

40

words

to

change

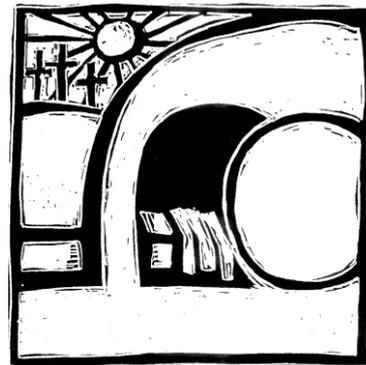
YOUR

LIFE

Lent and Easter activities for children and families!

# WELCOME

to this Lent and Easter Activity Book!



Lent is the season of 40 days from Ash Wednesday to Easter Day. Each Lent, Christians use this time to have a good look at our lives and see if we are living well.

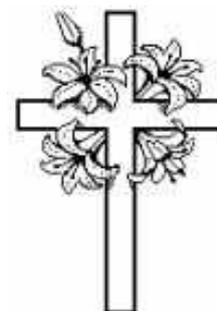
Have a look through the activities in this book. You'll find:

- A Lent calendar. Colour in one square every day from Ash Wednesday (18<sup>th</sup> February) to Easter Day (5<sup>th</sup> April). For an extra challenge, write a task or activity for every day of Lent and see if you can complete them all...
- Pages to colour and questions to discuss.
- An Easter story, a prayer labyrinth, and space to design an Easter stained-glass window!
- Information about all our special events and services for children and families over the Lent and Easter period. You are really welcome to join in any of these.
- This booklet accompanies the *40 words to change your life* videos on the kids YouTube channel – start watching videos here!

