



Lent Paper Chain Activity

Assemble a paper chain with a link for each day of the Lenten season. Each link includes an activity to complete as a family or class inspired by the Lenten practices of prayer, penance, and almsgiving. Complete the activities and add to the paper chain throughout the liturgical season of Lent.

Paper Chain Instructions

Step 1 – Gather the Materials

To complete the paper chain, you will need:

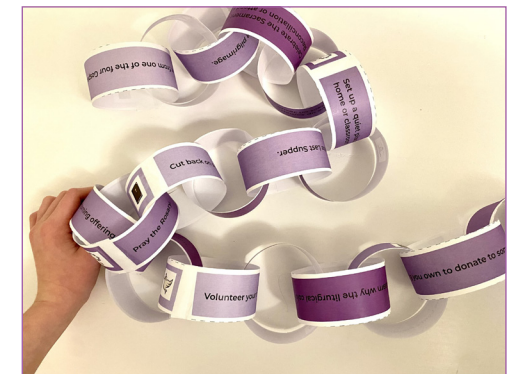
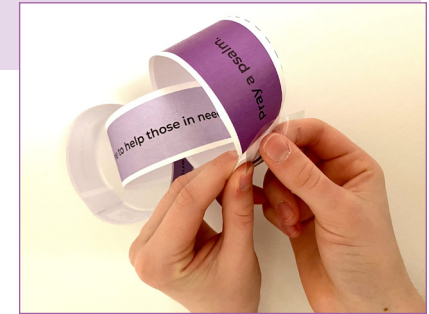
- One printed set of chain links (pages 2-12)
- Scissors
- Stapler or tape
- Clip

Step 2 – Prepare the Links

Cut out the paper chain links and use a clip to secure them. You will use them during the 40 days of Lent. Store them safely in an accessible place where you can access them daily. Before the first day of Lent, make a plan to complete the activities printed on the links. If you wish, add your own activities on the blank links on page 12.

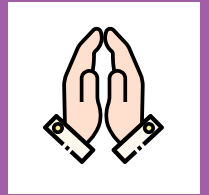
Step 3 – Assemble and Display the Chain

On the first day of Lent, complete the chosen activity. Then, turn the link into a loop by securing with a stapler or tape. Be sure the words are facing out on your finished loop. Build the chain by adding additional links for each completed activity, until your paper chain is 40 links long. You will have completed a daily Lenten activity as a class or family.

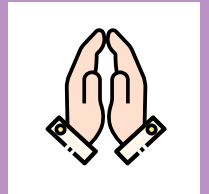




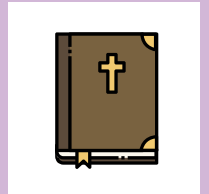
Celebrate the Sacrament of Penance and Reconciliation or attend a Healing Prayer Service.



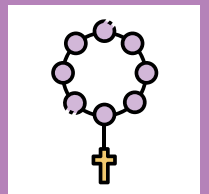
Make a morning offering.



Read a chapter from one of the four Gospels.

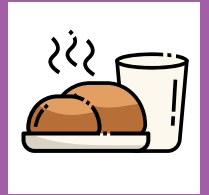


Pray the Rosary.

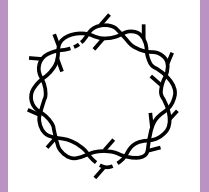




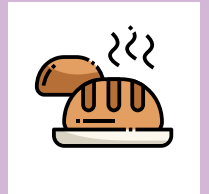
Donate food to a local food pantry or food bank.



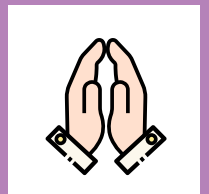
Visit the Stations of the Cross.



Abstain from eating meat.



Pray an Act of Contrition.

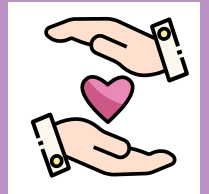




Give to a local charity.



Tell a friend about the season of Lent.



Attend Mass.

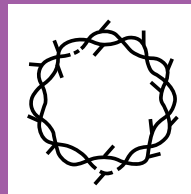


Learn about a saint whose feast day is celebrated during Lent.





Learn why the liturgical color of Lent is purple.



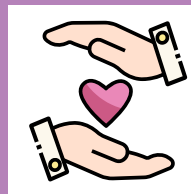
Make a cross out of a palm frond from Palm Sunday Mass.



Pray the Lord's Prayer.



Learn about the Works of Mercy.

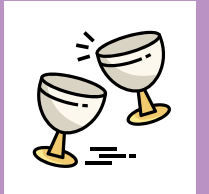




Visit the Blessed Sacrament.



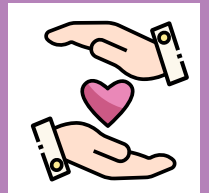
Spend time with a family member or friend.



Attend Holy Week services.



Forgive someone who hurt you.

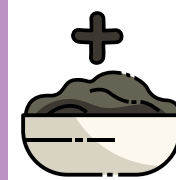




Write a letter to or visit someone who is lonely.



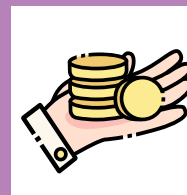
Give up something today that you enjoy as you reflect on Jesus's sacrifice.



Volunteer your time to help those in need.



Choose something you own to donate to someone.





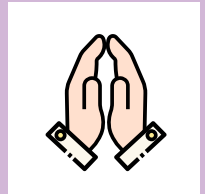
Remember your Baptism.



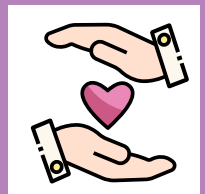
Bless yourself with Holy Water.



Pray the Sign of the Cross.

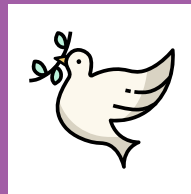


Do a chore or a helpful deed without being asked.





Pray for peace.



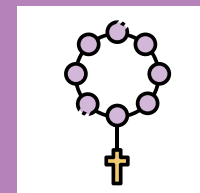
Tell the story of the Last Supper.



Cut back on screen time.



Set up a quiet place for prayer in your home or classroom.





Pray a psalm.



Pray to Saint Joseph.



List 10 things you're grateful for and pray a prayer of thanksgiving for each.



Invite a friend to Mass.

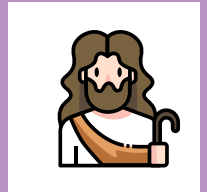




Display a cross in a prominent place.



Make a pilgrimage.



Share a story about Jesus with a younger family member or friend.



Take part in a retreat or a Lenten prayer service.



