

Our Lady of the Valley Religious Education

February 2026 Activity Packet

Grades Pre-K-2



Name: _____

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February 2026 Overview: Grades Pre-K-2

Theme: Month of the Holy Family

Litany of the Holy Eucharist Title: Sacred Host, Sacrament of love

Sixth Office of the Sacred Heart: Suppliant of Our Lord

Invocation of the Sixth Choir of Holy Angels: By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil.

Sixth Aspiration to the Sacred Heart: Heart of Jesus, perfect model of meekness, inspire my heart with this salutary virtue.

Thematic Guiding Questions, Pre-K-2:

- ♥ Who is in the Holy Family? Why do we honor the entire Holy Family?
- ♥ How are the people in your family like the Holy Family?
- ♥ How do the holy angels help us to serve God and each other well in our families? How may we be more like the holy angels?
- ♥ How is Heaven a family, and how can we make Earth more heavenly for each other in our family life?
- ♥ What is something special you love about each member of your family, or what is something you can do to show your family how much you love them?

Saint of the Month: St. Bernadette Soubirous was a young woman visited by Our Lady in Lourdes, France in the 1850s. Our Lady asked for a chapel to be built on the site where she visited. Springs of water were underneath this area. Now, people visit the shrine (church) at Lourdes to be healed by this holy water in the place graced by Our Lady's presence. Like all those who develop a devotion to Our Lady of Lourdes, St. Bernadette was very inspired by Mother Mary, and became a nun in the religious community called the Sisters of Charity. She led a holy life honoring Our Lady. When Our Lady appeared to St. Bernadette, she prayed the Holy Rosary with her, only saying the "Glory Be" to give glory to God. Our Lady did not pray the "Our Father," because as a sinless person, she could not pray to be led away from sin (in the "Our Father," we say, "lead us not into temptation"). She also could not pray the "Hail Mary," because in her humility, she would not salute herself, nor would she ask to "pray for *us* sinners," when she was without sin, and therefore, not among sinners (but when *we* ask Our Lady to pray for us, she certainly will). With the holy angels, Our Lady and all of the saints give glory to God, and with all that we do in this month, we strive to do the same.

Monthly Challenge: Use holy water to bless the members of your family. (You might use the holy water that was blessed at Epiphany.) Say a special prayer asking Our Lady, Queen of Families to intercede for your family. Pray that the guardian angel of each family member would help them to become closer to Our Lady so that they may become closer to Jesus. Ask Our Lady, Queen of the Angels to watch over each of you, and to help you each to grow more like the holy angels, in developing a special friendship with God every day, as His beloved children. Offer your Holy Communion, or your spiritual communion, to the holy angels to honor them. They

delight in being offered Holy Communion, since they cannot receive It themselves, being purely spiritual, and not material, beings.

Practice the sixth Office of the Sacred Heart. Serve as a suppliant by bringing special petitions to Our Lord when you visit Him in the Blessed Sacrament. Unite with the holy angels in bringing special intentions of your friends and family members to Jesus, offering prayers on their behalf, as you deliver their messages to Our Lord. Then unite your prayers with the Hearts of Jesus and Mother Mary, that Mother Mary may deliver graces from the Heart of Jesus to those for whom you pray. Pray to imitate the enduring love of Jesus, the Eternal High Priest, Who makes constant intercession for us, as you develop a prayer plan going forward, keeping special intentions in your daily prayers.

Overall Learning Goals: This month, our goal is to learn about how God communicates His love for us in our families, and to identify how we can express our love for God in our daily lives, as individuals and as a family in Christ. We will learn about how God's love is always with us, at the center of our lives, and how we can celebrate it not only on certain feast days, but throughout the year.

Summary of Activities: We will explore stories of the saints to learn from the example set by people in the Church who lived their lives out of love for God. We will highlight St. Valentine and Our Lady of Lourdes, whose feast days are celebrated in February, and will look at how we celebrate love for God through Valentine's Day, Candlemas, and Lent traditions this month. Our activities will focus on how we experience God's love as reflected in the Holy Family and in the sacraments, as well as how we offer our love to God as a Church family at Holy Mass.

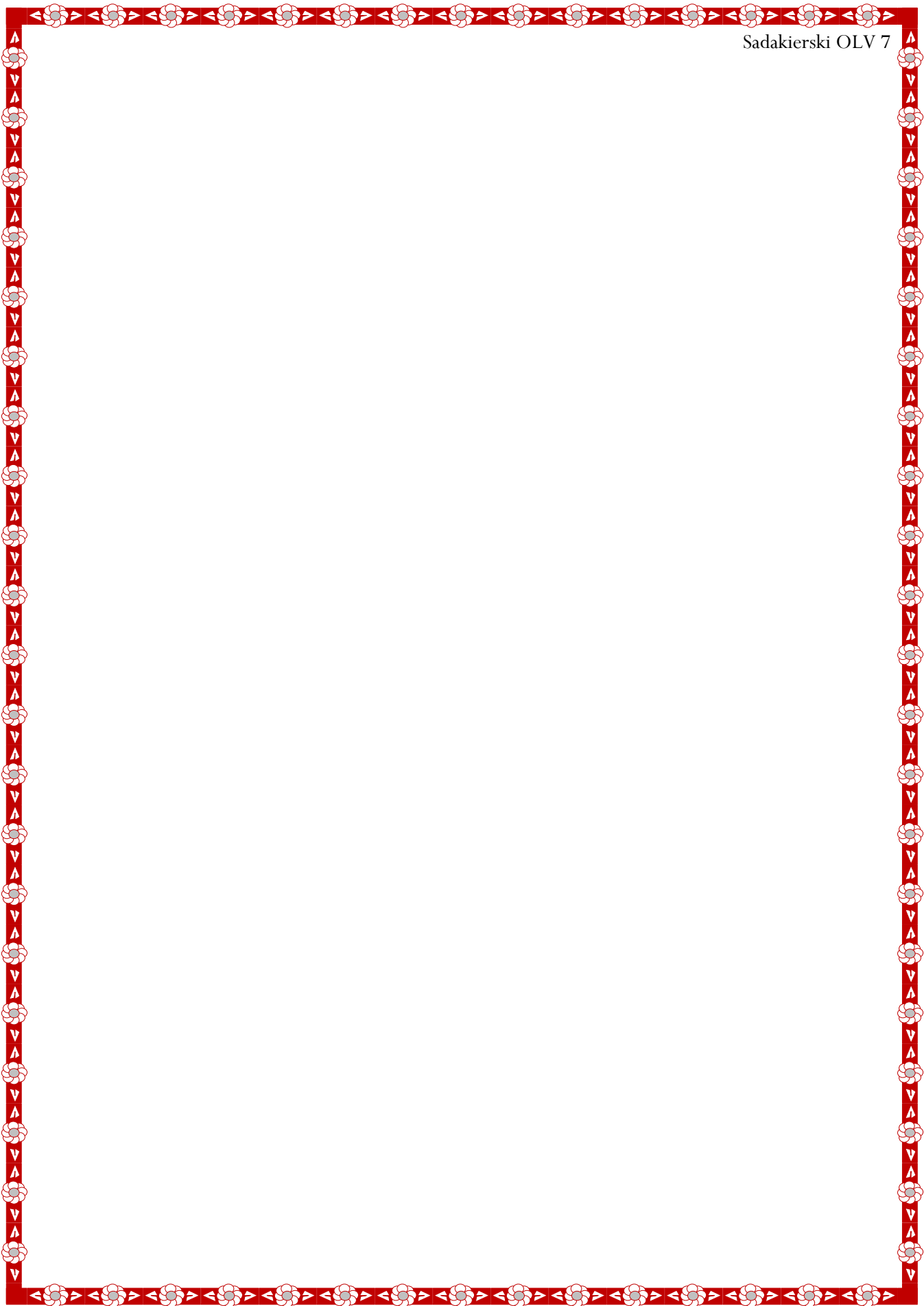
Suggested Mealtime (Grace) Prayer: "Bless the food before us, the family beside us, and the love between us. Amen."

Additional Enrichment Ideas: Please see the enclosed 2026 Lenten calendar to begin preparing for the start of this holy season on February 18. You can use this to track Lenten resolutions (what you choose to practice as a sacrifice for Lent, or what you choose to add for spiritual growth in this season). Each day that you live out what you have dedicated yourself to doing for God can be colored in purple (the liturgical color for penitential seasons like Lent), and pink on Laetare Sunday, the fourth Sunday of Lent. You could set Lenten goals to work on together as a family rather than individually.

- ♥ At a family meal, offer prayer intentions for each other. Share something you love about each family member, and offer a special prayer for them. Pray together for blessings on your family from Jesus, through the intercession of Mother Mary and St. Joseph. Look at a family photo album, or a scrapbook with pictures from when you made your sacraments. Share memories and talk about how you have felt God's presence in your lives as a family.
- ♥ Eucharistic Adoration is an excellent devotional practice to love and praise God. In the peace of an adoration chapel, we can come to more deeply love Christ's Presence in the Holy Eucharist. If you cannot attend in person, you can see a video of Eucharistic Adoration at the Shrine of Our Lady of Czestochowa in Jasna Gora, Poland, here:

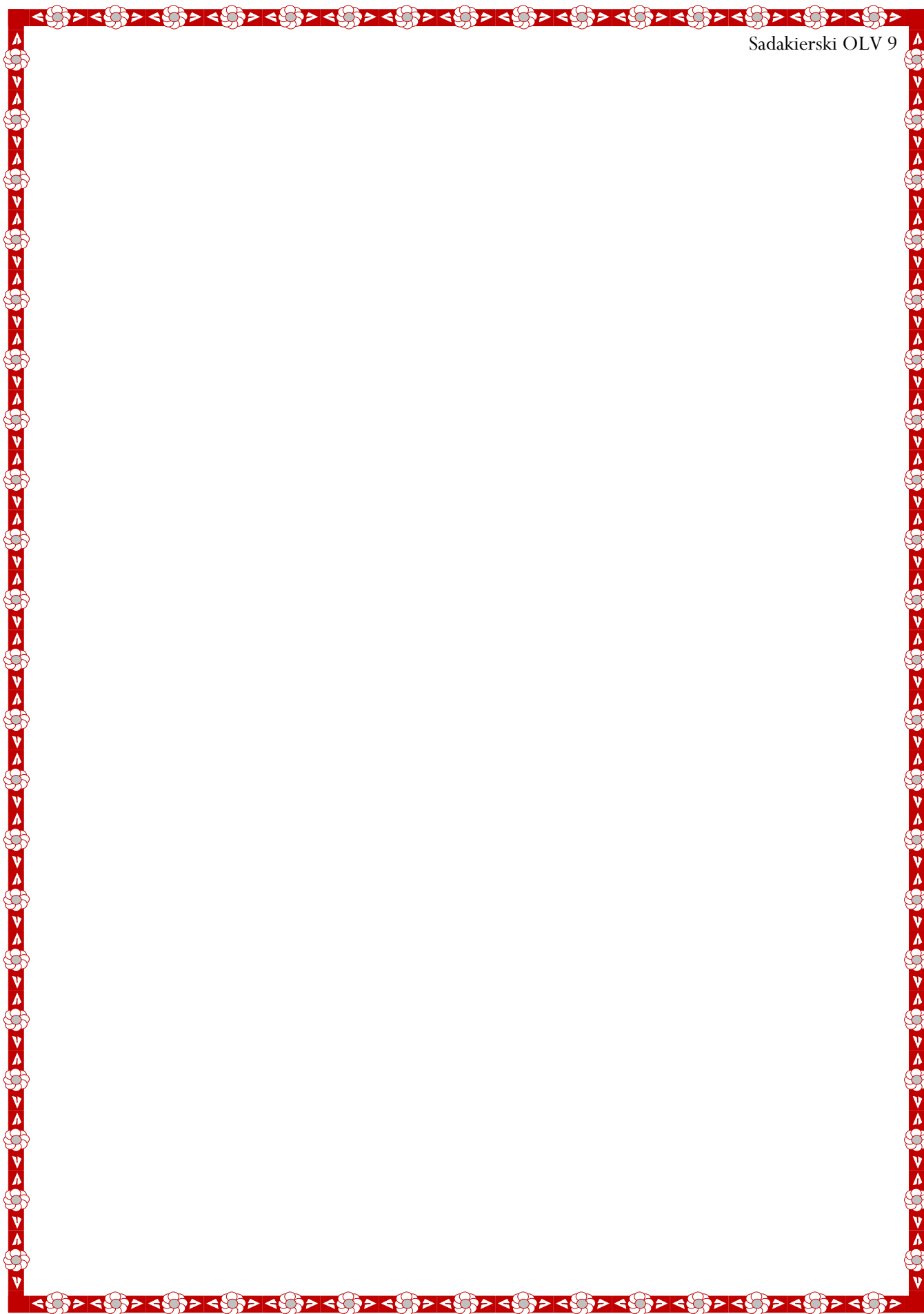
https://www.youtube.com/watch?v=fi_UnrvgJ6E&list=PLv-YpudlA7842bOzEGRHB-6Ky-CDkziqp&index=44&pp=gAQBIAQB8AUB (the video features the singing of the “Gorzkie Zale” Polish Lenten hymns, the “Bitter Lamentations,” during Adoration)

