

Lent Out of the Box

How many you can do this season of Lent? How many people can you touch? Can you make someone else smile everyday? Step out of the box and make Lent about doing something each day to lift someone up.

- 1.) Write a poem, letter, note to a relative who lives in another town.
- 2.) Write gratitudes on paper hearts and use them to decorate
- 3.) Leave a thank you note for your mailperson, trash collector
- 4.) Tell 3 friends what you love about them
- 5.) Transform something from your recycle bin into a toy or piece of art
- 6.) Tape quarters to a vending machine
- 7.) Create and send a video thank you/message
- 8.) Do something loving for the people nearest to you
- 9.) Bake/buy treats for a neighbor
- 10.) Offer to help a neighbor, bring their trashcan to the road and back, collect mail, pick up groceries
- 11.) Create art and send it to ColorASmile.org
- 12.) Over dinner ask and answer, Who did you help today? Who helped you?
- 13.) Apologize to someone, forgive yourself.
- 14.) Talk to someone new, make a new friend.
- 15.) Count the items in your fridge & donate that many quarters to a food bank
- 16.) Take a walk and pick up litter
- 17.) Go out for coffee/cocoa and pay for the person behind you in line
- 18.) Write your favorite family story and save it! (Google Docs, blog or print and put it in a book your family will always have.)
- 19.) Take a class-exercise or art or a new topic in school.
- 20.) Feed the birds!
- 21.) Write/text someone you haven't talked to in awhile. Just say something to make them smile.
- 22.) Count how many stuffed animals you have, use that many quarters to buy food for an animal shelter
- 23.) Donate a bag of food to an animal shelter
- 24.) Help with Backpack Buddies! Help Doris with a plan for the summer.
- 25.) Write a thank you note to someone who works at your school.
- 26.) Write a thank you note to a teacher. You don't have to have a kid in school. You can thank any teacher, any coach, principal or school volunteer. You don't have to know them. Cabarrus.k12.nc.us will take you to all the school's websites.
- 27.) Send a card to someone who is lonely. Need help? Contact Vickie with our Card Ministry.
- 28.) Post only positive comments and posts on all your social media accounts. Don't give them up, share some love!

- 29.) Make eye contact and smile or speak to everyone you see for the day.
- 30.) Visit a friend (or a stranger!) in a nursing home.
- 31.) Volunteer in a homeless shelter/hospice/animal rescue.
- 32.) Consider prison ministry.
- 33.) Turn your phone into a positive tool! Arrange for positive messages to be delivered daily, shinetext.com or look for Shine in itunes or Google Play stores.
- 34.) Clean out your books and take them to a shelter, CVAN or place them in a sharing box. There is one on North Union Street and one at McGee Park.
- 35.) Comfort someone in grief, send a card, even if it has been awhile. They are still hurting!
- 36.) Volunteer at your local school. Read, help with math, whatever a teacher needs! Cabarrus.k12.nc.us will take you to your school's website, email the principal and fill out the volunteer background check. You will be good to go for two years!
- 37.) Pick up trash in front of your school, neighborhood entrance, church, where you dance, play ball or swim. Even if you pick up one piece, you did something!
- 38.) Make a paper heart or flower. Write something you like about a family member, office mate, coworker, or friend and put it on their desk, door or locker.
- 39.) Fast from insensitive or cruel comments!
- 40.) Drive in silence. Use the time to pray. Try at least one trip a day.
- 41.) Journal or blog-try three times a week, put it on your calendar. If writing is hard, start with 5 things you are thankful for.
- 42.) Rejoice in the beauty of the world around you. Take a picture of flowers blooming in your yard or the sunrise/sunset, rain on the leaves and share it.
- 43.) Go to a middle school, high school or rec ball game! Schedules can be found on all the school's websites.
- 44.) Fast from buying unnecessary things. Do you need it or just want it? If you only want it, don't buy it.
- 45.) Turn off the music and talk with the people in your car about what you are thankful for.
- 46.) Take the time to play a game or have a conversation after each meal. Card games like Uno and Go Fish are fun and easy. Or have everyone write a topic on a piece of paper and throw it in a bowl. Draw one piece of paper and talk about that for 10 minutes.
- 47.) MOVE! Find a movement challenge and stick to it. Increase your daily steps goal by 2,000 steps. Run or Walk a mile every day through Lent. Walk the dog, you will both benefit! Swim for 30 minutes. Find a buddy and hold each other accountable.
- 48.) Take a friend to your exercise/art class. Lots of exercise studios offer the first class free. Don't park at the front door, walk and talk, then get coffee or lunch afterwards.
- 49.) Make a rule, no phones or electronics at the dinner table, turn off the television.
- 50.) With a family member or friend, find a meal you have never prepared and prepare it together. Do something fun and challenging; bake and ice a cake, make an old family recipe, try to make eclairs or dumplings!