

Take out the neighbor's trash or bring up the empty cans	Learn something new	Call a relative you don't talk to much	Plant something	Volunteer	Help your parents cook dinner	Donate 3 items to the food bank for the 3 days Jesus was dead
Walk the dog	Teach someone something new	Tell a friend why you like them	Clean out your closet and donate what you don't need	Exercise for 20 minutes or more	Thank your parents/guardian	Pray for a family member
Pray for a church friend	Pray for a friend	Make a new friend	Pray for someone you don't know	Take a walk	Pray for someone you don't know	Donate your old books
Exercise for 20 minutes or more	Pick up trash at school/ballgame/yard	No junk food for a week	Send a card to someone who lives alone	Do a chore without being asked	Exercise for 20 minutes or more	Thank a staff member at your school
Go one week without soda	Exercise at least 20 minutes	Pray for a friend	Learn a new game	Pray for a friend	No TV/video games for a day	Spend a day without your phone
Compliment someone you don't know	Do situps during all the commercials of a tv show	Exercise for 20 minutes or more	Spend a day with no internet	Bake cookies and give them to school staff	Spend time with just one parent	Exercise for 20 minutes or more
Eat lunch with someone new	Smile at everyone you meet	Donate to the animal shelter	Compliment a teacher	Share a picture of you smiling with your parents	Post something positive on your social media account	Make someone laugh

Youth Lent Challenge!

Starting Ash Wednesday until Easter do as many as you can. Try for five a week. Mark them off as you go. Look for ways to win in the bulletin. Share pictures of yourself participating by using the #crossingHispath! Thanks for playing!