

Pray	Fast
Pray for your mom	Fast from electronics
Pray for your dad	Fast from sweets
Pray for your neighbor	Fast from snacking between meals
Pray the Lord's Prayer	Fast from TV
Pray the Prayer of Saint Francis	Fast from complaining
Pray for our leaders	Do things the first time you are asked
Pray for people who are sick	Fast from music
Pray for those who care for the sick	Eat a simple meal today
Pray for teachers	Drink only water today
Pray for your friends	Go last in line
Pray for _____	Fast from _____
Pray for _____	Fast from _____
Pray for _____	Fast from _____
Give	
Choose one toy to donate	Send a card to someone
Choose one clothing item to donate	Let others have their turn first
Choose one book to donate	Let someone borrow a toy/book/game
Collect change to give to a charity	Do an extra chore
Donate extra to your church this week	Give _____
Donate to a food pantry	Give _____
Give thanks for your family	Give _____