

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 16 Lesson Plan
(Home Study Version)



Liturgical Season of Lent Lesson

Essential Question ("EQ"):

Why and how do Catholic Christians celebrate the Season of Lent?

PARENT CATECHIST PREPARATION

To prepare for this week's lesson:

- Establish a dedicated time and comfortable learning space for your family discovery session.
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of your home. Keep your family Bible reverently displayed there to be used for readings in your lessons. When proclaiming *The Word* to children, it is more impactful to read directly from the Bible and not just from their workbooks.
- Prepare your adult heart and mind ahead of the lesson by watching [WHAT IS THE PURPOSE OF LENT?](#) or [PREPARING FOR LENT](#) both by Fr. Mike Schmitz, *and* reviewing the [40 SIMPLE LENTEN TRADITIONS FOR FAMILIES](#) for easy to implement activities you may wish to adopt as a family during this Lenten Season.

For encouragement throughout the season, you may also want to consider signing up for the [BEST LENT EVER](#) (it's free!) through *Dynamic Catholic*.

Important Note: Please keep in mind that Ash Wednesday, while *not* a Holy Day of Obligation, does provide us with an opportunity to partake in a special tradition of the Church, commemorating the beginning of Lent. By participating in the Holy Mass and distribution of ashes on Ash Wednesday, we accept an outward sign, marking us with our commitment to intentionally "return to God," as we prepare for the coming season of Easter.

ENGAGE

(Mental warm-up)

Say, "Today, we are going to learn about *Lent*, which is a special season celebrated by the Church. I want to begin today by sharing with you one of my favorite scripture passages from the Bible about how we can turn away from sin and return to God, as we prepare ourselves during this special season... (*Read your favorite passage from the Bible and explain WHY it is important to you or your favorite passage*) You know, during Lent, we are reminded of Jesus' long journey in the desert and we strive to follow his example in order to bring us closer to God."

EXPLORE

(Pre-assessment of faith concepts)

Ask/Discuss, "What do you know about the *Liturgical season of Lent* celebrated by the Catholic Church?"

- ❖ As your child or children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your discovery space. (For younger children, you may act as the 'scribe'). Retain the sticky notes to have an understanding of what your child or children already know or don't know. This will be helpful as you move along in your lessons.
 - ❖ To facilitate thinking and discussion use some of the following questions: What is Lent? When do we celebrate Lent (i.e. in what month, typically, is it celebrated)? When does/did Lent begin *this* year? What special day begins the Lenten season? What does the word *Lent* mean? How long does Lent last? Why is that? What Church feast or celebration does Lent lead up to? Why is Lent important to most Christians, but especially to Catholic Christians? What spiritual disciplines do we practice more intently during Lent? What is the Liturgical color used by the Church during Lent, and why? What are some of the things we do individually and as a community during Lent, and why? What is special about the Sundays that occur during Lent? How can being intentional about experiencing Lent help us better prepare ourselves for the celebration of Jesus' Resurrection at Easter? Why? *Plus, any others you can think of...*
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EQ "Essential Question"

(This question serves as a cognitive bookend for your child or children – i.e. it is the targeted "so what" or "take-away" of the lesson being presented)

Share and post a physical representation of the lesson's EQ in your study space:

Why and how do Catholic Christians celebrate the season of Lent?

EXPLAIN

(Either guided with your assistance or working independently, have your child or

children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings):*

- Kinder:** *Call to Faith*, pages 16-17 (*Changing Ourselves*)
Grade 1: *Alive in Christ*, pages 27-32 (*Time for Change*)
Grade 2: *Alive in Christ*, pages 31-36 (*Teach Me Your Ways*)
Grade 3: *Alive in Christ*, pages 29-34 (*Time for Change*)
Grade 4: *Alive in Christ*, pages 25-30 (*A Time to Pray*)
Grade 5: *Alive in Christ*, pages 25-28 (*Time for Change*)
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EXTEND

(As a family, gather back together and have each child share, in turn, what they learned about Lent. Together as a family, come up with a list of *at least three new things* that you learned, were surprised by or think others should know about this Liturgical Season of the Church. Then, *extend the lesson together by completing at least one of the activities* provided below).

Early Childhood (PREK-Kinder)

- **Video** [WHAT IS LENT?](#) or [CATHOLIC KIDS MEDIA: ASH WEDNESDAY](#)
- **Craft/Activity** Make the [PRAY FAST GIVE](#) or the [BUTTERFLIES FOR LENT](#) craft, or choose and make one of the new [LENTEN RECIPES](#) to share as a family on a Friday during Lent.

