



# Ash Wednesday



Instructions: Read the text and answer the questions below.

Ash Wednesday signifies the beginning of Lent, a pivotal period in the Christian calendar. It is a day of repentance, during which Christians reflect on their lives and seek forgiveness. Many attend church services on this day, where ashes – derived from burned palm leaves – are placed on their foreheads in the shape of a cross. These ashes symbolise human mortality and serve as a reminder for Christians to turn away from sin.

Lent lasts for 40 days, leading up to Easter Sunday. During this time, Christians often forgo certain luxuries or take part in acts of kindness, prayer, and fasting as a means of spiritual preparation for Easter. It is a time for self-reflection and the renewal of faith.

Children can observe Ash Wednesday by learning about its significance, attending church with their families, and choosing something meaningful to give up or practise throughout Lent. It is a period to focus on gratitude, compassion, and personal growth.

1. What is *Ash Wednesday*?

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2. How is *Ash Wednesday* observed?

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3. What does the ash symbolise?

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4. How can children observe *Ash Wednesday*?

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