



# 40 Calming Activities to Explore this Lent

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Philippians 4:6-7 will keep your thoughts and your hearts calm and at rest as you trust in Jesus.

Send a postcard to a friend

Enjoy a cosy drink with your family

Paint a Rainbow

Snuggle with a favourite book

Have an indoor picnic with a blanket on the floor

Hug a tree

Find 5 different green leaves

Make a Thank You card for your teacher

Lie on the floor & make an invisible snow angel

Colour in all the hearts on this sheet

Lie down & watch the clouds

Look through some old photos together

Dance outdoors in the rain

Take 5mins to watch the birds

Plant some seeds in recycled containers

Give yourself a hug & say out loud "I am loved"

Have a film night with your family

Draw a BIG colourful heart & stick it in your window

Take 5 deep breaths

Sing your favourite song

Tell someone how much you love them

Close your eyes & picture your favourite nature spot

Create a chill out space or den

List 5 things you are grateful for & Thank God for them

Have a relaxing bath

Feed the birds

Make some bread

Phone or FaceTime a relative

Light a candle & pray for people who help us

Stretch your arms as wide as you can to make a cross shape

Give a teddy bear your biggest hug

Walk barefoot on some clean grass

Listen to the sounds of the sea on YouTube

Find 2 sticks & make a cross outdoors

Search for spider webs on your walk today

Go on a bug hunt

Go on a sound walk & listen out for wild birds

Draw around your hand & write "I am wonderfully made" before colouring it in

Go stargazing & look for the brightest star

Look for new shoots or flowers in your neighbourhood

"Don't worry about anything; instead, pray about everything; tell God your needs, and don't

forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than we can ever understand. His peace