

# LENT 2026



## Family Activity Pack

### Dear Families,

Welcome to the **CELEBRATE** family activity pack for Lent 2026! We have enjoyed looking for creative ways to help your family, class or parish grow close to God this Lent. There are engaging ways to count down the days in Lent, reflective prayer and discussion, craft, games, books and movies to help families draw close to God.

As adults, we have good intentions for Lent – maybe we might be planning extra prayers and reflection, meat free Fridays, giving up chocolate, being patient, or raising money for charity. These are all truly worthwhile and can contribute greatly, but even if you don't keep up with your plans, time in the Sacrament of Reconciliation can make so much difference to our flourishing this Lent. If it's been a while, don't worry. We have included a step by step guide in the prayer section. As Pope Francis said, "Do not be afraid of confession!"

Keeping you in our prayers this Lent,

The **CELEBRATE** team

Lent begins on  
Wednesday 18 February

Click on the **BOLD LINK TEXT** to check out the resources.

# DO



Click on the **BOLD LINK TEXT** to check out the resources.

## Family Activities for Lent poster

Discover more about the Biblical basis for Lent and try out **these activities** with your family.



## Lent cube

This **printable Lent cube** comes with activity ideas to help your family, school or catechism class draw close to God during the Lenten Season.

## Countdown to Easter

Why not make a family prayer focus for Lent, with items such as a: purple cloth, Bible, crucifix, and a **special Lent candle** to help you count down the days to Easter available from Faithful Labours (you could download their **free worksheet** to help guide you through Lent, one day at a time).



## Journey to Easter Joy!

The **CELEBRATE Journey to Easter Joy** game encourages children to focus on prayer, fasting and almsgiving in an interactive and fun way this Lent.

## The Cross and me mobile

Each day a new piece is added to the mobile, creating a **Lenten decoration** for families and classes. **The Cross and Me Daily Devotions for Lent** book is a great companion to this. For primary years.



# DO



Click on the **BOLD LINK TEXT** to check out the resources.

## Lent Conversation cards

CAFOD hope **these cards** will help your family have some meaningful conversations over Lent, and perhaps find out some new and surprising things.

# CAFOD

Catholic Agency for Overseas Development



## Fasting as a family

Fasting and abstinence are the practice of giving up something in order to turn away from sin and draw closer to God. It's a spiritual discipline that helps us make room for God, and puts us in solidarity with the suffering of Christ and suffering people around the world. Beginning at about age five or six, children can be encouraged to "give something up," or adopt a positive practice, as a way of entering into the spirit of Lent. Why not help your children and teens brainstorm some creative ideas. **Find out more here >>>**

## Meat free Fridays

Catholics are encouraged to abstain from meat most Fridays. Are you looking for normal meatless meal ideas for Lent? The kind you can afford and that your children will actually eat? Try these ideas from **Catholic Icing (USA)**.



## Go Fishes and Loaves

Make learning about the Eucharist both fun and educational with **Go Fishes & Loaves**, a unique card game designed to help children understand and appreciate the Sacrament of the Holy Eucharist.



# PRAY

## CathKids

A fun, interactive encounter with the Sunday Mass readings designed to assist parents and catechists in exploring the scriptures with children aged 5-12. Each week, Sunday Mass readings are unpacked with animation, reflection, suggested activities and prayer. **Subscribe for free.**



## How to go to Confession: A step by step guide

If you've ever wondered how to go to Confession, what to say, or why it is so essential to the life of faith, this **comprehensive guide** offers the answers. The guide will help you prepare for and receive the Sacrament of Reconciliation, helping you encounter the boundless mercy and healing love of our Heavenly Father.



## Step by Step Guide Confession guide for Children

Confession can be a liberating moment for children, in which they leave their sins behind and embrace Jesus. Here is an **easy-to-follow guide** for kids in confession.



## Lectio Divina prayer

This **guide** from Southwark Diocese can help us learn more about this beautiful way of prayerfully meditating on scripture. For Teens and adults. You might to download **this Lectio Divina Guide** to support your prayer.

