



acts

FAMILY WALLCHART

Activities



Write/Draw



Give out



Care



Act/Do



Think



Spiritual



Speak



Make

1

Write out your favourite Bible verse as a reminder to keep going for the next 40 days!



6

Send someone a message to let them know you are thinking about them.



11

Say hi to someone outside your usual circle today.



7

Family Hold Back (FHB) with a difference – hold back at the meal table for that extra slice of cake or biscuit.



12

It's Chocolate Tuesday!
Give out anything with chocolate.



3

Make some cakes or biscuits to share.



8

Make a card for someone you know who is unwell.



13

Write out one of your favourite Bible verses and share it with someone.



4

Smile at ten people today.



9

Leave coins taped to a car park/vending machine or in a supermarket trolley.



14

Get to know the name and say 'hi' to your local shopkeeper, lollipop person, bus driver or school caretaker.



5

Buy a treat for a friend or someone who needs one today.



10

Pick up ten pieces of litter today.



15

Go on a prayer walk. Find places to stop and pray (e.g. on your route to school).



16

Be neighbourly: say hello or drop a card round to one of your neighbours.



17

Offer to help with anything, at school, church or home



18

Climate change: what can you do to save energy today?



19

Go online and find out about children who are less fortunate than you (e.g. refugees, asylum seekers or children in modern day slavery).



20

Make a generosity kit and give it away. Add some pens/pencils, a £1 coin, tissues, sweets – what else?





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21

Be generous with your words; pay compliments today.



26

Give someone a Fairtrade Easter egg.



31

Write thank-you cards to people that help you (e.g. your teacher, postman, road sweeper, checkout assistant....).



36

Tidy up your bedroom, change the sheets and then do someone else's.



22

Tomorrow is Mother's Day. Make cards, buy flowers and tidy the house for the people who care for you.



27

Write a mega-list of all the things you are grateful for and then decorate the paper.



32

Stretch your generosity: what prized possession could you give away today?



37

Send an anonymous gift to someone you know.



23

Today is no complaining! If you or someone else complains about anything a forfeit goes into your Giving Jar!



28

What have you promised to do and then forgotten? Try and remember and put your words into action!



33

Spend less time looking at screens, and play board games or share other activities.



38

What horrible jobs need doing? You could empty the bins or wash the car/dog!



24

What are you really good at? Could you use your talent to help or teach someone else?



29

Your Giving Jar should be filling up nicely. Research what charity you want to donate the money to.



34

It's Saturday so a bit more time. Plan a fundraising idea, like a cake or book sale. Discuss what charity you want to support.



39

It's Good Friday. Say sorry first, even if you think it wasn't your fault.



25

Have a proper chat! Phone Granny, a cousin or a friend you haven't spoken to in a while.



30

Find out about your local foodbank; what 'treat' could you donate today?



35

Draw a large heart and write in it all the ways you can love someone.



40

Well done; you have reached 40! Count out your Giving Jar and donate the money to your chosen charity. Work out which of the 40 challenges you could carry on doing after Easter.