- ♥ In our “valentines for saints” activities, continue the conversation by talking about what you love about the saints. What did they do that inspired you? How can we emulate their actions during Lent?
- ♥ As a family, you can share stories of the saints, making connections to how they modeled their lives after Jesus. Reading saint biographies as part of a Lenten reading program is an excellent way to promote spiritual growth and learning during the season. The illustrations in picture books are an excellent way to show concretely how the saints lived out their love for God
- ♥ On Valentine’s Day, each family member can exchange valentine cards or prayer cards representing their favorite saint
- ♥ You might also consider choosing a patron saint for your family (the Catholic saint name generator site will give you a patron saint to be your “holy helper” for the new year! Visit this link: <http://saintsnamegenerator.com/>). Each family member can pray for the intercession of this saint
- ♥ **Take your pulse, or put your hand over your heart. Each heartbeat is God saying “I love you!”**



Lenten Calendar 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------|----------------------|--|---------------------------------------|--|--|
| | | | February 18 Day 1 Ash Wednesday Meatless Day | February 19 Day 2 | February 20 Day 3 Meatless Friday | February 21 Day 4 |
| February 22 First Sunday of Lent (Little Easter)* | February 23 Day 5 | February 24 Day 6 | February 25 Day 7 Ember Day** | February 26 Day 8 | February 27 Day 9 Ember Day Meatless Friday | February 28 Day 10 Ember Day |
| March 1 Second Sunday of Lent (Little Easter) | March 2 Day 11 | March 3 Day 12 | March 4 Day 13 | March 5 Day 14 | March 6 Day 15 First Friday Meatless Friday*** | March 7 Day 16 First Saturday |
| March 8 Third Sunday of Lent (Little Easter) | March 9 Day 17 | March 10 Day 18 | March 11 Day 19 | March 12 Day 20 | March 13 Day 21 Meatless Friday**** | March 14 Day 22 |
| March 15 Fourth Sunday of Lent, Laetare Sunday (Little Easter) * | March 16 Day 23 | March 17 Day 24 | March 18 Day 25 | March 19 Day 26 | March 20 Day 27 Meatless Friday | March 21 Day 28 |
| March 22 Fifth Sunday of Lent, Passion Sunday (Little Easter) | March 23 Day 29 | March 24 Day 30 | March 25 Day 31 | March 26 Day 32 | March 27 Day 33 Meatless Friday | March 28 Day 34 |
| March 29 Sixth Sunday of Lent, Palm Sunday (Little Easter) | March 30 Day 35 | March 31 Day 36 | April 1 Day 37 Holy Wednesday | April 2 Day 38 Holy Thursday | April 3 Day 39 Good Friday Meatless Friday | April 4 Day 40 Holy Saturday |
| April 5 Easter Sunday | | | | | | |



*Sundays: Little Easters; Lenten fast lifted. Therefore, these are not counted as part of the 40 days of Lent. The full Lenten fast ends on Easter Sunday, April 5 this year

**Though no longer required by the Church in the new rite/liturgical calendar, Ember Days were traditionally penitential days of fasting and abstinence from meat (partial on the Wednesday and Saturday Ember Days), which continue to be observed by a number of Catholics today. Ember Days take place during the spring, summer, fall, and winter. Spring Ember Days are those on the Wednesday, Friday, and Saturday after the First Sunday of Lent. Since the First Sunday of Lent falls on February 22 this year, the Spring Ember Days are February 25, 27, and 28. These are excellent days to go to Confession and make reparations

***First Fridays during each month are dedicated to the Sacred Heart. It is traditionally a day to go to Holy Mass and ask for reparations, praying for God's mercy

****Ash Wednesday and all Fridays in Lent are meatless. Some Catholics choose to abstain from meat on Fridays year-round, not only during Lent, in observance of the day that Jesus died (a Friday, the day we commemorate on Good Friday, April 3 this year)

*Laetare Sunday: pink vestments are worn as a celebration of joy. "Laetare," meaning "rejoice," comes from the first word of the Latin Introit (the first Proper, or changing reading, of the Holy Mass said on this day), chanted when the priest approaches the altar at the beginning of the Holy Mass

Learning Standards

| Grade Level | Week | Activities | Learning Standards |
|---|-----------------|-----------------------------------|--|
| <p style="text-align: center;">Pre-K, Kindergarten</p> | <p>1</p> | <p>“Loving Our Family”</p> | <p>K.4 We talk to God through prayer. We pray every day to help us do the right things. Praying helps us to know God.</p> <p>K.9 Mary, the Mother of Jesus, is our Mother, too- She is always with us. We can pray for Her to help us to get to know Jesus better, because as His Mother, Mary is very close to Jesus.</p> |
| | <p>2</p> | <p>“Loving Our Church”</p> | <p>K.7 When we go to church, we are in God’s house. It is a holy place where we experience God’s love, so we are respectful. We attend Mass at church and pray, following the priest as he celebrates the sacrament. In addition to attending Mass on Sundays, we attend for special holidays during the seasons, including Advent and Lent. At church, we show our love for God. Outside of church, we can continue to love God through the kind things we do, because God is always with us, and is happy when He sees us being loving.</p> |

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| | 3 | “Love of the Cross” | K.1 God is love. He wants all of us to be loving to each other, so we use kind words and do kind things to show our love. |
| Grade 1 | 1 | “Our Love for God” | 1.4 Christ came to Earth so He could die on the Cross to save us from our sins. When we do something wrong, we sin. Jesus is without sin, so when He died for us, He redeemed us. His death helped to open Heaven for us. |
| | 2 | “Loving Jesus at Lent and Always” | 1.5 The altar is the table at the church where the Sacrifice of the Mass takes place, when we remember Jesus giving His life to save us. The offering of bread and wine on the altar is changed into Jesus’ Body and Blood here. 1.6 At Communion, we receive the Body of Christ in the Host. 1.8 Hosts are kept in the church’s tabernacle, a gold shrine that is beautifully decorated. |
| | 3 | “Valentines for Saints” | 1.1 Jesus and Mary are examples of full faith in God the Father. Their lives were lived without sin, and with total love. We can follow their example in |

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| | | | our daily lives, especially as we prepare to receive the sacraments that will bring us into closer union with God. We are a community of faithful who show our faith in God by trusting in His plan for our lives. |
| Grade 2 | 1 | “God’s Love in the Eucharist” | 2.4 The saints are people in Heaven, including Mother Mary. They teach us how to be like Jesus. We can ask them to help us be holy. The saints loved God in their lives on Earth, exemplifying how to receive God’s graces reverently through the sacraments, and how to use them to become holier. |
| | 2 | “In Communion with Christ: God’s Love in Our Church” | 2.6 The sacraments are special celebrations of God’s love, signs of His Presence. 2.8 One must be in the right disposition to receive a sacrament, having the right intention. A valid mind is needed for valid reception of the sacrament, meaning that one should have the faith and understanding to know that they are receiving Christ into their hearts, |

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| | | | with full acceptance (the exception is in the baptism of infants, where the faith and understanding of the parents stands in for the infant being baptized). |
| | 3 | “God’s Love and Forgiveness” | 2.7 God forgives us because He loves us. We see that He loves us because He gave us the sacraments to help us get to know Him and become closer to Him. |

February 2026 Lesson Pacing Guide (Suggested Schedule)

Grades Pre-K-2

| Week Number/Date | Grade Level | Activities |
|--|----------------------------|---|
| Week 1 (February 2, 2026 – February 6, 2026) | Pre-K, Kindergarten | “Loving Our Family” |
| | Grade 1 | “Our Love for God” |
| | Grade 2 | “God’s Love in the Eucharist” |
| Week 2 (February 9, 2026 – February 13, 2026) | Pre-K, Kindergarten | “Loving Our Church” |
| | Grade 1 | “Loving Jesus at Lent and Always” |
| | Grade 2 | “In Communion with Christ: God’s Love in Our Church” |
| Week 3 (February 16, 2026 – February 20, 2026) | Pre-K, Kindergarten | “Love of the Cross” |
| | Grade 1 | “Valentines for Saints” |
| | Grade 2 | “God’s Love and Forgiveness” |

| Week Number/Date | Grade Level | Words to Practice | Definitions |
|--|----------------------------|-------------------|---|
| Week 1 (February 2, 2026 – February 6, 2026) | Pre-K, Kindergarten | Lent | The holy season in the Church when we get ready to celebrate when Jesus came back to life after dying on the Cross. We think about Jesus’ great love for all of us during this time of year, remembering that it is His love that saved us. |
| | Grade 1 | Chalice | The cup that holds the consecrated wine (the Blood of Christ) at Mass. |
| | Grade 2 | Saint | A soul in Heaven, with Jesus. Someone we can ask to pray for us to help us become closer to Jesus, too. |

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| Week 2 (February 9, 2026 – February 13, 2026) | Pre-K, Kindergarten | Priest | A priest is a man who has dedicated his life to God, acting and speaking for Jesus on Earth by saying the Mass, blessing people, and forgiving sins, just as Jesus did. Priests are leaders of churches who serve God and His faithful followers by giving them the sacraments, caring for their souls with love. Being a priest is a special and holy calling given by God. |
| | Grade 1 | Altar | The central table where the Sacrifice of the Mass happens in the church. On the altar, the bread and wine are changed into the Body and Blood of Christ. |
| | Grade 2 | Penance | At Confession, after we confess our sins, the priest tells us what to do to make up for our sins. This is our penance- sometimes, it can be in the form of prayers we say as we ask for God to forgive us. |
| Week 3 (February 16, 2026 – February 20, 2026) | Pre-K, Kindergarten | Cross | Jesus died on the Cross out of love, to save us from our sins. The Cross is made of a wooden vertical beam that is crossed more than halfway up by a horizontal wooden beam. |
| | Grade 1 | Sacrifice | To give up something. Jesus sacrificed His life out of love. During Lent, we make sacrifices, giving something up to better understand, and become closer to, Jesus. |
| | Grade 2 | Confessional | The space where we go to confess our sins to a priest. |

| Week Number/Date | Grade Level | Prayers to Practice | Text of Prayers |
|---|----------------------------|---|---|
| Week 1 (February 2, 2026 – | Pre-K, Kindergarten | Sign of the Cross | In the name of the Father, And of the Son, And of the Holy Spirit. Amen. |
| | Grade 1 | The Lord's Prayer (Our Father) | Our Father, Who art in Heaven, Hallowed be Thy name. Thy kingdom come. |

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| February 6, 2026) | | | <p>Thy will be done on Earth, as it is in Heaven.</p> <p>Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us.</p> <p>And lead us not into temptation, But deliver us from evil. Amen.</p> |
| | Grade 2 | Act of Contrition | <p>Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all good, and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.</p> |
| Week 2 (February 9, 2026 – February 13, 2026) | Pre-K, Kindergarten | Sign of the Cross | <p>In the name of the Father, And of the Son, And of the Holy Spirit. Amen.</p> |
| | Grade 1 | The Lord's Prayer (Our Father) | <p>Our Father, Who art in Heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done on Earth, as it is in Heaven.</p> <p>Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us.</p> <p>And lead us not into temptation, But deliver us from evil. Amen.</p> |
| | Grade 2 | Act of Contrition | <p>Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all good, and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do</p> |

