

# My Ramadan Activity Book

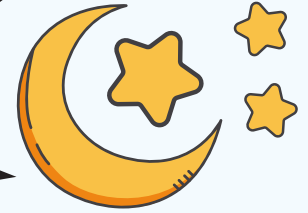
## (30 Days)

Colour • Learn • Du'a • Good Deeds

Name: \_\_\_\_\_ Class: \_\_\_\_\_



# Day 1 - Intention



## Learn

Word of the day: Intention 



**Lesson:** Ramadan is a special month to please Allah.



**Hadith:** "Actions are by intentions."



**Meaning:** Allah loves a good heart.



**Dua:** "Ya Allah, accept from me."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I Helped at home.

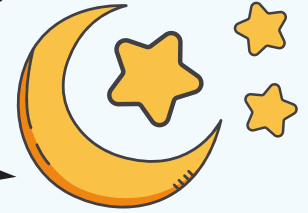
## Activity



My Ramadan goal is:



# Day 2 - Kindness



## Learn

Word of the day: Kindness



**Lesson:** Be kind to your family.



**Hadith:** "Best of you are best to family."



**Meaning:** Allah loves when we are kind.



**Dua:** "Ya Allah, make me kind."

**Mood** How do I feel today?



Happy



Okay



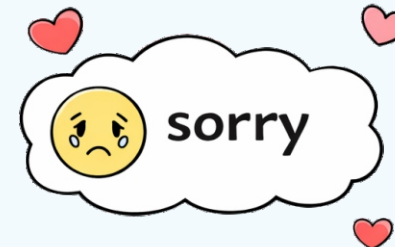
Sad

## Do

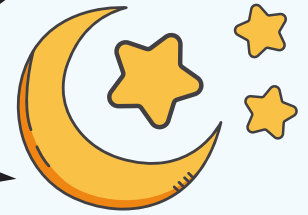
Good Deed: ☐ I used kind words

### Activity

Circle kind words:



# Day 3 - Suhoor



## Learn

Word of the day: Suhoor



**Lesson:** Suhoor has blessings.



**Hadith:** "Eat suhoor, there is blessing."



**Meaning:** Suhoor gives us strength and blessings.



**Dua:** "Bismillah."

**Mood** How do I feel today?



Happy



Okay



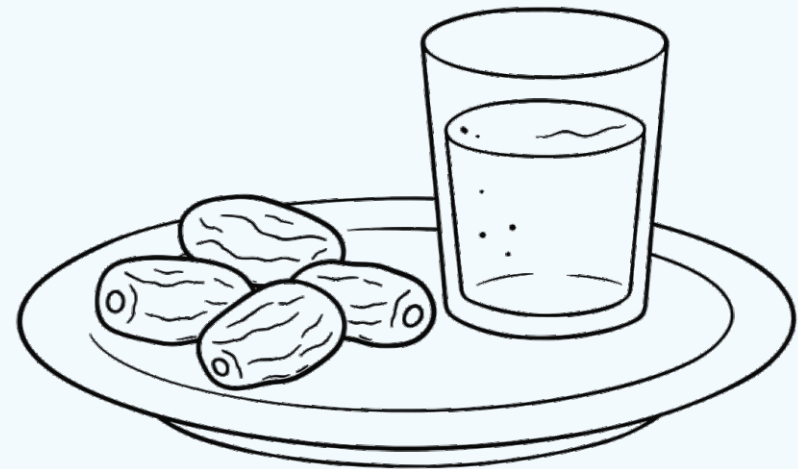
Sad

## Do

Good Deed: ☐ I drank water and didn't waste

### Activity

Colour: dates + a cup of water

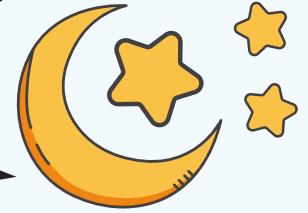


Colour me!





