



GO TO AN EXTRA MASS TO PRAY FOR SOMEONE ELSE

LEARN HOW TO SAY THE ROSARY

ASK YOUR PARENTS TO PRAY WITH YOU BEFORE BED, ESPECIALLY FOR SUFFERING CHRISTIANS AROUND THE WORLD

VOLUNTEER TO HELP YOUR PARENTS WITH CHORES

SAVE SOME OF YOUR POCKET MONEY AND BRING IT TO THE LENT COLLECTION FOR ACN

ASK YOUR PARENTS TO BRING YOU TO THE STATIONS OF THE CROSS AT YOUR CHURCH

MAKE FRIENDS WITH SOMEONE YOU'VE HAD AN ARGUMENT WITH

ORGANISE A CLASS CAKE SALE OR OTHER CHARITY EVENT FOR ACN

GIVE UP SOMETHING YOU LIKE AND OFFER YOUR SACRIFICE TO GOD

THINK OF ONE NICE THING TO DO FOR SOMEONE THIS WEEK

ONLY SAY TRUE THINGS THROUGHOUT THE WHOLE OF LENT AS IN DON'T TELL ANY LIES

GO TO CONFESSION

SPEND SOME TIME WITH AN ELDERLY RELATIVE

TRY TO NOT MOAN WHEN THINGS DON'T GO YOUR WAY

GET UP 5 MINUTES EARLIER AND SPEND THAT TIME PRAYING

VISIT THE SCHOOL CHAPEL AND ASK GOD TO BLESS PEOPLE WHO ARE SUFFERING IN THE WORLD

READ ONE BOOK OF THE NEW TESTAMENT WITH YOUR PARENTS

SAY GRACE BEFORE MEALS

ORGANISE AND COMPLETE A SPONSORED EVENT AND GIVE THE MONEY YOU HAVE RAISED TO ACN

FIND OUT ABOUT A SUFFERING CHRISTIAN IN ANOTHER COUNTRY

TIDY YOUR ROOM

TRY TO CONCENTRATE IN EVERY LESSON

SAY THANK YOU TO GOD FOR 5 THINGS EVERY DAY

COLLECT ALL YOUR SPARE CHANGE AT HOME AND GIVE THE MONEY TO ACN

SPEND LESS TIME ON THE COMPUTER/MOBILE PHONE OR WATCHING TV AND USE THAT TIME TO

SAY PRAYERS OR HELP AROUND THE HOUSE

IF SOMEONE ANNOYS YOU, DECIDE NOT TO HOLD A GRUDGE

MAKE YOUR TEACHERS' LIFE EASIER, BY DOING WHAT YOU ARE ASKED FIRST TIME

PICK UP LITTER AT HOME AND AT SCHOOL WITHOUT BEING ASKED

WRITE YOUR OWN PRAYERS FOR YOUR FAMILY, THE WORLD AND FOR SUFFERING CHRISTIANS AND SHARE THESE WITH YOUR FRIENDS

TAKE NOTE OF EVERYTHING YOUR PARENTS DO FOR YOU IN A WEEK AND THANK THEM AT THE END OF THE WEEK

BE NICER TO YOUR SIBLINGS AND BE KIND TO CHILDREN YOUNGER THAN YOU

GET UP THE FIRST TIME YOUR ALARM GOES OFF/YOUR PARENTS CALL YOU

LEARN A PRAYER YOU DON'T ALREADY KNOW AND SAY IT EVERY DAY

GIVE UP SNACKS

HELP YOUR PARENTS CLEAN THE CAR, OR OFFER TO CLEAN IT FOR THEM

SAY A SPECIAL PRAYER FOR MEMBERS OF YOUR FAMILY WHO HAVE DIED

FIND OUT ABOUT A SAINT (MAYBE LINKED TO YOUR NAME, SCHOOL, COUNTRY OR PARISH) AND IMITATE ONE THING THAT SAID DID

JOIN IN THE ACN STATIONS OF THE CROSS AND LISTEN TO THE STORIES OF CHRISTIANS SUFFERING AROUND THE WORLD

LIGHT A CANDLE AT YOUR PARISH FOR CHRISTIANS SUFFERING AROUND THE WORLD

TRY YOUR BEST TO EAT WHAT YOU ARE GIVEN AT MEALTIMES AND NOT ASK FOR OTHER FOODS TO BE MADE ESPECIALLY FOR YOU

IF SOMEONE IS LEFT OUT, BE THE ONE TO INCLUDE THEM