



# LENT AND EASTER Booklet



AN ACTIVITY BOOK  
FOR CHILDREN &  
FAMILIES



# A SPECIAL EASTER MESSAGE

C Happy Easter - version 2

 Copy link

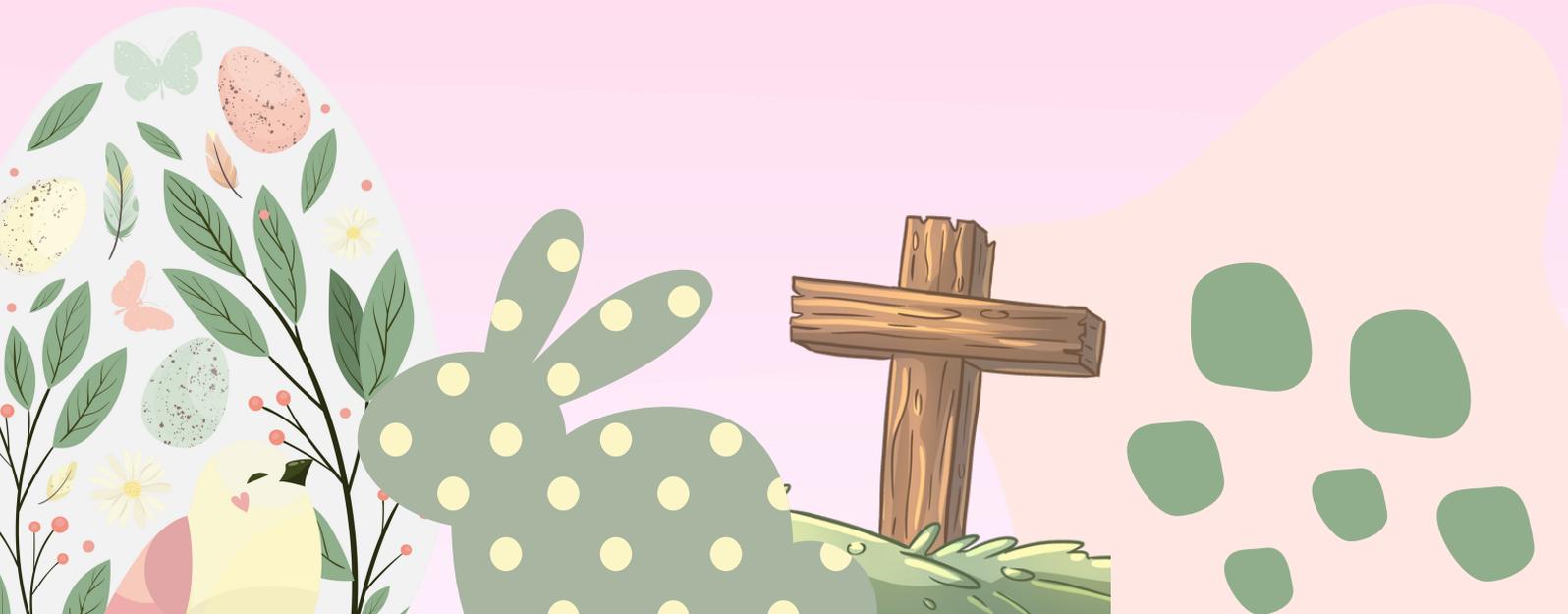
# Happy Easter



Easter Blessings to you and your family from your Catholic SRE Teachers!

Watch on  YouTube

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# LENT: WHAT IS IT?



## MY LENTEN PROMISES

Lent is a time of giving, prayer and fasting. Kids under the age of 14 are not required to fast from food, but there are other ways to make this time in Lent special and holy. Here are some ideas to get you started. Can you add to the list?

- Give up sibling rivalry.
- Take on unloading the dishwasher without being asked.
- Take on feeding the family pet
- Give up that pile of laundry that is all over your bedroom floor
- Give up chocolate.
- Give up saying "no" when your parent asks you to help them
- Give up looking at your phone/tablet during meals
- Take on telling your family members one good thing every day



# LENT & EASTER FAQs



## WHAT DOES THE WORD "LENT" MEAN?

The word "Lent" comes from the Old English word *lencten*, which simply means "spring" - it's spring in the northern hemisphere. But since way more than a thousand years ago (in 800s), "Lent" has been used as the name of the church season that comes right before Easter.

## HOW MANY DAYS ARE IN LENT?

Lent is the period of 40 days leading up to Easter. The number 40 represents the 40 days Jesus spent in the desert being tempted after getting baptised in the Jordan River. It's technically 46 (count it on your calendar to see), however we don't count the 6 Sundays during Lent as they are always a feast day.

