

Mini Vinnies Lenten Resource



LENT

- Lent reflects the 40 days Jesus spent in the desert in fasting and prayer.
- Lent starts this year on Wednesday 18th February
- The first day of Lent is called Ash Wednesday when we receive ashes on our forehead in the shape of a cross.
- Lent lasts for 40 days (not including Sunday's). It runs from Ash Wednesday until Holy Thursday; although many people continue their Lenten promise(s) until Easter Sunday
- This year Easter Sunday is on Sunday 5th April

During Lent we are called to be closer to Christ by taking on a Lenten Promise. This could be **giving something up**. For example you may choose to give up sweets, chocolate or crisps. Whenever you are tempted to break your promise you could stop and think about children in the world who rarely or never get treats because of poverty due to war or famine. This can be a good time to say a prayer for them. If you have pocket money you could put some of the money you save by giving up the treat into your 'Wee Box' from SCIAF.

You can also make a Lenten Promise by **taking something on**. This could be by promising to do something that will help you **grow spiritually**. For example, spending more time in prayer each day. Or by promising **to do something kind** for a loved one or neighbour. For example you could help you mum or dad with tidying at home or try not to argue with your brother or sister.

The Lenten Promise Paper Chain
Mini Vinnies are invited to make a Lenten Promise Paper Chain.

Using the attached template provided write your Lenten promise on a paper chain, string them together and display them in your classroom.

Why not invite other classes in your school to take part too? Maybe you can help them make their chains. The chains can be displayed in every class or you could put them together to make a giant chain throughout the school.

Mini Vinnies

Lenten Promises Paper Chain



Materials

- Coloured paper or cardstock
- Scissors
- Glue stick, tape, or stapler

Instructions

1. Prepare the paper

Print the template and cut the paper into strips

2. Write your Lenten Promise

Make a Lenten promise and write this inside your piece of paper.

3. Create the first link

Take one strip, form it into a loop, and secure the ends together using glue, tape, or a stapler.

4. Add more links

Insert the next strip through the first loop, then secure its ends to form a second link. Continue this process until the chain reaches the desired length.

5. Finish the chain

Once complete, check that all links are securely fastened. Trim any excess tape or glue for a neat finish.

5. Display your chain

Now it's time to put your paper chain up for everyone to see. Choose a good place to display it and ask for help putting it up.

Optional

- Print the templates on different coloured paper
- Add glitter, stickers, or drawings for personalization
- Print extra templates and invite other classes to take part