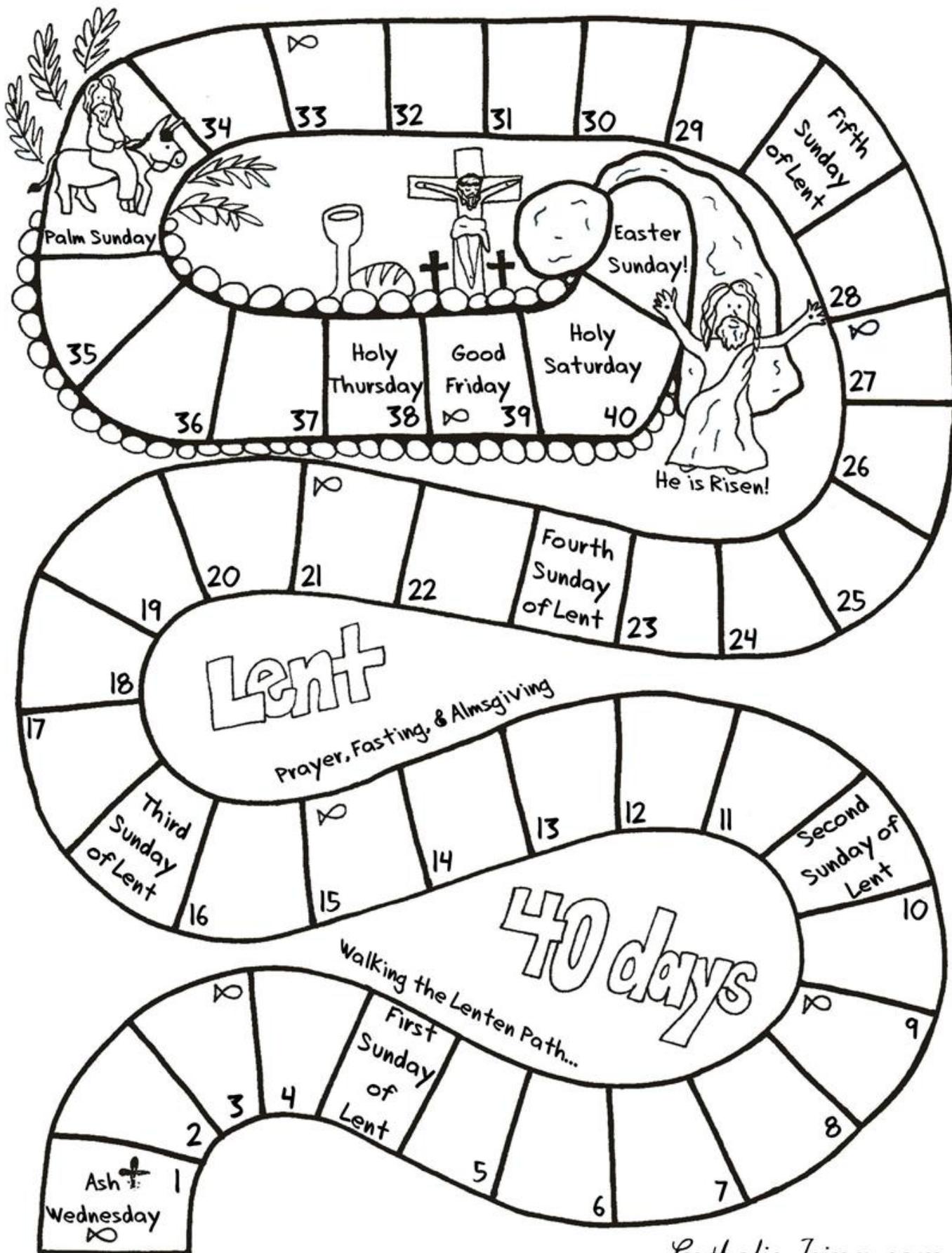


For more information, or if you have questions, contact Rev Laura –

[teamvicar.kwtm@gmail.com](mailto:teamvicar.kwtm@gmail.com) or 01562 228712



Colour in one square every day from Ash Wednesday (18<sup>th</sup> February) to Easter Day (5<sup>th</sup> April). For an extra challenge, write a task or activity for every day of Lent.





Good  
gives  
a  
fresh  
start!

together

...how can I support someone else today?

Wash



...where do I need a fresh start?

release

...what holds me back?

flow

...can I recognise the Holy Spirit?



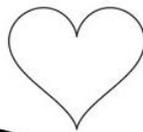
...who am I listening to?

desert

...what changes do I want to see in the world?

