



RAMADAN MUBARAK

1

Help your
parents or
guardian around
the house

2

Pack provisions
boxes for the
less fortunate

3

Bake or cook
some food for a
neighbour

4

Feed the birds
in the garden or
visit a local pond
to feed the ducks

5

Teach
someone
something
you know

6

Go a day
without
complaining

7

Volunteer
in your
community

8

Hold the
door open for
a stranger

9

Try and
give up a
bad habit

10

Donate to a
charity of your
choosing

11

Spend time
with younger
siblings or family
members

12

Draw a pretty
picture for a
friend or family
member

13

Forgive
others and
yourself

14

Help
keep your
environment
clean

15

Write a letter to
someone who has
made a difference
in your life

16

Compliment
others with
sincerity

17

Perform one
random act of
kindness

18

Make sure
to smile at
everyone
today

19

If you notice
someone lonely at
school, make time
to talk and play

20

Read to a
younger sibling
or friend

21

Make an
effort to learn
something
new today

22

Donate to a
food bank

23

Water plants
both inside and
outside

24

Tidy your
room and
donate items
to charity

25

Prepare Eid
gifts and send
them out

26

Give a gift/
thank you card
to a teacher

27

Do something
special for
your Parent
or Guardian

28

Let someone
go ahead of
you in line

29

Help with the
cleaning

30

Listen carefully
to someone and
really hear what
they are saying



co
op

It's what we do



WHAT IS RAMADAN?

Ramadan is considered to be one of the holiest months of the year for Muslims, as it is the month the Qur'an (holy book) was revealed to the Prophet Muhammad, and emphasises the importance of spiritual devotion to Allah (God). Around 4 million people in the UK mark the month of Ramadan, and it lasts on average 30 days, based on the Lunar calendar.

WHAT HAPPENS DURING THE MONTH OF RAMADAN?

We fast by not eating food or drinking water during daylight hours and pray at regular intervals to help learn self-control, gratitude, and compassion for those less fortunate. Extra time is also spent reading the Qur'an, performing special prayers, fasting and doing good deeds and plenty of charitable work.

WHAT IS EID AL-FITR?

At the end of Ramadan, we celebrate Eid al-Fitr, or the "Festival of the Breaking of the Fast". In 2022, this is expected to be on 1st May. A special prayer and sermon are held the morning of Eid day, followed by a community celebration. Food, games and presents for children are important parts of the festivities, as friends and family spend the day socialising, eating and reuniting with friends.



It's what we do

