

Holy Week for Older Children and/or Mixed Families

Dear Families,

Holy Week can feel big and sometimes confusing, especially for kids. The stories are powerful, and it's not always clear how to share them in ways that make sense.

Even small, simple activities can help your family experience the meaning of this week together. Below are a few short, hands-on practices for older children. Each takes just a few minutes. If it feels like too much, just pick one that speaks to your family and start there.

Holy Week Activities for Kids, Older Children, and Teens

Holy Week is a journey—a time to walk with Jesus through the Last Supper, the cross, and the empty tomb. These activities are designed to help your family experience each day in a simple, meaningful way.

Maundy Thursday: Foot Washing & Hidden Cross

Foot Washing: Fill a bowl with warm water and have towels ready. Wash each other's feet, one at a time. Say together: *"Jesus showed love by serving others. I love you too."*

Why: Helps kids understand love as action, not just words. **Time:** 5–10 minutes

Hidden Cross: Take a small cross or picture of Jesus and hide it somewhere in the house. Say: *"We're keeping Jesus safe until Easter morning."* On Easter, find it together!

Why: Introduces the idea of waiting and resurrection in a tangible way. **Time:** 5 minutes

Good Friday: Quiet Time & Candle Making

Quiet Time Turn off screens and noisy distractions for a time (an hour, or the whole day). Read a story from the Bible, color, draw, or just sit quietly together. Talk softly about what makes today a serious, quiet day.

Why: Helps kids notice stillness and reflect on the seriousness of Good Friday.

Make a Paschal Candle Use a white pillar candle or jar candle. Decorate with a cross, the current year, and Alpha & Omega (A and Ω). You can add stars, hearts, or other meaningful symbols. Light it on Easter morning and say together: *"Christ is risen, Alleluia!"*

Time: 15–30 minutes

Holy Saturday: Waiting & Magic Eggs

Waiting Time Read Luke 23:55–24:3 aloud together. Sit quietly for a few minutes and think about what it would feel like to wait, not knowing what will happen next.

Why: Teaches patience and trust—there is hope even when we can't see it. **Time:** 10–15 minutes

Magic Eggs Draw on a hard-boiled egg with a white crayon. Dip it in dye and watch the design appear! Talk about how some things in life take time to be revealed—just like God's plans. **Time:** 15 minutes

Easter Sunday: Celebrate the Light

Light your Paschal candle. Say together: *"Alleluia! Christ is risen! The Lord is risen indeed! Alleluia!"* Find the hidden cross from Maundy Thursday and celebrate its return. Share a simple meal, or make a small family celebration to mark the joy of Easter.

Why: Helps children and teens see Easter as a lived, joyful moment, not just a story.

Tips for Families

1. You don't have to do every activity. Pick what works for your family, Make it playful, reflective, and meaningful—balance is key.
2. Ask questions like: *"How does this activity make you feel?"* or *"What does waiting teach us about hope?"*

May these simple moments guide your family through Holy Week, helping everyone experience the love, hope, and joy of Easter together.