

Little Lenten Living Boxes

Materials Needed

- Handout: Family instructions (print one per family)
- Handout: Idea slips (2 pages; print one per family; be sure *not* to print double-sided)
- Small white boxes, which can be purchased online or from bakery/candy stores (alternately, have families save and bring used tissue boxes)
- Markers
- Stickers
- Scissors

Talking Points

- In this activity you will make “Little Lenten Living Boxes” that will contain small, simple actions which you can do on the spur of the moment each day of Lent.
- Some of the ideas are for the whole family to do together. Some ideas are for individuals; with these, everyone in the family can be doing it in their own way, but united because all are doing the same thing.

Family Instructions

Little Lenten Living Boxes

1 In this activity you will make “Little Lenten Living Boxes” that will contain small, simple actions which you can do on the spur of the moment each day of Lent.

2 On your handout are several ideas of Lenten activities. As you cut them apart, decide together which ones you want to put into your family box to pick from each day during Lent. You could choose to place all of the ideas in your box.

3 Together, decide when will be the best time for your family to pick the activity for the coming day (e.g. first thing in the morning or at dinner time for the next day). Write this below. You might want to set a reminder now on your phone to help you remember. At home, when you choose each day's idea:

- First, spend a few minutes talking about how you remembered and acted on the idea for the current day. What did you do? How did you feel? How were you aware of God in that action?
- If you choose, the slips could be returned to the box to be used multiple times.

4 Together, make two decisions: 1. where you will place the box so that you will see it often (e.g. dining room table), and 2. a prominent place where you will place the slip for each day (e.g. refrigerator door or inside of your front door). Write these in below.

5 Use the markers and stickers to decorate your Little Lenten Living Box. Have the decorations on the box say something about Lent and/or your family.

We will pick our activity
each day at this time:

After we pick it each
day, we will post our
activity slip here:

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We will place
our box here:

Take five minutes of quiet time today to listen to God.	Fast from complaining today.
Pray before meals today.	Fast from criticizing today.
Offer to help a friend or neighbor with a job that they have to do.	In some way today tell other family members that you love them.
Write a letter, text, call, or email a distant friend.	Say a kind word to someone in need of cheering up.
Read a Bible story with your family.	Thank someone today.
Pray for those you know who are suffering.	Give someone a compliment today.
Give something away to someone in need.	Say only nice things to others today.
Do something for someone without them knowing it.	Ask for things in a polite way today.
Help out with a job that isn't usually yours.	Say a family prayer of thanks to God.
Say "I'm sorry" to someone you've hurt.	Pray for all those who are unemployed.
No TV or technology tonight. Have a family night.	Never say "NO" today when someone asks for help.
Share your smile today.	Make a card for someone who needs extra love.
No sweets today. Give the money saved to the poor.	Do something kind for a neighbor.
Perform a loving action. For example, invite someone over, share baked goods, and/or reach out to someone who may be lonely.	
Watch the news for stories about selflessness. Share with your family.	

Fast from television today. Read instead. Pray for all those who don't have television, the internet...
Write family members' names on slips of paper. Draw names and keep the name you draw a secret. Without being asked – or bragging – do something kind for that person today.
Pray for people who don't have access to electricity and other technologies that makes our lives easier. (1.6 billion people have no access to electricity.)
Remember the Prayer of St. Francis and think of a way your family could be a channel of peace in your little part of the world.
This week use a different prayer each night as a family (e.g. Our Father, Hail Mary, Glory Be, Act of Contrition, Prayer of St. Francis, The Apostles' Creed, Act of Love, etc.)
Write a letter to the newspaper editor or some other media representative in praise of someone or some action.
At dinner time today, have everyone in the family mention one person or thing for which they are thankful.
Cut out a large paper heart and write, "Love one another as I have loved you" on it. Each person writes the name or initials of at least three people they are going to pray for during the coming week. Display the heart.
Reflect on Act 2:42-47 (holding all things in common) and discuss ways that you can share some of your possessions with others who have need of them.
We have the gift of faith because of faithful people who have gone before us. Think about an older relative or friend, living or dead, who has inspired you/your family. If they're alive, call or write and thank them.
Think of the person who has most hurt you or who most annoys you and spend several minutes each day praying for that person and whatever their needs are.
Is your family recycling everything you can? Refresh your memory today on what items your city or county allows for curbside recycling. Place a recyclable item that you usually don't recycle into your bin.