


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>St. Dominic's 40 DAYS OF KINDNESS CHALLENGE FOR LENT 2021</p>	<p>15TH St Valentine's Day Share the love send a card to someone</p> 	<p>16th Shrove Tuesday Make pancakes for your family</p> 	<p>17th Ash Wednesday say a prayer or do something kind for someone today</p> 	<p>18th think of something you could do for a charity raise funds or volunteer online</p> 	<p>19th Thank God for our furry friends</p> 	<p>20th Help to tidy up around the house</p> 
<p>21ST The first Sunday of lent cook the dinner /help to cook dinner at home</p> 	<p>22nd Tidy your bedroom today</p> 	<p>23rd Thank whoever looks after you at home for their love and care</p> 	<p>24th Give a family member a hug or send someone a virtual hug</p> 	<p>25th Ring someone who might be lonely at this time.</p> 	<p>26th Ring an older relative to see how they're doing</p> 	<p>27th share what you have with others</p> 
<p>28 The Second Sunday of lent help a sibling or a friend with something</p> 	<p>1st St David's day Think of all of the David's you know and wish them well today!</p>	<p>2nd Do a load of Laundry for someone at home</p> 	<p>3rd Be thankful to God for all that you have</p> 	<p>4th Help an elderly person with something</p> 	<p>5th women's world day of prayer: Pray for all of the special women and girls in your life</p> 	<p>6th Make breakfast for someone else today</p> 
<p>7 The third Sunday of lent Be kind to someone at home today</p> 	<p>8 cheer someone up today</p> 	<p>9 face time or call a friend today</p> 	<p>10 wash up after dinner</p> 	<p>11 `Say thanks to your guardians at home for all that they do for you.</p> 	<p>12 say a prayer or spare a thought for the frontline healthcare heroes</p> 	<p>13 Make a cup of tea someone at home.</p> 

<p>14th The fourth Sunday of lent <i>Mother's Day</i> Do something nice for your mother /mother like figure in your life today.</p> 	<p>15th help out in the garden sow the seeds of spring</p> 	<p>16th look after a younger sibling</p> 	<p>17th St. Patrick's day Break you fast today and enjoy</p> 	<p>18th Say a prayer for, or do something nice for your teachers</p> 	<p>19th pray for those /think about those who are less fortunate than you</p> 	<p>20th Smile and spread a kind word to someone today.</p> 
<p>21st Pray for the healing of the world and be mindful of the environment this week</p> <p>PRAY FOR THE WORLD</p> 	<p>22nd Appreciate the little things like</p> 	<p>23rd Purchase Fair trade items and shop local when possible</p> 	<p>24th be kind to the environment reduce unnecessary energy use</p> 	<p>25th set the washing machine to 30 degrees Celsius save the planet</p> 	<p>26th save water Don't leave the tap running</p> 	<p>27th reduce your use of plastics and recycle</p> 
<p>28th Palm Sunday Go For a walk and enjoy nature listen to the birds</p> 	<p>29th Be a good neighbour and do something nice for your neighbour today</p> 	<p>30th Smile at someone today</p> 	<p>31st spy Wednesday DO a random act of kindness for someone today</p> 	<p>1st Day of fasting Fast from hurtful word say only kind words today.</p>	<p>2 Good Friday Remember Jesus today and pray with him</p> 	<p>3 Easter Saturday remember all those who have died in a special way today</p> 
<p style="text-align: center;">  4th Easter Sunday Happy Easter Well done for getting through 40 days of kindness. </p>						



Dear students,

As we are now into the season of lent as we prepare the way for Easter I invite you to take part in our Lenten challenge **40 days of kindness**, see how many challenges that you can tick off the calendar above.

Tell us about something that you associate with lent, it might be praying, giving something up, taking up a charitable cause or helping out someone at home. This lent I challenge you to do a random act of kindness each day to make life a little easier for someone else.

Our lives will not be measured by the big things that we do, but rather by the little steps we take to make a difference. Each day during lent take a small step to make the world a better place.



Click the link below to watch a short video explaining lent in just 3 minutes

<https://www.youtube.com/watch?v=Xo1mjuy1NA0&authuser=0>

