



Ramadan Kindness Challenge

1 Smile at someone	2 Send a motivational message to a friend	3 Tell a family member how much you love them	4 Video call a family member	5 Help in the kitchen	6 Help set the table for dinner/iftar
7 Make a card for someone you love	8 With an adult check how your neighbours are – are they okay? Remember to social distance	9 Make a gratitude sign for the NHS/Key workers and stick it on your window	10 Send your teacher a kind email	11 Help wash the dishes	12 Tidy your room
13 Compliment someone	14 Read a story to someone	15 Help teach someone a new skill	16 Be patient with the people you live with	17 Tell the adults you live with how much you appreciate them	18 Ask someone how they're doing and listen
19 Do an activity that somebody else has chosen	20 Encourage someone	21 Make someone laugh	22 Make a gratitude sign for other helpers - post person / refuse collectors / shopworkers	23 Make a prayer or a wish for someone	24 Write a kind note to your neighbour
25 Write a poem for someone	26 Send an inspirational quote to a friend	27 Tell someone you know that you are proud of them	28 Tidy away after yourself	29 Give someone a hug	30 Make an Eid card for a friend.