

# Lent 2021: An Activity a Day

## Ash Wednesday to Easter Sunday!



Day 1 Ash Wednesday: Give someone a hug (someone who lives with you). Tell them why they are important to you.

Day 2: At bedtime, say a prayer for a friend.

Day 3: When you're thirsty, only drink water today. Give thanks for water at mealtimes.

Day 4: Help someone with a chore (that you might not always do).

**First Sunday in Lent:** At bedtime, say a prayer for your teacher.

Day 5: Unless for school work, don't use technology.

Day 6: Give someone a compliment that they might not expect.

Day 7: Listen to Mark 1: 16-20. <https://www.youtube.com/watch?v=aZ-0apZTaRE> What is Jesus saying to you?

Day 8: Don't eat sweet treats today.

Day 9: Do a Random Act of Kindness

Day 10: Listen to a favourite piece of music. Why do you like it?

**Second Sunday in Lent:** At bedtime, say a prayer for a person you find hard to get along with.

Day 11: Make a card for someone on your street and deliver it secretly (with an adult).

Day 12: Write a letter to someone who lives far away from you. Someone you know, or someone like the Prime Minister.

Day 13: At mealtime, thank the person who made your food for you.

Day 14: When you're thirsty, only drink water today. Invite someone in your house to do it with you.

Day 15: Leave a kind note for someone in school. Don't sign it.

Day 16: Help with an outdoor chore, like shoveling or bringing in groceries.

**Third Sunday in Lent:** At bedtime, say a prayer for your minister.

Day 17: Help someone with a chore (that you might not always do).

Day 18: Play a boardgame with an adult.

Day 19: Listen to the story of Jesus' Temptation.

[https://www.youtube.com/watch?fbclid=IwAR1vkUcGu3V1D2ihAqFVXxlCLXjI6Ddg\\_w2CZZMd5Cwd8xUFFdT8zrsMpyY&v=dAEyjXcGoko&feature=youtu.be](https://www.youtube.com/watch?fbclid=IwAR1vkUcGu3V1D2ihAqFVXxlCLXjI6Ddg_w2CZZMd5Cwd8xUFFdT8zrsMpyY&v=dAEyjXcGoko&feature=youtu.be) Have you ever been tempted to do something you shouldn't?

Day 20: Spend 15 minutes outside today. What do you notice?

Day 21: Don't eat sweet treats today.

Day 22: Do a Random Act of Kindness.



**Fourth Sunday in Lent:** At bedtime, say a prayer for a coach, a music teacher, a dance teacher, etc. Give thanks for all that they do for you.

Day 23: Draw a picture for someone.

Day 24: Listen to music. How does it make you feel?

Day 25: Talk to someone who seems lonely.

Day 26: Give someone a compliment that they might not expect.

Day 27: At mealtime, give thanks for farmers, fishers, those working in factories to produce food.

Day 28: With an adult, paint or draw a picture of Jesus.

**Fifth Sunday in Lent:** At bedtime, say a prayer for someone in your family.

Day 29: Listen to the Feeding of the 5000 story.

<https://www.youtube.com/watch?v=0GSuiCjwrac&list=PLZtmIfnO1nkTBdnOT3j1a8OwvjgiUWfWn&index=8> How do you share what you have?

Day 30: Talk to someone at school who is younger than you are.

Day 31: When you're thirsty, only drink water today. Write or draw all the ways we can try to save water.

Day 32: Turn off lights in your house when they aren't being used.

Day 33: Spend 15 minutes outside. What do you notice?

Day 34: Call someone that you haven't talked to in a while.

**Palm Sunday:** At bedtime, say a prayer for a situation you might need help with or something you are afraid of.

Day 35 Monday: Listen to the Palm Sunday story.

<https://www.youtube.com/watch?v=xQ99GkIKqks&list=PLbPjCzEcCUB9-L9BcZv4bHXt7Yv9RRIB4&index=3> For whom would you shout Hosanna? (Save us!)

Day 36 Tuesday: Write a note to someone who has helped you, saying thank you.

Day 37 Wednesday: Do a Random Act of Kindness

**Day 38 Maundy Thursday:** Listen to the story. <https://www.youtube.com/watch?v=I2IZgRV-uy8&list=PLZtmIfnO1nkTBdnOT3j1a8OwvjgiUWfWn&index=14> Give thanks for what you are eating.

**Day 39 Good Friday:** Listen to the story.

<https://www.youtube.com/watch?v=Uin5vEoomg4&list=PLbPjCzEcCUB9-L9BcZv4bHXt7Yv9RRIB4> Say a prayer for those who are sick, afraid, or hurting today. Say a prayer for yourself. Unless for school work, don't use technology today.

**Day 40 Holy Saturday:** Listen to Psalm 23 and learn the actions.

<https://www.youtube.com/watch?v=I2IZgRV-uy8&list=PLZtmIfnO1nkTBdnOT3j1a8OwvjgiUWfWn&index=14> Make Resurrection Rolls with someone in your family or a friend. (Recipe included)

**EASTER SUNDAY:** Christ is Risen! Listen to the story.

[https://www.youtube.com/watch?v=oJqVjM7v7Vk&list=PLbPjCzEcCUB8BniDIThwaH\\_Qhdtd44eEA&index=41](https://www.youtube.com/watch?v=oJqVjM7v7Vk&list=PLbPjCzEcCUB8BniDIThwaH_Qhdtd44eEA&index=41) Pick a favourite activity from the last 40 days and do it again!

## Resurrection Rolls

Start with your favourite roll recipe:

You can make the roll dough in your bread maker using a suggested recipe or use this recipe (which can be halved).

### *Roll recipe*

In a large dish put 3 cups of **warm** water

2 Tbsp yeast

6 Tbsp oil

2 eggs beaten

Add 4 cups of flour

1 ½ tsp of salt

8 Tbsp sugar

Mix together and add

4-5 cups of flour and knead well

Let rise 15 minutes

Punch down and let rise again (double in bulk)

*Then continue to Resurrection Roll instructions*

To make Resurrection Rolls you will also need

- Melted butter
- Cinnamon Sugar (best ratio is 1:4 so 1Tbsp of cinnamon to ¼ cup sugar)
- Marshmallows

### **Resurrection Roll Instructions**

Make a circle of bread/roll dough. Pretend that it is the cloth that was wrapped around Jesus' body.

You will need a marshmallow cut in half ... pretend it is Jesus' body.

Dip the marshmallow into melted butter ... this is the precious oil.

Then roll the marshmallow in a cinnamon and sugar mixture ... these are the precious spices.

Put the marshmallow in the center of the circle of dough, pull up all the edges and seal **well** by pinching **hard**. Continue until ingredients are used up or you wish to make the rest of roll dough into ordinary rolls.

Place the rolls in a well-greased baking pan touching each other. Allow to rise for one hour until double in size.

Then bake the rolls at 350°F for 25-30 minutes until browned top and bottom ... pretend the oven is a tomb.

After baking and cooling, your Resurrection Rolls will be empty inside. Just like the empty tomb on Easter Sunday morning,

Jesus is Risen! Hallelujah

Video on making the roll dough can be found at <https://youtu.be/XvQyfTObjTA> (Kids' Corner video The Kingdom of heaven ... yeast). Resurrection roll video will be posted nearer Easter.

Calendar and activities prepared by The Rev. Catherine Stuart, Regional Minister for Children, Youth and Young Adults in the Atlantic Regions. Videos and Resurrection Roll recipe prepared by Mark and Shirley Hazen, and Biblical Storyteller Linnea Good.