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| | | | penance, and to amend my life. Amen. |
| Week 3 (February 16, 2026 – February 20, 2026) | Pre-K, Kindergarten | Sign of the Cross | In the name of the Father, And of the Son, And of the Holy Spirit. Amen. |
| | Grade 1 | The Lord's Prayer (Our Father) | Our Father, Who art in Heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done on Earth, as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. Amen. |
| | Grade 2 | Act of Contrition | Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all good, and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen. |

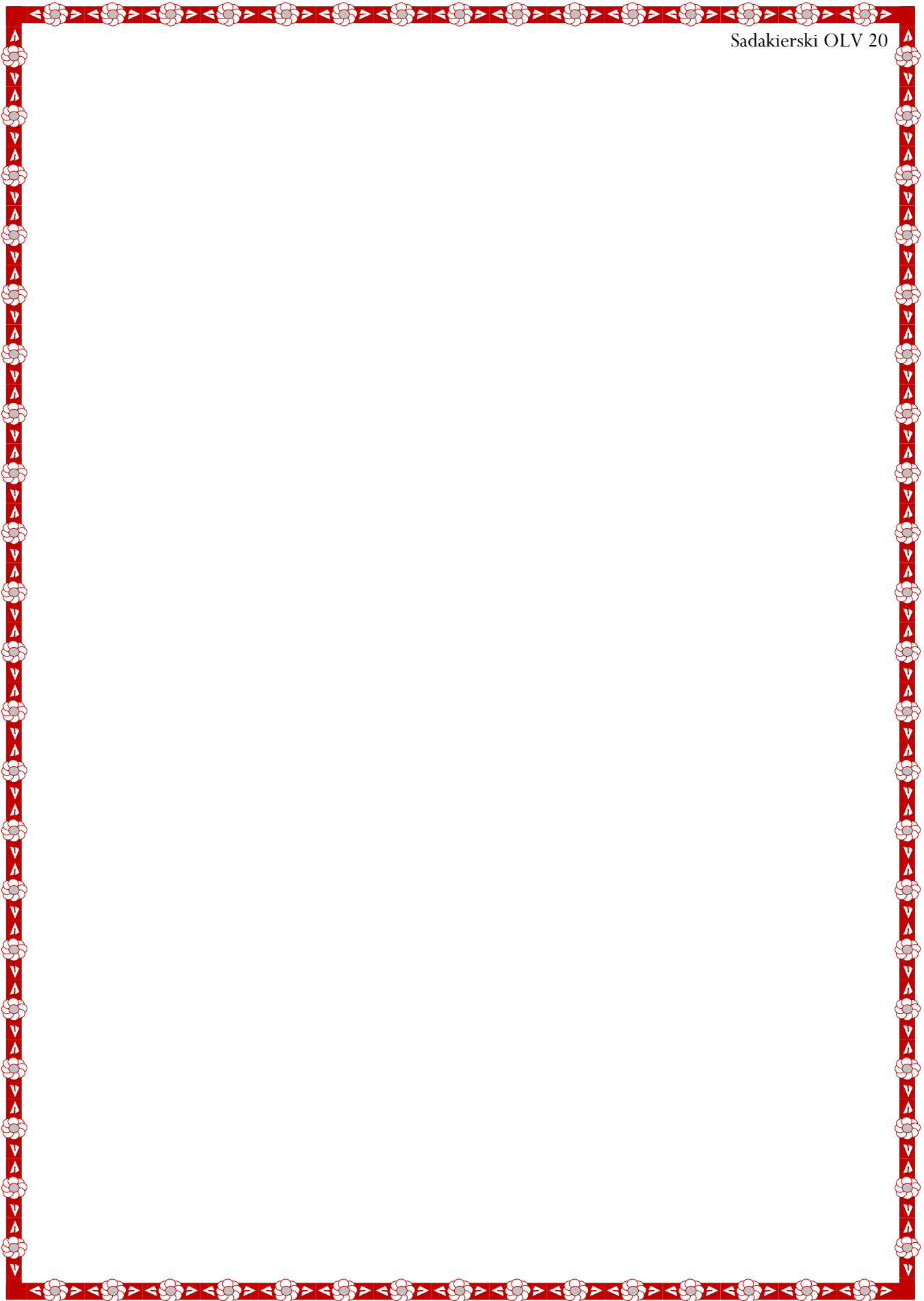
February 2026 Pre-K-2 Activities: Week 1
Pre-K/Kindergarten- "Loving Our Family"



February 2 is Candlemas, when our candles are blessed. We remember the Presentation at the Temple, when Mother Mary brought Jesus to the temple (a holy place, like a church, in Jesus' time) and thanked God the Father for Her Son, Jesus. When we see a candle, we can think of Jesus. The light from a candle helps us to see. Jesus is the Light of the World. He helps us find our way to God the Father, and to Heaven, where we can be with Him someday. After Candlemas, we will get ready for a new season in the Church: **Lent**. At Lent, we remember how much Jesus loves us. We can follow Jesus' light by being loving. Just like Mary, we can thank God for giving us His Son, Jesus. We can tell our families how much we love them, and in our prayers, thank God for giving them to us.

Draw a picture of someone you will pray for. You can give them your picture to brighten their day!





February 2026 Pre-K-2 Activities: Week 2

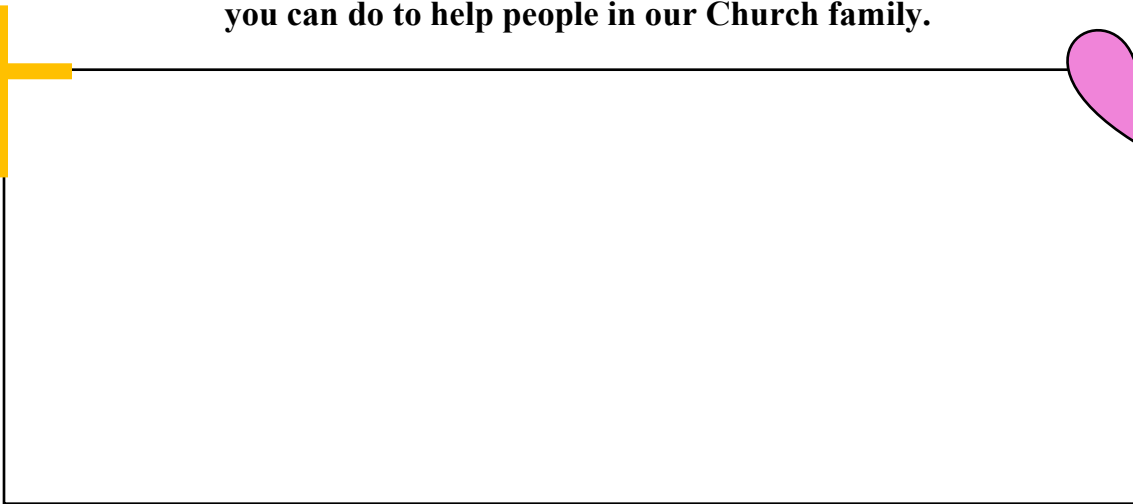
Pre-K/Kindergarten- “Loving Our Church”

On February 11, we remember when Our Lady, Mother Mary, first appeared to a young girl named Bernadette. Bernadette saw Our Lady come to the town she lived in, Lourdes, France, in 1858. Mother Mary asked that **priests** build a chapel there, a place where people could pray. She told Bernadette to pray for more people to love Jesus, to come to His Church. Bernadette helped make sure that what Our Lady asked for was done.

