

First & Second Grade

At-Home Lesson

February 28, 2024

Opening Prayer: Begin your lesson with this simple prayer.

Loving, God, I offer you today
all I think and do and say.
I offer it with what was done on
earth by Jesus Christ, your son. Amen.

Lesson: Living Lent

- A few weeks ago, your child talked about the season of Lent in class. Ask your child what he or she remembers about Lent.
- Then, listen to this story together. (The children listened to it in class.) [Louie's Lent](#)
- After listening to the story again, talk with your child about why Lent we, as Catholics, celebrate Lent.
- During Lent, it is a good time to reflect and recharge. As a family, talk about good deeds that you have been doing. Check the good deed tracker that came home before Ash Wednesday. If you haven't used the tracker yet, now would be a good time to start.
- As you encourage your child to fast, pray, and give alms during Lent, use this prayer to follow Jesus's journey. The Stations of the Cross are a special prayer that is used during the season of Lent.
 - [Station of the Cross for Kids](#)

- OR, you and your family could attend the Soup and Stations gathering after 10:30 Mass on Sunday, March 3, 2024.

Conclusion:

- What can you and your family do to fast, pray, and give alms during the rest of the Lenten season?
- Review:
 - Lent is a time for us to repent and reflect.
 - The color of Lent is purple or violet.
 - We receive ashes on Ash Wednesday which represent being sorry for sins.
 - The ashes come from old palms burned and used on Ash Wednesday.
 - Fish is eaten on Ash Wednesday and on all Fridays in Lent.

Extra, Extra: Here is an extra, optional video about the connection of pretzels to the season of Lent and Catholic Church.

[History of Pretzels](#)