

# Lenten Activities Paper Chain Printable

## Directions:

Print the pages that you want on cardstock. I would recommend colored cardstock. (Maybe even shades of purple for Lent!)

Choose at least 40 of the activities to do during Lent. There are more than 40 activities in the printable. Just choose the ones you want to do with your family. There are also five blank spots that you can cut out and write on yourself. The last page of the packet has 10 activities that are specifically Catholic. If you are not Catholic, you may want to skip printing the last page.

You can decide to use this paper chain a couple of different ways:

1. Make your complete paper chain at the start of Lent and then take one link off each day to do.
2. Print out your activities and put them in a special place. Do one each day during Lent. After you complete the activity, add the strip to your paper chain. Watch the chain grow throughout Lent.

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Give up television and internet for one day

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Genuinely compliment someone who isn't expecting it

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Donate a bag of food to a local church or charity

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Pray for good things for someone who has been unkind to you

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Visit an elderly friend or relative who doesn't get many visitors

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Make homemade pretzels, a traditional Lenten food

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Make an almsgiving box and collect change throughout Lent to donate at the end of the Lenten season

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Plan a simple meal and talk as a family about how to help the hungry

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Do a craft, piece of art, or creative project that glorifies the Lord

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Ask for forgiveness from someone you have wronged

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Light a candle at church and pray for someone in your life

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Volunteer some of your time to help at church, school, or home

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Clean up a mess that somebody else made  
(without complaining)

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Memorize a prayer that you don't already know by heart

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Surprise someone by doing a task or chore that  
they normally do

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Donate a bag of things that are still nice, but that you don't  
use anymore

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Thank someone who has been a good influence in your life

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Read a religious book individually or as a family

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Listen to religious music while doing a task you have been  
putting off

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Attend (or read at home) the Stations of the Cross

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Pray for world political and religious leaders

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Make hot cross buns

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Do something healthy to take care of the body God gave you

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Clear your mind of other things and sit quietly with God

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Do something to help the Earth

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Watch a religious movie together as a family

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Give up sweets and other snacks for a day

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Read one book of the Bible

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Do a foot washing with your family members

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Surprise someone with a handmade gift

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Do something to make this Lenten season better for someone  
who needs it

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Pray for peace in your community and in the world

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Read about a missionary or religious leader

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Read a biography of someone who has worked to make the  
world a better place

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Give up complaining for a whole day (or longer)

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Write down 20 things that you are thankful for

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Do something to help someone who is ill

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Encourage someone who is struggling or someone who  
has been working on a difficult task

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Take a walk and spend time observing the beauty  
and miracles of God's creation

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Attend an activity or gathering at church during the week

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Clear 40 things out of your home that you no longer need

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Spend a week reading one of the Gospels in the New Testament

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Spend a day trying to think only of others and  
doing things that will make their lives better

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Deep clean your home (even parts you rarely clean)

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Eat a vegetarian or vegan diet for one day (or longer)

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Go to a weekday Mass

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Pray for people in your parish's RCIA program preparing to enter the Church

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Send a note of encouragement to a priest, member of a religious order, or a missionary

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Pray for an increase in religious vocations

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Not just Friday: Have an additional meatless day one week during Lent

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Pray for someone preparing for First Communion or Confirmation

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Pray the Rosary (or even just a decade) as a family

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Learn more about a saint that your family is unfamiliar with

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Pray for the Pope

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Go to Adoration, even if it's just for a little while

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