strength

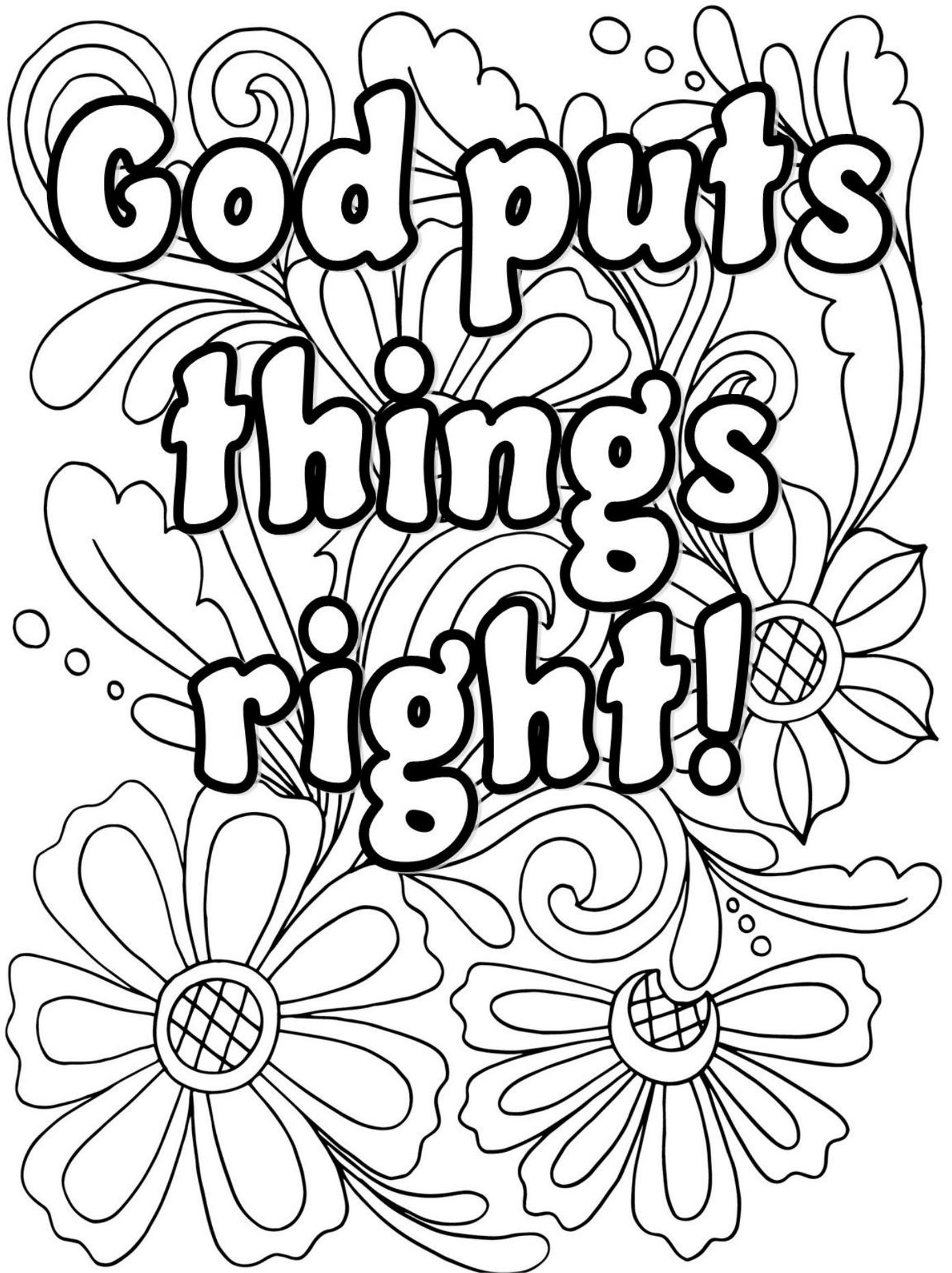
longing



...what power do I have?

begin

...what do I want to change?



Gift

...what gifts has God given me?

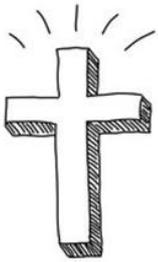
SAFE

...where do I feel safe?



TRUST

...what risks am I taking?



HOME

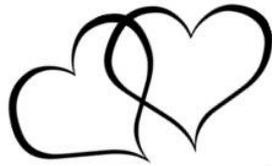
...what do I do when I mess up?



WELCOME

...am I listening to the people everyone else ignores?

...what do I need to forgive?



FORGIVE

LIFT

...can I believe in miracles?

SEEDS

...how am I growing?



PLEASE

...what am I thankful for?

STORM



...what am I afraid of?

BURDEN



...what could I let go of?

STILL

...what keeps me going?



CHALLENGE

...who are the hardest people to love?



...how do I encourage others?

TRANSFORM

WHOLEHEARTED

...am I ALL IN?



JOURNEY

...who would I accept help from?



Good

never

leaves

me!

FOOT  
FOLLOW

...how can I know the way?

HOPE

...how BIG is my hope?



ROOTED

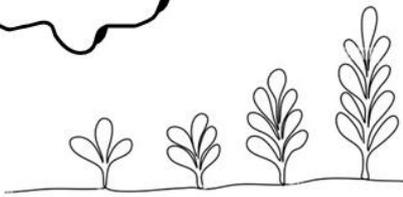
...where are my roots?

TIME

...how do I choose to spend my time?

PROCLAIM

...what would I tell others about Jesus?



...how do I pray?

LISTEN

FRIENDSHIP

...how can I help a friend today?



...where have I been hurt?

HEAL



Good

gives

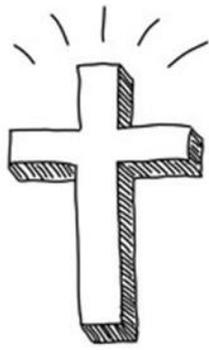
new

life!

enter

...what makes me happy?

LOVE

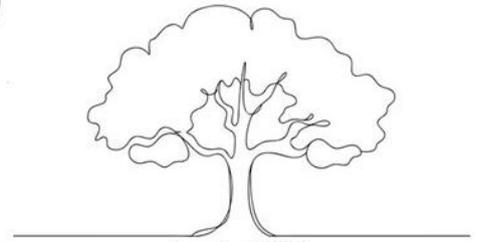


...am I loved?

BROKEN

...how much am I worth?

tears



...what am I sorry for?

...what makes me angry?



DANGER

...what helps me remember?

REMEMBER

EXTRAVAGANT

...what gift can I offer to Jesus?



CROWN

...whose side am I on?

# The story of Easter...

## Silver coins



Jesus was betrayed for 30 silver coins.

## Olive tree



Jesus prayed in a garden before he was arrested.

## Rooster



The rooster crowed when Peter denied Jesus.

## Crown of thorns



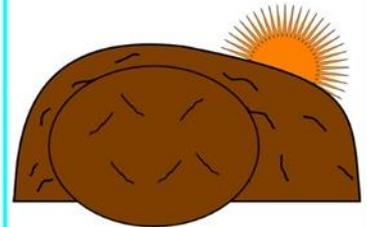
The soldiers put a crown of thorns on Jesus.

