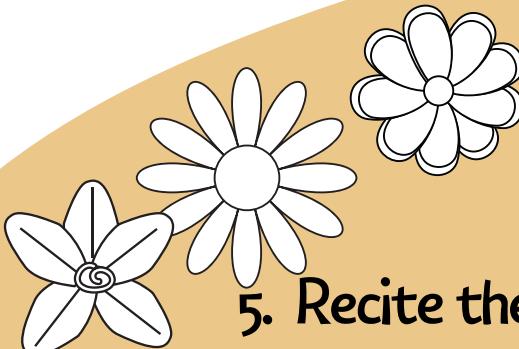
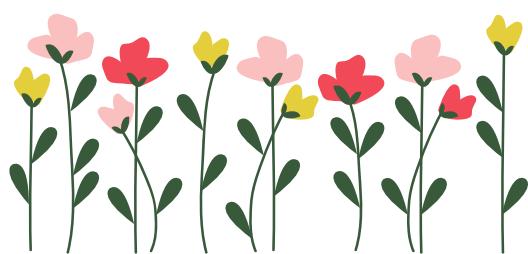


WELL DONE FOR COMPLETING
THE FIRST STAGE!

NOW MOVE ON TO
DAYS 11-20...

Colour in the
background!



1. Smile at everyone you see today, even if they are a stranger.

2. Make your own bed.

3. Eat an odd number of dates for suhoor.

4. Be the first to say 'salaam' to five people today.

START HERE

RAMADAN DAYS 1-10

10. Give some
charity.

9. Call a friend or
family member
who is unwell.

8. Eat something healthy
for iftar and suhoor e.g. fruit or veg.

7. Read a story about our Prophet
(peace be upon him).

6. Pray 2 rakat nafl (you can copy an adult if you
are still learning how to pray).

5. Recite the Qur'an (or listen to it if you are still learning to
read it).

Colour me in!



YAY!

WELL DONE FOR COMPLETING THE SECOND STAGE!



NOW MOVE ON
TO
DAYS 21-30...

**super^{star}
duper**

20. Help your family with
preparing iftar.



19. Say 'subhanAllah'

ten times.



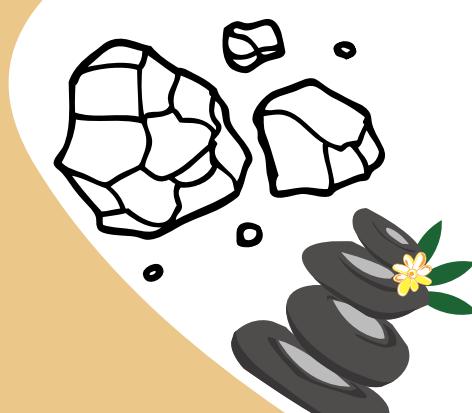
18. Share something you love with
a family member.

