats for someone

Make someone laugh

Make a homemade gift for someone

Make a new friend or make time for a friend you haven't spoken to in a while

Help someone with their reading today

Help to tidy up your environment

Try something new today



Give someone a little present

**But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control.**

You can find this in the Bible in the book of Galatians, chapter 5, verses 22-23