## WHAT IS THE FIRST DAY OF LENT CALLED?

It is called Ash Wednesday, when Catholics have their foreheads marked with ashes in the shape of a cross to remind them of Jesus' death on the cross.

## WHAT IS "SHROVE TUESDAY"—IS IT PART OF LENT?

The day before Ash Wednesday, Shrove Tuesday is not part of Lent. Sometimes it's called "Fat Tuesday" because some people eat lots of rich, fatty foods on that day, since on the next day - Ash Wednesday - we start fasting, like Jesus did during his 40 days in the desert.

## WHAT IS "PALM SUNDAY" AND WHY IS IT CALLED "PALM" SUNDAY?

It's what we call the Sunday before Easter. "Palm" Sunday remembers the day when Jesus entered Jerusalem riding on a donkey and the people "paved" the road with palm branches to honour him—like when people today put down a red carpet for people to walk on to give them extra-special treatment.



## WHEN IS "HOLY WEEK," AND WHAT DOES IT MEAN?

The seven days before Easter, starting with Palm Sunday, are called Holy Week. The week is called "Holy" because it's the week leading up to and including Jesus' perfect sacrifice of himself on the cross.



## WHAT IS HOLY THURSDAY?

It's the Thursday before Easter. It helps us remember the "Last Supper," when Jesus shared the Passover meal with his 12 disciples before he was crucified. At the Last Supper, Jesus had the first Holy Communion when he gave them the bread and the wine and said "This is my body" and "This is my blood."

## WHY DO WE CALL THE NEXT DAY "GOOD" FRIDAY IF THAT'S THE DAY WE REMEMBER THAT JESUS DIED?

Some people say that "good" used to be another way of saying "holy," and Good Friday is the Friday of Holy Week - so it's Holy Friday. Some people say that "Good Friday" used to be a way of saying "God's" Friday. Either way, Good Friday is the day we remember Jesus' goodness to us by dying for our sins so that we don't have to.

## IS THERE A HOLY SATURDAY?

Yes - it comes between Good Friday and Easter, and it's on Holy Saturday that we especially remember Jesus' lying in the tomb after he was crucified and died.

## WHAT DOES EASTER CELEBRATE?

Jesus' resurrection - his rising from the dead, so that if we have faith in Jesus, we can have eternal life with him! In the Gospel of John Jesus also says: "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die" (John 11:25-26).



## WHAT DATE DO WE CELEBRATE EASTER?

Easter is always celebrated on the first Sunday after the first full moon on or after the first day of spring in the northern hemisphere, so the date of Easter changes every year, but it is always on a Sunday!

# BUILD A SACRED SPACE OVER HOLY WEEK

At the start of each SRE lesson, your teacher will often create a simple sacred space in the classroom with a coloured cloth, a candle, a bible and a cross. During Holy Week, why not try building a special sacred space somewhere prominent in your home to honour the significance of each holy day during this week.

## **PALM SUNDAY**

Go to Mass and celebrate Palm Sunday. When you come home lay out your palms to begin your sacred space.

## **HOLY THURSDAY**

Add a bowl of water, a face washer, a bread roll and some grapes (remembering the Last Supper),

## **EASTER SUNDAY**

Add some flowers from your garden, cover the cross with a white cloth and light the candle. Hallelujah! Jesus is alive!

## **HOLY SATURDAY**

Place a lit candle next to the cross as Jesus lays in the tomb.

## **GOOD FRIDAY**

Make a cross out of twigs found in the garden, tied together with twine and add this to remember Jesus' death on the cross.



# Easter Find-a-word

Z J H A Q  
S E R F Q  
I P Z S H  
V V I S F  
Q C P C Z  
H T A E D M O R F E S I R E M P T Y T O M B A  
N O I T C E R R U S E R D I S C I P L E S O S  
G L O R I F I E D S E P U L C H R E T S A E L  
Y R O T C I V F C B G J E T H I R D D A Y B C  
N A D Y O E N E L A D G A M Y R A M E A W C A  
S O N R S  
H X I T U  
T I N H N  
O C R Q D  
L S O U A  
C D M A Y  
L R S K W  
A A W E N  
I U G T A  
R G J N S  
U X G Y T  
B E J I O  
L E N O N  
O D R N E  
Y R C G X

ANGEL  
BURIAL CLOTHS  
DISCIPLES  
EARTHQUAKE  
EASTER  
EMPTY TOMB  
GLORIFIED  
GUARDS

MARY MAGDALENE  
MORNING  
RESURRECTION  
RISE FROM DEATH  
SEPULCHRE  
SPICES  
STONE  
SUNDAY

THIRD DAY  
VICTORY

PRINT &  
COMPLETE



# EASTER EGGS

## WHY DO WE EAT CHOCOLATE EGGS AT EASTER?

An egg is a symbol of new life. At Easter time, Jesus died, was buried in a tomb, then on the third day rose from the dead. The egg represents the empty tomb of Jesus and the new eternal life that his rising created for us.



