

# Kindness and Respect

*The 40 days of Lent are a time for examining how we treat others. We must remember to treat others with kindness at all times. Lent is also a time to think about the needs of others and ask ourselves what we can do to help them.*

## I Prepare for Lent

Use the code to solve the puzzle below to find ways we can help others during Lent.

A	B	C	D	E	F	G	H	I	J	K	L	M
z	y	x	w	v	u	t	s	r	q	p	o	n
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
m	l	k	j	i	h	g	f	e	d	c	b	a

\_\_\_\_\_  
 h z e v n l m v b g l  
 \_\_\_\_\_  
 t r e v z o n h g l  
 \_\_\_\_\_  
 g s l h v r m m v v w  
 \_\_\_\_\_  
 w l m z g v u l l w  
 \_\_\_\_\_  
 z m w x o l g s r m t  
 \_\_\_\_\_  
 g i v z g z o o  
 \_\_\_\_\_  
 k v l k o v  
 \_\_\_\_\_  
 p r m w o b