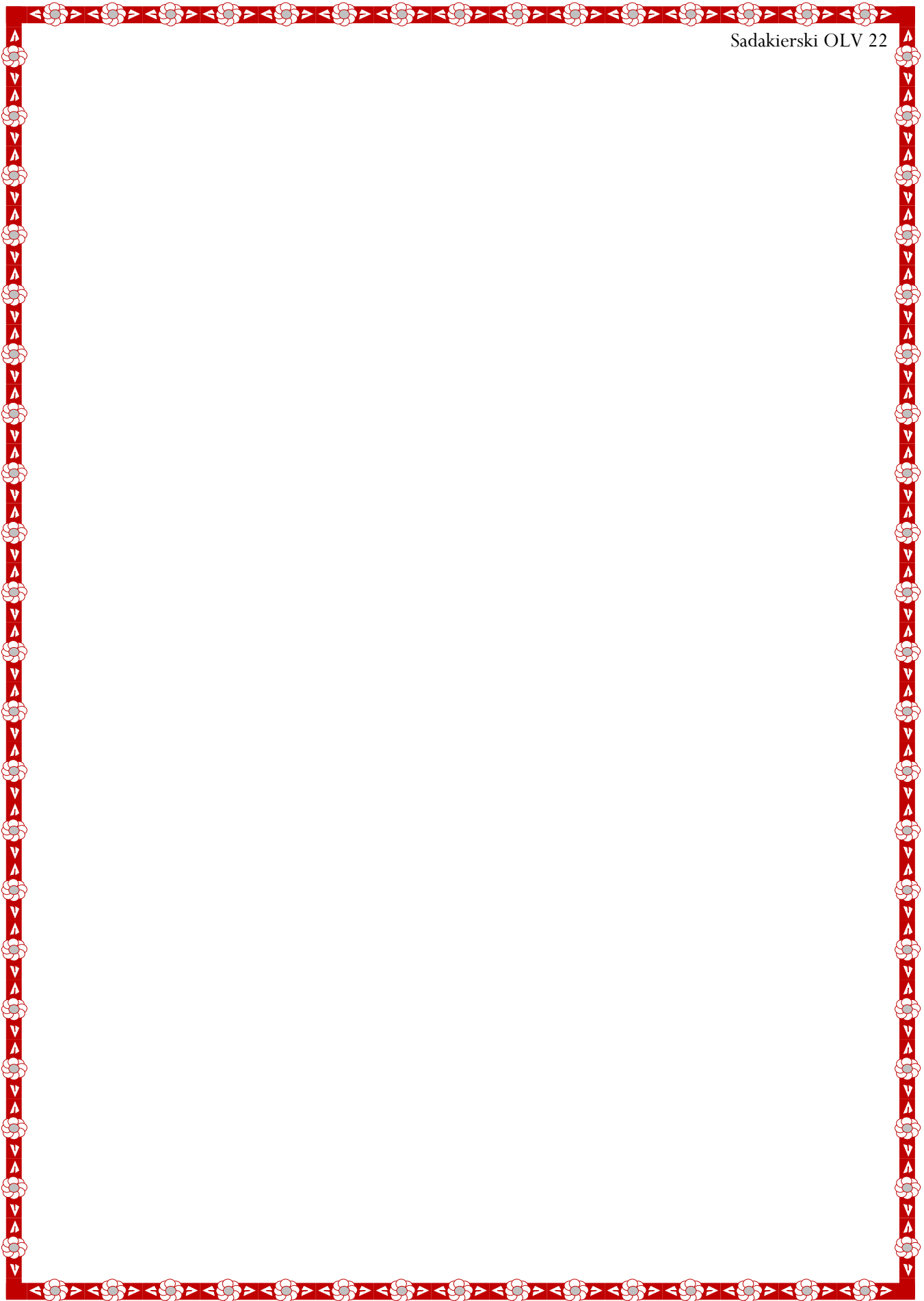


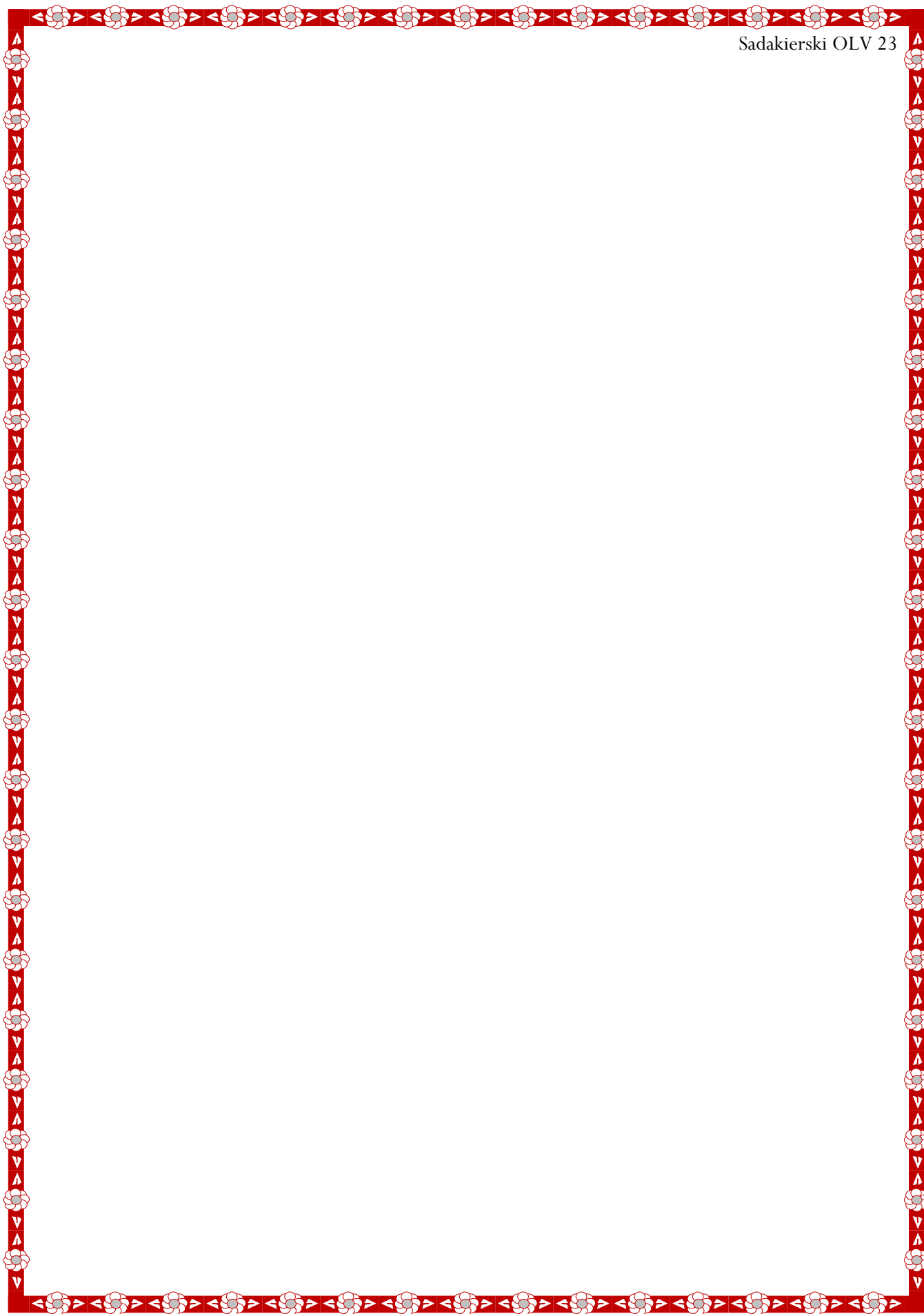
Bernadette is a saint, a person who is now in Heaven, because she listened to Mother Mary. She helped her family, prayed, and loved Jesus and Mary. The saints are part of our Church family in Heaven. Saints like St. Bernadette help us and pray for us. They love us, too. The priests in our churches are part of our family in Christ. They give their lives to God, because they love Him. They are like Jesus, because they share the sacraments, like Communion, with people, and show them how much God loves them through how they help and care for people, saying Masses for them and praying.

Draw a picture of what you love about our Church. You can also draw something you can do to help people in our Church family.



Thank a priest for all they do for our Church. You can share your picture with them!





February 2026 Pre-K-2 Activities: Week 3
Pre-K/Kindergarten- “The ‘Now’ Cross”



February 14, Valentine’s Day, is not the only day during the year when we celebrate love. We can celebrate God’s love for us every day. Soon, we will be taking part in the season of our Church called “Lent,” when we remember all that Jesus did for us out of love in His life on Earth.

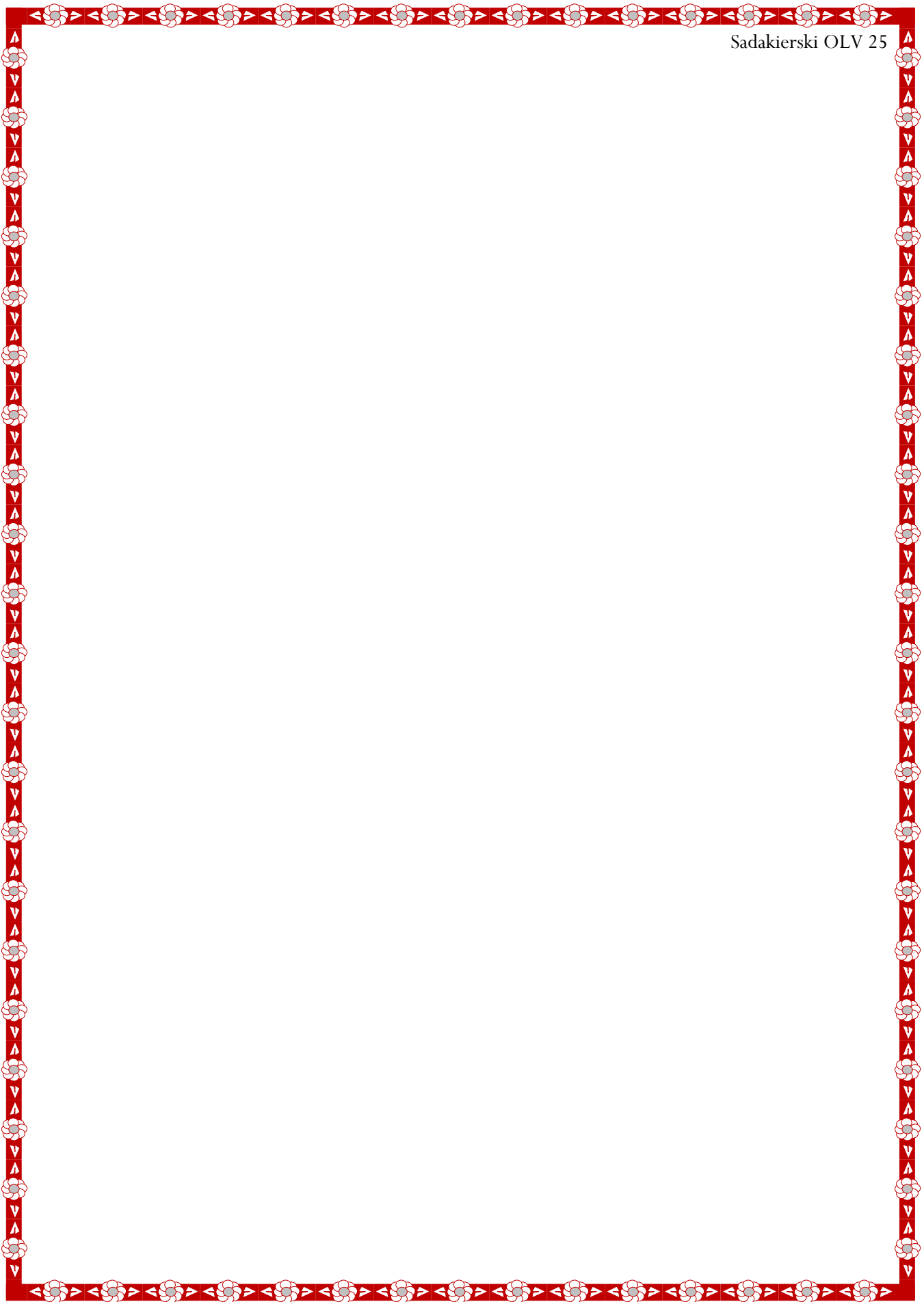
During Advent, we waited for Christmas, the day we celebrate when Jesus was born. In the season of Advent, we got ready to welcome Jesus into our hearts. Now, we are getting ready for Lent. Lent will start on February 18 this year, Ash Wednesday. On Ash Wednesday, we go to church, and the priest makes a cross out of ashes (from burnt Palm Sunday palms) on our foreheads.

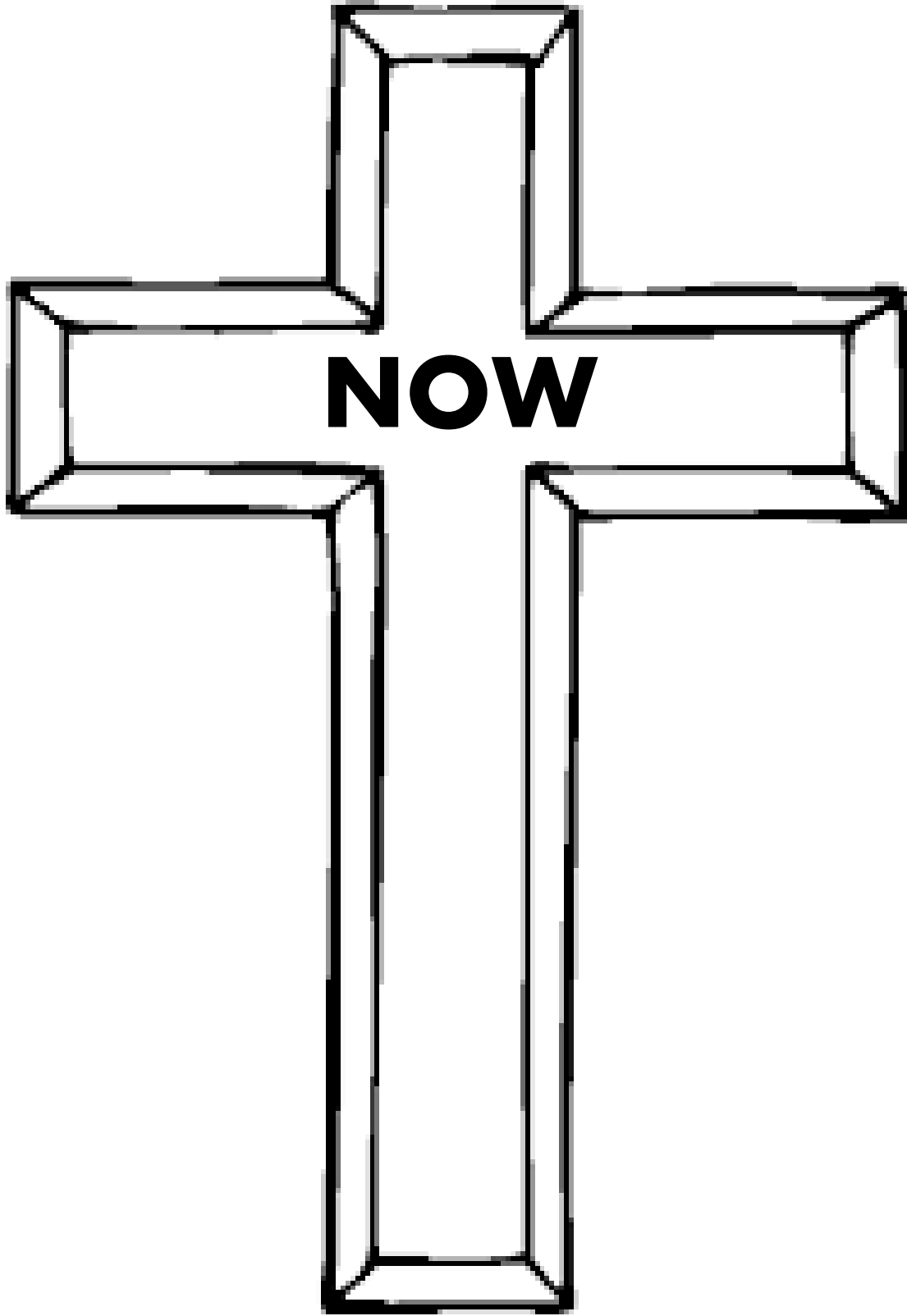
The **Cross** is a sign of love. Jesus went on the Cross and gave His life for us because He loves us. Jesus used His life to take away sins, and help people get to Heaven. Lent is 40 days. It is a special time, because we are getting ready for Easter, the day we celebrate when Jesus rose (came back to life) after dying on the Cross.