## Lent prayer intentions

Use CAFOD's downloadable **activity sheet**, colour in each leaf as you pray, as a family or class everyday from Ash Wednesday to Easter Sunday.

**CAFOD**  
Catholic Agency for  
Overseas Development

# PRAY

## The Rosary

Want some ideas for how to pray the rosary with children, or with older children and teens? Check out **this article** for tips from starting with one decade, using images and edible rosaries, through to making rosaries, praying with music and encouraging older ones to lead the rosary.



## Children's St Francis Rosary Kit

This St. Francis themed **rosary kit** from Catholic Seasons is a wonderful way to engage in a meaningful and creative activity. They also have a Mary's Prayer Rosary Kit available.

## Lent Prayer Tree with stickers

A lovely resource for prayer and thanksgiving. A printable Lent tree without stickers is also available **here**. Or try the new **Lent Prayer Paper Chain Set!** Comes with 40 double-sided paper chain links, hand-drawn illustrations, prayer prompts and space to write names of people you're praying for.

CELEBRATE readers get 10% off all Hope & Ginger Lent and Easter resources with code CELEBRATE10.



## Family Stations of the Cross

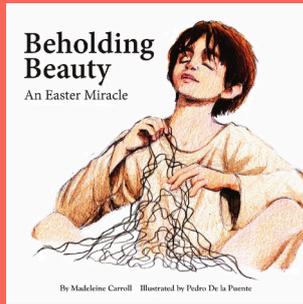
This prayer usually takes place every Friday during Lent. **This version uses artwork** that can be used at home or school as a 'Visio Divina' (Divine Seeing) which is a 4-step process where we carefully look at a piece of art and prayerfully meditate on it.

# BOOKS



## CathFamily Lent & Easter eBook

This brilliant **ebook** is packed full of creative ways to enter into Lent and thrive during this beautiful season. Understand Lenten practices, and find family friendly prayers, recipes and crafts. Create some family traditions this Lent with help from CathFamily.



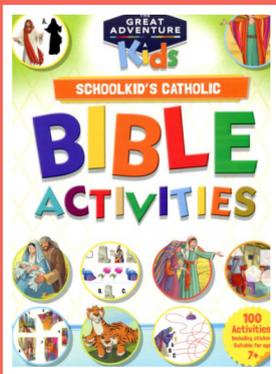
## Beholding Beauty: An Easter Miracle

A **beautiful book** about Jesus healing a blind boy after the resurrection. It is an imaginary story about the sort of things we know Our Lord actually did do, and is based around the people He may well have met and befriended, and the places He visited. For children ages 3-8.



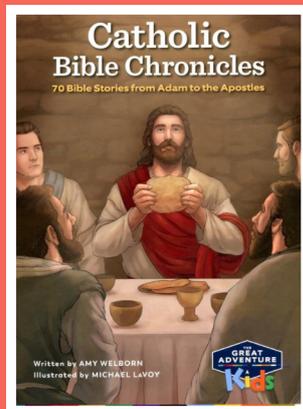
## It's All True! He's Risen for you!

Follow the disciples from the worst day they'd ever known, through to hearing crazy rumours they didn't believe until finally seeing Jesus appear before them. With illustrations to spot! **Bulk discounts available** for primary schools and parishes.



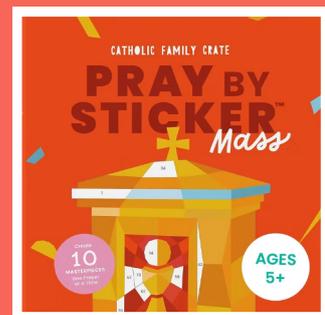
## Bible Activities (Great Adventure Kids)

Includes 100 activities including stickers, suitable for ages 6+ who will learn while they play. There are seventeen well known Bible Stories, with a hands-on activity for each story. **Goodnews Books.**



## Catholic Bible Chronicles

70 Bible Stories that introduce children to the great adventure God has in store for those who love him. Colour-coded time periods represent the history of Salvation in an accessible way. **This book** would suit ages 8-12+ years.

