

# Daily Lent Activity List by Portico Collective

Here are 40 ways you can practice Lent in mind, body and spirit. There's a good mix of communal, and personal activities.

Most are appropriate for all ages, so caregivers: include the kids when you can and make it a whole-house thing! A/so note the five Celebrations! Print this list, and check off an item after you've completed it.

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|--|---|---|---|
| <p><b>● Complement</b><br/>Brighten a stranger's day by saying something nice about them.</p>                        | <p><b>● Connect</b><br/>Introduce people you know who should know each other but don't.</p>                         | <p><b>● Call</b><br/>Pick up the phone; recite Stevie Wonder lyrics "I just called to say 'I love you.'"</p>        | <p><b>● Create</b><br/>Make something: draw, write, paint, mould, color, compose, or craft.</p>                             |
| <p><b>● Fast for a Meal</b><br/>The classic. When your stomach grumbles, pray "The Lord's Prayer."</p>               | <p><b>● Fast from Negativity</b><br/>Stop the complaining, accusing, worrying, anger, or general party pooping.</p> | <p><b>● Fast from Tech</b><br/>Put the tech away for the day. Or half the day. Or an hour. Or in the bedroom.</p>   | <p><b>● Fast from Sitting</b><br/>Make your heart work. If you think you need to ask your doctor, work it less.</p>         |
| <p><b>● Fast from Spending</b><br/>You probably don't need that thing. Wait on it and see how you feel tomorrow.</p> | <p><b>● Fast from Stuff</b><br/>Give away good things. Throw away junk. Empty a drawer, closet, or room.</p>        | <p><b>● Fast from a Sense</b><br/>Lament what you're missing; be thankful for what you have.</p>                    | <p><b>● Fast from Either/Or</b><br/>Listen to ideas, beliefs, and opinions that you don't hold. Is there common ground?</p> |
| <p><b>● Feast on Moving</b><br/>Walk, run, hop, skip, jump, carry or crawl. Engage your kinetic being.</p>           | <p><b>● Feast on Play</b><br/>Get out a board game, or the tea set. Build with blocks. Sock skate.</p>              | <p><b>● Feast on Reading</b><br/>Pick up a book for fun; a good one that makes you forget the clock.</p>            | <p><b>● Feast on Music</b><br/>Sing. Strum. Drum. Listen. Dance. Make a playlist. Turn up the volume.</p>                   |
| <p><b>● Remember</b><br/>Journal your day, making sure to note all the good things that happen.</p>                  | <p><b>● Sleep</b><br/>Take a nap. Sleep in. Hit snooze. Go to bed early. Nod off in the tub.</p>                    | <p><b>● Teach</b><br/>Give of yourself. Help someone grow in knowledge and love.</p>                                | <p><b>● Volunteer</b><br/>Yes, your time is valuable, but give some away. Get behind a project.</p>                         |
| <p><b>● Alone Time</b><br/>Schedule yourself some peace. Be reflective. Imagine a hopeful future.</p>                | <p><b>● Thank You</b><br/>Write notes of thanks until your hand cramps up. Then, send some e-mails.</p>             | <p><b>● Empty the Baggage</b><br/>Give up something that's been bothering you. Write it down and throw it away.</p> | <p><b>● Celebrate</b><br/>For all the struggles and challenges, there is still blessing to be found.</p>                    |
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