

My Lent

Give up chocolate for 1 day	Give up chocolate for 1 week	Draw a picture of something you feel thankful for	Give up sweets for 1 day	Give up sweets for 1 week
Give up TV for 1 day	Give up TV for 1 week	Learn to say 'hello, my name is...' in a different language	Give up computer games for 1 day	Give up computer games for 1 week
Give up music for 1 day	Give up music for 1 week	Try a new sport	Give up your favourite toy for 1 day	Give up your favourite toy for 1 week
Give up talking for 1 hour	Give up talking for 5 hours	Meditate	Give up all animal products for 1 day	Give up all animal products for 5 days
Write a letter of thanks to 1 person	Write a letter of thanks to 5 people	Read 3 story books before the end of Lent	Help 1 teacher with a task	Help 5 teachers with a task
Pick up 1 piece of litter from the playground	Pick up 5 pieces of litter from the playground	Set yourself a personal challenge	Help 1 friend with their work	Help 5 friends with their work
Say something kind to 1 person	Say something kind to 5 people	Exercise 3 times a week throughout Lent	Fully recycle for 1 day	Fully recycle for 1 week
Talk to 1 pupil, that you haven't spoken to before	Talk to 5 pupils, that you haven't spoken to before	Eat 5 different types of fruit & vegetables every day throughout Lent	Help to cook 1 meal for your family	Help to cook 5 meals for your family