

Third Grade/Start-Up Lesson Plan
Lesson 15: Lent, Holy Week, Easter

Materials needed:

- **Lent Calendar – 1 per student (in large tub)**
- **Booklet “The Story of Holy Week” – 1 per child + 1 for catechist (in large tub)**
- **Lent cubes – 1 per student (in large tub)**
- **Crayons or markers (in Mouse House)**
- **Scissors (if you are doing the Lent Cubes -in Mouse House)**
- **Scotch tape or glue (if you are doing the Lent Cubes-in Mouse House)**

Before class begins:

- ✓ **Decide which crafts you want to use and be sure you have the materials you need.**

Prayer:

Our Father/Hail Mary/Glory Be

Say:

- **We are (or soon will be) in the season our Church calls “Lent”.**
- **What is Lent? What is Holy Week? Why is Easter so important? I’m sure you’ve heard a lot about all of these things so let’s find out why they are such a big deal in our Church.**
- **What can you tell me about Lent?**
 - † **Lent is a season that should help us look at ourselves and try to change the things that are not making us good followers of Christ. What might some of those things be?**
 - † **Lent begins on Ash Wednesday. On this day we go to Mass and receive ashes on our foreheads. How many of you have done that before?**

- † **Why do we Catholics do that? Did you ever wonder?**
- † **The ashes are to remind us that our time here on earth is short and we should always be thinking about the much longer time we will spend in eternity.**
- † **Where do you want to spend eternity? If you said heaven, then it's good to think about anything that might keep us from doing that! If you have sins to confess, Lent is a great time to go to reconciliation and then try very hard not to repeat the same sins.**
- † **During Lent, we fast (no meat and much smaller meals on Fridays). Fasting helps us remember that there are many people in the world who are hungry. Hopefully, it makes us want to help them.**
- † **We also remember that Jesus fasted and when we are a little bit hungry we think about all that Jesus did for us. It brings us closer to Him.**
- † **Part of fasting is giving up meat on all the Fridays during Lent.**
- † **We also pray and give alms during Lent. That means we try to become closer to Jesus by talking to Him more and we do our best to help anyone who might be hungry, sad, scared or upset. How could you do that at school?**
- † **You will see a lot of the color purple during Lent. Purple represents contrition (sorrow for our sins) and conversion (changing our lives). These are two things we should be doing during Lent. When we see the color purple, it helps us remember that.**

- † **Lent lasts for 40 days. At the end, we should be able to say that we have thought about our sins and how we want to change our lives to be more like Jesus.**
- **Holy Week**
 - † **Holy week is the last week of Lent. It begins on Palm Sunday and ends on Easter Sunday.**
 - † **Holy week tells a story. It is the story of how Jesus died for us and then rose from the dead so we could do the same.**
 - † **Let's read our books together and find out exactly what happened during Holy Week.**

(Read your "Story of Holy Week" booklets together.)

- **Now you can see why Easter is so important. It is the day that Jesus rose from the dead.**
- **When Jesus rose, He made it possible for all the rest of us who are good followers of Jesus to go to heaven after we die. Jesus took away death forever!**
- **Do you think that's a pretty good reason to celebrate?**
- **Our Easter celebrations are beautiful and joyous. It's the happiest day of the year for Christians!**

Kids can color their Lent calendars (remind them that the little fish on each Friday are to remind them that it is a fast day).

(cont.)

They can put their calendars up and maybe write down things they do each day that make them better followers of Jesus. This can even be their Lenten commitment in place of a “give up”.

OR kids can make a “Living Out Lent Cube”. Before they cut out the cube, have kids write things they can do during Lent to be better Catholic Christians. You may need to offer suggestions 😊 Here are a few:

Go to reconciliation

Keep a Rice Bowl during Lent

Pray every day

Change a bad behavior

Read about Jesus

Give up free time to help around the house

Forgive someone

Be kind to others no matter what