Lower Elementary (K-2)

- **Video**
 - **On FORMED:** Brother Francis: *Let's Learn About Lent* (10:34) (Refer to [INSTRUCTIONS FOR ACCESSING FORMED](#) to gain free access to the St. Laurence parish membership subscription), or
 - [CATHOLIC KIDS MEDIA: ASH WEDNESDAY](#) or [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#)
- **Craft/Activity** Make the [BUTTERFLIES FOR LENT](#) or [LENTEN CALENDAR FOR CHILDREN](#) craft, or choose and make one of the new [LENTEN RECIPES](#) to share as a family on a Friday during Lent.

Upper Elementary (3-5)

- **Video** [THE LITTLE WAY OF LENT](#) or [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#)
 - **Craft/Activity**
 - Discuss a family plan for Lent which includes the practices of prayer, fasting and almsgiving, and develop a [FAMILY LENTEN JOURNEY BOARD](#) to support each other and track your efforts throughout this season
 - Discuss the [COMMITMENT TO EATING SIMPLY](#), including its [CHALLENGES & SOLUTIONS](#). Consider trying out one of the meatless [LENTEN RECIPES](#) every Friday of Lent, and adding a second day each week during Lent when your family prepares and eats another meatless meal together. How might you impact the environment by continuing this practice throughout the year?
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EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *Why and how do Catholic Christians celebrate the season of Lent?*

- **Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above.**

Say, "Lent is a special time celebrated by the Church. The Church, or the *People of God* (that's us!), are getting ready for Easter. Lent is a quiet season for changing our hearts through reflection and spiritual practices, that help us 'return to God with all our hearts.' We do this by expressing sadness and repentance for our sins - that is for the times that we have turned away from God and His ways – separating ourselves from Him. We ask for God's forgiveness and commit to do better. If we are old enough, we celebrate God's great sacrament of forgiveness and healing, the Sacrament of Reconciliation (or Penance). We also try to be intentional about eliminating distractions in our lives that shift our focus away from God. The Church gives us the time of Lent to grow stronger as a follower of Jesus Christ. During this time, we quietly prepare our hearts for the joy and gratitude that we will experience with the celebration of Jesus' Resurrection at Easter.

Every year, Lent begins 46 days before Easter Sunday on Ash Wednesday. Most years, Lent begins in the month of February, with Easter typically falling sometime in April on our calendar. Lent includes not only 40 days of fasting (giving up something - a simple sacrifice), but also six (6) Sundays. Each Sunday during Lent (like *any* Sunday throughout the *entire* liturgical year) should be treated like a 'little Easter.' It is a day for joy and celebration – we are allowed to refrain from our Lenten penances on Sundays during Lent.

The other 40 days of Lent we are called to acts of *prayer, fasting* (giving up a favorite treat or activity) and *almsgiving* (giving to others). To make yourself stronger, you may choose to give up something special to you or do a positive action for others as a sign of your sacrifice, or penance, during Lent. We do this so that we can focus our attention more on God and others rather than upon ourselves. These 40 days of fasting and sacrifice remind us of Jesus' 40-day journey through the desert when he prayed, fasted from food and faced temptation from Satan, prior to beginning his public ministry here on earth. Jesus relied entirely upon God during his time in the desert and was spiritually strengthened for his difficult mission ahead – i.e., the Salvation of the world through his self-sacrifice.

On Ash Wednesday, we are marked on our foreheads with ashes in the shape of a cross by a priest. The cross reminds us that Jesus came to save each of us. The ashes are made from the prior year's Palm Sunday palms which are burned. The ashes are then collected and blessed by the priest before use on Ash Wednesday. In some cultures, the priest sprinkles the ashes on the top (or crown) of the heads of the faithful, reminding them of their baptismal promises. The priest wears the color purple as a sign of our sorrow for things that take us away from God. The church is also decorated in purple which represents repentance or forgiveness and reflects the solemn mood of the Lenten season.

- **Say,** “Think back to the passage that I read from the Bible at the beginning of our lesson today. What part of the Church season of Lent that we learned about today does it remind you of? Why is that? (*Discuss together, affirming and reinforcing appropriate answers/teaching points*).”
- **Separately reflect on these questions:** During the season of Lent, the Church reminds us that by giving up bad habits and selfishness, the good fruits of love, sharing and forgiveness grow stronger in our hearts and turn our attention back towards God. Think about how you have spent the six weeks of Lent in the past. ***Is there anything you’d like to do differently or change this year about the way you practice Lent? If so, what specifically would you change, and why? How can you better rely upon God during this season of Lent to do that? How can you, as a family, grow closer together during this season of Lent?*** (*After some reflection time, turn and share your answers with another family member*). **Be sure to challenge yourselves to adopt at least one new Lenten practice until Easter.** 😊

Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), sing the [THE LENT SONG](#) together as a class, or ask the children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



- **What We Pray:** During Lent on Fridays, and especially during Holy Week, many Catholics are devoted to the tradition of praying the [Stations of the Cross](#) which reflect upon the events of Jesus' Passion and Death prior to his Resurrection. The *Way of the Cross* (or *Via Dolorosa* - the "Sorrowful Way" - as this prayer devotion is also known) can be traced back to Christian pilgrims visiting the city of Jerusalem as far back as the 4th Century. These visitors wanted to walk the steps Jesus walked during the last moments of his life as a way of connecting to and worshipping him.

