

My Lent Quest List

Participant's name:

Class:

Below are ten Lent quest tasks. With a grown up, take your Quest List into a wood or park. When you complete a task, take a photo as evidence or ask the grown up to put their initials in these boxes.



See the light - in spring we see the days <u>lengthen</u> . That's where the word Lent comes from. Find something that casts light.		Find a smiley face - Spring can make people feel hopeful and happy. Top tip: smiling at someone often results in a smile back.	
Find a Springtime flower - highlight any one (or all) of the following as evidence: Daffodil, Snowdrop, Crocus, Bluebell.		Find the time - at the end of Lent clocks in the UK go forward one hour. Find a clock face and record the time here...	
Discover signs of new life - highlight any one (or all) of the following as evidence: a lamb, bird's nest, duckling, puppy, baby.		Point out purple - in church, the colour purple is a symbol of preparation, which is why it is used in Lent. Find something purple.	
Listen out for bird song - listen carefully then have a go at copying the song yourself. Record your singing as evidence!		Spot a steeple - During Lent we try to pray more. Find a church and if you can, write its name here...	
Find some beautiful tree blossom - if you can, try smelling it. Write what it smells like in the space below.		Listen to this - In the desert Jesus spent time in silence. Be quiet for a minute. Write the sounds you hear in the space below.	