40 acts Family wallchart

Sundays are rest or catch-up days

1 Blessing
Trace your hand on paper and write in it five ways you could help someone this week

2 Pause
Donate one toy, book or clothing item (in good condition) to a charity shop

3 Share
Share a snack, seat or game with someone today

4 Include
Make small encouragement cards with kind words or Bible verses and hide them for people to find

5 Seen
Leave a note, sticker or small treat somewhere for someone to discover with a note that says, "You are loved"

6 Spark
Draw a lightbulb and fill it with ideas for sharing books, games, food or tools

7 Inspire
Share a favourite book, song or film with someone and tell them why you love it

8 Measure
Pack a kindness kit (snack, tissue, note). Carry it and pray for someone in need

9 Create
Bake, paint or build something together and give it away to brighten someone's day

10 Compliment
Give three compliments today at home or out and about and see how many smiles you can make

11 Together
Make a kindness coupon book (help with chores, hug, etc.) and give it away

12 Chocolate Tuesday
Share some chocolate (or other treat) with others to make them smile

13 Hope
Paint or decorate a stone with a hopeful word or picture and leave it somewhere for someone to find

14 Priority
Choose one thing you love - a toy, some money, your time - and give it to someone who needs it more

15 Presence
During a meal today put away toys, games and screens and really listen to one another

16 Pay forward
Pay for someone's treat if you can, or share a snack or drink with a friend

17 Overflow
If you can, add something extra to your food shop and donate it to a local foodbank

18 Light
Go for a prayer walk as a family. Pray for people and places you see along the way

19 First fruits
Take biscuits and/or a thank-you card to local heroes (teachers, firefighters, etc.)

20 Every need
Choose a charitable cause or person to support together as a family and give or pray for them this week

21 Renewed
List all the ways your hands can be kind - see if you can list 20 (or more)! Choose 3 of them to do today

22 Community
Visit a charity shop, buy something cheerful and give it to someone else

23 Serve
Help tidy up your street, playground or park. Take a brush, rubbish bag and gloves

24 Honour
Give a small thank you card or gift to someone who serves you like the bus driver, shop worker or postie

25 Precious
Give away something you really like, not just something you don't need, to show someone how precious they are

26 Cheerful
Share something you enjoyed: pass on a book or invite someone to your next match

27 Prompted
Offer your time to help someone with a job like tidying, gardening or walking their dog

28 Bold
Celebrate someone today with a cake, videocall, drawing or card, just because they are loved by God

29 Invite
Invite someone you don't know well to share a meal or snack with your family, especially if they might be on their own

30 Opportunity
Give a gift with one rule - the person has to share part of it to bless someone else

31 Encourage
Fill a jar with encouraging notes, Bible verses or jokes and give it to someone who needs cheering up

32 Freely
Skip a treat (coffee, bag of sweets, etc.) today and use the time or money to help someone else

33 Spotlight
Let someone else take the spotlight today. Give them a turn to speak, choose or share

34 Reach
Think of someone who might need help and offer it without being asked - cook, clean or run an errand for them

35 Hospitality
Set an extra place at your table this week and invite a friend, neighbour or someone new to join you

36 Forgive
Think of someone that you know has wronged you - how can you show forgiveness even if it's not received?

37 Good news
Write window/poster messages like "You are loved" or "God cares for you"

38 Illuminate
Look for as many opportunities as possible to show people you love them without saying the words today

39 Sacrifice
Give up something special today like your favourite treat or toy to remind you of what Jesus gave up for us

40 Generosity
Share a Lent highlight photo and how you'll keep living generously after the 40 days

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