



Lent
Activity Booklet



Ingredients

- 1½ cups lukewarm water (about 110 F)
- 1 tablespoon honey
- 1 envelope active dry yeast (2¼ teaspoons)
- 4 cups all-purpose flour
- 1 teaspoon Kosher salt
- Coarse salt (for topping)
- 1 egg, beaten (optional)

Instructions

Add the honey to 1½ cups warm water (about 110 F). You don't want the water too hot... that would kill the yeast.

Add the yeast and stir until dissolved.

Add 1 tsp salt and stir until dissolved.

Blend in the flour using a fork. When the dough begins to pull away from the bowl, lay it out on a hard surface and knead till smooth.

Cut the dough into pieces... about the size of the palm of your hand.

Roll each piece into "ropes" by hand, then twist into pretzel shapes.

Place the pretzels on baking stones or lightly greased cookie sheets.

Brush each pretzel with the beaten egg and sprinkle with salt.

Bake at 425 F for 12 to 15 minutes or until golden brown.





Lenten Activity Booklet

Instructions

You will need:

- Booklet Labels
- Activity Slips
- Booklet Cover
- One file folder in any color
- 12-14 inches of ribbon or yarn of any color
- Glue stick or glue dots
- Hole punch, ruler, and scissors
- Crayons, markers, or colored pencils



Directions:

Print out the Lenten Booklet Cover and color.

Print out the Lenten Activity Sheet and cut apart.

Open a file folder and fold up lengthwise from the bottom 3 ½ inches to create a pocket.

Close the file folder and trim off the extra tab sections to make a straight edge.

While the file folder is closed, punch a hole on the right side, just above the pocket.

Open the file folder and draw 7 lines 2" apart to create 8 sections on the lower pocket area.

Use a glue stick or glue dots to create partitions for the 8 pockets and to seal the edges of the file.

Glue the daily labels on each pocket.

Glue the colored Lenten Booklet Cover to the front of the file.

Place the activity slips in the appropriate daily pockets.

Fold the file and tie closed with the ribbon or yarn.

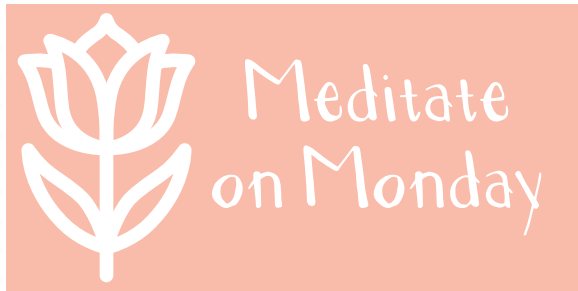
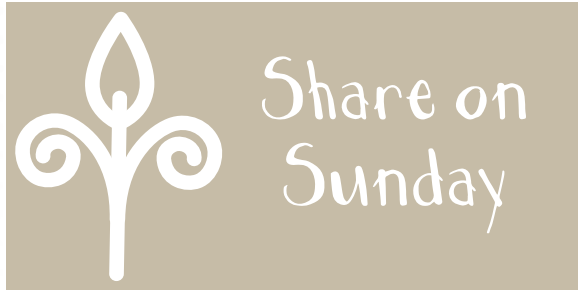
Choose an activity for each day of Lent!





Booklet Labels

Cut out the labels below and place them vertically on your booklet pockets to store the activity slips for each day of the week.






Activity Slips


Cut out the lent activities around the dotted line and place them in each of the matching slip pockets on your booklet.

Share on Sunday


Meditate on Monday




Give a money offering




Psalms 51




Give away used clothing




Romans 12




Give away used toys




Philippians 2




Give away used books




Galatians 5




Give to a food pantry




Isaiah 53



Celebrate Palm Sunday



Psalms 24



Celebrate Easter





Activity Slips

Talk to God on Tuesday



Pray for the lost



Pray for the homeless



Pray for the poor



Pray for the lonely



Pray for the sick



Pray for the orphans

Write on Wednesday



Why Ashes?



Why 40 Days?



Why Fasting?



Why Good Deeds?



Why Passover?



Why Palms?



Why "Good" Friday?





