

Ideas for a **CHILDREN'S** Lenten



**Some ideas for children to try**

# A Carbon Fast for Lent

Lent is traditionally a time of repentance and fasting, of turning away from all that is counter to God's will and purposes for his world and all who live in it.

Often we give something up, such as chocolate or biscuits or cake, so why not consider giving up, or making changes to your lifestyle, to reduce your "carbon footprint".

Your carbon footprint is the total impact of environmentally damaging greenhouse gas emissions, usually measured in carbon dioxide equivalent, hence the name.

We all need to "reduce, reuse, recycle" and here are some ideas to help focus on ways of reducing the carbon footprint which children can easily do.

## A Prayer for Lent

Lent is a time  
for giving up something valuable  
so we can remember  
how great a blessing it is.

Lent is a time  
for taking up something valuable  
so we can remember  
to bring some blessing to others.

Amen



## **Compost**

Why not put the nutrients from food waste back into the soil? Get a suitable container and put all your waste food into the bin. You can even line the bin with a bio-degradable bag.

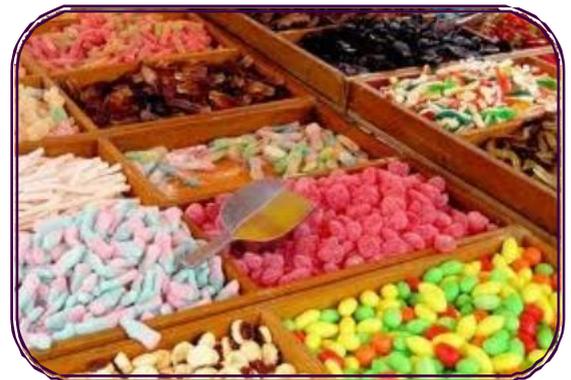


## **Re-use an item you would have thrown away**

Don't throw away jam jars, plastic containers or envelopes. Bits and pieces can be stored in jars and containers and envelopes can be re-used by sticking a label over the address.

## **Avoid packaging**

When buying anything, have a look at the packaging it's wrapped in. Most vegetables can be bought loose, and sweets can be put into re-usable containers. Even Easter Eggs don't need to be in a cardboard box.



## **Clothes**

Spring is an ideal time to have a look in your clothes cupboard. Take out anything that you've outgrown and give it away or take it to a Charity Shop.

## **Make do and mend**

Do you have any thing that needs mending? Give your clothes and belongings a little TLC and mend and tend them.

## **Gift giving**

Mothering Sunday is 22<sup>nd</sup> March 2020. Why not give a home-made gift or card made with love? Wrap your gift in re-cycled paper or re-use a gift bag.

## **Treasure from scrap**

Do you have a scrap store near you? Ask your teacher if the school buys resources from a scrap store instead of ordering brand new equipment from a shop.

## **Foodbank**

If you're out doing the food shopping, why not ask if you could buy one extra item and give it to a food bank?



# Shopping Bag to crochet from plastic carrier bags

*You will need*

- *8 plastic bags cut into 2.5cm (1 inch) pieces*
- *8mm crochet hook*

Abbreviations

St – stitch, sts – stitches, ch – chain stitch, tr – treble crochet

Note

*You may prefer to use a smaller or larger crochet hook – just use the size that feels right.*

Pattern

Ch 24

Row 1: 1 tr into the 3<sup>rd</sup> chain from the hook, 1 tr into every chain to end, 2 ch, turn

Row 2: 1 tr into every st to end, 2 ch, turn

Row 3: 1 tr into the next 7 sts, 8 ch, miss 8 sts, 1 tr into each of the remaining 7sts, 2 ch, turn

Rows 4 to 23: as row 2

Rows 24: as row 3

Row 25 and 26: as row 2

Fasten off

Fold bag over so handles match and sew the sides together. Weave in all ends to finish.

*You could make it in the round!!*



## **Turn off the taps!**

Don't leave the tap running when brushing your teeth, and fill a bowl with water, or put the plug in the sink when washing your hands.