# Day 4 - Salah



## Learn

Word of the day: Salah



**Lesson:** Salah is talking to Allah.



**Hadith:** "Prayer is important."



**Meaning:** Salah helps us stay close to Allah.



**Dua:** "Allahumma a'inni..."  
(O Allah help me)

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I tried my best with salah

### Activity

Match prayer times

Fajr

Noon

Dhuhr

Night

Asr

Sunset

Maghrib

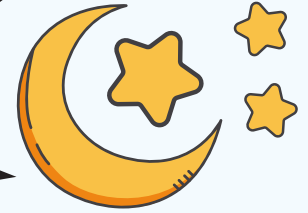
Afternoon

Isha

Morning



# Day 5 - Qur'an



## Learn

Word of the day: Qur'an



**Lesson:** Ramadan is the month of Qur'an.



**Hadith:** "Best of you learn Qur'an."



**Meaning:** Qur'an is Allah's special book for us.



**Dua:** "Ya Allah, help me read Qur'an."

**Mood** How do I feel today?



Happy



Okay



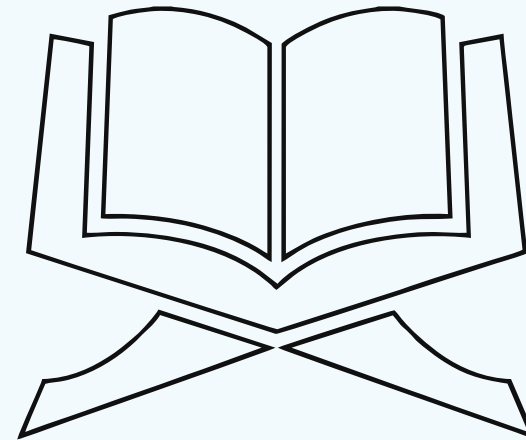
Sad

## Do

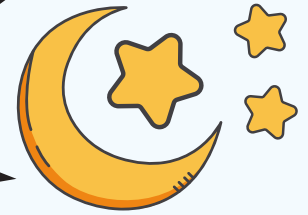
Good Deed: ☐ I listened/read Qur'an

## Activity

Colour a Qur'an + write 1 thing you learned: \_\_\_\_\_



# Day 6 - Sadaqah



## Learn

Word of the day: Sadaqah



**Lesson:** Giving makes Allah happy.



**Hadith:** "Even half a date."



**Meaning:** Giving makes Allah happy and helps others.



**Dua:** "Ya Allah, accept my charity."

**Mood**

How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I gave something today

### Activity

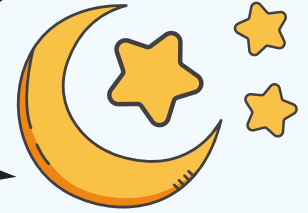
Draw your charity jar and colour it



My Sadaqah Jar



# Day 7 - Manners



## Learn

Word of the day: **Manners**



**Lesson:** Good Muslims have good manners.



**Hadith:** "Best character is heavy on the scale."



**Meaning:** Allah rewards us when we forgive.



**Dua:** "Ya Allah, give me good manners."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I didn't shout

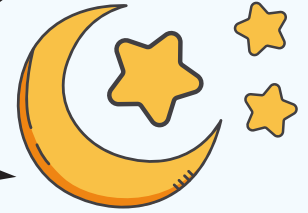
### Activity

Tick good manners:

- ☐ sharing
- ☐ lying
- ☐ saying salam



# Day 8 - Forgive



## Learn

Word of the day: Forgive



**Lesson:** Forgive others for Allah.



**Hadith:** "Be merciful."



**Meaning:** Allah rewards us when we forgive.



**Dua:** "Rabbighfir li."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I forgave someone

### Activity

Finish the sentence:

"I forgive \_\_\_\_\_."





# Day 9 - Du'a



## Learn

Word of the day: Du'a



**Lesson:** Du'a is asking Allah for help.



**Hadith:** "Du'a is worship."



**Meaning:** Allah listens when we make du'a.



**Dua:** "Ya Allah, help me."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

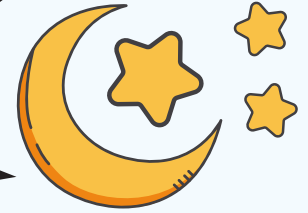
Good Deed: ☐ I made du'a for someone

## Activity

Draw 3 hearts and write names to make du'a for.



# Day 10 - Dhikr



## Learn

Word of the day: Dhikr



**Lesson:** Remember Allah often.



**Hadith:** "Beloved words to Allah..."



**Meaning:** Dhikr makes our hearts peaceful.



**Dua:** SubhanAllah / Alhamdulillah / Allahu Akbar

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I did dhikr today

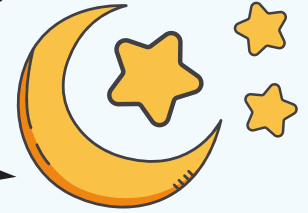
### Activity

Tick 10 boxes

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# Day 11 - Truth



## Learn

Word of the day: Truth



**Lesson:** Muslims tell the truth.



**Hadith:** "Truth leads to good."



**Meaning:** Telling the truth makes Allah happy.



**Dua:** "Ya Allah, make me truthful."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I told the truth

## Activity

Circle: Truth / Lie

Truth | Lie

I brushed my teeth today.

☐ ☐

I said Bismillah before eating.

☐ ☐

I helped my parents at home.

☐ ☐

I did not shout or fight today.

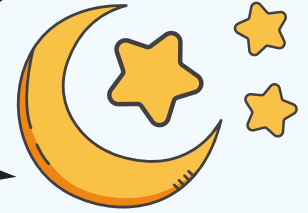
☐ ☐

I told the truth even when it was hard.

