

LENT2021

CARBON FAST

FOR CREATION

KIDS EDITION



VISIT YOUR LOCAL PARK AND COUNT THE DIFFERENT TYPES OF TREES YOU CAN FIND

TRY VEGAN SAUSAGES OR BURGERS FOR DINNER THIS WEEK

TRY A FAIRLY TRADED CHOCOLATE BAR INSTEAD OF YOUR USUAL FAVOURITE

WRITE A PRAYER FOR THE ENVIRONMENT AND PRAY IT THIS WEEK

SAVE YOUR FOOD SCRAPS TO FEED TO THE WILDLIFE IN YOUR GARDEN

WALK OR CYCLE SOMEWHERE THAT YOU WOULD USUALLY DRIVE TO

FIND OUT WHY SINGLE USE PLASTIC IS BAD AND TALK TO YOUR FAMILY ABOUT IT

CHECK WHETHER YOUR FAMILY IS USING RECYCLED TOILET PAPER - GET SOME IF NOT!

FIND SOME CLOTHES YOU HAVE GROWN OUT OF & GIVE TO SOMEONE THEY WILL FIT

TRY EATING THREE DIFFERENT TYPES OF RAW VEGETABLE TODAY

LOOK AROUND THE HOUSE FOR DISPOSABLE ITEMS AND FIND REUSABLE ALTERNATIVES

FIND A WAY TO RE-USE CONTAINERS INSTEAD OF RECYCLING THEM

SEE HOW MANY OF THESE CHALLENGES YOU CAN COMPLETE DURING LENT!