

40 Acts of Wellbeing and Kindness for Lent.

Wednesday 14th February 2024 - Saturday 30th March 2024.

Lent is the period of six weeks (40 days not including Sundays) leading up to Easter, the most important festival in the Christian calendar. Lent allows Christians to remember Jesus's fasting in the desert. It is a time of giving things up and a test of self-discipline.

At Preston Primary, we are setting a 40 Acts of Kindness Challenge!

This is not a competition! It is not a requirement to do one each day, it is a time to be kind to yourself and others.

There are 20 Acts given and the aim is to do one each day, ticking them off as you complete them. You can do them in any order, either following the list on the sheet or you could cut them out and pick one out each day. You can do individual Acts more than once to make 40, or you can make up some of your own. There is a sheet with blank spaces for you to write them down.



How does
this help
my child?

Showing appreciation of
others around them and carrying
out some self-less acts can help your
child understand the world around
them and support their social skills.