



Celebrating Lent and Holy Week

Engage: Page 117

- ▶ Wear something purple. Point to the purple clothing and ask: *Why is this color special to our Church?* (It is the color of Lent.)
- ▶ Read aloud the session title and text. Discuss the picture. **Ask:** *What are the names of some of the special days in Lent and Holy Week?* (Ash Wednesday, Palm Sunday, Holy Thursday, and Good Friday) **Say:** *In this session we'll learn about Lent and Holy Week. This time of year we remember to ask God to help us become the people he calls us to be.*
- ▶ Discuss ways that your family prepares for Lent and Holy Week. Pray aloud the prayer together.

Explore: Page 118

- ▶ **Ask:** *What is something you can do to be a better person?* Together discuss ways to be more thoughtful to those around you.
- ▶ Have your child read aloud *We Grow in Goodness During Lent and Holy Week*. Discuss the questions together.
- ▶ Read aloud *A Time to Change*. **Say:** *I am going to be more cheerful when I wake up in the morning. I will say "good morning" and smile at everyone I see.* Invite your child to complete the activity with ways he or she will change this Lent.
- ▶ Read aloud the *Reading God's Word* feature. **Ask:** *What does it mean to put away your old self? (to leave behind behaviors that are not like Jesus') What are some behaviors that you can leave behind this Lent?*

Reflect: Page 119

- ▶ Discuss how we can sometimes feel a little sad thinking about our sins and the things we have done wrong.
- ▶ Read aloud *Mass During Lent and Holy Week*. **Say:** *Remember that all of us sin sometimes. It's important to ask for God's mercy and help to do better next time. God gives us a fresh start, and that's a good feeling.*
- ▶ Read aloud *What We Experience*. Discuss the simplicity of the church during Lent.
- ▶ Have your child read aloud *Important Days* and complete the activity. Then ask your child to tell what he or she knows about each special day.
- ▶ Read aloud the *Ready for the Sacraments* feature. **Say:** *Sometimes it's difficult to do the right thing and be good. Sometimes it's much easier to do the wrong thing, which may lead to sin. At Mass we pray to God and ask for help to follow Jesus' example of faithfulness.*



Art Exploration: Page 254

- ▶ Find in a magazine, in a book, or online a picture that shows Jesus on the cross.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what he or she already knows about the last days of Jesus' life on earth.
- ▶ **Say:** *Jesus came to show us how much God loves us. He saved us from our sins by his sacrifice.*
- ▶ Have your child turn to page 254. Read aloud the introduction and discuss the questions.
- ▶ Read aloud Lent and Holy Week. **Ask:** *How can we show that we are sorry for our sins?* (ask God in prayer for forgiveness, ask others to forgive us, receive the Sacrament of Penance) *What special days do we celebrate during Holy Week?* (Palm Sunday, Holy Thursday, Good Friday, and Holy Saturday)
- ▶ Have your child read aloud About Lent and use the words in the box to complete the sentences. Ask him or her to read aloud the sentences.
- ▶ Invite your child to make a prayer pot, using modeling clay. Give your child six small squares of red paper. Model how to fold each square in half and cut out a heart shape. Each week of Lent, tell your child to place one heart in the pot to represent a good deed he or she performed that week. Tell your child that the last heart should be placed in the pot on Palm Sunday.

Respond: Page 120

- ▶ Ask your child to read aloud the Faith Summary. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can spend time with someone to make a new friend.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.