Activity Slips

Give Thanks on Thursday



For Creation



For family & friends



For shelter & clothing



For food & clean water



For health & safety



For forgiveness



Celebrate Communion

Fast on Friday



Give up meat today



Give up sugar or desserts



Give up social media today



Give up TV/movies/
video games today



Give up music today



Give up something
of your choice



Observe Good Friday





Activity Slips

Serve on Saturday



Visit or call a relative



Do something kind for a neighbor



Volunteer for a community project



Invite someone for a meal at your home



Invite someone to church



Make Lenten pretzels



Prepare for Easter

Additional Instructions for parents

Scripture reading can be done as family devotions, or assigned to the child to read on their own. If the entire chapter is too long, consider having the child read just a few verses from the chapter.

The writing on Wednesday can be done in a journal format as children learn about Lent through family discussions, internet research or reading books on Lent and Easter. As an alternative, the child could write about the daily activities, the Scripture readings, or the experience of fasting and giving.

Fasting is a traditional part of Lent. Use your judgment based on your children's ages as to appropriate items to give up for Lent.





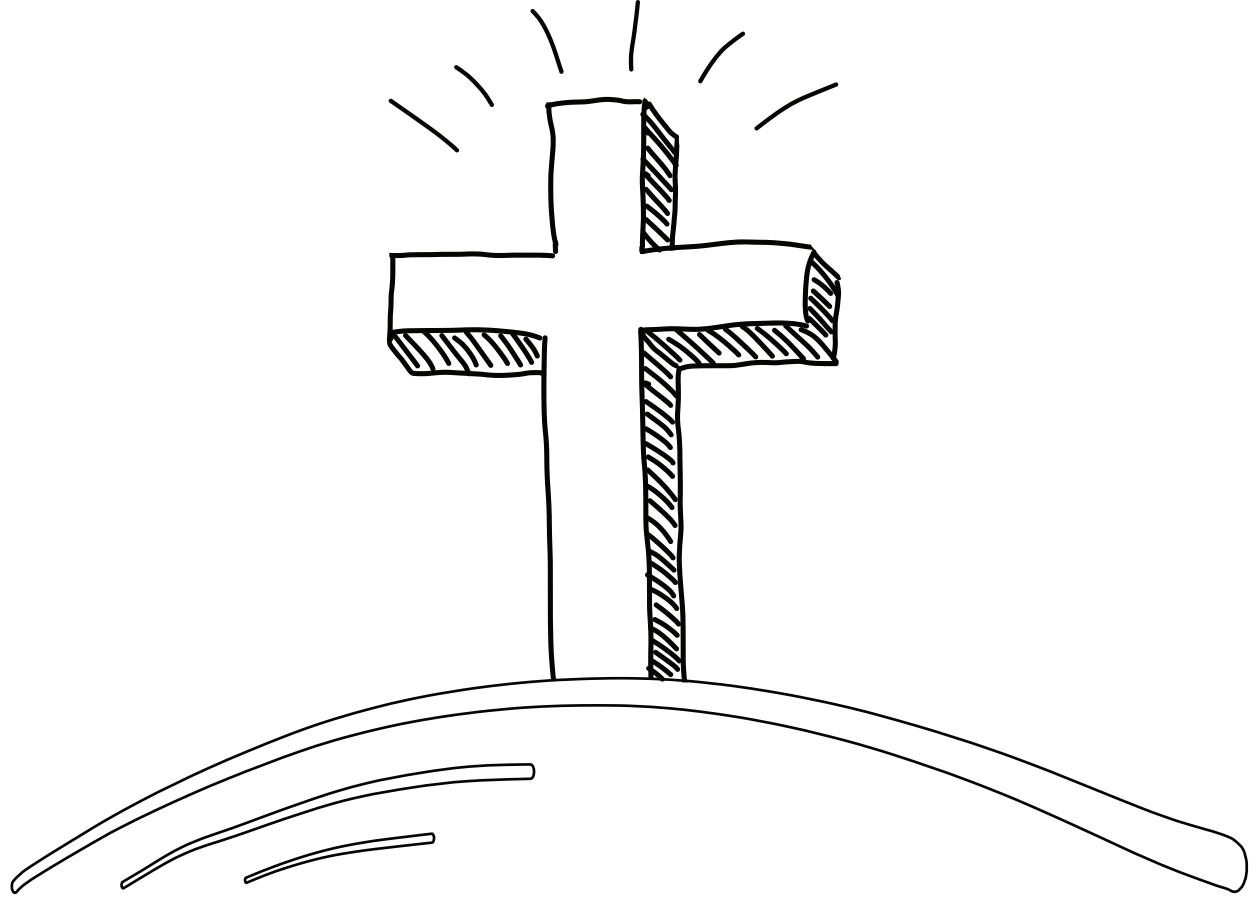
Booklet Cover

Cut out the square below and have your child personalize the Lent Activity Booklet by writing his/her name on the line and coloring the floral design and the title.



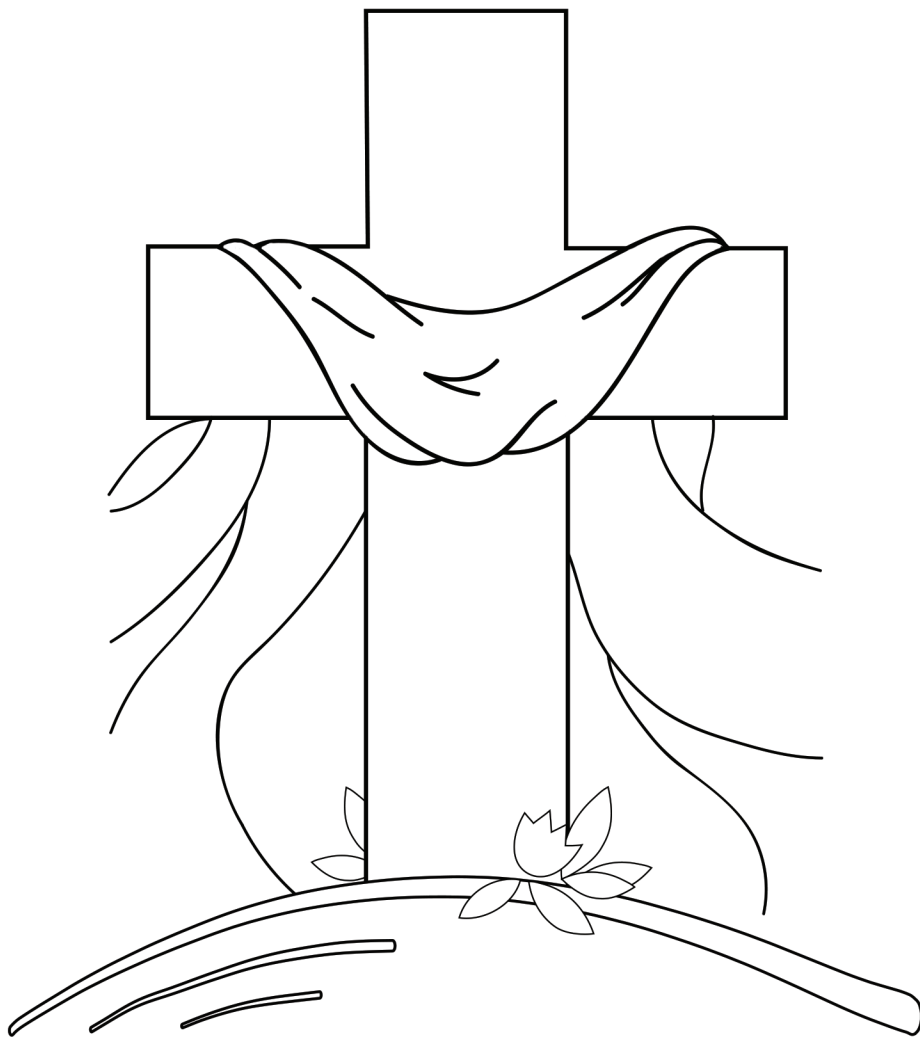
Handwriting practice lines consisting of 15 sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line.





He is
Risen!





Jesus

PAID IT

Call

