

FOLLOW JESUS

MAKE A FOLLOW JESUS FLIP BOOK

SUPPLIES NEEDED

- copies of the age-appropriate activity page (one per student)
- 11 small index cards per student
- scissors
- hole punch
- yarn, twine, or metal rings
- crayons or markers
- pencils or pens
- glue sticks or glue

This activity, adapted from *Be My Disciples* Additional Activities, Grade 2, is an excellent way to invite children and youth to be faithful to the three disciplines of Lent. It also offers them an opportunity to keep track of their progress through the forty days of Lent.

The following two pages outline the activity for primary grade children, and an age-appropriate adaptation for upper elementary and junior high age youth. Copy the page that is more appropriate for your class. Each child or young person will need his or her own page.

An easy adaptation for Kindergarten and First Grade catechists and classroom teachers would be to use larger index cards, and invite the children to draw pictures of 5 or more of the 10 activities listed on the following page. Begin each session by inviting the children to open their books to a particular picture, and ask them to concentrate on that one action for the day or week ahead. Be sure to rotate your choices throughout the season of Lent.



Make a Book to Help You FOLLOW JESUS

MAKE A FOLLOW JESUS FLIP BOOK

During Lent we pray more often. We do more to help those in need. We try to love God more.

Make a flip book with this page. Your book will have ideas for 10 Lenten activities. Practice each idea four times during Lent. To make your book, do the following:

1. Draw a cross on an index card.
Print your name on it.
2. Color the boxes, then cut them out.
3. Glue each box to an index card.
4. Punch a hole in the top left-hand corner of each card.
5. Attach the cards by pulling yarn through each hole and tying it.
Now your flip book is ready.



DONATE FOOD TO
THOSE IN NEED

READ A BIBLE
STORY

GIVE UP ONE
TV SHOW

SAY A PRAYER
OF THANKS

WRITE A NOTE TO
SOMEONE WHO IS LONELY

GIVE MONEY TO
THE POOR

PRAY THE
OUR FATHER

GIVE UP CANDY
AND GUM

HELP MOM OR DAD
WITH A CHORE

FORGIVE SOMEONE
WHO HURT YOU

Make a Book to Help You FOLLOW JESUS

MAKE A DISCIPLESHIP BOOK FOR LENT

During Lent the Church invites us to pray, fast, and give alms. These Lenten disciplines help us to grow in our commitment to be disciples of Jesus.

Here are the directions for making your discipleship book for Lent.

1. Below are 10 boxes containing ideas to help you honor the disciplines of Lent. Begin by choosing seven of the 10 boxes.
2. There are also three extra "blank boxes." Use them to write your own ideas about ways to pray, fast, and give alms during Lent.
3. Color your boxes if you wish, and then cut them out.
4. Glue each box to an index card.
5. Create a cover for your book by drawing a cross on the remaining index card and by writing your name on the outside.
6. Punch a hole in the top left-hand corner of each card.
7. Attach the cards by pulling yarn, twine, or a metal ring through the holes.
8. Practice each of your 10 Lenten choices four times during Lent.



DONATE FOOD TO
THOSE IN NEED

TAKE TIME TO HELP
A PARENT WITH
A CHORE

GIVE MONEY
TO THE POOR

GIVE UP ONE
TV SHOW

FORGIVE SOMEONE
WHO HURT YOU

GIVE UP A FAVORITE
SNACK FOOD

WRITE A NOTE TO
SOMEONE WHO IS
LONELY

READ A BIBLE
STORY

PRAY FOR FIVE
EXTRA MINUTES

WRITE A PRAYER
OF THANKS