

Lent and Easter Family Lessons



To honor family life and help families discover Catholic traditions, this packet of activities is to work on as a family. The family is considered the domestic church which means that it is within the family that we first learn who God is and to prayerfully seek His will for us. We hope these activities help you grow together in faith.

To learn more about the season of Lent through video clips and activities, visit Strong Family Catholic Faith: <https://www.catholicfamilyfaith.org/lenten-season-resources.html>

How to complete Lent & Easter Family Lessons

- ♥ Choose 1 activity from each category for a total of 3 activities OR use one of our booklets or links for an activity that combines Pray, Fast, Give.
- ♥ To view links, these lessons have been posted at our webpage here under “Documents”: <https://sacredheartmh.org/religious-education>.
- ♥ After completing the activities, each student should fill out their own reflection sheet. A hard copy can be submitted to the child’s catechist or dropped off to the RE bin on the Parish House porch. *****Please note that there is one reflection sheet for all grades to use.***
- ♥ Reflection sheets are due by **April 13th** (Summer Session) or **April 14th, 2026**.
- ♥ Students can check the Religious Education bulletin board in the church (next to the sacristy) for additional resources, booklets, and activities.

Reflection Sheet can be found on the next page!

We would love to share pictures of our families working on Lent & Easter Lessons on our Sacred Heart Parish webpage! If you have pictures that you’d like us to share, email them to barbkane@sacredheartRE.org. (Please include a description of the Lesson/what is happening in the picture.

Lent and Easter Family Lessons for 2026

Lent is a time when we practice new ways of giving up sin and doing good so we can be closer to God. It's a prayerful and reflective time for us to remember Jesus' sacrifice for us and how we can follow Jesus' example.

Fasting, prayer, and almsgiving are at the heart of our 40-day Lenten journey, and these practices are designed to help us stay on the path to God and have a better relationship with Him.

During the season of Lent and Holy Week, students are to **work with their family** to complete three of the suggested activities outlined below (one from each section) and then complete and submit the student reflection sheet.

Lesson Options – Choose 1 from each section for a total of 3 activities:

Section 1: Pray (Prayer is an important part of spending time with God.)

- ♥ **Pray the Rosary** – Depending upon the age of the children in the family, you can pray the rosary a decade a day, once a week, or once a day during the 40 days of Lent.
- ♥ **Learn a new prayer** – Does your child know the Glory Be or an Act of Contrition by heart? Learn a new prayer together by practicing each day.
- ♥ **Say Grace** – If you don't already say Grace at every meal, start small and say Grace at breakfast or dinner together.
- ♥ **Pray the Stations of the Cross** – Create your own Stations of the Cross at home or attend the Stations of the Cross Prayer services at our parish (usually Fridays during Lent at 5:00 but check the bulletin). You can find a few printable Stations at this link:
<https://www.catholicicing.com/printable-stations-of-cross-for/>

Section 2: Fast (Fasting can be giving up an item or giving up time to do extra for God.)

- ♥ **Jellybean Jar** – Set aside two jars at the beginning of Lent. Fill one with jellybeans. Leave the other empty. Paste a jellybean prayer on the jar, such as this one widely available online:
 - *Red is for the blood he gave. Green is for the grass he made. Yellow is for the sun so bright. Orange is for the edge of night. Black is for the sins we made. White is for the grace he gave. Purple is for his hour of sorrow. Pink is for a new tomorrow. A bag full of jellybeans, colorful and sweet, is a prayer, is a promise, is an Easter treat!*
 - When someone in the family completes an act of love or a sacrifice for another family member, that person can put a jellybean in the empty jar. Hopefully by the time Easter comes, the whole family will have filled the empty jar and can enjoy a sweet treat together.
- ♥ **Fast from a favorite** – Whether a favorite candy or a favorite activity, whatever you choose to give up should make you think about others. For example, if you choose to only drink water and give up tea, soda, and other flavored drinks, think about all the people who do not even have access to clean water and pray for those who would be grateful to have a drink of clean water. If you give up your favorite candy, put the money that you would have spent on the candy aside each time you miss eating it and donate the money to a food pantry at the end of the 40 days.
- ♥ **Abstain** – As Catholics, we do not eat meat on Fridays during Lent. While this usually applies to those over the age of 14, all are welcome to observe this practice.

Section 3: Give (Almsgiving means to be generous to those in need.)

- ♥ **Participate in the Missionary Childhood Association Mite Box** – Distributed through our Diocesan Mission Office from the Pontifical Mission Societies, the Mite boxes are designed to encourage children and families to make small, prayerful sacrifices for the Church's missionary work throughout the world.
 - To participate: place a dime, quarter, or dollar in the box for each act of sacrifice during the season of Lent (for example: money that would've been spent on a candy bar or as an offering for each prayer said for the missionaries).
 - **Bring the Mite box back on April 13 or 14** so that we can send all donations to the Diocesan Mission Office – 100% of contributions go directly to support the mission projects.
- ♥ **Bake a special treat or a cook meal** for a person or family in need, whether the need is spiritual (loneliness, sadness) or physical (hunger, thirst). You can combine this means of giving with the prayer section by including the person/people you are serving in your prayers throughout the season. *Online resource for baking/cooking:* <https://catholiccuisine.blogspot.com/2012/02/recipes-for-lent-from-archives.html>.
- ♥ **Create a card or color a page** for a person who may be alone or needs a smile:
 - **Police Officers, Firefighters, and/ or Veterans**
 - **Rehabilitation centers and/ or hospital patients**
 - Link for making your own cards: <https://www.dltk-kids.com/cards/custom.htm>
 - Take them yourself or drop them off at the RE office.
 - Make sure to sign the card or color page. If dropping off to the RE office, **ONLY** use **FIRST NAMES** when signing the artwork.
- ♥ **Save as you Fast** – As mentioned under Fast, save the money you would spend on the item you are fasting from and then donate it to a food pantry, animal shelter, Missionary Mite Box, or other organization that does good deeds for those in need.
- ♥ **Crown of Thorns** – Create your own crown and add toothpicks as the thorns. As each person does something nice for another in the family, take one of the thorns out of the crown. Here are a few options or examples:
 - <https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=1298>
 - <https://talesfromthesideofthetub.com/2017/02/10/to-wear-his-crown-of-thorns-a-lenten-activity/>
 - <https://www.catholicicing.com/make-crown-of-thorns-for-lent/>

Links, Lenten Calendars, or Activities that combine Pray, Fast, Give:

- ♥ <https://www.catholicicing.com/lenten-activities-for-children/> - printable Lenten calendar, crown of thorns activity, meatless meals ideas
- ♥ <https://www.looktohimandberadiant.com/2017/02/lent-pray-fast-give-printable.html> - Lenten Pray, Fast, Give family activity
- ♥ <https://www.teachingcatholickids.com/lent> - Lots of great ideas
- ♥ Lots of Lenten booklets and calendars are available in the vestibule of the church. We will stock fillable Lenten calendars under our bulletin board in the church.

Name (first and last): _____

Grade: _____

Student Reflection

Please fill in the 3 activities that were completed by your family:

☐	Pray:
☐	Fast:
☐	Give:

(Please answer the following question in words or with a drawing. Use another sheet of paper if you need more space!)

1. Which activity helped you learn something new and what did you learn?

2. Which activity was the most challenging and why was it a challenge?

3. How did the activities help bring you closer to God and Jesus?