

HOLY WEEK + HOLY TRIDUUM

# Holy Week Homeschool Activities

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LET'S GET READY FOR HOLY WEEK!

# Holy Week Activities for your Homeschool

Have you ever considered specific Holy Week Homeschool activities?

During Holy Week, you may find it helpful to shift your homeschool activities, routines, and rhythms.

One of the blessings of homeschooling is emphasizing the material that you would like to pass on to your children!

In order to pass on the faith to our children well, we must make practicing the faith a lifestyle that permeates every aspect of our lives - including our homeschools.

So, it is only natural to make Holy Week feel a little different from our normal routines. Take a break from your "normal" lessons or use these ideas to enhance each subject.

In this Ebook, I will give you a daily outline of Holy Week Homeschool activities and subjects that you can cover.

These tips will help your family prepare for the holiest season of the liturgical year - the Holy Triduum as well as the most glorious season of all: Easter!

(Be sure to also check out this post on more [Lent Activities for Littles](#).)

*Ad Majorem  
Dei Gloriam!*

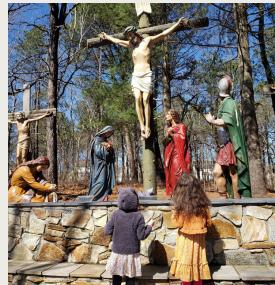


## OVERVIEW

# Holy Week Homeschool Activities - Overview of Covered Subjects

Besides incorporating the Lent pillars of prayer, fasting, and almsgiving, I will show you how to incorporate the following subjects into your Holy Week Homeschool Activities. First, let's start with religion, reading, writing, and spelling:

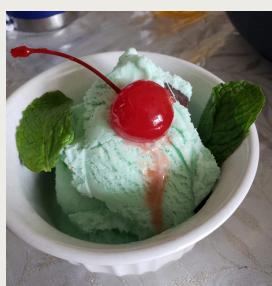
- Religion - It's easy to teach the faith to our children during Holy Week! There are so many services to attend and devotions to partake in as a family.
- Reading - Each child can read or listen to a favorite bible for daily reading.
- Writing (Copywork and dictation)- Have your children copy passages from the daily readings. You can also dictate passages to them and have them write them down.
- Spelling - After reviewing your child's copywork, make a list of spelling words for them to work on and give them a test at the end of the week.



OVERVIEW CONT.

Now, we will discuss how to enrich art, music, math, science, history, and geography during Holy Week:

- Art - Art is simple to incorporate into this beautiful week! I have lots of ideas for crafts and even some drawing lessons for your family.
- Music - When you pray the stations of the cross this week, you are singing! Learn the Stabat Mater this week for music class. I have other ideas and hymns to recommend as well.
- Math - God allows us to understand His beautiful world through math, so it's only natural to incorporate it into this week.
- Science - This week, we can learn about the science of the Judean date seed (the primary fruit produced by the palm trees of Jesus' time). We will also learn about the properties of oil and balsam - the materials used to make the Sacred Chrism and other oils that are blessed at the Holy Chrism Mass!
- Bible history - Reviewing and discussing the daily readings will more than cover this topic!
- Geography - We can look at maps of the Holy Land, Jerusalem, and surrounding areas to cover Geography.



# Supplies

This week you will need:

-  A Catholic Bible. I have also provided all links to scripture online.
-  A marble notebook, journal, or binder with loose leaf paper for each child OR copies of the worksheets provided in this ebook.  
If you go with copies of the worksheets, I suggest getting a folder with fasteners (brads) to hold the worksheets.  
Simply hole punch them and put them in the folder. You may also wish to include blank notebook paper in the folder.
-  Writing utensils
-  Access to the internet for linked resources
-  Materials for the various activities that you choose to do
-  An open heart to allow you to receive Jesus in total Easter joy at the end of the week!

## DAY 1

# Palm Sunday

The Catholic Church kicks off Holy week with Palm Sunday.

You will notice the priest's vestments are red to signify Our Lord's Passion that is about to take place this week.

At Mass, the congregation usually receives blessed palm leaves to wave as the procession enters the sanctuary. This is to remind us of Jesus' joyful entrance into Jerusalem on His donkey.

You can (and should!) make a big deal of Palm Sunday in your home and remind your children that this is the start of a very special week.

