



Lent calendar

For primary schools

2026





Lent calendar 2026



Week:	One	Two	Three	Four	Five	Six
M	23 February	2 March	9 March	16 March	23 March	30 March
T	24 February	3 March	10 March	17 March	24 March	31 March
W	Ash Wednesday 25 February	4 March	11 March	18 March	25 March	1 April
T	19 February	26 February	5 March	12 March	19 March	26 March
F	20 February	CAFOD Fast Day	6 March	13 March	20 March	27 March
					Easter Saturday	Easter Sunday



Think about...

As Lent begins, we remember how Jesus spent 40 days in the desert.

While Jesus was in the desert he had very little to eat or drink.

There are many people around the world today who do not have the right things to live a happy life like enough food to eat or clean water to drink.



Throughout this Lent, we will think about our neighbours living in poverty around the world.

[Download our Lent liturgy - perfect for Ash Wednesday](#)



Think about...  Act 

This Lent, we are thinking particularly about our global neighbours who struggle to grow food because of climate change.

Meet 16-year-old Bayezid who lives in a village called Choto Bashail in Bangladesh.

Since he was little, Bayezid has helped his family grow vegetables on a floating garden plot. But in recent years, growing crops has become very tough because of climate change.



[Make a Bangladesh Lent display with our resources](#)

Think about...

Lent is a time when we pray, do kind things for other people, give up things and give to others, as we prepare to celebrate the great feast of Easter.

When we fundraise for others, or give up fast food, snacks or some other treat, we stand in solidarity with people who are living in poverty.

What can you do this Lent to stand with our brothers and sisters living in poverty?



Colour and pray each day with prayer leaves

Monday 23 February

Pray  Act  Give 

This Lent, schools in England and Wales are taking part in the Big Lent Walk, raising money to help communities like Bayezid's through tough times.

Could you join other school children in making a difference this Lent?



Lord, may my support bring hope to people in difficulty around the world.

May they know you are with them, with a family who care for them. Amen.

[Watch this film about the Big Lent Walk!](#)

THE BIG LENT WALK

Pray

Climate change can make growing crops very difficult.

In some parts of the world, there is too little rain. In places like Bangladesh, where Bayezid lives, there is too much. The result is the same – seeds fail to grow, plants die and families will go hungry.

"It's a big loss for us in Choto Bashail," says Bayezid.



Lord, fill our hearts with compassion for all our brothers and sisters around the world. Lead us to be good neighbours to all in need. Amen.

Act

Fairtrade is about giving a fair share to all the people who produce food around the world.

Find out if your local shop sells Fairtrade Easter eggs. If not, ask them why not?! Ask if they'll consider stocking them next year.

Could you become a Fairtrade school? This is a great way to live out your school's Jubilee Pledge!



[Find Fairtrade resources](#)



Thursday 26 February

Think about... 

Join our national assembly today.
Join schools from across England
and Wales to watch it!

Meet communities in Bangladesh
and find out how Bayezid and his
neighbour Zunayed are helping
their families to grow floating
gardens.



Join our Lent national
assembly

Friday 27 February

Pray  Act 

Today is CAFOD's Lent Fast Day!

Watch our Lent film to learn more about Bayezid and his neighbours in Choto Bashail.

See how, with CAFOD's help, they are working together, and with the environment, to grow crops that won't be destroyed by flooding.



Lord, on this CAFOD Fast Day, we pray for those around the world who do not have enough food to eat. May we do what we can to help them. Amen.

Watch and share
this Lent film

Monday 2 March



What action will you take to show kindness to others today?

How will you carry on as the Pilgrims of Hope we were called to be in the Jubilee Year?

Think of at least three things you can do today and in the next week of Lent.



Tuesday 3 March

Pray  Act 

Everyone likes to receive a letter!

Pope Francis wrote a special letter called *Laudato Si'* to everyone on earth asking us to take care of the world - our common home.

Bayezid knows how important it is to care for creation. “To build a beautiful world is everyone’s responsibility,” he says. “We have to prevent pollution and save the environment together.”



[Watch our *Laudato Si'* animation](#)



Think about...

Climate change has caused devastating floods in Bangladesh.

Bayezid's community has struggled to make a living because the increase in rain has ruined their crops.

With CAFOD's help, local experts work with families to build floating gardens. Because they are buoyant, the gardens rise with growing water levels, they are not flooded and the crops stay safe. How amazing!



[Play Our Wonderful World game!](#)



Thursday 5 March

Pray  Act  Give 

How can we be a neighbour to our brothers and sisters who are living in poverty so far away from us?

Sometimes it may feel difficult. The Big Lent Walk gives us the opportunity to stand in solidarity and to raise money to help communities to help themselves out of poverty.

[Join the Big Lent Walk!](#)



THE BIG LENT WALK

Lord, fill our hearts with compassion for the earth and all its people. Lead us to be good neighbours to all who are in need. Amen.

Think about...

Zunayed likes visiting the floating gardens with his father, who had watched his neighbours plant beds. He became curious, went to training sessions and learnt how to build them himself.

