

Pray	Fast
Pray a decade of the Rosary	Fast from electronics
Pray the Divine Mercy Chaplet	Fast from sweets
Pray the Angelus at noon	Fast from snacking between meals
Pray an Our Father for your priest	Fast from TV
Pray a Hail Mary for your Mom	Fast from complaining
Pray a Glory Be for your Dad	Do things the first time you are asked
Pray for people who are sick	Fast from music
Pray for those who have died	Eat a simple meal today
Pray for moms expecting babies	Drink only water today
Read a Bible Story	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 parish this week	Give_____
Donate to a food pantry	Give_____
Write a kind note to someone	Give_____