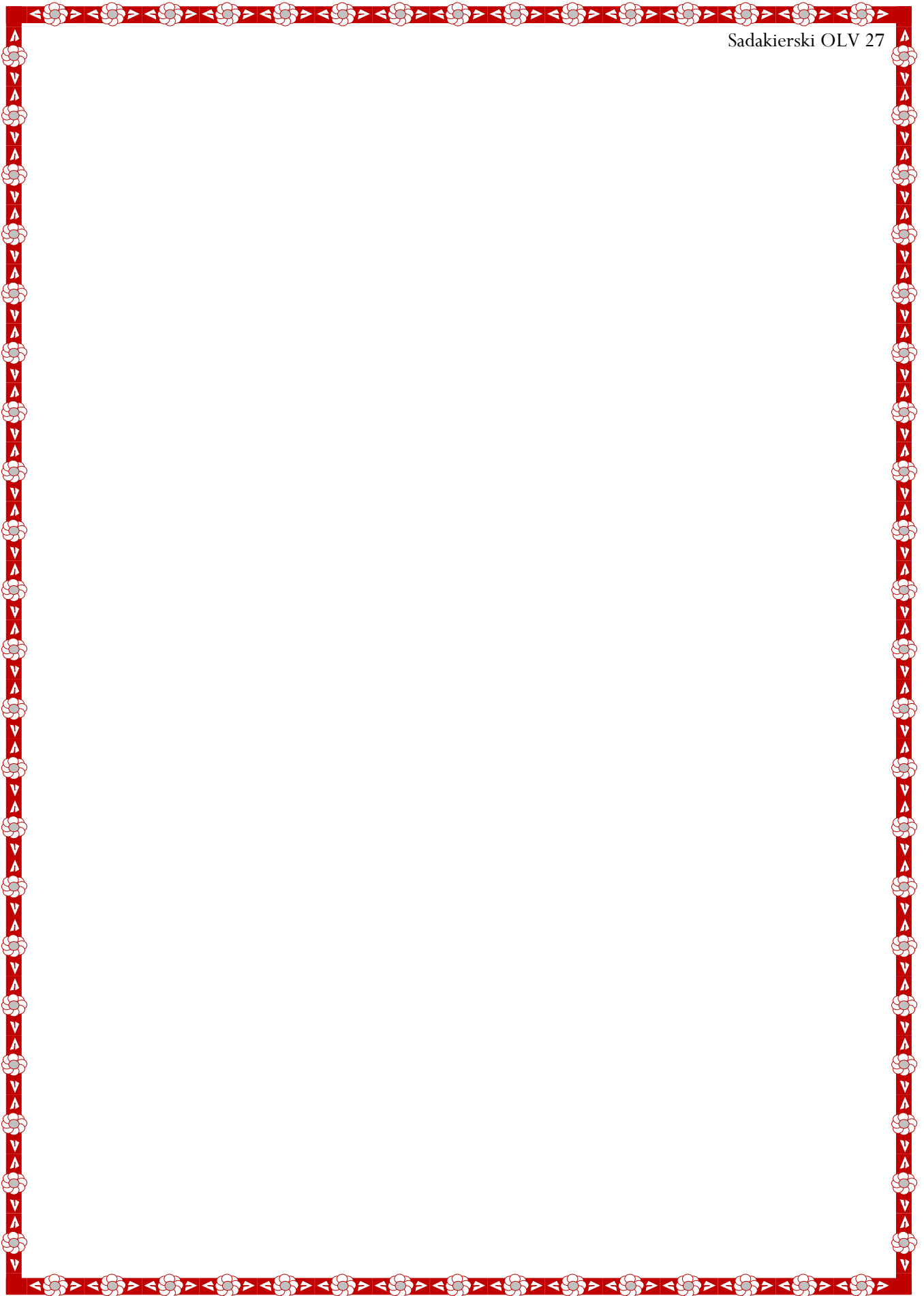
Some people add something into their life for Lent, like reading books about Jesus every day to learn more about Him, or praying more each day. Others give something up for Lent, like chocolate. It can be hard to give up something we like, and hard to wait for Easter, because it is such an exciting day. But when we pray, and remember that what we are doing is out of love for God, God helps us.

What can you do now to get ready for Lent, out of love for Jesus? You can draw and write on the “Now” Cross on the next page. You can cut out the cross, or you can draw and write around it, keeping the whole page. Then, hang up your Cross where you can look at it every day to remember how much Jesus loves you, and to remember what you can do to love Him.









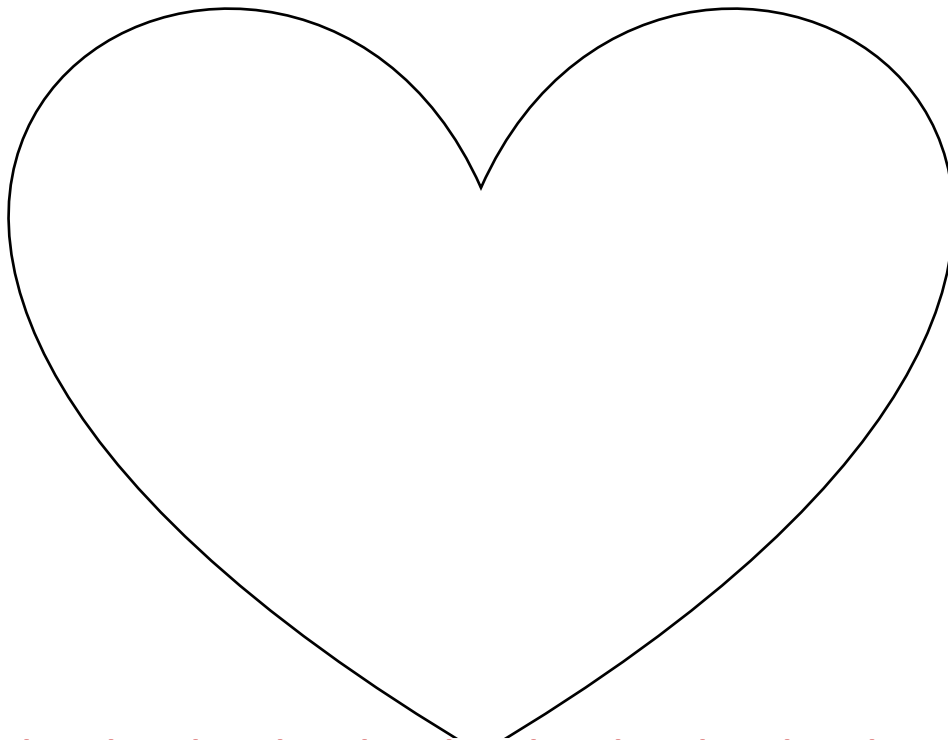
February 2026 Pre-K-2 Activities: Week 1
Grade 1- "Our Love for God"



We have learned that God is good, joyful, and peaceful. All good things, all joy and peace, come from God. When we think about what God has given us, we see how God has showed His love for us. He gave us sacraments such as the Holy Eucharist to know Him, and Holy Baptism to make us a part of His family. He wants us to know Him. In God, we always have a friend Who can help us. God gave us the Holy Mass so that we could share our love for God as one Church family. We can see God's love and His light in the people with us in our Church family, which is a special gift.

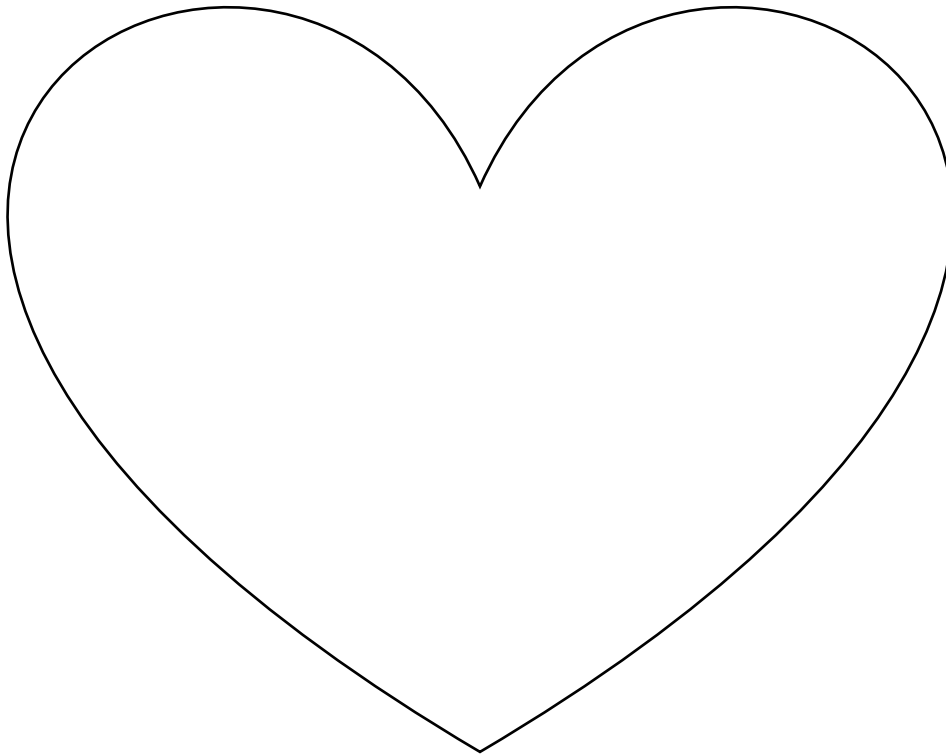
At the Holy Mass, the Bread becomes the Body of Christ, and the Wine becomes the Blood of Christ. We remember that Jesus gave His Body and Blood for us on the Cross. The priest holds up the **chalice**, the cup that holds the Blood of Christ. He offers everything up to God. We can offer our love to God by lifting up our hearts to Him when we pray. We can use the talents God has given us out of love for God, and to help others, which is a way to share God's love with the people we meet.

