

## **At Home Activities:**

### **Clay Pot**

Shatter an inexpensive clay pot and give each family member a piece to keep with them during the Lenten season. This will serve as a reminder that we are all like clay in God's hands. During Lent, we can allow God to shape us into new vessels.

### **Fasting Throughout Lent**

Fasting has often been a popular religious practice. Encourage students to partake in a fasting of their own such as:

- Fast from fast food
- Fast from TV one day a week
- Fast from electronic games one day a week
- Fast from using the computer and spend that time with your family
- Fast from buying anything that is unnecessary during Lent
- Fast from bad habits that need to be changed/given up

### **Practice the 3 C's**

Challenge students to give 3 compliments each day to another person.