

[1] Wed 18 February

Teach each other one word or greeting from an Indigenous language or your heritage; pray for children learning in two languages.

[2] Thu 19 February

Family nature walk - spot three signs of spring; choose one waste-reducing change (e.g., a no-plastic day).

[3] Fri 20 February

Gather gently used books/stationery to donate locally; pray for families choosing between food and school costs.

[4] Sat 21 February

Plant a herb or a few seeds together; name each plant after someone you'll remember in prayer.

[5] Sun 22 February

Create a simple 'family pledge' for honest speech and kind listening; put it on the fridge or somewhere visible for the family.

[6] Mon 23 February

Cook a simple, nutritious meal together; talk about how food and education help families thrive.

[7] Tue 24 February

Read a short refugee story aloud; light a candle and pray for safety, schooling, and healing.

[8] Wed 25 February

Write a one-sentence family prayer for justice; say it together before meals all week.

[9] Thu 26 February

Make a 'family storybook' page (drawings or photos) and share it with grandparents/a friend; pray for Guyanese teachers.

[10] Fri 27 February

Try an 'energy hour' (lights off, devices aside); reflect on how small choices bless our planet.

[11] Sat 28 February

Write a note for your teacher or school staff to say "thank you for helping us learn."

[12] Sun 1 March

Pray by name for a leader you know (teacher, coach, local councillor) to act justly and wisely.

[13] Mon 2 March

Make a simple 'care for creation' poster and display it at home/school.

[14] Tue 3 March

Try growing cress on a windowsill; discuss how harvests help with school costs.

[15] Wed 4 March

Learn one way to support mental wellbeing (e.g. gratitude jar) and use it daily for a week.

[16] Thu 5 March

Choose one weekly habit to support learning (quiet reading time; device-free hour).

[17] Fri 6 March

Do a mini litter pick on your street or at a park.

[18] Sat 7 March

Create a quiet 'study corner' at home; practice a helpful study habit daily e.g. using a dictionary to help with spelling.

[19] Sun 8 March

Practice 'listening without interrupting' for five minutes at dinner; pray for families in transit centres.

[20] Mon 9 March

Family vision board - add one future hope for each person (study, career, service).

[21] Tue 10 March

Write a short letter/post to encourage one eco-action (tree planting, energy saving) explaining why it is important, and share.

[22] Wed 11 March

Role-play a 'fair choice' (sharing, apologising, telling the truth); celebrate good decisions.

[23] Thu 12 March

Plan two 'use-it-up' meals this week to prevent leftovers going to waste.

[24] Fri 13 March

Assemble a small care pack (card + treats) for someone who's had a tough week.

[25] Sat 14 March

Donate a book or pencil case; write a thank-you card to a teacher or teaching assistant.

[26] Sun 15 March

Choose a daily 'switch it off' moment (lights/devices) and try an alternative - read a book by candlelight.

[27] Mon 16 March

Watch a short video or read an article together on fair trade or ethical sourcing; choose one ethical purchase.

[28] Tue 17 March

Sing a song or pray in two languages (English + heritage/indigenous phrase); bless children in Guyana.

[29] Wed 18 March

Write a note to your MP asking for compassionate refugee policy and support.

[30] Thu 19 March

Try composting kitchen scraps (or read how to do it); decide one step you can start this month.

[31] Fri 20 March

Come up with a set of house rules that promote love, kindness and fairness.

[32] Sat 21 March

Host a small prayer moment for climate justice; each person names one action to try this spring.

[33] Sun 22 March

Cook a 'simple-and-local' meal; pray for those who depend on the sea and soil.

[34] Mon 23 March

Set a family study hour this week with snacks and soft music - phones off.

[35] Tue 24 March

Make a 'family identity collage' of photos/words; display it and thank God for your roots.

[36] Wed 25 March

Pray Psalm 23 together for families in transit centres and those who serve them.

[37] Thu 26 March

Practise a calm 'I statement' when something goes wrong (e.g. "I felt hurt when...").

[38] Fri 27 March

Pick one eco-habit to keep after Easter (bike/walk more, reduce plastics, shorter showers).

[39] Sat 28 March

Bake bread or a simple cake together and deliver a portion to an elderly neighbour.

[40] Sun 29 March

Write your post-Easter family commitment: one habit, one relationship to care for, one way to support JM's work for children and families.