First, you can READ the Palm Sunday readings as a family before Mass. Have older children take turns reading with you. Be prepared for the (extra long!) Gospel reading. It is important to prepare your children that this week's Gospel will be a little longer than normal. I suggest bringing a few crayons and coloring pages and maybe a new Holy Week book or two for your littlest Catholics in case they get antsy.

Here are some more activities to do as a family on Palm Sunday. If you don't finish them all today, feel free to spread them throughout the week!



Learn about the SCIENCE of Judean date seeds (see History/Geography section below)



MUSIC: Listen to these Gregorian Chants for Palm Sunday.



ART: Learn how to draw Jesus' entrance into Jerusalem



HISTORY/GEOGRAPHY:

- Complete this Montessori style activity
- Learn about Archaeologists finding a 2,000 year old Judean date
- Use an Atlas to find Israel and Morocco on a map after watching the date video



Pray the Divine Office (choose 1 hour) as a family



Make Palm "Sundaes"!

# My Holy Week Spelling List

Here are some words to get you started:

Hosanna      palm      salvation      refuge

## DAY 1

# Palm Sunday

Copy the verse from John 12:13 on the lines below:

“...they took palm branches and went out to meet him, and cried out: “Hosanna! ‘Blessed is he who comes in the name of the Lord, the king of Israel.’”

DAY 1

# Palm Sunday

Draw Jesus' entrance into Jerusalem

Write down 3 facts you learned about the  
archaeologists' discovery of Judean dates

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## DAY 2

# Holy Monday

Holy Monday is a great day to prepare for the remainder of the week. Here are some practical tasks to complete on Holy Monday, and how learning is all around us!

-  READ the [daily Mass readings](#) and discuss.
-  Attend daily Mass.
-  PRAY the Divine Office (choose 1 hour) as a family
-  Write down a passage or line of scripture from the readings.
-  Start a list of unfamiliar words to learn to SPELL. Learn their definitions too.
-  Plan your family's meals for the week. Need some ideas for simple and meatless meals? Be sure to sign up for my [EBook of Meatless Lent Recipes](#)! The meal plan includes Good Friday (a day of fasting and abstinence) and Holy Saturday (recommended day of fasting and abstinence)! Get the kids involved by having them WRITE a grocery list. Have them do some ALMSGIVING by helping you carry in the groceries and put them away
-  Check out these [Stations of the Cross Activity Pages to Learn Roman Numerals for MATH and more!](#)
-  MUSIC: Listen to the Stabat Mater in [English](#) or [Latin](#)
-  Complete any activities you didn't get to do on Palm Sunday, and/or allow older students to further research topics of interest.

DAY 2

# Holy Monday

Copy the verse from Psalms 27:1 on the lines below:

“The Lord is my light and my salvation;  
whom should I fear?  
The Lord is my life's refuge;  
of whom should I be afraid?”

DAY 2

# Holy Monday

Draw a picture while you listen to  
the Stabat Mater

## DAY 3

# Holy Tuesday

- Read the [daily Mass readings](#) and discuss.
- Attend daily Mass.
- WRITE down a passage or line of scripture from the readings.
- Continue list of unfamiliar words to learn to SPELL. Learn their definitions too.
- Even though these say "Easter Math", they work well for [Holy Week MATH](#) since (spoiler alert) the final picture is a picture of the crosses on Calvary. They allow children to practice addition, subtraction, multiplication AND division so they work well for many grades!
- HISTORY/GEOGRAPHY: [Build a model of Jerusalem](#) out of blocks and learn about key locations where Jesus was during Holy Week. This has a bonus Sacred ART Lesson included! You can see all the versions with different blocks below.
- Do a [Resurrection Eggs](#) ART craft to teach children about Holy Week.
- MUSIC: Listen to the Stabat Mater in [English](#) or [Latin](#).



Olivia Wilson

DAY 3

# Holy Tuesday

Copy the verse from Psalms 71:1-2 on the lines below:

"In you, O Lord, I take refuge;  
let me never be put to shame.

In your justice rescue me, and deliver me;  
incline your ear to me, and save me."

