

Worship 2 GO Drawing School and Home Together



In the Christian calendar, February 17 marks the start of the season of Lent which lasts for 40 days. Lots of people aim to do something positive on each of those 40 days. Here are some ideas, in no particular order – why not give it a try on your own or with your family. Inspired by 40 Acts <https://40acts.org.uk/>

Be positive all day and try only to say encouraging things to other people

Got a favourite book or film with a positive message? Tell someone about it and think about are how you can live out that message

Ask somebody to tell you about themselves and really listen

Give somebody a compliment today

Send a letter, card or picture to someone who is important to you

Be the first to say sorry to somebody

Turn off lights, TV and chargers when you leave a room

Call a grandparent or uncle, or little cousin or other person in your family

Instead of using a vehicle to travel today, walk or cycle or scoot everywhere

After lessons or work try for some screen free time of two hours or more - no Facebook, no apps, no phone calls, tv or games

Be spontaneous! Sometimes, random acts of kindness just come to you in the moment!
What will you think of today?

Go the whole day without arguing with anyone

If someone does something for you, make sure you say 'thank you'

Create a Giving Bag or Box. Add items to it that you are willing to donate to a charity shop (when you are able to)

Drink more water - when you're healthy and energetic, it is much easier to be kind

Is there a way to be a good team player today? Maybe that means helping each other out with something at home

Pick up litter and put it in the bin – if you are doing this on a walk, check it's safe to pick it up

Start telling jokes, watch something fun together, or whatever makes you laugh!

Be brave today. Do something that you found hard last time you tried

Make a card or note saying something nice about someone in your household and hide it in a place that they will find it

Take 10 minutes to just sit quietly and relax doing nothing

Make a present for someone out of scrap you can find. For example, a hanging mobile or collage picture

Think before you speak and make sure your words build people up today

Learn to say 'hello' and 'thank you' in some different languages

Surprise somebody (in a nice way!) today

Make a point of connecting with someone of a different generation today

Tell somebody why you think they are special

Recycle any paper, plastic, tins or glass that you use today (and everyday!)

Today might be a good time to make that apology you owe someone

Create an encouragement jar - write some encouraging messages on slips of paper, place them in a jar and then people in your household can take it in turns on different days to take one from the jar

Be spontaneous! Sometimes, random acts of kindness just come to you in the moment!
What will you think of today?

Help someone realise how amazing they are today

Try not to interrupt. Listen carefully, you may learn something new

Try to find out about somebody your own age from a different country and imagine what it would be like to swap lives

Make an extra effort to smile more at others – it really can bring joy to their day!

Tidy up your bedroom without being asked to

Make sure to exercise - taking care of your body is important

Write down 5 things you are thankful and tell someone about it

Say sorry first, even if it wasn't your fault

Ask other people in your household if there is any job/task you can help them with today

Karen Beal, Children's Officer, Diocese Of Manchester,

E: Karenbeal@manchester.anglican.org

Jo Haslam, Deanery Children & Family Worker, Children Changing Places Project