17. Look up at the sky and think about Allah's
creation.

16. Teach someone something about Islam.

15. Remove something harmful from someone's way
e.g. some rubbish or mess.

14. Say 'Alhamdulillah' after eating your iftar.



13. Do some gentle exercise.

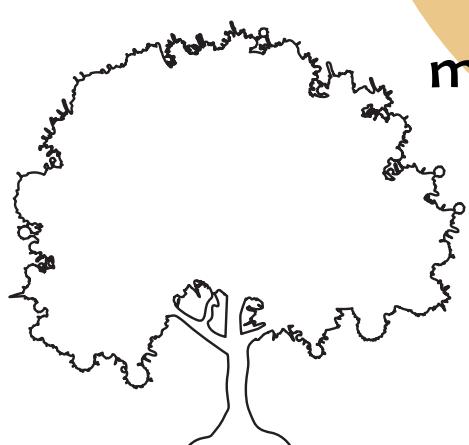
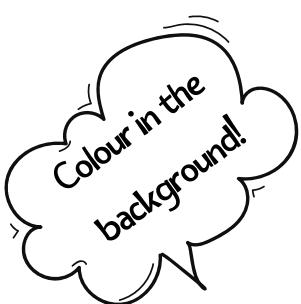
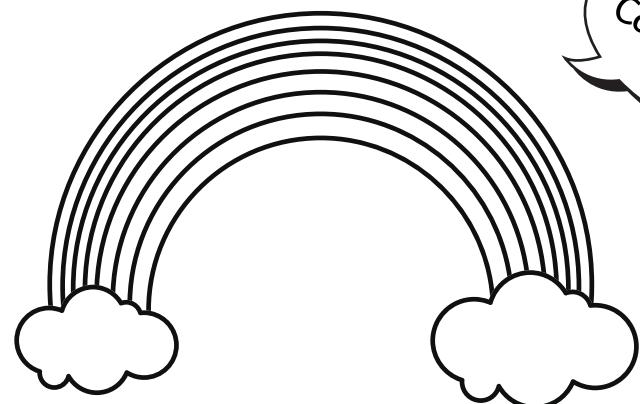
12. Give food to the homeless.

11. Recycle or reuse something at home.

START HERE

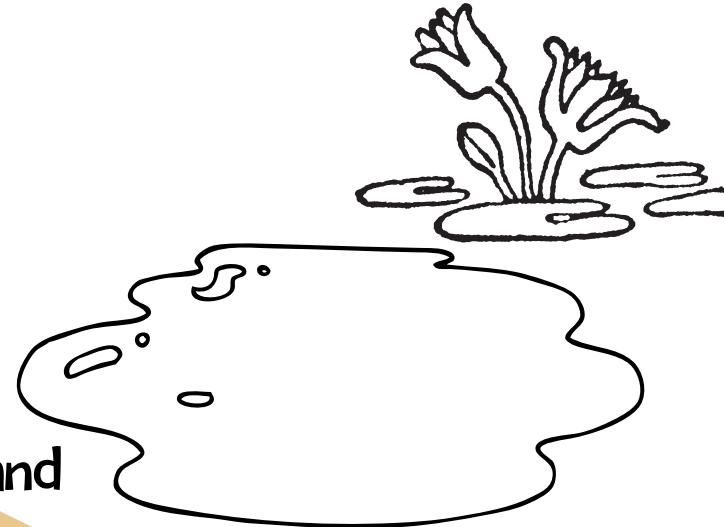
RAMADAN DAYS 11-20

AMAZING! YOU HAVE COMPLETED 30 DEEDS IN 30 DAYS! MAY ALLAH REWARD YOU FOR YOUR EFFORTS AMEEN!



30. Make sincere du'a to
Allah to make you
steadfast on His Deen.

29. Reflect on one bad habit and
make an action plan to overcome it.



28. Read (learn) the meaning of Surah Fatiha.

27. Tell your parents/carers three things that you
appreciate about them (three things each).

26. Make a list of ten things you are grateful for
and say 'Alhamdullilah' for each thing on the list.

25. Help your neighbour with a chore.

24. Read Surah Ikhlaas ten times.

23. Get in touch with a close relative and ask them how they are doing.

22. Compliment your sibling/relative.

21. Send ten salutations upon the Prophet (peace be upon him).

START HERE

RAMADAN DAYS 21-30



RAMADAN TRACKER- PATH TO SUCCESS

30 DEEDS IN 30 DAYS!

Ramadan Mubarak!

This Ramadan tracker for children is designed to be simple, easy to use and fun! It includes 30 good deeds that are aimed to be accessible and manageable for children of various ages.

How to Use:

Start with Days 1-10 and aim to do one of the good deeds a day! Tick off the deeds as you do them to help you keep track.

You can also colour in the background and images.

To save ink, you can print these pages on greyscale or black and white and have more fun colouring!

Allah loves actions done consistently, even if they are small, so try and make a habit of some of these actions to continue after Ramadan. In sha Allah. .

We hope you find this tracker useful. We welcome your feedback so feel free to get in touch via the contact form on our website.