DAY 4

## Spy Wednesday

Subject	Activity
READING AND RELIGION	READ the <u>daily Mass readings</u> and discuss.
RELIGION	Attend daily Mass or attend a <u>Tenebrae Service</u>
WRITING	WRITE down a passage or line of scripture from the readings.
SPELLING	Continue list of unfamiliar words to learn to SPELL. Learn their definitions too.
MATH	<ul style="list-style-type: none"><li>• Hide 30 silver coins to remind us of the ones that Judas was given to betray Jesus. Hence the name "Spy Wednesday."</li><li>• For younger children, simply have them practice counting the nickels, dimes, and or quarter.</li><li>• For older preschoolers and younger elementary students, have them identify and sort the nickels, dimes, and quarters.</li><li>• For a challenge, have children count up the money. Give each child different amounts to practice their money counting skills.</li><li>• Practice skip counting by 5s, 10s, and 25s.</li><li>• For older children have them practice their multiplication skills by sorting coins and practice multiplying by 5, 10, and 25.</li><li>• Practice figuring out 10% for different amounts of money and discuss tithing.</li></ul>

DAY 4

## Spy Wednesday cont.

Subject	Activity
ALMSGIVING	Give ALMS by saving the coins and having your children donate them to a the poor box the next time you are at a church.
ART	<u><a href="#">Draw this crucifixion scene to prepare your hearts for Good Friday.</a></u>
MUSIC	Listen to the Stabat Mater in <u><a href="#">English</a></u> or <u><a href="#">Latin</a></u>



## DAY 4

# Spy Wednesday

Copy the verse from Matthew 26:15-16  
on the lines below:

"They paid him thirty pieces of silver, and from that time on he looked for an opportunity to hand him over."

DAY 4

# Spy Wednesday

Draw Judas' money bag

DAY 4

# Spy Wednesday Math

Sort your coins in nickels, dimes, and quarters:	nickels
dimes	quarters

## DAY 4

# Spy Wednesday Math

Skip count by 5s to fill in the missing numbers:

5 10 \_\_ 20 \_\_ \_\_ 35 \_\_ 45 50 \_\_ \_\_ \_\_

Skip count by 10s to fill in the missing numbers:

10 20 \_\_ 40 \_\_ \_\_ 70 \_\_ \_\_ 100 \_\_ \_\_ \_\_

Skip count by 25s to fill in the missing numbers:

25 50 \_\_ 100 \_\_ \_\_ 175 \_\_ \_\_ 225 \_\_ \_\_ \_\_

## DAY 4

# Spy Wednesday Math

Write an addition problem to show how much money your nickels are worth.

Write an addition problem to show how much money your dimes are worth.

Write an addition problem to show how much money your quarters are worth.

Write an addition problem to show how much money you have total, and determine the total.

## DAY 4

# Spy Wednesday Math

Write a multiplication problem to show how much money  
your nickels are worth.

Write a multiplication problem to show how much money  
your dimes are worth.

Write a multiplication problem to show how much money  
your quarters are worth.

Write an addition problem to show how much money you  
have total, and determine the total.

A statue depicting Jesus Christ in a blue robe kneeling and washing the feet of the apostle Peter, who is reclining in a red robe. They are in a garden setting with green bushes and fallen leaves.

# **The HOLY TRIDUUM Begins on MAUNDY THURSDAY**

## DAY 5

# Maundy Thursday

### What is Maundy Thursday?

In the Catholic Church, Maundy Thursday (or Holy Thursday) kicks off the most holy liturgical season of the year – the Holy Triduum. This day is extremely important to Catholics because Christ instituted two very important Sacraments on Holy Thursday: the priesthood (Holy Orders) and the Eucharist.

Holy Thursday is often also called “Maundy Thursday,” but why?

The word “maundy” comes from the Latin word *mandatum* which means “commandment.” We can understand why this word is used when we discuss what happened on Holy Thursday. Let’s take a look at Sacred Scripture...

You can read the entire passage of the foot washing and the events that follow in John 13 [here](#).

The passage begins with Jesus preparing to wash the disciples’ feet. Then, “Peter said to him, ‘You will never wash my feet.’ Jesus answered him, ‘Unless I wash you, you will have no inheritance with me.’” John 13: 8

In this passage, Jesus is modeling how He wants us to treat others. He is humbling Himself by physically lowering Himself and completing a task (washing feet) that is usually done by servants. He is calling the disciples (and us!) to humble ourselves and serve others.