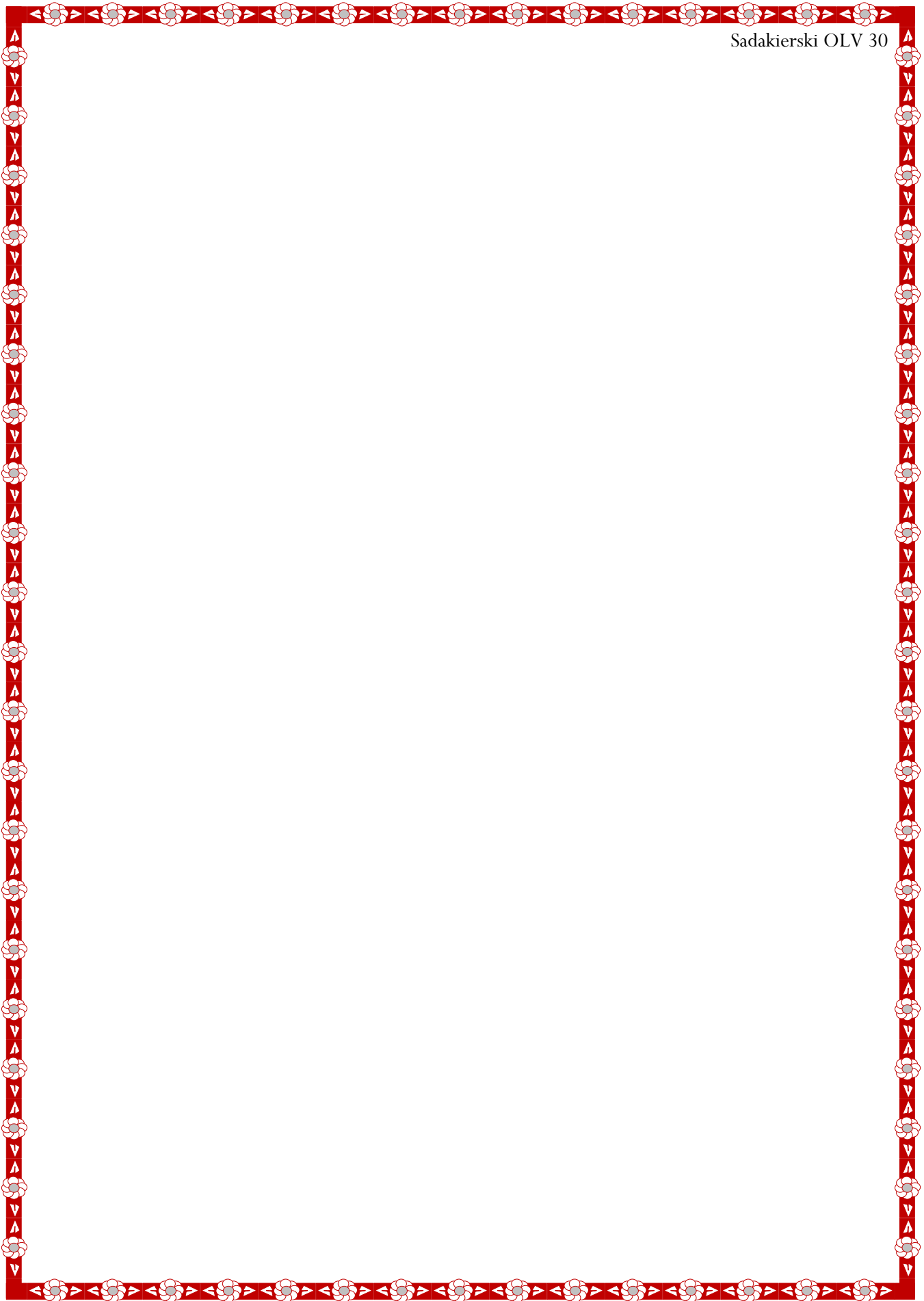
- 1. Think about how you have seen God's love in what He has done for you. What is something you love about God? Draw or write your answer in the heart below.**



Grade 1- “Our Love for God” Continued

**2. Now, think about what you can do for God to show your love for Him.
What could you give to God this Lent? Draw or write your answer in
the heart below.**



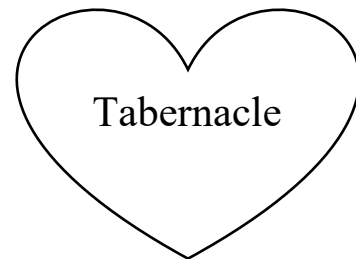
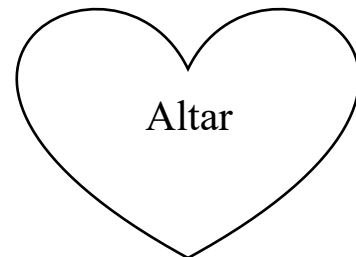


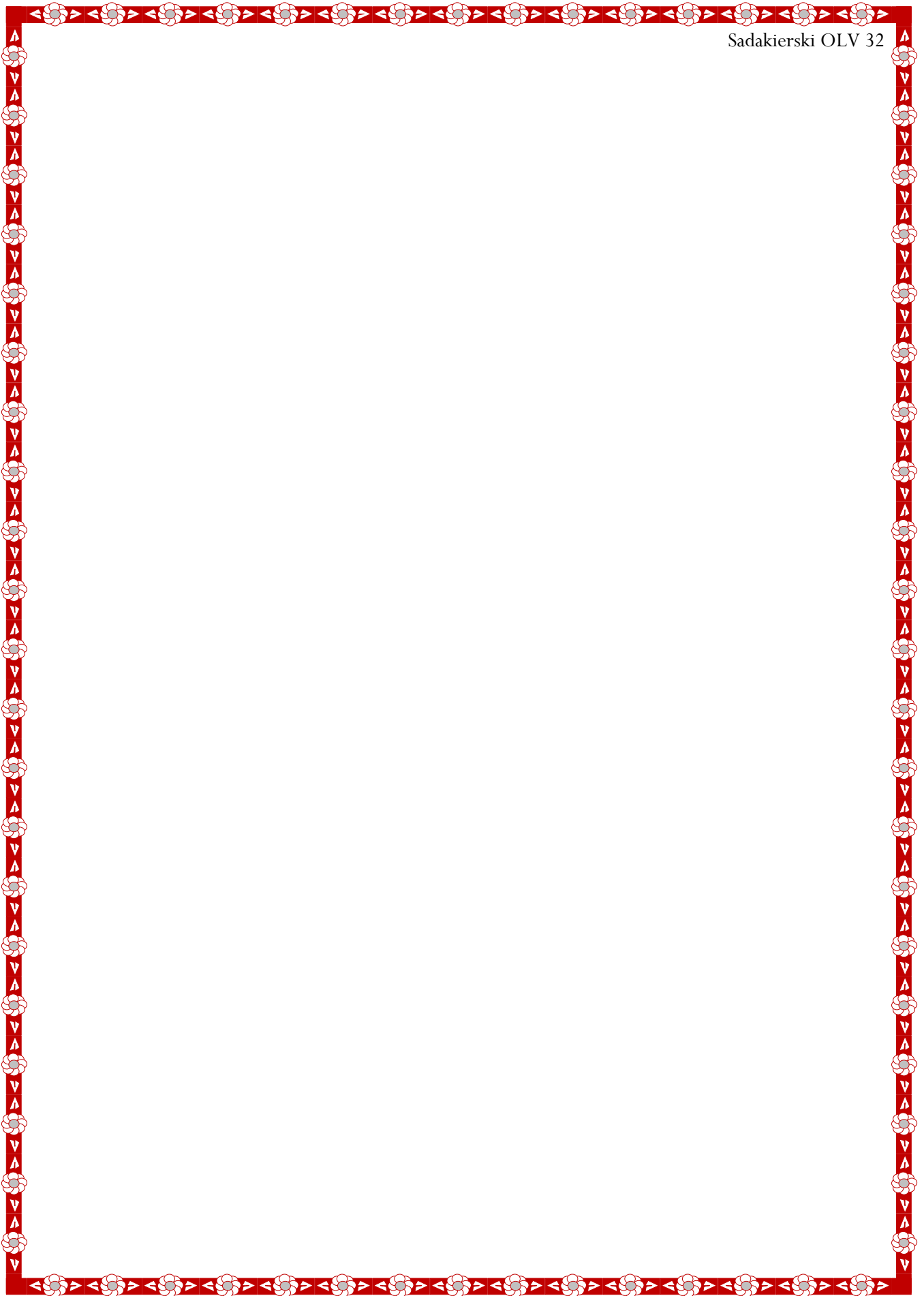
February 2026 Pre-K-2 Activities: Week 2
Grade 1- "Loving Jesus at Lent and Always"

This month, we celebrate God's love on special feast days, such as Our Lady of Lourdes on February 11, and St. Valentine's Day on February 14, remembering how the saints have taught us to love God and others. God's love is with us always. By going to Holy Mass each week, we can celebrate His love throughout the year. Every time we receive the sacraments, including the Holy Eucharist (Holy Communion), we come to know God's love even more. Lent will start on February 18, but beginning now, we can prepare for Lent by being like the saint of love, St. Valentine. Lent is a season to remember God's love for us. In this season, we thank God for Jesus' Sacrifice on the Cross. Jesus gave His life out of love for us to save us from our sins and help us get to Heaven.


At Holy Mass, we remember Jesus' Sacrifice. During Lent, we may give something up as a way to show Jesus our love for Him, but we are given even more by God when we go to Holy Mass. He gives us all that we need to be strong. God fills our hearts with His love, especially when we receive the Sacred Host, the Holy Eucharist- the bread the priest consecrates, or changes into Jesus' body, on the **altar**, the table where the Sacrifice happens. Consecrated hosts are kept in the tabernacle, which looks like a small church. Tabernacles are usually gold, and beautifully decorated, because they hold Christ's Body, the greatest gift and treasure. Jesus is Present in the Sacred Host.

Draw a line connecting each picture to the matching vocabulary word.





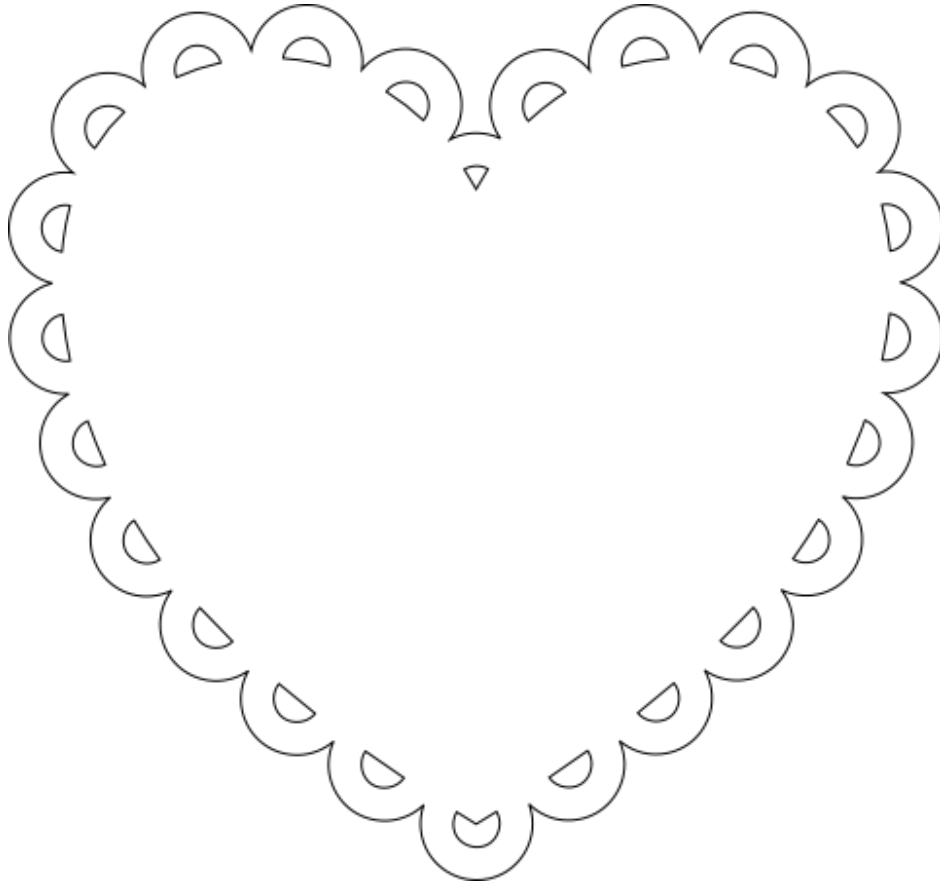
February 2026 Pre-K-2 Activities: Week 3
Grade 1- “Valentines for Saints”

