

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
LENT 2025 March activity calendar			5 “ ” Tell your family why you're grateful for them.	6 THANK YOU! Say thank you to a friend at school.	7 Share what it feels like for you to be welcomed (or not).	8 Give thanks for your favorite spot at home.		
9 Make art with found objects.	10 Say thank you to your teacher.	11 Share a place in your community where you feel welcomed.	12 Invite a favorite friend over to play this weekend.	13 Help a family member with a chore without being asked.	14 Give thanks for your favorite toy.	15 Move your body & give thanks for how strong you are!		
16 Plant something - either outside or inside.	17 Share a way you could welcome others.	18 SCHOOL Say thank you to a staff person at school.	19 Give thanks for your favorite meal you eat at home.	20 Draw a picture of your friends.	21 Give thanks for migration - welcome birds back by making a feeder for them.	22 Work on a puzzle with someone you're grateful for.		
23 Support a group in your community that offers welcome to those in need.	24 Try box breathing.	25 Share your favorite way to play inside.	26 Give thanks for your pet (or a pet you love).	27 Say thank you to someone doing a chore at your house.	28 Share a treat with a friend at lunch.	29 Make a drawing of all the spring things you're grateful for.		
30 Make bracelets for your friends.	31 Give thanks for laughter - share a joke with a family member.	Gratitude is a journey...come journey with UTO and EMM this Lent. This calendar begins with Ash Wednesday and goes through Easter to help families spend a little time each day during Lent reflecting with gratitude on the world around us. The calendar is broken into the themes listed below to help you not only reflect with gratitude on the things that you engage with each day, but also to take time to play, make art, and enjoy the changing seasons. We hope that this calendar will bring joy and encourage you to reflect and share with one another.						
WELLNESS	SCIENCE	PLAY	SCHOOL	WELCOME	ART	FRIENDS	FAMILY	HOME

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
LENT 2025 April activity calendar		 1 Share 3 things you wonder about in nature.	 2 Invite someone to play with you who is being left out.	 3 Listen to your favorite song & dance!	 4 Give thanks for your favorite thing to do at home.	 5 Spend some time playing outdoors.		
 6 Go for a walk & take a photo of something you were grateful to see.	 7 Create a story about the character above...is it an Easter Candy Monster?	 8 Send a thank you card to a family member far away.	 9 Say thank you to a friend for being kind to others.	 10 Say thank you to helpers in your neighborhood - mail, trash, etc.	 11 Learn more about Episcopal Migration Ministries. (QR code below.)	 12 Share what you love about yourself.		
 13 Ask someone to play their favorite game with you.	 14 Try to say 'please' & 'thank you' all day.	 15 Share what you're most grateful for at school.	 16 Give thanks for your favorite animal by learning something new about them.	 17 Give thanks for everyone who loves you by drawing a picture of them.	 18 Compliment a friend.	 19 Give thanks for how your family celebrates Easter.		
 20 Welcome Jesus! What new gratitude practice or welcoming activity from Lent will you continue after Easter? Be sure to let us know!	 FREE SEASONAL RESOURCES FOR LENT   Looking for more resources for your family? The United Thank Offering (UTO) has free seasonal resources to help families that want to live more grateful lives. This Lent, we offer resources for adults via the QR code to the left. You can also find resources for fall, Thanksgiving, and Christmas at www.unitedthankoffering.com. We offer a free STEAM based Vacation Bible Camp called Waves of Gratitude that families can use for fun activities during the summer or for congregations to offer to their communities. Can't find what you're looking for? Feel free to reach out for help - hmelton@episcopalchurch.org. Thanks for inviting us on the journey with you. Episcopal Migration Ministries (EMM) offers educational resources, book discussion guides, and worship materials for those interested in learning more about refugee resettlement and what we can do to welcome our newest neighbors. For children and youth, we have compiled recommended books and movies to help guide your conversations around forced migration and the experiences of those who have been displaced. To learn more, visit episcopalmigrationministries.org/resettlement or use the QR code to the left.							
 WELLNESS	 SCIENCE	 PLAY	 SCHOOL	 WELCOME	 ART	 FRIENDS	 FAMILY	 HOME