

# LENT 2021

# J<sup>😊</sup> OY CHALLENGE

Can you do them all? **for Families**

40 activities to do as a family during Lent. There is a good mix of group and individual activities for all ages to join in!

Print this list, and check off an item after you've completed it.

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| <p>● <b>ALONE TIME</b></p> <p>Schedule yourself some peace. Be reflective. Think grateful thoughts.</p>  | <p>● <b>Binge Watch/Listen</b></p> <p>Go ahead and catch up on what you missed, or enjoy it all again..</p>      | <p>● <b>Blanket Fort</b></p> <p>Make a place to hide. Invite somebody inside. It can be simple or elaborate.</p>   | <p>● <b>Call</b></p> <p>Pick up the phone; recite Stevie Wonder lyrics "I just called to say 'I love you.'"</p> |
| <p>● <b>Compliment</b> </p> <p>Tell a friend or family member why you love them!!</p> | <p>● <b>Connect</b></p> <p>Introduce people you know who should know each other but don't.</p>                   | <p>● <b>Cook</b></p> <p>Have a dinner party - everyone dress up for a special meal!!</p>   | <p>● <b>Create</b></p> <p>Make something: draw, write, paint, mould, compose, or craft.</p>                     |
| <p>● <b>DANCE</b></p> <p>Graceful, wild, or awkward ... it doesn't matter. Just move to the rhythm.</p>  | <p>● <b>Disconnect</b></p> <p>Put the tech away for the day. Or half the day. Or an hour. Or in the bedroom.</p> | <p>● <b>Day Trip</b></p> <p>Go somewhere with your family... have an adventure!</p>  | <p>● <b>exercise</b></p> <p>Make your heart work. If you think you need to ask your doctor, work it less.</p>   |
| <p>● <b>Give</b></p> <p>Most local charities work on shoestring budgets. Shock them with generosity.</p>   | <p>● <b>Learn</b></p> <p>Because you don't know everything, do you? Open your mind and experience.</p>           | <p>● <b>Let Go</b></p> <p>Give up something that's been bothering you. Write it down and throw it away.</p>  | <p>● <b>List</b></p> <p>Compile as many things/people/places as you can which bring you joy.</p>                |
| <p>● <b>Move</b></p> <p>Walk, run, hop, skip, jump, carry or crawl. Engage your kinetic being.</p>   | <p>● <b>Music Mix</b></p> <p>Make a playlist, CD, or dare we say tape? Give it to someone who needs joy.</p>     | <p>● <b>New Language</b></p> <p>Learn a bit of a new tongue. Practice with native speaker. Give them a laugh.</p>  | <p>● <b>Organize</b></p> <p>You know you'll be happier when that pile is gone. Make it happen; celebrate!</p>   |
| <p>● <b>Play</b></p> <p>Get out a board game, or the tea set. Build with blocks. Sock skate.</p>   | <p>● <b>Quit</b></p> <p>Stop the complaining, accusing, worrying, anger, or general party pooping.</p>           | <p>● <b>Read</b></p> <p>Pick up a book for fun; a good one that makes you forget the clock.</p>  | <p>● ● ● ● ● <b>sunday!</b></p> <p>Pray. Study. Breathe. Worship. Rest. Sing. Praise. Celebrate. Repeat.</p>    |
| <p>● <b>Scavenger Hunt</b></p> <p>Discover a few things that you didn't know about your local area.</p>  | <p>● <b>Set a Goal</b></p> <p>No, not a resolution. This needs to be something you can finish and celebrate.</p> | <p>● <b>silly</b></p> <p>Let loose. Stop making sense. Make someone smile &amp; laugh!!</p>  | <p>● <b>Simplify</b></p> <p>Give away good things. Throw away junk. Empty a drawer, closet, or room.</p>        |
| <p>● <b>SING</b></p> <p>If you've got a voice, you can do it. Even if you can't do it well, you'll still smile.</p>  | <p>● <b>Sleep</b></p> <p>Take a nap. Sleep in. Hit snooze. Go to bed early. Nod off in the tub.</p>              | <p>● <b>Sunrise</b> </p> <p>Get up in time for first light. Pro Tip: do this after you get the extra sleep.</p> | <p>● <b>Sunset</b></p> <p>Watch the sun go down on the day. As it does, recount the joys from the day.</p>      |
| <p>● <b>Teach</b></p> <p>Give of yourself. Help someone grow in knowledge and love.</p>  | <p>● <b>THANK YOU</b></p> <p>Write notes of thanks until your hand cramps up. Then, send some e-mails.</p>       | <p>● <b>Volunteer</b></p> <p>Yes, your time is valuable, but give some away. Get behind a project.</p>   | <p>● <b>Write</b></p> <p>Journal your day, making sure to note all the good things that happen.</p>             |

Do each activity as a family - as individuals or together - Share how you got on!

See if you do them all by the end of Lent!! **#40DOJLENT**

Don't forget about the 5 Sundays!!