Zunayed is keen to keep an eye on things – checking that the plants on the floating beds are growing well.



[Learn more in the floating gardens photopack](#)



Think about...  Pray 

“I have come so that they may have life, and have it to the full.” John 10:10

Say these words together and spend time today thinking about them.

- Where do these words come from?
- What do they mean?
- How can we live by these words and put our faith into action?



Lord, help us use our talents and make the most of opportunities so that we live our best lives! Help us to put our faith into action so that we can help others live life to the full too. Amen.

Think about...

Last year, we were called to be Pilgrims of Hope in the Jubilee Year, and we continue to look forward with renewed hope.

Find a glass jar and decorate it as your class Jar of Hope.

Keep the jar on the prayer focus table. Write or draw things that make you feel hopeful on a piece of paper and pop it into the jar. Share your hopes during prayer times!



You can still make a
Jubilee Pledge



Act  Give 

This Lent, hundreds of schools in England and Wales are raising money to support our brothers and sisters living in poverty around the world.

There are so many easy ways you can do this! How about fundraising for the Big Lent Walk, organising a cake sale or a sponsored silence?



[Check out our CAFOD clubs](#)
[Lent activity ideas](#)



Pray

The Choto Bashail community create floating gardens by planting saplings into layers of woven hyacinth plants which grow locally.

"I help with the seedlings at the beginning and then when we bring in the beds," says Bayezid. He enjoys working on the floating gardens because "it has to be done in harmony with nature", he says.

Bayezid warns that we should look after our environment because he has seen the harm climate change can do.



Watch and pray together:
A prayer for our earth

Think about...

Pope Francis wrote a letter to everyone in the world called Fratelli Tutti.

In it, he asks us to reach out to our sisters and brothers in need, whoever they are, wherever they may come from.

What does that mean? It sounds like a big job. How can we do it?



The poster features the CAFOD logo at the top right and the title 'Fratelli Tutti' in large, bold letters. Below the title, it says 'ON FRATERNAL LOVE AND SOCIAL FRIENDSHIP'. The central image shows a diverse group of people, including a man with a beard, a woman in a headscarf, and a child in a wheelchair. A play button icon is overlaid on the group. At the bottom, there is a 'Watch on YouTube' button and the slogan 'no one beyond reach'.

Fratelli Tutti animation | CAFOD

Fratelli Tutti

ON FRATERNAL LOVE AND SOCIAL FRIENDSHIP

CAFOD
Catholic Agency for Overseas Development

Copy link

Fratelli Tutti

no one beyond reach

Watch on  YouTube

[Watch the animation!](#) 

Act

Football legend and England Lioness Sue Smith is taking part in the Big Lent Walk again this year!

Sue says:

“By joining the walk you can put Catholic Social Teaching into action – the money your school raises by walking will help fight poverty around the world!”



[Watch the animation on Catholic Social Teaching](#)

Think about...

Dia dhuit! That's 'hello' in Irish and today we celebrate St Patrick, the patron saint of Ireland.

One of his symbols is a shamrock. Its three leaves are said to represent the Holy Trinity of Father, Son and Holy Spirit and to stand for faith, hope and love.

How can we put our faith into action, give hope to others and show love to our global neighbours in need?



Act

Floating gardens aren't new – they've bobbed along in Bangladesh for hundreds of years!

But as changing weather means more rain, other ways of farming have become difficult.

So, with CAFOD's help, more families are turning to the old way of farming floating beds which isn't as affected by flooding.



Write a message about
caring for our world

Pray

Today is the feast of St Joseph – he's the patron saint of workers, fathers and families. Joseph protected Mary when pregnant with Jesus on the difficult journey to Bethlehem.

Many children make difficult journeys fleeing poverty or war – like eight-year-old Zein.

He escaped from southern Lebanon to a refugee camp. With CAFOD's help, his family receive food and bedding. "But what I want most is to go home," says Zein.



Lord, we think of those who have had to flee their homes because of war, and we pray for peace around the world. Amen.

[Watch Zein's film](#)



Think about...

This Sunday is World Water Day.

Bayezid and Zunayed are affected by too much rain, but we know in some areas of the world there is not enough.

Severe drought in Ethiopia meant Adi had to walk for hours to fetch water.

With CAFOD's help, a water tank was built in the community. She knows a better world needs all of us and helped with the project. "This tank is a blessing," says Adi.



[Watch Adi's film about water in Ethiopia](#)

Think about...

Muslima is five and is Bayezid's niece. Her grandfather was able to buy ducks and cows from money he made selling what he'd grown on the floating beds.

Muslima enjoys being in the kitchen with her grandmother, watching her cook the vegetables harvested from the floating gardens.



[Check out these gardening tips from children!](#) 

Think about...  Act 



Reflect on the Stations of the Cross

The Stations of the Cross show Jesus' journey to his crucifixion on Good Friday.

It is a difficult journey. We see Jesus stumbling with his cross and meeting his mother, Mary.

Inspired by Jesus, can we journey alongside our brothers and sisters around the world? Can we stand by our global family facing difficulties every day because of lack of food, clean water or peace?