The practice of eating real eggs began in Europe and rose in popularity as Christianity spread throughout the continent. Some people think that because during Lent many people abstained from eating eggs, there would have been a lot of eggs piling up as the chickens would keep on laying them. At Easter time, decorating and eating eggs was a special way to celebrate the resurrection of Jesus.

These days many people still decorate real eggs, but chocolate eggs, wrapped in colourful foil, have become really popular. Whether you like chocolate eggs or chicken eggs, make sure to include eggs on Easter day and remember that they represent new life and the empty tomb of our Risen Lord Jesus.



# EGGY IDEAS

## EASTER EGG HUNT

On Easter morning, kids love to hunt around the house or the garden for Easter eggs. Make it extra fun by making it a scavenger hunt. Leave clues in different locations to find a bounty of eggs at the end!



## COLOUR SOME CHICKEN EGGS

Hardboil some eggs on Easter Saturday and dip them into food colouring to create coloured eggs. Kids can draw designs with crayon beforehand and they look really beautiful shined up with a little olive oil, piled into a basket. Have them for breakfast on Easter morning. Have extra fun by trying to crack each other's eggs by tapping them together.



[Click here for some ideas on how to dye your eggs.](#)

## BAKE AN EGGY EASTER BREAD

There are many versions of Easter bread that are popular all around the world. They usually feature a sweet, enriched dough and are the perfect thing to eat as part of your Easter morning breakfast. [We have a great recipe in this booklet!](#)

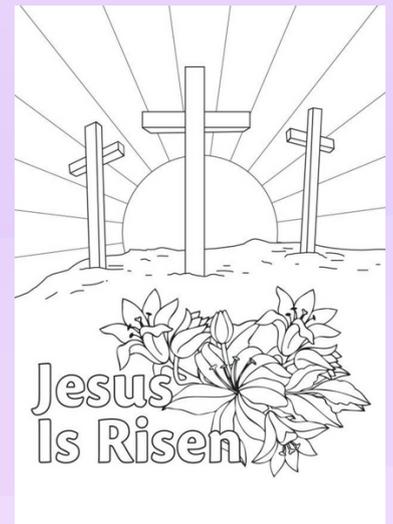
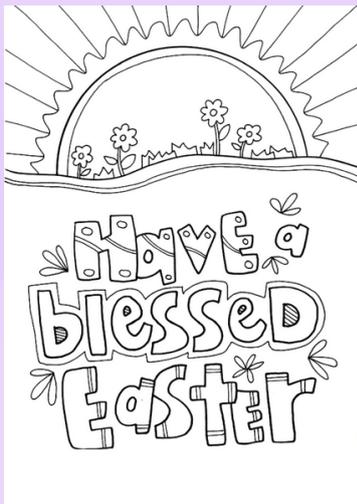
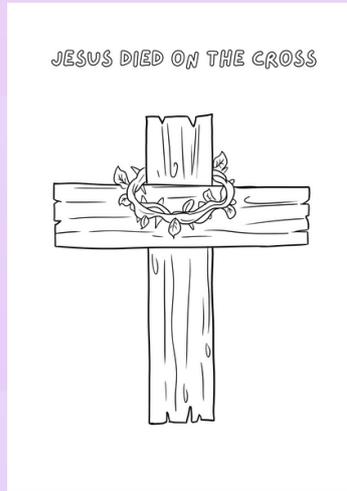




# COLOURING PAGES



Click on the thumbnails of each picture to download and print each colouring page.





# EASTER MUSIC



Music is such a wonderful way for us to be able to connect with our faith. We have all heard about Christmas carols, but Easter songs are not so famous! On this page we have compiled a list of Easter-themed music to enjoy over Holy Week and leading up to Easter Sunday.

