

40 ways to be positive during Lent 2021

Wash up after breakfast.	Post a book you enjoyed through your friend's letter box so they can read it too.	Leave a thank you note for the rubbish collectors.	Spend a few minutes of quiet and discover what you can hear.	Leave some food out for the birds.	Help prepare the vegetables for a meal.	Give someone in your family a compliment.	When out on a walk wave to everyone you see.
Help bake cupcakes for people in your family.	Ask your mum or dad what their favourite children's film is and watch it with them.	Avoid using anything plastic that you throw away after one use.	Ask your mum or dad if you can take a photo and send it to someone in your family.	Make a card for someone who has been stuck at home.	Go for a walk and count how many signs of spring you can see.	Say 'thank you' to people at home as many times as you can.	Clear up after lunch.
Say hello to a neighbour.	Post a thank you note to your GP or someone you know who works in the NHS.	Try a new type of fruit.	Turn the lights off when a room is empty.	Dust one room in the house.	Give someone in your family a hug.	Draw a picture on a pebble, leave it for someone else to find.	Take slow, deep breaths until you feel yourself relax.
Ask your family how their day has been – and listen to the answers!	Make a collage with lots of different textures.	Put an Easter Egg in the food bank collection.	Write a thank you note to a teacher and send it to school.	Tell someone a joke to make them smile.	Tidy your room before you're asked.	Go for a walk and pick up some rubbish. (Remember to wear rubber gloves and wash your hands.)	Help make sandwiches for lunch.
Use the car a bit less and walk a bit more.	Send a postcard to someone you've not seen for a while.	Take the dirty plates to the sink or dishwasher at the end of a meal.	Take a game or puzzle from your toy cupboard and leave it on a friend's doorstep for them to play.	Watch out for the post delivery and shout 'thank you'.	Think about different scents – cooking, flowers, perfume.	Help make a new recipe for dinner.	Play a game or do a jigsaw with your family.

Give thanks to the LORD, because he is good. His faithful love continues forever. (1 Chronicles 16:34)