## **Don't be a drip**

Are there any dripping taps at home or at school? Ask if they can be repaired so water isn't wasted.



## **Shower or bath?**

If you take a shower rather than run a bath you'll heat less water and use less.

## **Feeling flushed?**

Would it be possible to fill a plastic bottle with water, screw the lid on tightly and put it in the cistern of your toilet at home? This reduces the water flow and helps reduce the amount of water used. You might be lucky enough to have a two-way cistern already.

## **Save paper**

How much toilet paper do you use? Can you use a sheet less?

## **Don't overfill the kettle**

If you're making a hot drink, only fill the kettle with as much water as you need for the drinks you're making. This saves electricity (or gas!) too.

## **Say goodbye to standby!**

Make sure that all the electrical equipment in the classroom is turned off when not in use. Perhaps you could ask if the electrical equipment at home can be turned off overnight. The television alone will save a hefty 20kg of carbon dioxide per year!

## **Energy saving bulbs**

Can light bulbs be replaced with energy saving bulbs? Using an energy saving bulb will save 60kg of carbon dioxide per year.



## **Do you have a mobile phone?**

Unplug the mobile phone charger when your phone is charged. It uses electricity even when it's not charging.

## **In the dark**

Switch off lights when you leave a room.



## Tread lightly

Try to walk to school or go by bike if it's safe.



To have a look at some ideas on how to introduce cycling to your school have a look at -

[http://www.cyclingireland.ie/downloads/introducingcyclinginyourschool\(1\).pdf](http://www.cyclingireland.ie/downloads/introducingcyclinginyourschool(1).pdf)

You can use it as part of your preparations for

ACTIVE SCHOOL  
MOVE SCHOOL, MOVE ACTIVE, MOVE OTHER

**GET ACTIVE**  
60 MINUTES PER DAY

**Active School Week**  
April 24th - 28th, 2017

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hi  
Healthier  
Ireland

Department of Education  
and Skills  
2017

Department of Education  
and Skills  
2017

The poster is yellow with white and blue text and graphics. It features icons of a ball, a shoe, a person jumping, a clock, and a skateboard. At the bottom, there are logos for 'hi Healthier Ireland', the Department of Education and Skills, and a Twitter logo.

## **Where did it grow?**

Ask if it's possible to buy food that has been grown locally instead of tins and packets that have flown a long way across the world.

## **Solar powered cooking**

Try and get hold of a Kyoto box to show your class how people can cook in Africa. A Kyoto box consists of two cardboard boxes, one inside the other, with an acrylic lid that lets the sun's power in. the top can also be used as a hob. A layer of straw or newspaper between the boxes acts as insulation and the inside is painted black to concentrate the heat,

This fuel-less cooker avoids smoke inside the house, avoids carbon dioxide emissions and means villagers no longer have to gather wood for cooking.

How to make one - <https://www.motherearthnews.com/diy/easy-to-make-cardboard-solar-cooker-zbcz0904>



# Some prayers

Father God,

May we learn to see the world as other people see it,  
and to appreciate their point of view.

May we learn to see the world as you see it.

Amen



God's world is full of litter  
and what we plan to do  
is go and pick it up to make  
the whole world good as new.

Amen



Let the wind blow all the clouds away  
And show us God's sky of blue;  
Let us now throw all our rubbish away  
And make our world clean and new.

Amen



We think the world is ours.

We dig it, drill it, plough it, mine it, pave it, bomb it.

Then, from within the heart of things, the earth erupts,  
it shakes, it quakes, it shifts, it drifts.

May we learn to respect the earth,  
for it is shaped by forces greater than our own,  
and we should live in awe of them.

Amen



We give thanks for streetlamps that shine on our path,  
but oh! for a glimpse of the stars  
that wheel their way through the heavens above  
with Jupiter, Venus and Mars.

We give thanks for pavements without ruts or holes,  
but oh! for the smell of the earth,  
the feel of tussocks and tree-roots and mud,  
the planet that gave us our birth.



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