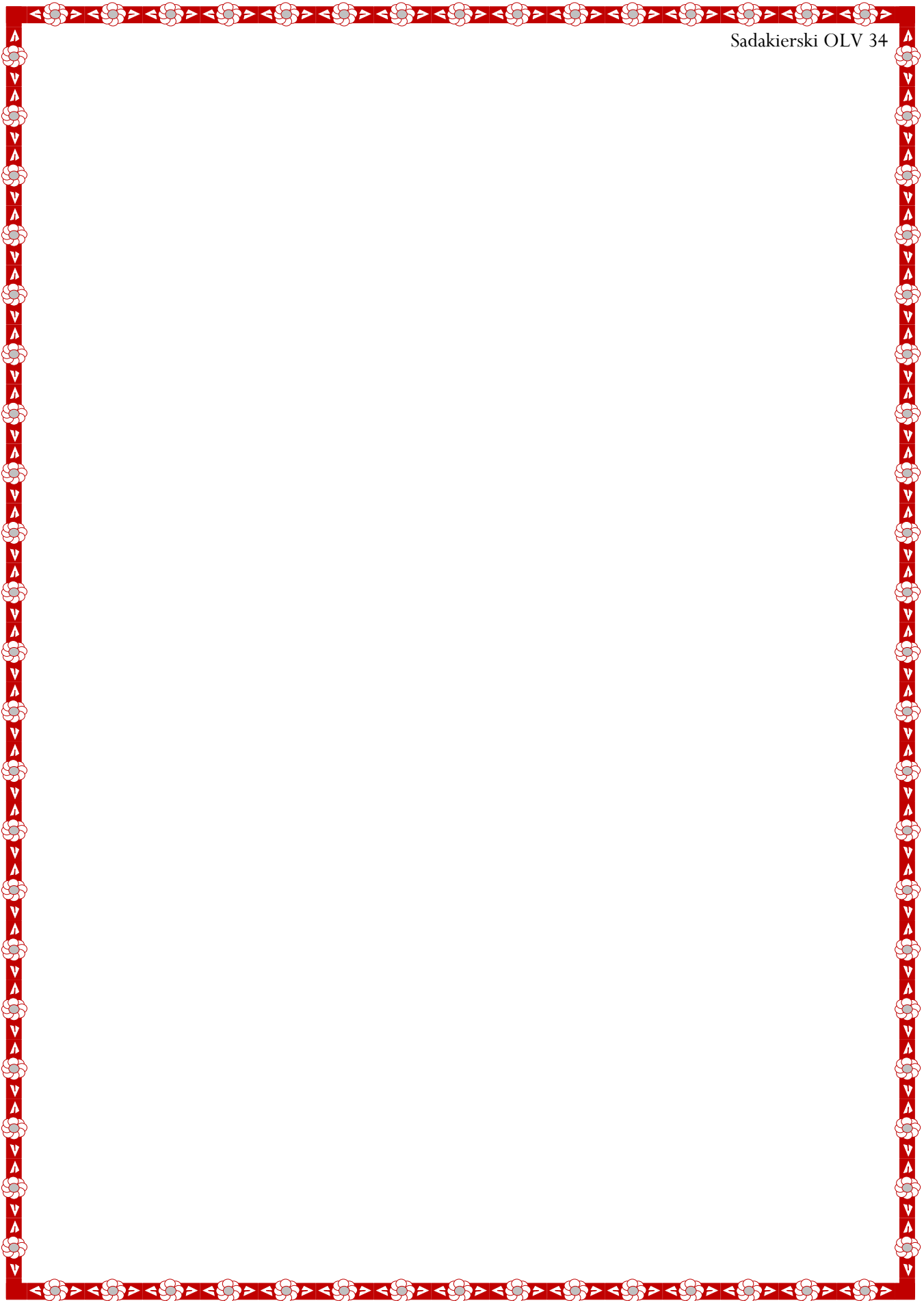


On February 14, we celebrate Valentine’s Day. St. Valentine is called the saint of love, but all of the saints, people in Heaven, love God, and treated others with kindness and love in their lives on Earth. They made **sacrifices**, giving things up for God. Everything they did was offered up to God out of love. Mary, the Mother of Jesus, is the greatest of all of the saints, because She had no sins.

The saints are part of our Church family. Through Jesus, we are all one family. We become part of God’s family when we are baptized. When we pray, we can ask the saints to help us to love God and others, just like them. The saints want to help us. Because they love God so much, they want everyone to know His love, and to one day go to Heaven to be with Him.

Make your own valentine. Draw a saint you love on the heart below. You may also write their name and something you love about your saint. Then, you can give your valentine to a friend or family member, and ask your saint to pray for them.





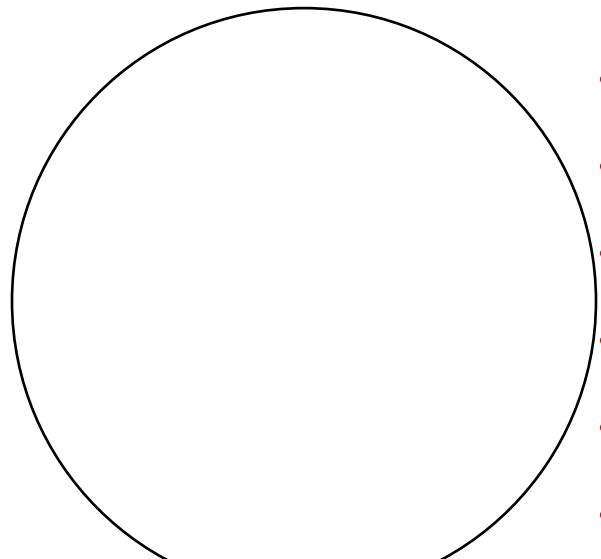
February 2026 Pre-K-2 Activities: Week 1
Grade 2- “God’s Love in the Eucharist”

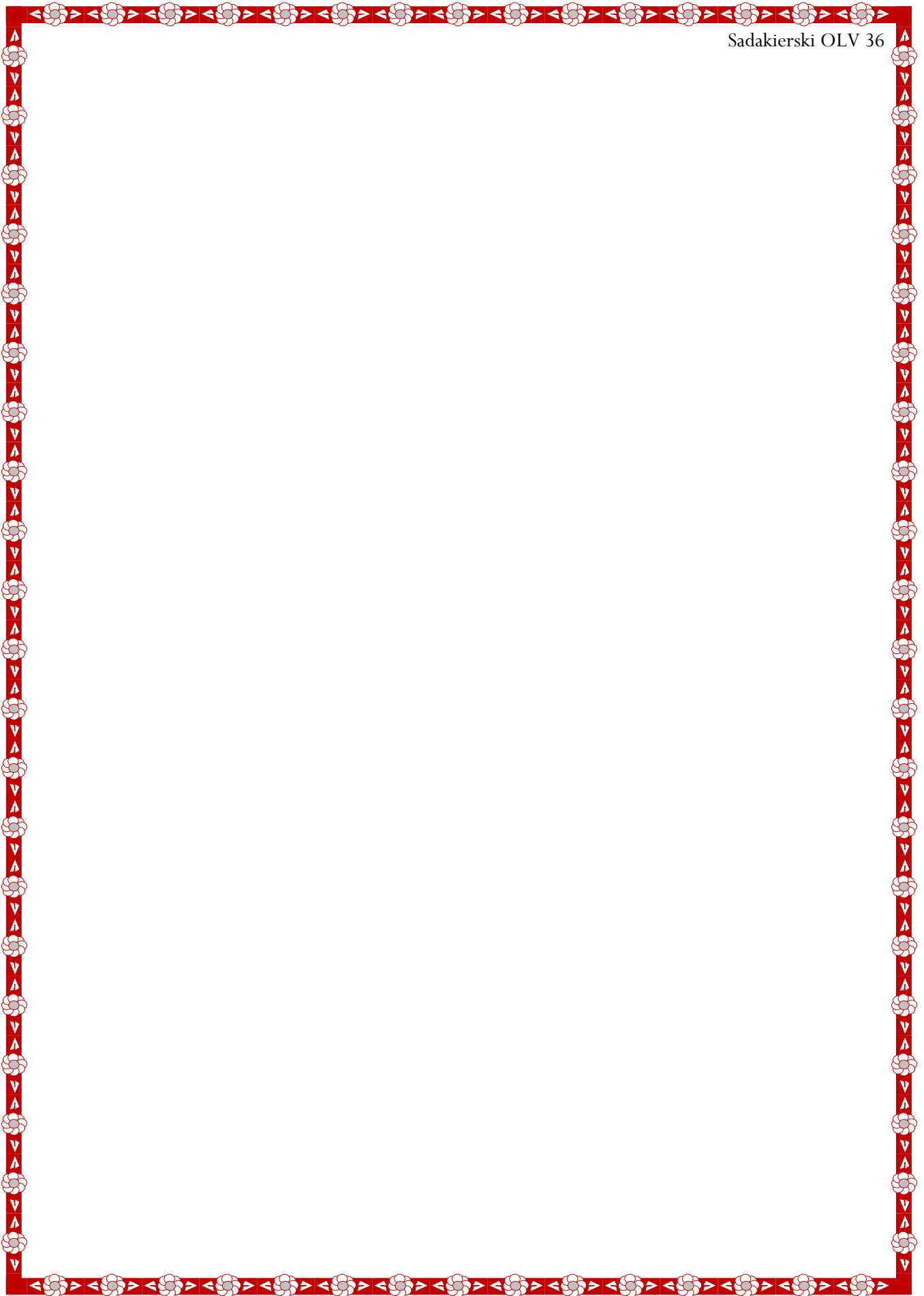


Saints are people who are now in Heaven. The saints got to Heaven because they lived their lives in love for God, offering everything they did to honor Him. We remember how they lived to learn how we can be holy like them. Most of all, the saints honored God through adoring (loving) the Holy Eucharist. The Holy Eucharist is the Bread, which becomes Jesus’ Body when consecrated, changed, by the priest at the Holy Mass. Saint Clare, who lived in the 1200s, had a special respect for Jesus’ Presence in the Holy Eucharist. She knew that Jesus was with her in the Holy Eucharist, and that the Holy Eucharist is a sign of God’s love.

Saints like St. Clare received the Holy Eucharist as much as they could, which helped them to be even more loving like Jesus. Even when they couldn’t receive, they adored the Holy Eucharist by praying before it, thanking Jesus for coming to be with us, and for giving us the gift of the Holy Eucharist, so that we can know Him. Miracles happen because of God’s love. By holding up a monstrance (which holds the Holy Eucharist, the Sacred Host, Christ’s Body that we receive), St. Clare turned back an entire army. In His love, Christ, Present in the Holy Eucharist, protected her. When she was very sick, the Holy Eucharist made her strong.

As you prepare to make your First Holy Communion, what can you do to be like the saints, especially St. Clare? How can you show Jesus that you love Him, that you love the Holy Eucharist? You can draw or write your ideas below.





February 2026 Pre-K-2 Activities: Week 2

Grade 2- "In Communion with Christ: God's Love in Our Church"

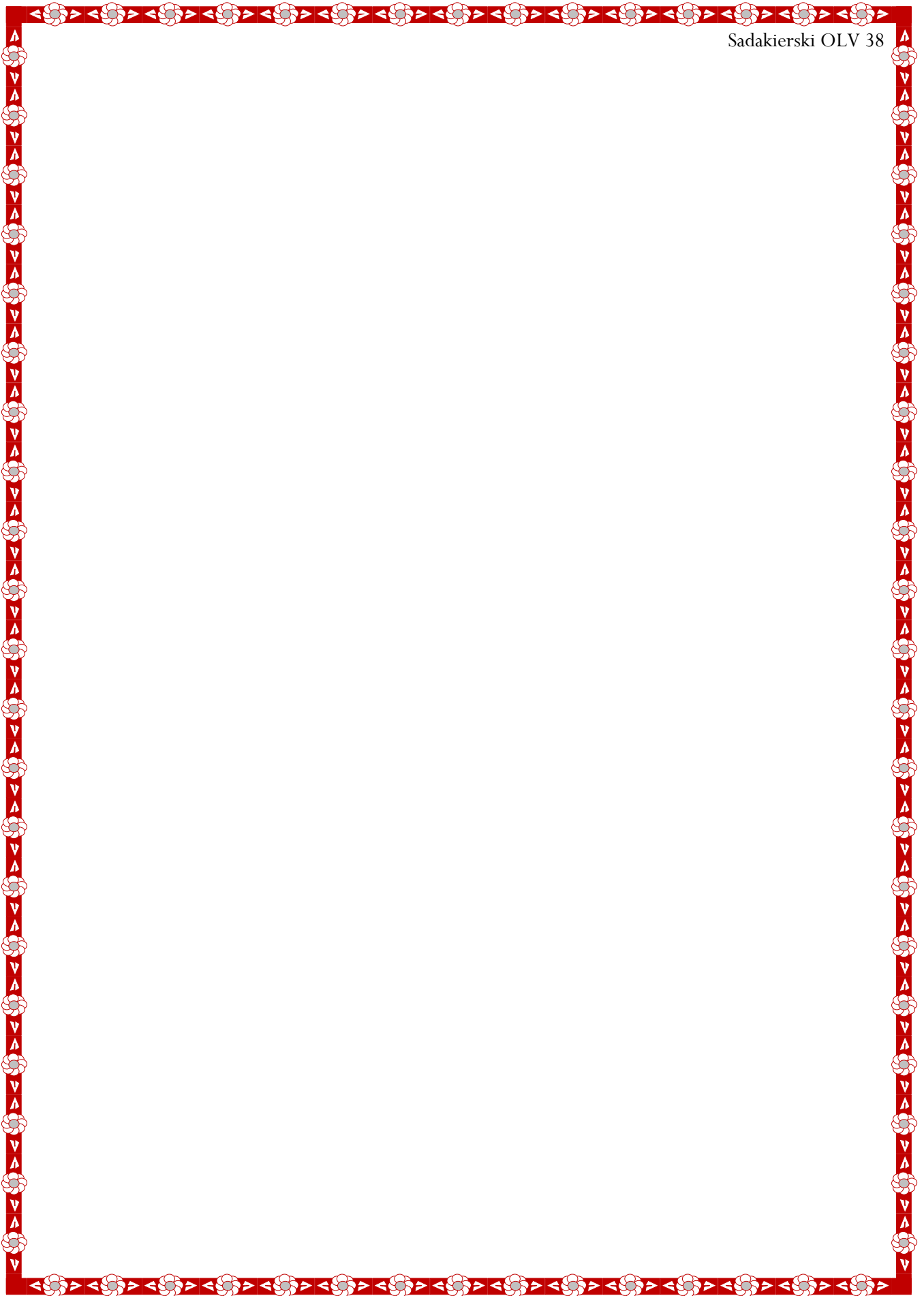
God has a special love for each of us. As a family in Christ, we worship God together. We pray and love God as a community when we go to church. This is what it means to be in communion. God brings us all together in His love. We are in communion with Christ when we receive the Holy Eucharist in a state of grace (when our hearts are clean after we go to Confession), and can receive the graces God gives us. Spending time preparing for Confession helps us to make sure that we are going to make a good Confession. We can make sure that we remember all we need to say. As we spend time in prayer, we think about how we love Jesus, which helps us to make a good Confession, because we are truly sorry for our sins. Right now, you can begin to think about what you will do during Lent to help you be ready to make a good First Confession.

