



Here is a list of suggested sacrifices your children can make during Advent. You can use this list in several ways. You may want to select a sacrifice for all of Advent, something to give up or an extra job to do. Or you can cut these ideas up into strips of paper and place them in a jar, and then everyone can take out one or several every day or week to do. Please review them and remove the ones that are not appropriate for your family and print out as many as you need.

Sacrifice List: Ideas for sacrifices we can do to prepare our hearts, minds, and wills to serve God

Give up a special treat or snack.

Do an extra chore without being asked.

Say an extra prayer like the Hail Mary or Our Father (especially good to say this prayer for a special intention).

Clean your room without being asked.

Help your Mom the next time you see her cleaning.

Give one of your siblings the choice of game or toy you are going to play with.

Do a chore for someone else.

Let someone else choose the bedtime story.

Go to bed right away when you are told.

Kneel and say prayers after Mass.



Put your own money in the Poor Box.

Light a candle, pay for it yourself, and pray for someone.

Make a card for a sick person and mail it.

Go through your own toys and give some away to another child or to a thrift shop.

Help your Mom cook dinner and clean up afterwards.

Gladly go to confession or to Mass when the time comes.

Say a prayer for your parish priest.

Instead of watching your favorite TV or video, do a job around your house.

Do your homework without being told.

Help a sibling.

Make a present for someone.

Help clean up after a meal.

Give cookies or small gift to someone that serves you (like your mailman).

Say a prayer for your family.



Read a story to a sibling.

The next time someone says something mean to you, say nothing in return.

Tell your parents how much you appreciate all their work and love.

Call a grandparent or close relative who is lonely or who lives far away and tell them about your day.

Pray for your deceased relatives.

Don't yell for someone in the house to come to you, but instead go find them to talk to them quietly.