## Cross



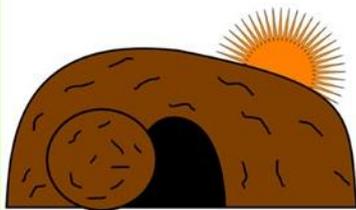
Jesus died on a cross.

## Closed tomb



Jesus' body was buried in a cave tomb.

## Empty tomb



On Easter morning the tomb was empty!

## Angel



An angel announced: "Jesus is alive!"

## Easter eggs

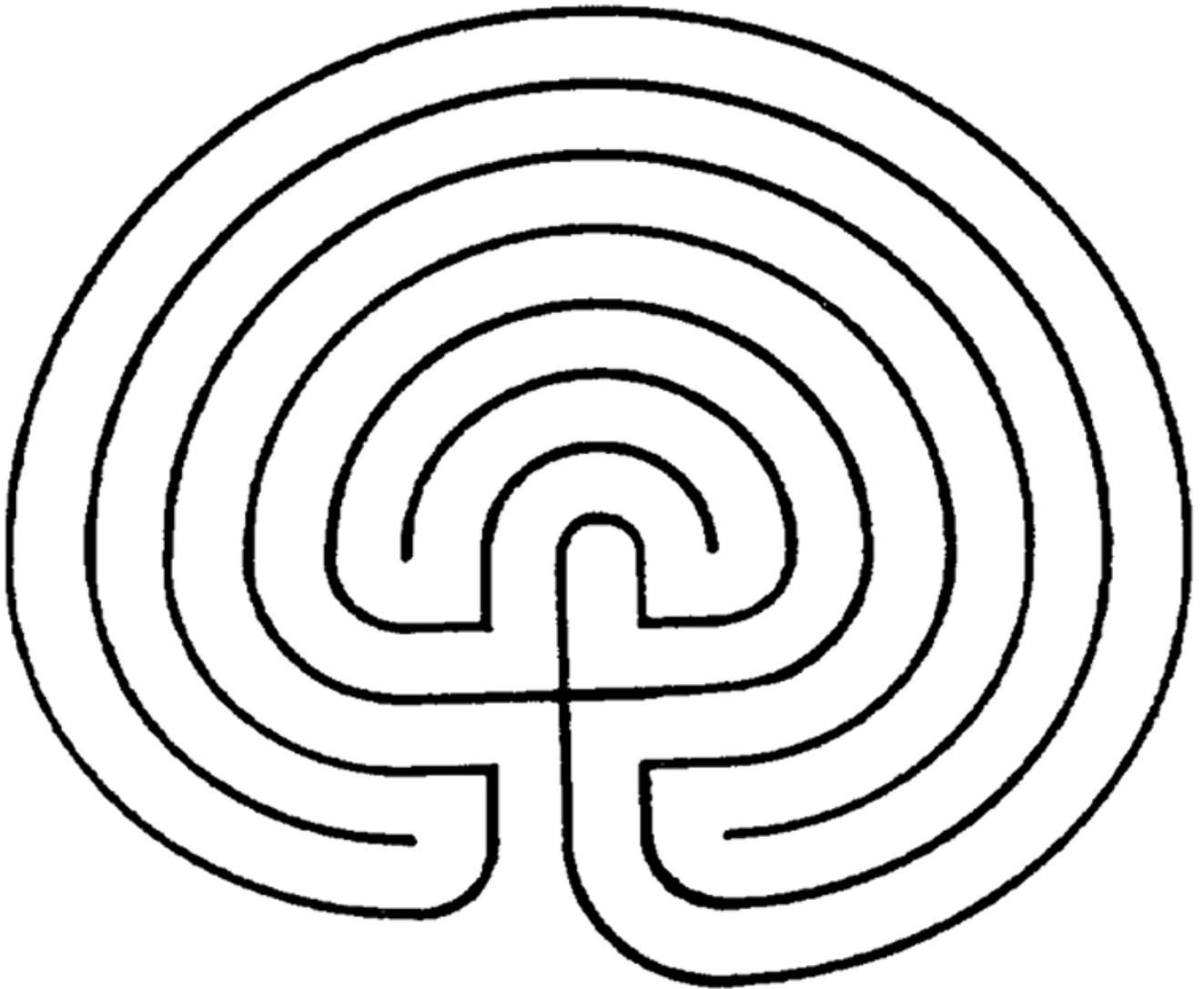


Easter eggs remind us of the new life Jesus gives!

