



# LENT 2026 UTO GRATITUDE ACTIVITIES

Each week we're inviting you to give thanks and give back to different areas of your life as a Lenten discipline and a way to welcome Easter.

**FEBRUARY 18-21**

**NATURE**

## **GRATITUDE:**

This week, notice and give thanks for all the signs of Spring you can find and take pictures or make a list of all of them. Be on the lookout for birds, plants, and bugs.

What are your favorite ways to know that spring is coming?

**FEBRUARY 22-28**

## **RECIPROCITY:**

Last week we noticed and gave thanks for Spring. This week we are going to help Spring along. Try one (or all) of these project to give back to nature:

1. make a bird feeder for the birds returning
2. clean up a garden bed or park so that it is ready for use
3. plant flowers to help welcome Spring

**MARCH 1-7**

**FAMILY**

## **GRATITUDE:**

Let's show gratitude to the people we live with this week. Make sure to notice and say thank you to each member of your family, especially for the everyday ways they take care of you or make your life better. Try to say thank you to each person at least once a day for something you usually don't thank them for doing/being.

**MARCH 8-14**

## **RECIPROCITY:**

Last week we spent a lot of time thanking the people we live with for the things they do that we are thankful for but sometimes overlook. This week, your challenge is to do something nice for them that they won't expect. Do your chores without being asked, offer to help with a task, show kindness and love to those you live with in unexpected ways.

**MARCH 15-21**

**COMMUNITY**

## **GRATITUDE:**

Community can mean a lot of different things - it can mean the people who live in our neighborhood, or the people who work or attend school with us, or it can mean the town where we live. Each day this week pick a different community that you are a part of and write down what you are thankful for about that community, from the people in it to the things you do as a part of it.

**MARCH 22-28**

## **RECIPROCITY:**

Last week we looked at the communities we are a part of. This week we are going to give back to them. Decide how you can give back to one or more of these communities. Can you donate gently loved stuffed animals and clothing, plant flowers at school, or invite your church to host a food drive? How can you make a positive impact in your communities?

**MARCH 29-APRIL 4**

**HOLY WEEK**

## **GRATITUDE:**

During Holy Week, we journey alongside Jesus from Palm Sunday to Easter. This week, we want to invite you to give thanks for your faith. Ask someone to share the story of your baptism with you, find out why having faith is important to your family members, and share your favorite Bible story.

**EASTER**

## **RECIPROCITY:**

Easter is a very exciting time, with Easter baskets, egg hunts, and celebrations. Today, while you are enjoying all of the fun ways your community celebrates Easter, see if there is a way you can contribute to the fun. Can you make sure smaller kids get eggs at the egg hunt? Can you make a special Easter card for someone? How can you make Easter special for someone else?