Before we go to Confession, we think about how we have followed the 10 Commandments. God's Greatest Commandment is that we love one another (loving our neighbor as we love ourselves), and that we love God with our whole heart, soul, and mind. God is love. To be like God, to be close to Him, means to be loving. When we receive the sacraments of Confession and Communion out of love for God, staying focused on Him, we don't have to worry about anything else. God gives us graces when we offer our hearts to Him. We can ask Him to be with us and work through us in the good things we do. We show God's love to others in this way.

Lent is a special time to do this by making a resolution, or goal, something we decide to do for God. After going to Confession, we do **penance**, what the priest tells us we need to do to make up for our sins, such as saying a prayer. During the 40 days of Lent, when we remember Jesus sacrificing His life for our sins out of love, we can do something to show our love for Jesus, and become closer to Him. That could mean giving something up, like chocolate, or using more of our time to learn about Jesus, such as by reading or listening to stories from the Holy Bible every day.

Write your Lenten goal on the heart below: share what you plan to do during Lent to help you love Jesus more, and be ready for First Confession. You can draw your goal on the heart, too. Then, cut out the heart and hang it up somewhere you can see it every day to remember what you decided to do for God.

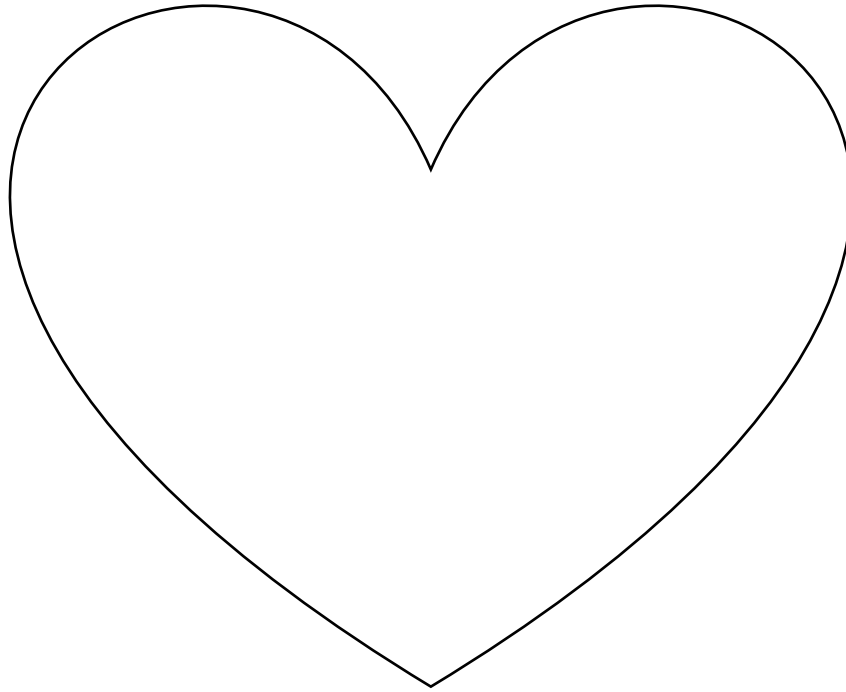




Grade 2- “In Communion with Christ: God’s Love in Our Church” Continued

Read “Living the Mass” (page 58, “to love”) in your *St. Joseph First Communion Catechism* book.

What does it mean to “live the Holy Mass?” You can draw or write your ideas in the heart.



How do you think keeping your Lenten resolution/goal will help you prepare for your First Communion?



February 2026 Pre-K-2 Activities: Week 3
Grade 2- “God’s Love and Forgiveness”



February 14, when we celebrate the feast of St. Valentine, the saint of love, is not the only day when we celebrate God’s love. God’s love is always with us. The season of Lent will start soon in our Church, on February 18 this year. Ash Wednesday is always the first day of Lent, but Ash Wednesday can fall on a different date each year. Some years, it is in February, even on St. Valentine’s Day. In other years, it is in March. No matter what the date of Ash Wednesday is, it is always a day to remember Jesus’ love and forgiveness. On Ash Wednesday, we remember that God made us, and sent His Son, Jesus, to help us, because He loves us. We show our trust in God, knowing that we need Him in our lives every day. The priest makes a cross out of ashes on your forehead as a reminder that Jesus went on the Cross out of love for us, and that because of Him, we can have hope. Jesus’ Sacrifice made it possible for people to one day go to Heaven to be with God. He saved us from our sins.

God is always listening to our prayers, inside and outside of the **confessional** (where we tell the priests our sins at Confession). He is ready to show us His mercy, His forgiveness, when we ask for it. It is important to tell God that we are sorry for our sins at Confession, and to keep doing our best to make good choices out of love for God. We go to Confession because we love God, and want to do what we know is right, which will make Him happy. We receive Confession before Holy Communion to fully open our hearts to friendship with God. During the year, going to Confession as much as we can helps us to always be ready to receive Holy Communion, but Lent is a special time to think about God’s forgiveness. This is a season for us to learn, grow, and continue making good choices out of love for God. God gave us Confession because He wants to help us. He wants us to get closer to Him and know Him because He loves us.



Here are 5 steps for a good Confession:

1. **Think about God’s Commandments**, especially the Greatest Commandment, to love one another, and to love God with all of your heart, soul, and mind. Did you follow God’s rules? Did you do things that were loving, that would make God happy?
2. **Tell a priest at Confession** about times when you didn’t follow these Commandments
3. **Say that you are sorry** for these times
4. **Decide that you will make better choices** next time to follow God’s rules. When you pray to God, tell Him that you love Him and want to do what will make Him happy. Ask God to help you
5. **Do the penance that the priest gives you.** If he tells you to say a prayer like the “Hail Mary,” after he gives you the absolution (a blessing saying you are forgiven) and you leave the confessional, you can go back to your pew in the church, and say a “Hail Mary” in your heart

See the questions on the next page →

Grade 2- “God’s Love and Forgiveness” continued

What is the first day of Lent?

During Lent, what can you do to get ready to make your First Confession? You can draw and/or write your answer.

Why do you think Lent is an important time to go to Confession, and to think about God’s love and forgiveness? You can draw and/or write your answer.

February 2026 Pre-K-2 Review

Use this review sheet as a reference to track progress and check that learning goals are met.

Recap: What did we learn?

All Grades

- God loves us. God is love
- God gave us His only Son, Jesus, because He loves us
- Lent is when we remember Jesus' love for us
- The saints are people in Heaven. They are part of our Church family, too. We can pray for them to help us.
- When we learn about the saints, we learn how we can love God like them

Pre-K/Kindergarten

- Candlemas, when Jesus' family brought Him to the Temple, is February 2
- Like Mary, we can thank God the Father for Jesus, and for our families
- February 11 is the Feast of Our Lady of Lourdes. On this day, we remember when Mother Mary appeared to St. Bernadette in Lourdes, France
- Priests are part of our family in Christ. They share their love for God with us and teach us how to love God
- Lent always starts on Ash Wednesday, but Ash Wednesday is on a different date each year
- During Lent, we get ready for Easter, when Jesus came back from the dead
- Jesus died on the Cross out of love for us
- We can do something special for Jesus during Lent out of love for Him

Grade 1

- Through the sacrifices they made (what they gave up, or offered to God), the saints show us how we can love God and others
- God's love is always with us. We celebrate His love year-round by going to weekly Mass
- We know God's love more when we receive sacraments such as Communion- the Holy Eucharist, Jesus' Body
- At Lent, we remember Jesus' Sacrifice on the Cross. Every Holy Mass honors Jesus' Sacrifice
- The altar is the table where the Sacrifice of the Holy Mass happens. At the consecration, the bread becomes Jesus' Body. It is changed
- The priest offers the Sacrifice of the Holy Mass up to God
- The Holy Eucharist, Christ's Body (the consecrated Bread) is held up. Then, the chalice, the cup, of Christ's Blood, the consecrated Wine, is held up to God
- We can lift up our hearts to God when we pray, and we can offer our talents to Him in how we use them to help others and share His love

Grade 2/First Confession & First Communion

- Saints like St. Clare loved the Holy Eucharist, because they knew that Jesus is Present in the Holy Eucharist

- The saints were strong and loving like Jesus because they received the Holy Eucharist as much as they could, but even when they couldn't, they adored the Holy Eucharist, praying before It
- During Lent, we can choose something special to do out of love for Jesus
- The Lenten sacrifice is when we give something up. We offer up something to honor Jesus, and love Him more
- This is like when we go to Confession and do penance to make up for our sins, which helps us get closer to God, to be in communion with Him
- God forgives us when we ask, and tell Him we are truly sorry
- At Confession, we can ask God to help us make good choices and follow His Commandments
- When we love God and each other, we are following God's Greatest Commandment, His most important rule of all
- Lent is a time to think about God's mercy, His forgiveness. Lent is a special time to go to or prepare for Confession

What vocabulary words did we practice?

Pre-K, Kindergarten

Week 1

Lent

Week 2

Priest

Week 3

Cross

Grade 1

Week 1

Chalice

Week 2

Altar

Week 3

Sacrifice

Grade 2

Week 1

Saint

Week 2

Penance

Week 3

- Confessional

What prayers did we practice?

Pre-K, Kindergarten

- Sign of the Cross

Grade 1

- The Lord's Prayer (Our Father)

Grade 2

- Act of Contrition

Checklist: Activity Completion

Pre-K, Kindergarten

- Week 1: "Loving Our Family"

- Week 2: "Loving Our Church"

- Week 3: "Love of the Cross"

Grade 1

- Week 1: "Our Love for God"

- Week 2: "Loving Jesus at Lent and Always"

- Week 3: "Valentines for Saints"

Grade 2

- Week 1: "God's Love in the Eucharist"

- Week 2: "In Communion with Christ: God's Love in Our Church"

- Week 3: "God's Love and Forgiveness"

Quick Check:

Tell us about your experience with these activities this month! Our February 2026 Google Form for Grades Pre-K-2 is available here: <https://forms.gle/uMjtSADHLZgHr3W8A>