



# He is Risen!

## An Easter Preparation Checklist for Families

### ✓ Watch “New Life” Grow

Early spring is the perfect time for spotting spring blooms. Depending on the climate of the region in which you live, you can do an activity with your child to inspire conversations about new life.

Before Easter, plant a fast-growing seed with your child. You could do this in a planter in your home, outdoors, or in a greenhouse. A bean plant is an excellent choice to see almost immediate results, but pumpkins and wildflowers also germinate quickly and are a beautiful addition to a yard or garden. After planting, explain to your child that although it may look like nothing is happening, a planted seed is getting ready to germinate. If conditions are right, a plant will grow from it: a beautiful sign of new life. Observe your plant growing together.

In addition or as an alternative to planting a seed, you could also share an age-appropriate children’s book about seeds to spark a conversation, or go on a family nature walk in search of plants beginning to grow and flower.

Help your child connect the germinating seed with the liturgical movement of the Triduum. After Jesus died, his body was placed in the tomb. It wasn’t until Easter Sunday that he rose to new life.

### ✓ Bring “New Life” To Others

Part of celebrating the Easter season is recognizing the gift that God gave us in the Death and Resurrection of his Son. An important way to celebrate Easter as a family is to go out together to be a gift to others in the world. Your family members can make a plan to impact your community in a meaningful way as you share the Good News of Jesus Christ with neighbors in need.

As a family, brainstorm ways that you could go out and bring the hope of the Resurrection to someone or a group in need. Once you have considered some options, decide on one and make a plan. Perhaps you will volunteer together at in a community garden and donate the produce that you helped grow to a homeless shelter. Whatever you choose to do, continue your commitment to serving others weekly until Pentecost.

### ✓ Commit to Family Prayer

Throughout the Easter season, commit to gathering together for nightly prayer and devotions. Praying as a family is an essential part of celebrating the Easter season. Gathering around the table and sharing our prayers helps us grow closer to God and to one another. Choose a time that works best for your family, whether it is before you have dinner together, or before bedtime.