



You may well know CAFOD for Lent Fast Day. For 2010 we're transforming it into something fresh and very, very simple to organise and do in schools. It's called **give it up!** and it's both enjoyable and thought-provoking.

How give it up! works

- Children reflect on what sort of thing to give up for Lent – sweets rather than homework, for example!
- Children then ask family and friends to sponsor them for giving it up – it could be for a couple of weeks or even the whole of Lent if they can manage it.
- The children bring the money they've raised back to school on *Transform your Uniform Day*.
- The money raised will be transformed by CAFOD into something a family living in one of the world's poorest countries really needs – bees for honey to eat or sell, or clean water, for example.

We've produced some lively and imaginative resources to help you do **give it up!**

Poster

For telling children about **give it up!** and showing how the money they raise can be turned into something that will change someone's life.

Online video

Useful for kicking off **give it up!** in assembly, it shows the difference children can make by giving something up.

Sponsorship envelopes

For each child to take home.

Stickers

For the children to wear home and show their parents.

Giant poster

So children can display examples of what they're giving up for everyone to see.

cafod.org.uk/giveitup

Visit our website in January to download resources including a poster for *Transform your Uniform Day*, learning activities and a special Stations of the Cross resource.

For more information or if you need to order any resources, please contact CAFOD National Office on 020 7095 5682 or at communityfundraising@cafod.org.uk by 12th February.