# A Prayer Labyrinth

Use your finger to slowly follow the path to the centre of the labyrinth. Imagine God walking the path beside you.

Talk to God about what is on your mind.

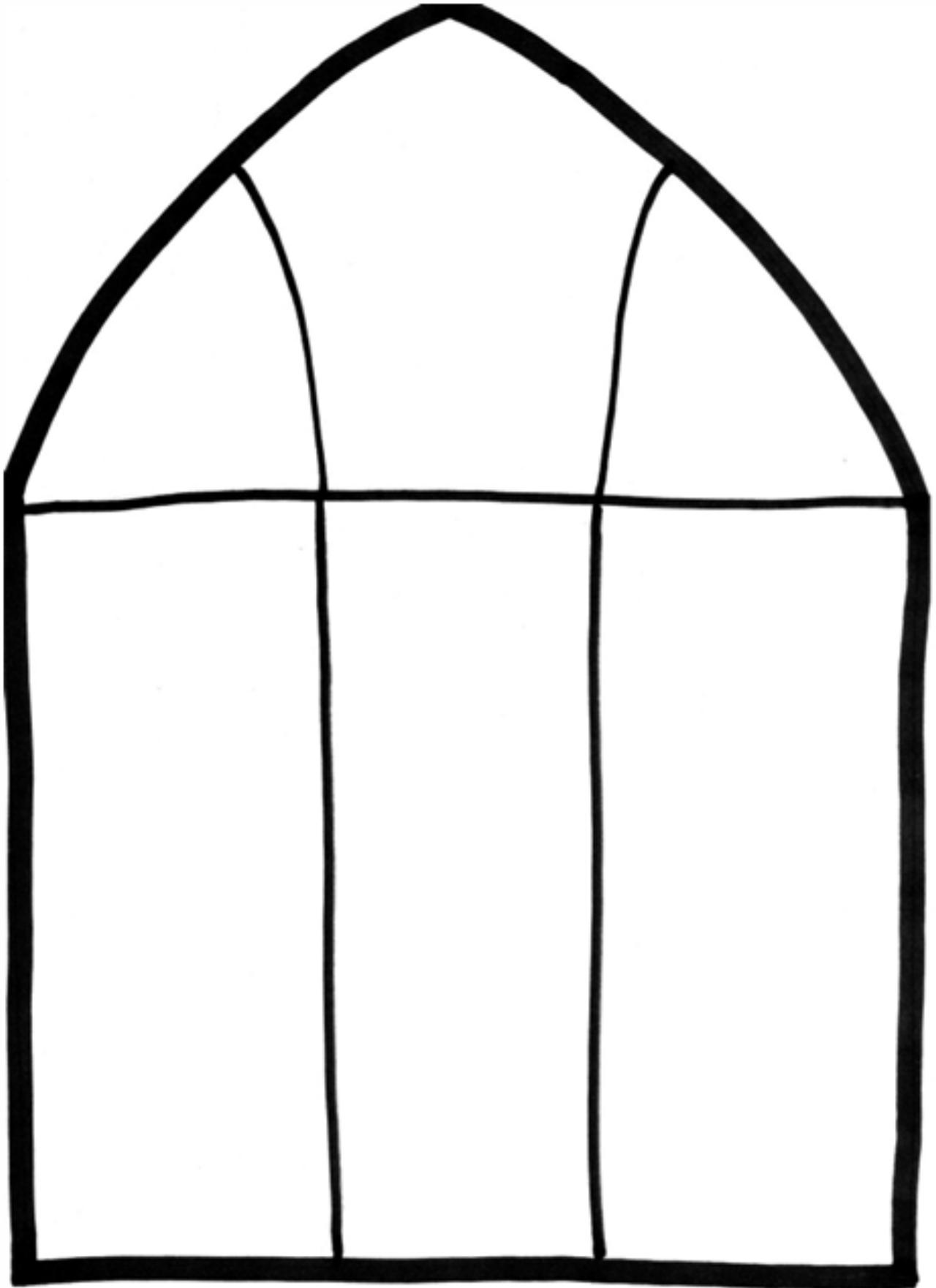


Pause in the centre of the labyrinth. Take a deep breath in and out. Remember that God is right there with you.

Ask God for what you need.

As you use your finger to trace the path out of the labyrinth, back into your busy day, remember that God goes with you.

Can you design an EASTER stained glass window?



