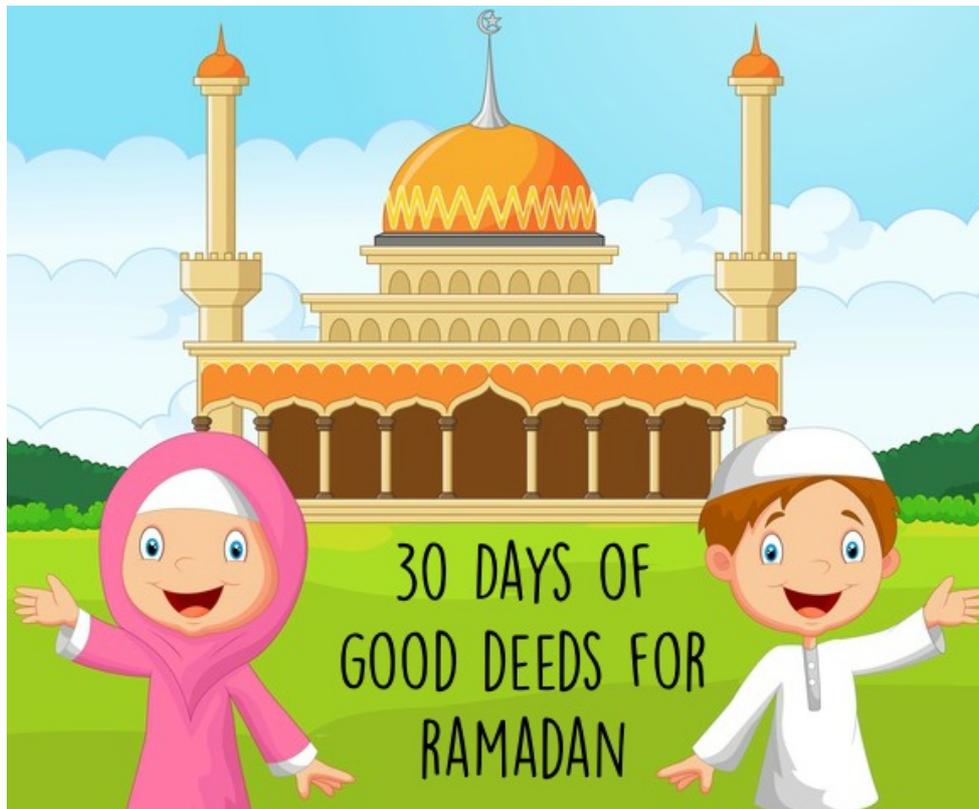


30 DAYS OF GOOD DEEDS FOR YOUR RAMADAN JAR

PRINT THESE OUT, AND CUT THEM UP INTO 30 SLIPS OF PAPER.

DECORATE A JAR, AND FILL IT WITH THESE GOOD DEEDS.

EACH DAY, PICK OUT A GOOD DEED AND SPREAD A LITTLE KINDNESS OR SPEND TIME REMEMBERING ALLAH.



BAKE AND GIVE FOOD TO A NEIGHBOUR

DONATE MONEY TO A CHARITY OF YOUR CHOICE

HELP YOUR PARENTS WITH SOME EXTRA HOUSE WORK OR CHORES

TEACH SOMETHING BENEFICIAL TO A YOUNGER SIBLING OR YOUNGER FAMILY FRIEND

RECITE, OR LISTEN TO, AN EXTRA PAGE OF QURAN

DONATE TO A FOOD BANK

CHOOSE SOME OF YOUR OLD TOYS OR CLOTHES THAT ARE IN GOOD CONDITION, AND BRING THEM TO A CHARITY SHOP

MAKE SURE TO SMILE AT EVERYONE TODAY! (SMILING IS SADAQA)

MAKE A CARD OR NOTE TO TELL SOMEONE YOU LOVE AND APPRECIATE THEM

PICK UP RUBBISH FROM THE STREET AND PUT IT INTO THE BIN

LOOK OUT FOR SOMEONE LONELY AT SCHOOL, AND MAKE TIME TO TALK AND PLAY WITH THEM

MAKE DUA SPECIALLY FOR SOMEONE

GO A DAY WITHOUT COMPLAINING	LET SOMEONE GO AHEAD OF YOU IN A LINE
REUSE PAPER WHEN YOU'RE DRAWING, MAKE AN EFFORT NOT TO WASTE WATER WHEN WASHING, AND BE SURE TO RECYCLE ANY PACKAGING INSTEAD OF THROWING IN THE BIN	READ TO A YOUNGER SIBLING OR FRIEND
EXTRA TASBEEH: SAY ALHAMDULILLAH 100 TIMES, AND REFLECT ON BLESSINGS IN YOUR LIFE THAT MAKE YOU SAY "ALHAMDULILLAH"	EXTRA TASBEEH: SAY SUBHANALLAH 100 TIMES, AND REFLECT ON THE WONDERFUL THINGS IN THE WORLD THAT MAKE YOU SAY "SUBHANALLAH"
VISIT SOMEBODY IN HOSPITAL	GIVE SALAM TO AS MANY PEOPLE AS YOU CAN TODAY!
CALL GRANDPARENTS FOR A CHAT	SPONSOR AN ORPHAN
HELP PARENTS WITH LAUNDRY	LEND BOOKS TO A FRIEND
PRAY IN THE MOSQUE TODAY	BUY A GIFT AND GIVE IT TO A LOVED ONE
FIND OPPORTUNITIES TO GIVE GENUINE COMPLIMENTS THROUGHOUT THE DAY, AND MAKE SOMEONE SMILE	EXPLAIN TO A NON MUSLIM FRIEND ABOUT WHY WE FAST DURING RAMADAN
TREAT AN ANIMAL WITH EXTRA KINDNESS	MAKE AN EFFORT TO LEARN SOMETHING NEW TODAY

30 DAYS OF GOOD DEEDS FOR A RAMADAN JAR FROM [INTHEPLAYROOM.CO.UK](http://intheplayroom.co.uk)

FOR MORE RAMADAN ACTIVITIES SEE: [HTTP://INTHEPLAYROOM.CO.UK/2013/06/14/RAMADAN-ACTIVITIES-FOR-CHILDREN/](http://intheplayroom.co.uk/2013/06/14/ramadan-activities-for-children/)