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along with the [STATIONS OF THE CROSS FOR KIDS](#) video. Choose a time to do this together at least once a week.

- How does prayerfully reflecting upon the events in the last hours of Jesus' earthly life with the *Stations of the Cross* help you to grow closer to him? What do you learn about Jesus by reflecting upon these last events of his life?
- ***Saint of the Season:*** *Saint Katharine Drexel* was the second American to be canonized a Saint and the first one born a U.S. citizen. Find out more about her life by watching one of the videos referenced below, and then reflect upon and answer the questions that follow:

[SAINT KATHARINE DREXEL](#), [SAINT KATHARINE DREXEL: THE HOLY HEIRESS](#) , or [DISCOVERING OUR SAINTS: ST. KATHARINE DREXEL](#)

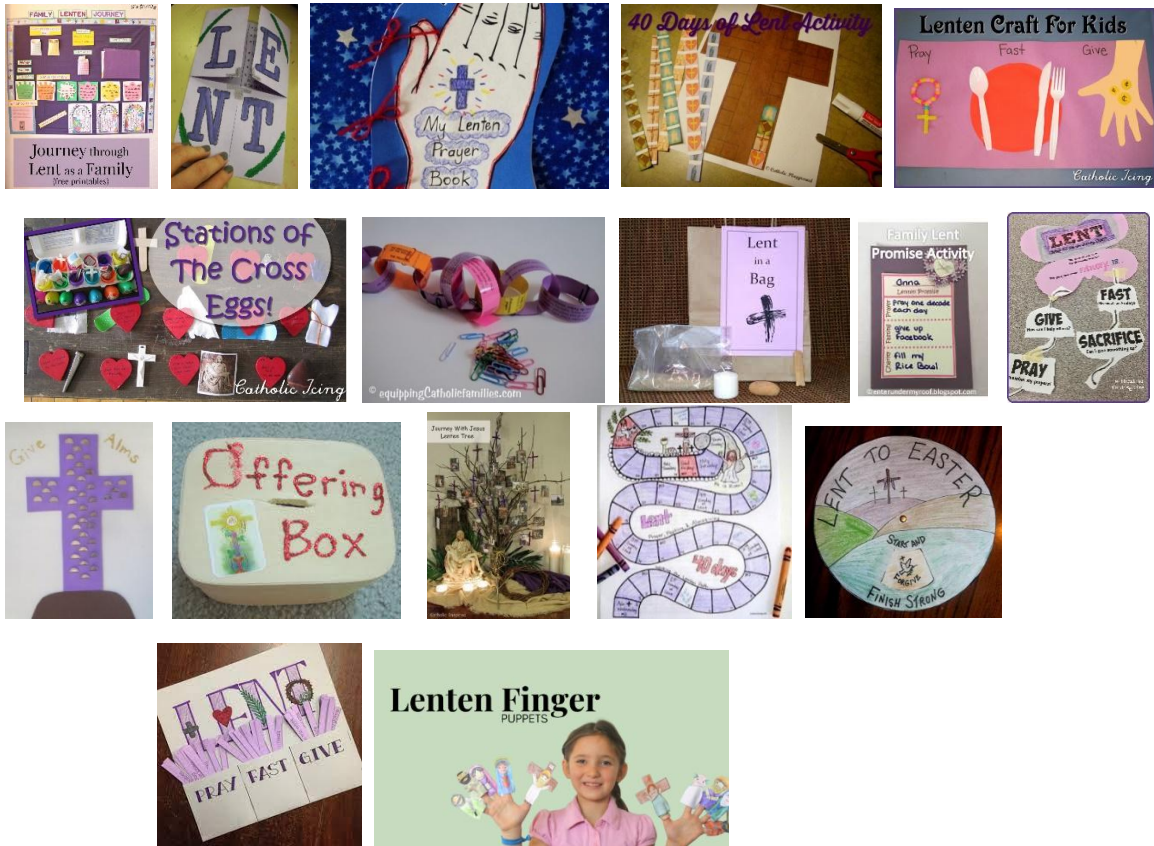
What were the circumstances of Saint Katharine Drexel's life that shaped her commitment to the practice of charitable acts and focus on social justice?

- What surprises you most about Saint Katharine Drexel, and why?
- How might you apply what you learned about Saint Katharine Drexel to your own life (i.e., what inspires you about her)?