Pray

Tuesday 7 April is World Health Day – but as that's in the Easter holidays, we'll mark it today!

Monica is a children's doctor. She works with families who live in poverty in El Salvador.

Lord, we pray for people who are sick and all the nurses, doctors and others who look after them. Be close to them with your strength, comfort and peace. Amen.



Think about...



Harvest time brings satisfaction for Bayezid, here in the photo with his father.

"After many days' hard work and dedication, I feel at peace when harvest comes," he says.

Because of the floating beds, the family have enough food to eat and sell, with money left over for the things to live a happy life.

"The floating garden is very important for us," explains Bayezid.



[Download Easter colouring sheets for Holy Week](#)

Friday 27 March

Think about 

Are you excited about the Easter holidays? We might share a special meal with family or friends, enjoy Easter eggs or nice treats.

But what is Easter really about? God loved us so much, he sent his son to live and die for us; to help us be the kindest we can be, to be hopeful and thoughtful.

Think about this question today:

How has your journey over Lent helped you follow Jesus more closely?



Think about  Pray 

Yesterday was Palm Sunday and now we are in Holy Week.

On Palm Sunday, we hear the story of Jesus entering into Jerusalem on a donkey, greeted by joyful crowds waving palms.

How can we make Jesus welcome as we get ready to celebrate Easter?

How can we be welcoming to others?



Lord, help us to be welcoming to all, not just to our friends, but to the stranger who may be struggling. Amen.

Tuesday 31 March

Think about  **Act** 

It's not too late to do a Big Lent Walk!

You may have finished school for the holidays, but how about finding a friend or family member to do the Big Lent Walk with?

You could walk around your garden if you have one, a nearby park or field, up and down the pavement! Make sure you check with an adult first and bring one with you!



Act

Easter is nearly here.

Why not make some Easter cards for your family and friends? You could use our Easter flower templates for decoration.

Look around and be inspired by the signs of new life which are all around us too!



[Easter flower template](#)



Think about  Pray 

Maundy Thursday

Today Jesus washed his disciples' feet at the Last Supper. This may seem a strange thing for the Son of God to do!

Why do you think he did this?

Jesus was showing the apostles how important it is to be humble and to serve others.

How can we follow in Jesus' own footsteps and serve others?



Lord, help us to be humble, knowing we are all equal in God's eyes, so we serve others in the way you have shown us. Amen.

Think about  Pray 

Good Friday

Today, Jesus died on the Cross.

We pray together, the *Light in the darkest times* prayer.

Let us remember all our global family who are struggling due to war, climate change, not having enough food to eat or clean water to drink.



Prayer for light in the darkest times



Think about 

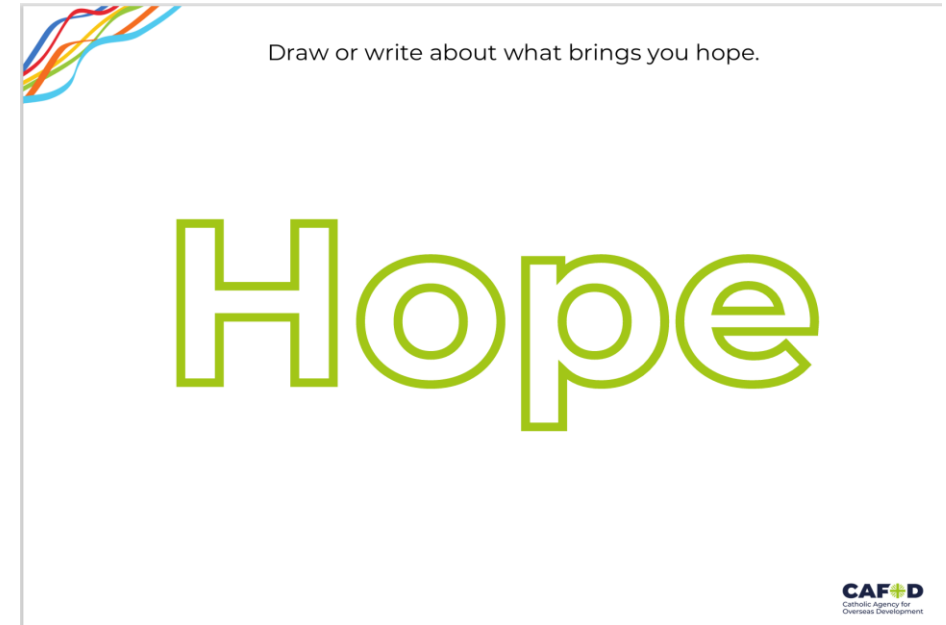
Act 

Easter Saturday

Tomorrow is Easter Sunday and as the season of Lent comes to a close, we can look forward to celebrating Jesus rising from the dead.

Easter Sunday gives us hope that we can walk from darkness into the light, that even when things are difficult, we can always be optimistic.

What gives you hope? Draw or write your thoughts on our worksheet.



What brings you hope?



Easter Sunday

Alleluia!
He is risen!