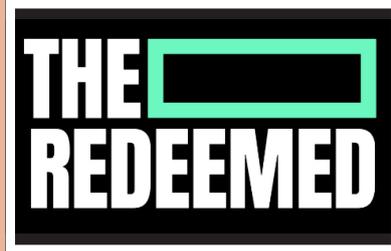


## Prayer by sticker Mass book

**Pray by Sticker Mass Sticker Book!** This interactive activity invites children to complete vibrant faith-filled scenes by placing stickers of the people and sacred items they see at church. For 5 years+.



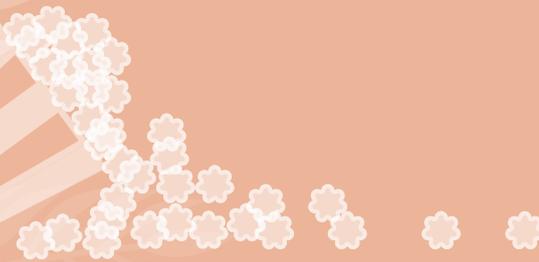
# FILMS



Check out **The Mark 10 Mission** and **The Redeemed** videos for a fresh and inspiring journey through Lent for children and teens.

## Helping kids feel confident about Confession

Jackie and Bobby Angel from **Ascension Presents** share some practical tips for preparing your child or any young person to receive the Sacrament of Reconciliation for the first time.



## How to challenge yourself this Lent

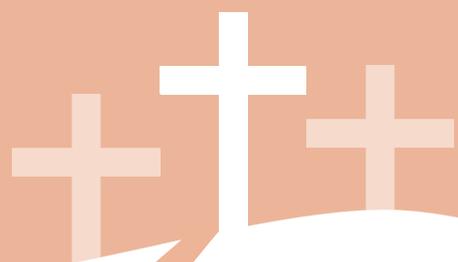
Our good friend, **Fr Columba Jordan**, unpacks the power of sacrifice, discipline and trust in God during Lent. He reveals why fasting, prayer and almsgiving aren't just obligations but pathways to freedom. Are you ready to push past comfort and step into real transformation? For young people and adults.

## The Chosen Adventures (U)

New animations for the creators of the popular Chosen series. Join Abby and Joshua as they run errands at the Capernaum market, play alongside the son of a Roman official, get swept adrift on the Sea of Galilee and meet a mysterious and kindly stranger. On Amazon Prime and some episodes available on YouTube.

## King of Kings (PG)

This animation depicts the life of Jesus Christ through Charles Dickens telling the story, has an all-star cast and had the biggest ever opening for an animated biblical film. Available on several streaming platforms.





**15 - 19 August 2026**  
**Worth Abbey, Sussex**

# Choose a summer holiday with a difference for your family this year!

Join others from around the country at the  
**CELEBRATE festival from 15-19 August 2026.**

Set in the beautiful countryside of West Sussex, join us in the Big Top and school campus for a festival to remember! Fantastic groups for children and young people that provide fun and friends, whilst helping them grow close to Jesus. Look forward to amazing speakers, beautiful masses and worship, adoration in Worth Abbey, time for prayer and confession, inspiring workshops, relax at the Cafe and enjoy family fun and sports. Camp in our festival field, stay in Worth school accommodation or travel in each day. People of all ages welcome.

**Join us for the CELEBRATE festival 2026!**

Visit [www.celebratetrust.org/festival](http://www.celebratetrust.org/festival)  
for more information and to book.





# WHAT IS CELEBRATE?

**CELEBRATE** inspires, equips and connects people of all ages to live an authentic Christian life in the power of the Holy Spirit in support of the family, to form the next generation and encourage local community.

This resource is free to download but not free to produce, so we would be very grateful for a donation or regular gift this Christmas to enable us to continue to create resources and help families flourish.

**MAKE A DONATION**



We would love to hear from you! Join the **CELEBRATE** community on Facebook or Instagram, and please subscribe to our email list to receive more information and free **CELEBRATE** resources.

**SUBSCRIBE HERE**



[www.celebratetrust.org](http://www.celebratetrust.org)



Find **CELEBRATE** Trust on social media