

Sunday School Craft

Planting the Seeds of Lent

**Best to use this craft with the "Planting the Seeds of Lent" lesson*

MATERIALS:

1. Paper cups
2. Construction paper
3. Pens/pencils
4. Scissors

PREPARATION:

- Cut out "seeds"
- Make a sample

DIRECTIONS:

1. Using construction paper, cut out shapes to be used as "seeds." You may cut out seed shapes, hearts, circles, whatever you wish to represent a "seed." (Each student will need 4-7, depending on age group.)
2. On each seed, have students write ways during Lent that they will "
 - a. "OPEN UP"
 - b. "CLEAR OUT"
 - c. "SWEEP UP"
 - d. "PLANT"
3. Place seeds into a paper cut. Students can take one out each day as a reminder.
4. OPTIONAL: Decorate the outside of cup with words, phrases, and pictures that represent Lent.