You can read more details about Maundy Thursday [here](#).



## Maundy Thursday Activities for your Homeschool



### READING

READ the Mass readings and discuss. You may choose the readings for the Chrism Mass and/or the readings for the Mass of the Lord's Supper.



### PRAYER

Attend daily Mass or attend and learn about the Chrism Mass. The Chrism Mass is traditionally celebrated on Holy Thursday, but some dioceses celebrate the Mass on a different day during Holy Week. Be sure to check your local schedules. Pray an hour of the Divine Office as a family.



### PRAYER

Attend and learn about the Mass of the Lord's Supper. We will be entering into the Holy Triduum tonight! Learn more about Maundy Thursday with children here.



### WRITING

WRITE down a passage or line of scripture from the readings.



### SPELLING

Give your child a SPELLING test of all the words he or she collected this week.



### SCIENCE

Learn about the SCIENCE of olive oil and balsam (the components of Holy Chrism).



### ART

Learn to draw the Last Supper, and learn about Leonardo da Vinci's Last Supper painting



### MUSIC

Listen to Tantum Ergo and learn about St. Thomas Aquinas writing the lyrics for this piece.

DAY 5

# Maundy Thursday

Copy the verse from John13:14-15 on the lines below:

“If I, therefore, the master and teacher,  
have washed your feet,  
you ought to wash one another’s feet.  
I have given you a model to follow,  
so that as I have done for you, you  
should also do.”

# My Holy Week Spelling Test

DAY 5

# Maundy Thursday

Write down 4 facts that you learned about olive oil and balsam:

Holy Week Homeschool Activities to Help You Enter  
into the Holy Triduum

# GOOD FRIDAY

## DAY 6

# GOOD FRIDAY

You may consider taking a break from any formal schoolwork on Good Friday in order to use this day to focus on the death of Our Lord on the cross.

Good Friday is the day Our Lord Jesus Christ was crucified and died for our sins. It is good because He did this out of selfless and complete love for us.

On Good Friday, allow time for rest and quiet time for littles, and time for reflection and prayer for you and your older children. Here are the readings for Good Friday to reflect on. You can also choose an hour of the Divine Office to pray as a family.

Start the day with traditional Hot Cross Buns.

You may wish to put together the easy but powerful Good Friday Scriptural Lunch that allows for the big people to fast, and allows everyone to hear Holy Week scripture together. Have older children help prepare the meal and read the scripture. Each food symbolizes a different part of scripture. It's a really well done activity!

Be sure to grab my FREE Lent Recipe Ebook for a meal plan that includes Good Friday which is a day of fasting and abstinence from meat.

You could also have your child make a Stations of the Cross booklet.

Here are some special devotions and services happening the the Church. Be sure to check you parish for what they are offering! You can also adapt any or al of these to pray at home.

1. Veneration of the Cross
2. Stations of the Cross
3. Start the Divine Mercy Chaplet Novena



## DAY 7

# HOLY SATURDAY

Holy Saturday rounds out the Holy Triduum.

This is a highly solemn day for Catholics since it follows Good Friday and is the day that Jesus lie dead in the tomb.

His Blessed Mother was likely mourning the loss of her Son, but she trusted the Resurrection would come as He said it would.

We should also keep the solemn nature of this day in our homes by continuing to clean and prepare for the glorious feast of Easter!

Easter will begin tonight at the Easter Vigil! If you can get your family to the Vigil, I highly recommend it! [Here are the readings](#) for the Easter Vigil.

During the day, you can do some quiet SCIENCE and ART projects. Dyeing and decorating Easter eggs for tomorrow's feast will cover both of these subjects. You could [try making some of your own natural dyes with natural materials you may already have](#). Experiment with different amounts of each food and different dye times.

[This is also an awesome kit](#) to learn about the legend of St. Mary Magdalen's red egg!  
Have leftover dye? [Use it to make tie dye crosses!](#)

Finish the night by reading scripture while your children (safely) taste the ingredients of these [Resurrection Cookies!](#) Pair these with your decorated hard boiled eggs for part of your Easter breakfast!

Now, we seal our cookies in the "tomb," wait, and rest. Easter is almost here!



# *Alex Resch*

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