

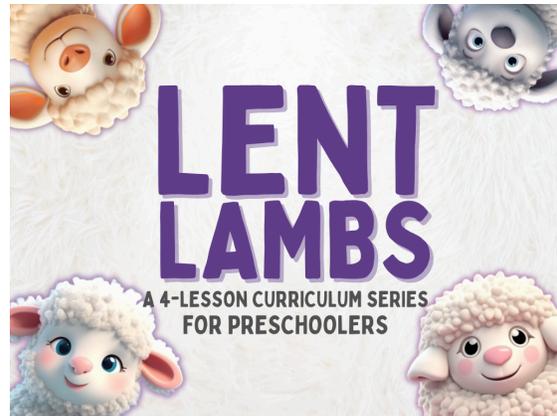
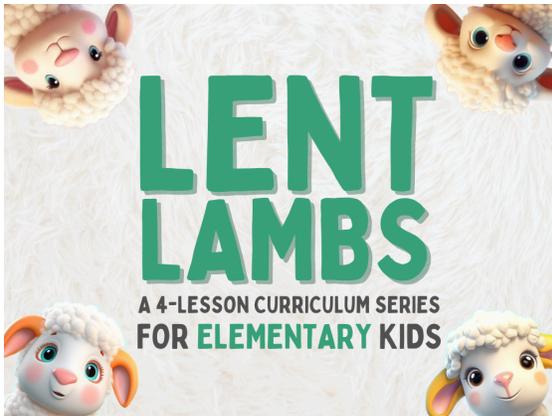
KIDS FASTING PLAN ACTIVITY PAGE

Use this fasting plan activity page to help kids think about something they might give up for Lent (or anytime you're learning about fasting). Use the script below or come up with your own. Dive deeper into the discussion about whether or not kids should/can fast [here](#).

Supplies: Coloring utensils, activity printable on next page

1) Say: **"Today, we're all going to choose something to give up. It could be TV, it could be YouTube, it could be playing iPad games - really anything that would be hard to give up. And then, you're going to choose how long you'll fast that thing - it could be a day, a week, a month, or more! Most people give up that thing until Easter. Finally, you're going to choose what you'll do instead of that thing you're fasting from. Make sure it's something that will bring you closer to God."**

2) Give each child an activity page and help the kids fill out the activity page. This can be hard for kids, so they'll most likely need grown-up help and suggestions!



This activity comes from lesson 3 in our [Lent Lambs Elementary series](#). Lent Lambs will guide your elementary kids through the Season of Lent. With this 4-week series, your elementary kids will learn the importance of remembering God's love, praying to God, fasting for God, and preparing for God. Learn more about the elementary Lent Lambs series [here](#), and explore the preschool Lent Lambs series [here](#).



(WRITE NAME HERE)

FASTING PLAN

I'M GOING TO GIVE UP...

I'LL GIVE IT UP FOR THIS LONG...

I'M GOING TO DO THIS INSTEAD..

I'M DOING THIS BECAUSE..