

# My Lent

Give up social media for 1 day	Give up social media for 1 week	Listen to music that's not your usual genre	Give up sugar for 1 day	Give up sugar for 1 week
Give up TV for 1 day	Give up TV for 1 week	Learn to say 'hello, my name is...' in 5 different languages	Give up gaming for 1 day	Give up gaming for 1 week
Give up music for 1 day	Give up music for 1 week	Try a new sport	Give up transport for 1 day	Give up transport for 1 week
Give up hair products/cosmetics for 1 day	Give up hair products/cosmetics for 5 days	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 books (non-academic 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 yard	Pick up 5 pieces of litter from the yard	Set yourself a personal challenge	Help 1 student with their work	Help 5 students with their work
Complement 1 person	Complement 5 people	Exercise 3 times a week throughout Lent	Fully recycle for 1 day	Fully recycle for 1 week
Talk to 1 person, that you haven't spoken to before	Talk to 5 people, that you haven't spoken to before	Eat 5 different types of fruit & vegetables every day throughout Lent	Cook a meal for your family	Cook 5 meals for your family