WERE YOU THERE? - TRADITIONAL

YOUR MERCY - DAVID GUNGOR

HOSANNA - BROOKE FRASER

WHAT A BEAUTIFUL NAME - BYU VOCAL POINT

WOOD AND NAILS - THE PORTER'S GATE

ALIVE - ALEXANDER PAPPAS

ALLELUIA SING TO JESUS - TRADITIONAL

JESUS CHRIST IS RISEN TODAY - TRADITIONAL

CHRIST IS RISEN - MATT MAHER

REMEMBRANCE - MATT REDMAN

AT THE CROSS - CHRIS TOMLIN

BEHOLD THE LAMB - KRISTIAN STANFILL

FOREVER - BRIAN JOHNSON

ALLELUIA LOVE IS ALIVE - STEVE ANGRISANO

GREAT ARE YOU LORD - ONE SONIC SOCIETY

RUN TO THE CROSS - SARA HART

AN EASTER HALLELUIJAH - CALLAHAN SISTERS

THIS IS THE DAY THAT THE LORD HAS MADE - TRAD



# HOT CROSS BUNS

## INGREDIENTS

2 x yeast packets  
1 1/4 cups milk (310mls warmed)  
1/4 cup caster sugar  
4 cups plain flour  
2 teaspoons ground cinnamon  
2 teaspoons ground mixed spice  
1 teaspoon salt  
60 grams butter  
3 cups mixed fruit  
2 eggs

For the cross:  
1/3 cup self raising flour  
1/4 cup water

For the sugar glaze:  
1/3 cup water  
2 tablespoons caster sugar

The cross on top of these buns are a symbol of Christ's suffering on the cross. For this reason they are usually eaten on Good Friday, but they can really be enjoyed throughout the Lenten season.



1. Warm your milk and whisk together with the yeast and sugar until dissolved and then set aside for about 10 mins or until it's bubbling away and looks frothy. Soak the fruit for about 5 mins in hot water to soften and then drain.

2. Sift plain flour and spices into a large bowl then add in the butter and then rub the butter into the flour using your finger tips to make it look kind of like bread crumbs

3. Add the yeast mixture to the flour, then add in the eggs, and the drained, softened fruit and mix with a spoon then transfer onto a floured surface and knead by hand for about 5 minutes.

4. Transfer into a bowl to prove. Cover with cling wrap and placed it in a warm spot until it was double the size (about an hour).

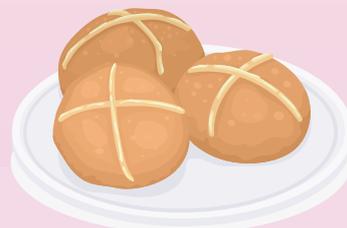
5. When the mixture has doubled in size punch it to let the air out (this is SO much fun) and then transfer back onto a floured bench and knead for a few more minutes then divide the dough into 12 small balls. Place the buns into a lined or grated baking tin and set them aside to prove again for another 15-20 mins. Preheat the oven to 200 degrees (fan forced).

6. Make up your mixture to pipe your crosses on by mixing the self raising flour and water, spoon into a zip lock bag and snip the corner when you are ready to make the crosses. Do one line down the centre of each row and turn and do the other rows. Place into the oven and cook for 10 mins at 200 then turn down to 180 and bake for a further 15 mins or until golden brown



7. Make your sugar syrup by placing the sugar and the water into a saucepan and place over heat until the sugar is dissolved and boil for a min or so then set aside and brush over the buns when they are out of the oven and still warm.

8. Enjoy with lashings of butter and get stuck in right away while they are hot and fluffy!



# SWEET EASTER BREAD

## INGREDIENTS

500 g (4 cups) plain flour

1 sachet dry yeast (1 sachet = 7g = 1.5 teaspoons)

100 g unsalted butter

100 g (1/2 cup) sugar

1 teaspoon vanilla extract

3 egg yolks

200 ml warm milk

1 lemon or orange zest, grated

pinch of salt

For glaze: 1 egg whisked + 1 or 2 tbsp caster sugar

1. In a large mixing bowl combine flour and dry yeast.
2. Mix in the butter (soften at room temperature) and then add sugar, egg yolks, vanilla extract, grated orange or lemon zest and a pinch of salt.
3. Slowly add warm milk and combine kneading until the dough forms. Dough should be compact with a relatively smooth surface.
4. Cover the dough with a clean kitchen towel and let it rise in a warm place at least 2-3 hours until it doubles in size.
5. After that knead it for a minute or two, form a ball if making one larger loaf or two balls if making two smaller loaves. Put dough ball on a tray lined with baking paper and let rise for at least another hour.
6. Once dough is well risen, make three deep cuts on the upper side of the loaf, from the centre towards the edge down in three directions. Glaze with a mixture of whisked egg and a little bit of caster sugar.
7. Bake in the oven previously heated to 180 C for about 35-45 minutes. I suggest covering with a baking paper when they get golden brown on top.
8. Remove from the oven, cover with kitchen cloth and let it cool. Enjoy!

