




40 Calming Activities to Explore this Lent

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Philippians 4:6-7
will keep your thoughts and your hearts calm and at rest as you trust in Jesus.

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| Send a postcard to a friend | Enjoy a cosy drink with your family | Paint a Rainbow | Snuggle with a favourite book | Have an indoor picnic with a blanket on the floor | Hug a tree | Find 5 different green leaves | Make a Thank You card for your teacher |
| Lie on the floor & make an invisible snow angel | Colour in all the hearts on this sheet | Lie down & watch the clouds | Look through some old photos together | Dance outdoors in the rain | Take 5mins to watch the birds | Plant some seeds in recycled containers | Give yourself a hug & say out loud "I am loved" |
| Have a film night with your family | Draw a BIG colourful heart & stick it in your window | Take 5 deep breaths | Sing your favourite song | Tell someone how much you love them | Close your eyes & picture your favourite nature spot | Create a chill out space or den | List 5 things you are grateful for & Thank God for them |
| Have a relaxing bath | Feed the birds | Make some bread | Phone or FaceTime a relative | Light a candle & pray for people who help us | Stretch your arms as wide as you can to make a cross shape | Give a teddy bear your biggest hug | Walk barefoot on some clean grass |
| Listen to the sounds of the sea on YouTube | Find 2 sticks & make a cross outdoors | Search for spider webs on your walk today | Go on a bug hunt | Go on a sound walk & listen out for wild birds | Draw around your hand & write "I am wonderfully made" before colouring it in | Go stargazing & look for the brightest star | Look for new shoots or flowers in your neighbourhood |

"Don't worry about anything; instead, pray about everything; tell God your needs, and don't

forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than we can ever understand. His peace