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My Ramadan good deeds

Do one good deed each day. Write or draw it, then colour the moon or star.

Name _____

Day 1 ☾	Day 2 ☾	Day 3 ☾	Day 4 ☾	Day 5 ☆
Day 6 ☾	Day 7 ☾	Day 8 ☾	Day 9 ☾	Day 10 ☆
Day 11 ☾	Day 12 ☾	Day 13 ☾	Day 14 ☾	Day 15 ☆
Day 16 ☾	Day 17 ☾	Day 18 ☾	Day 19 ☾	Day 20 ☆
Day 21 ☾	Day 22 ☾	Day 23 ☾	Day 24 ☾	Day 25 ☆
Day 26 ☾	Day 27 ☾	Day 28 ☾	Day 29 ☾	Day 30 ☆

For grown-ups

Pick a deed together each morning, or pull one from the cards on page 2. Little and often matters more than big: a small kind act every day is a lovely habit to build. Ramadan lasts 29 or 30 days, so day 30 may stay empty. At the end, count the coloured moons and stars together.

Good deed cards

Cut out the cards, fold them and put them in a jar. Pick one each day.

Help lay the table for iftar	Say salaam first	Share a toy or a snack	Tidy your room without being asked
Give some pocket money to charity	Make a card for a grandparent	Help carry the shopping	Read a story to someone younger
Fill the water glasses at iftar	Say thank you to someone who helps you	Water the plants	Make your bed
Smile at everyone you see today	Help wash up after iftar	Phone or visit a relative	Put your shoes away neatly
Draw a picture for a neighbour	Pick a food tin for the food bank	Fold the washing with a grown-up	Be kind to a brother or sister
Let someone else go first	Help make a dessert for Eid	Give a friend a compliment	Forgive someone who upset you

For grown-ups

Cut along the dashed lines. Leave out any card that doesn't suit your family, and use the backs to write your own ideas. Stay close for anything in the kitchen.