



Parent Guide

How can I use this with my children?

For many people, Lent is a period of reflection and preparation before Easter celebrations. You can use this Kindness Jar to help your child think about being kind during this period.

How does this help my children's learning?

Help your child to be more considerate towards others during (and after) Lent with this handy 40 Days of Lent Kindness Jar.

Ideas for further learning:

Why not leave some cards blank and encourage your child to think of their own ways to be kind and considerate towards others?



40 Days of Lent Kindness Jar

You will need:

1 large clean, empty jar

sequins, buttons, stickers etc.

white glue

40 Days of Lent Kindness Jar Cards

Instructions

1. Using white glue, decorate the jar with sequins, buttons and stickers.
2. Print out the 40 Days of Lent Kindness Jar Cards.
3. Cut the cards out, fold them into quarters and place them in the jar.
4. Each morning, take a card out of the jar. Try to carry out the act of kindness at least once during the day.



We hope the information on our website and resource is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.



**Give someone
a compliment.**



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**Use kind
words.**



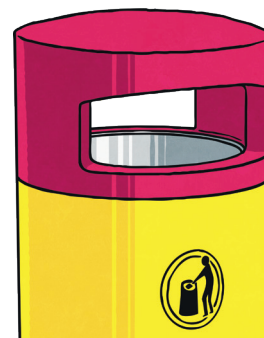
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**Tidy
your own
toys away.**



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**Pick up
some
litter.**



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**Help
someone.**



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**Tidy away
toys after
playing
with them.**



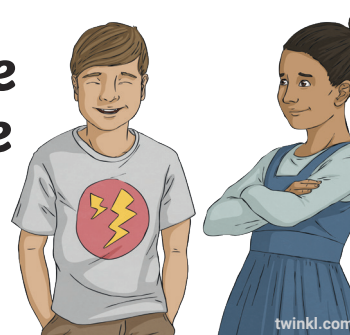
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Smile.



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**Tell a joke
and make
someone
laugh.**



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**Say
'thank you'
to someone.**



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**Help an adult
find some old
clothes and
donate them to
a charity shop.**



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Call a family member for a chat.



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Send a letter to a family member.



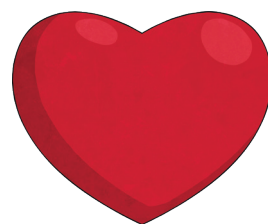
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Play a game with someone.



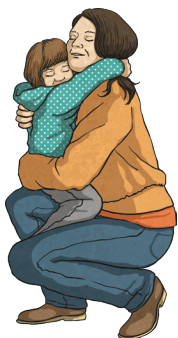
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Leave a happy note for someone to find.



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Show someone that you appreciate them.



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Donate spare coins to a charity.



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Smile at everybody you meet today.



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High five someone who helps you.



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Write someone a thank you note.



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Be kind to the environment by recycling your rubbish.



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**Offer to help
an adult
make dinner.**



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**Be kind to the
environment by
walking instead
of using the car,
if possible.**



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**Leave a dish
of water out
for the
wildlife in
your garden.**



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**Be kind to the
environment by
turning off the tap
while brushing
your teeth.**



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**Make
your own
bed.**



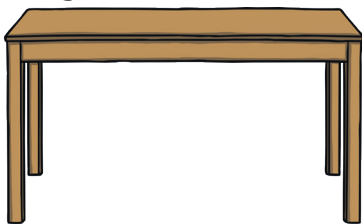
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**Paint
rocks and
hide them
for others
to find.**



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**Help to clear the table
after dinner.**



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**Donate to a local food
bank (check their
requirements first).**



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**Hang your
coat up
and put
your shoes
away.**



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**Help
unpack
the
shopping.**



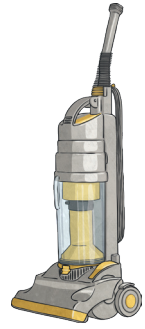
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**Write a list
of things
that you
like about
someone.**



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**Offer to help
with a
household
chore.**



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**Bake a
treat
for a
friend.**



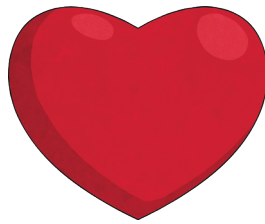
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**Help with dinner
preparations by
setting the table
without being
asked.**



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**Draw a
picture
of someone
you love.**



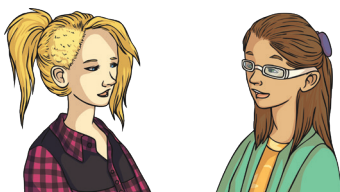
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**Feed
the
birds.**



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**Show
someone
you are
listening
by looking
at them.**



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**Share
a special
toy with
a friend.**



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**Give a
family
member
or friend
a hug.**



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**Sing a song
to show
someone you
love them.**



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If you enjoyed this resource, why not try...

Pancake Day
Mindfulness
Colouring
Pages



UKS2 Thinking
about Lent.

Thinking about Lent

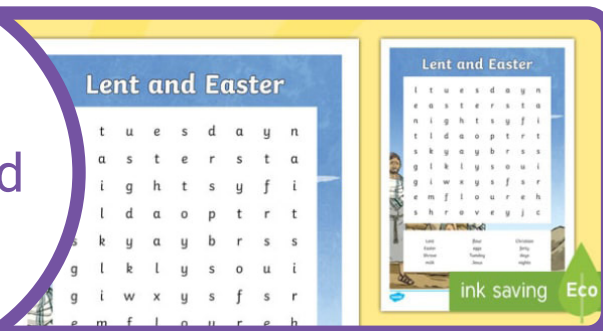
Lent is a Christian tradition to mark the time Jesus spent in the desert for 40 days and 40 nights, managing to avoid temptation. This was a real test for him, Christians believe that they will learn and grow from testing themselves too. Think about these questions, discuss them and write down your ideas.

Can you think why some people use Lent to positively do something good rather than give something up?	Why would doing without something you want make you stronger?
Why would non-Christians also give something up for Lent?	Easter is the end of Lent...what Easter traditions give us clues that Lent is over?
Would you consider giving something up or doing good for a length of time? What would it be and why would or wouldn't you do it?	Why do you think that Pancake Day and Mardi Gras are the day before Lent starts? These are both a time for celebration and eating rich and sweet foods.

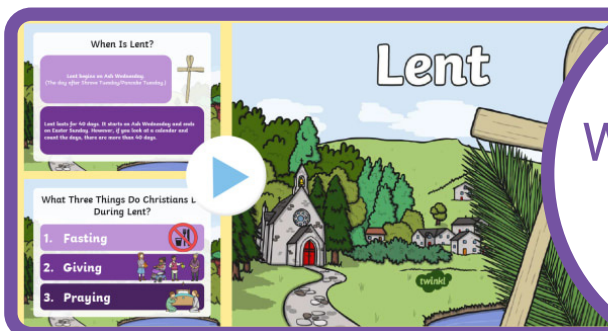
You could do more research about Mardi Gras celebrations and also what happens on Ash Wednesday, the first day of Lent. You might also want to find out about fasting in other religions and whether there are common themes.

ink saving Eco

Lent and
Easter Word
Search



When is Lent?
PowerPoint



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contact twinklcares@twinkl.co.uk
visit [twinkl.com/parents](https://www.twinkl.com/parents)

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