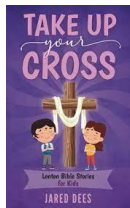
Want to extend your family's formation about this topic? Check out these additional resources which can be used at the Parent Catechist's discretion, if desired:

- ***Parent Preparation Videos/Resources:*** [WHAT IS THE PURPOSE OF LENT?](#), [LENT: WHY DO WE PRAY, FAST & GIVE ALMS?](#), [THE BIBLICAL ROOTS OF ASH WEDNESDAY](#), [LENT: CATHOLIC CENTRAL](#), [THE SIGNIFICANCE OF ASH WEDNESDAY](#), [PREPARING FOR LENT](#) and [FOUR REASONS FOR FASTING](#) by Fr. Mike Schmitz, or, consider signing up for the [BEST LENT EVER](#) through Dynamic Catholic, for a special 40 day journey this coming season; [FOLLOW POPE FRANCIS ON TWITTER](#), [CATHOLIC HISTORY OF FAT TUESDAY](#), [MARDI GRAS, ASH WEDNESDAY & LENT](#)
- ***Lesson Plans:*** [CATECHISTS JOURNEY LENTEN ACTIVITIES](#), [CATHOLIC TOOLBOX](#), [ENGAGING FAITH](#), [CRS RICE BOWL](#), [MAKING LENT MORE MEANINGFUL](#), [THE RELIGION TEACHER](#), [LENTEN RECIPES](#), [OUT OF THE BOX ACTIVITIES](#), [LENT ACTIVITIES FOR FAMILIES](#), [THE LENTEN SEASON IN OUR CATHOLIC HOME](#)
- ***Videos:*** [THE LENT SONG](#) (2:34), [LENT](#) (4:56), [LENT IN 3 MINUTES](#) (3:00), [WHY CATHOLICS GIVE UP MEAT](#) (7:09), [ABCs OF LENT](#) (6:57), [LENT CALENDAR: KIDS TALK ABOUT LENT](#) (2:56), [LEARNING ABOUT LENT & ASH WEDNESDAY FOR KIDS](#) (6:18), [GIVING UP SOMETHING FOR LENT FOR KIDS](#) (2:42), [WHAT KIDS SAY ABOUT LENT & EASTER](#) (5:34), [LENT EXPLAINED](#) (2:39), [CATHOLIC KIDS MEDIA: ASH WEDNESDAY](#) (1:59), [THE LITTLE WAY OF LENT](#) (4:54), [ACT OF CONTRITION SONG](#) (1:36), [ASH WEDNESDAY AND LENT IN 60 SECONDS - LEGO](#), [CATHOLIC KIDS MEDIA - LENT](#) (:57), [MY TIME WITH JESUS: LENT](#) (23:44), [ASH WEDNESDAY & LENT FOR BEGINNERS](#) (4:32), [WHAT IS LENT?](#) (1:39), [LEARN MORE ABOUT THE STATIONS OF THE CROSS](#) (3:08)
- ***On FORMED:*** (Refer to [INSTRUCTIONS FOR ACCESSING FORMED](#) to gain free access to the St. Laurence parish membership subscription).
 - Brother Francis: *Let's Learn About Lent* (10:34)
- ***Crafts/Activities:*** [IDEAS FOR 40 DAYS](#), [LENT LAPBOOKS](#), [LENT NOTES](#), [CATHOLIC ICING LENTEN ACTIVITIES](#), [LENTEN PRAYER CHAIN](#), [LENTEN PRAYER CHAIN 2](#), [LENTEN PRAYER](#)

[CHAIN 3](#), [LOYOLA PRESS](#), [CHILD FUN](#), [LENTEN PRAYER BOOK](#), [40 DAYS OF LENT CROSS](#), [STATIONS OF THE CROSS EGGS](#) (for a video presentation of this go to: [STATIONS OF THE CROSS EGGS](#)), [PRAYERFUL LENT](#), [LENT IN A BAG](#), [LENT PROMISE CARDS](#), [BUTTERFLIES FOR LENT](#), [40 DAY COUNTDOWN](#), [MARDI GRAS KING CAKE](#), [GIVE ALMS CROSS](#), [LENTEN CALENDAR FOR CHILDREN](#), [LENT TO EASTER WHEEL](#), [ASH WEDNESDAY PRAYER](#), [PRAY FAST GIVE](#), [FINGER PUPPETS FOR LENT](#) (PRINTABLE)



- **Skits/Games:** [THE KING'S CROWN SKIT](#), [OBSERVING LINT](#), [ASH WEDS & LENT](#), [LENT/EASTER BINGO](#), [LENTOPOLY](#)
- **Picture Books**
 - *Louie's Lent* (Claudia Gangilla McAdam, Ascension Press)
 - *Take Up Your Cross: Lenten Bible Stories for Kids* (Jared Dees)



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