Send your designs to [teamvicar.kwtm@gmail.com](mailto:teamvicar.kwtm@gmail.com) and we'll showcase them on our Facebook page!

## Children's Lent and Easter journey 2026

The story of Jesus is for all ages! Below are this year's activities and events which are particularly suitable for children and families.

### 40 words to change your life



40 days of fun exploring some powerful words and their meanings – start watching videos here:



### PAUSE: Sundays in Lent

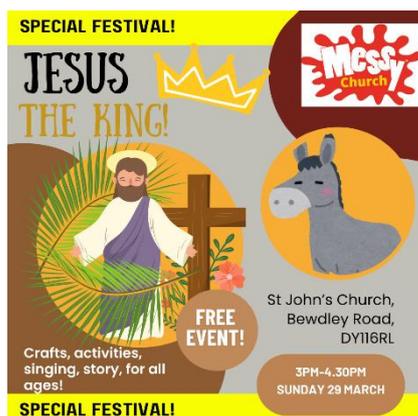


Quiet space to think and pray for all ages. Sundays in Lent on YouTube and Facebook.

Start watching videos here:



### Palm Sunday Celebration



**Sunday 29<sup>th</sup> March** – 'Jesus the King!' 3pm-4.30pm at St John's Church DY116RL.

Messy Church/POP-up Church Mashup! Crafts and activities, an animated story, high-energy singing and dancing to iSingPOP songs. Free refreshments.

## Churchyard Easter Trail



Explore the Easter story in the beautiful surroundings of St John's Churchyard with signs of Spring all around you! Self-guided trail from 29<sup>th</sup> March.

Please keep to the main churchyard path and respect the graves and those who visit them.

## 'Cross to Celebration' children's event



**Tuesday 31<sup>st</sup> March**, 10am-12noon in St Barnabas' Hall, DY115JW.

Easter crafts and activities, singing and story, and refreshments. This event is free and all ages are welcome (children must be accompanied).

## The Praise Maze Easter Special



**Wednesday 1<sup>st</sup> April**, 1.30pm-3pm in Holy Innocents' Church DY116LA.

Easter special of our family service for little ones – singing, puppets, story, bubbles, snacks. Activities offered for older siblings.

## Messy Church on Good Friday

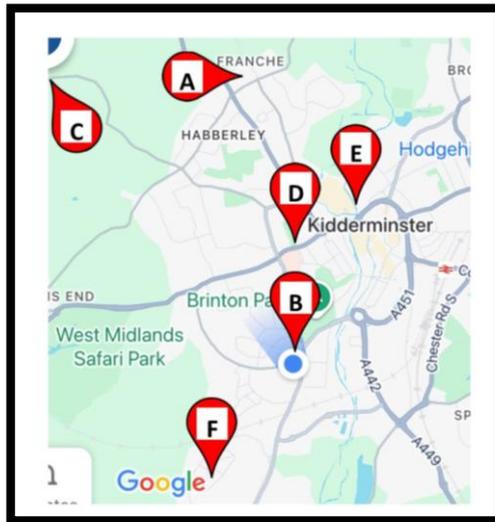


**Good Friday 3<sup>rd</sup> April** – New Life at Easter! 10am-12noon at St Peter's Church DY117EJ.

Messy Church fun with crafts, activities, refreshments and an Easter story.

This event is free and all ages are welcome (children must be accompanied).

# How to find us



- A St Barnabas' Church, Franche, DY11 5JW
- B Holy Innocents' Church, Foley Park, DY11 6LA
- C Holy Trinity Church, Trimpley, DY12 1NZ
- D St John's Church, Bewdley Road, DY11 6RL
- E St Mary's Church, Kidderminster, DY10 2JN
- F St Peter's Church, Birchen Coppice, DY11 7EJ

## Get in touch

**TEL: 07427 766054 - EMAIL: [teamvicar.kwtm@gmail.com](mailto:teamvicar.kwtm@gmail.com)**

**WEBSITE: [www.kidderminsterwovenchurches.org.uk](http://www.kidderminsterwovenchurches.org.uk)**

*Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead!*

*1 Peter 1:3*



proclaim journey  
transform  
enter heal  
extravagant  
storm  
challenge praise  
anger  
crown  
gift  
hope follow  
broken  
tears  
wholehearted remember  
listen forgive  
burden friendship

together  
longing  
trust  
safe  
welcome  
strength  
home  
lift  
love  
seeds  
begin

wash  
release  
flow  
desert  
strength  
begin