☐ ☐



# Day 12 - Help



## Learn

Word of the day: Help



**Lesson:** Helping is charity.



**Hadith:** "Every good deed is charity."



**Meaning:** Helping others is loved by Allah.



**Dua:** "Ya Allah, use me for good."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

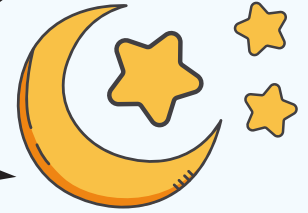
Good Deed: ☐ I helped someone

### Activity

Draw what you did to help today



# Day 13 - Iftar



## Learn

Word of the day: Iftar



**Lesson:** We break our fast at Maghrib.



**Hadith:** "Feed a fasting person..."



**Meaning:** Feeding others brings big reward.



**Dua:** "Dhahaba adh-dhama'..."

**Mood**

How do I feel today?



Happy



Okay



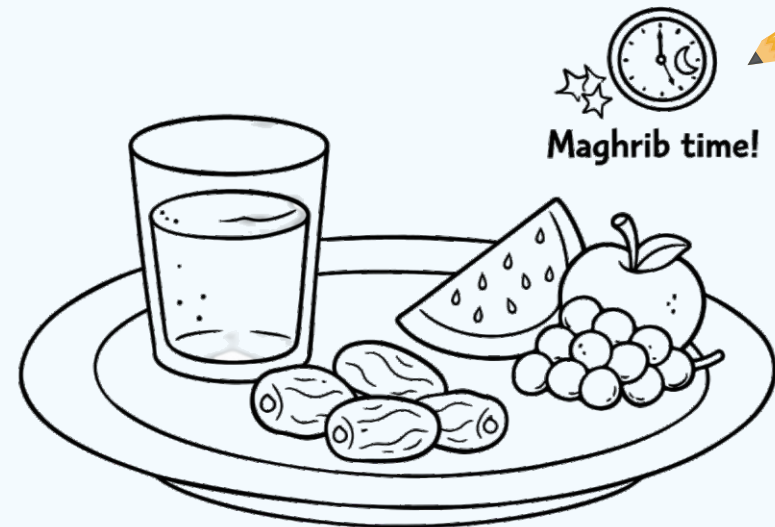
Sad

## Do

Good Deed: ☐ I helped with iftar.

## Activity

Colour an iftar plate

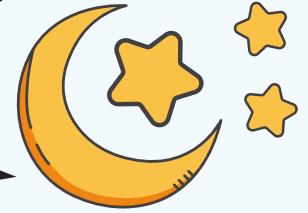


Maghrib time!





# Day 14 - Patience



## Learn

Word of the day: Patience



**Lesson:** Fasting teaches patience.



**Hadith:** "Fasting is a shield."



**Meaning:** Patience helps us stay strong and calm.



**Dua:** "Ya Allah, give me sabr."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I stayed calm

### Activity

When I'm angry I can:  
circle (breathe / shout / hit)



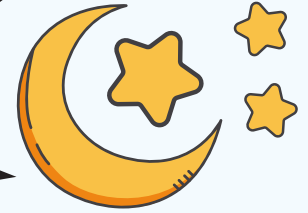
breathe

shout

hit



# Day 15 - Reset



## Learn

Word of the day: Reset



**Lesson:** Keep going — you can do it!



**Hadith:** "Allah looks at your heart."



**Meaning:** Allah loves when we keep trying.



**Dua:** "Ya Allah, help me improve."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I tried again today

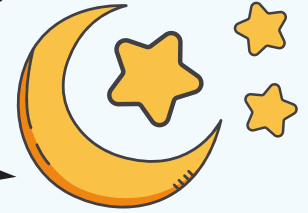
## Activity

Colour a "halfway" trophy

Keep going!



# Day 16 - Salam



## Learn

Word of the day: Salam



**Lesson:** Salam spreads love.



**Hadith:** "Spread salam."



**Meaning:** Saying salam spreads love and friendship.



**Dua:** "Assalamu 'alaykum"

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I said salam first

### Activity

Salam tally:

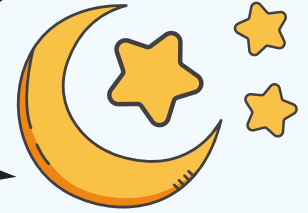
"How many salam did I say today?"



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Day 17 - Clean



## Learn

Word of the day: Clean



**Lesson:** Allah loves cleanliness.



**Hadith:** "Cleanliness is half of faith."



**Meaning:** Cleanliness is part of being a good Muslim.



**Dua:** "Ya Allah, make me clean inside and out."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I tidied my space

### Activity

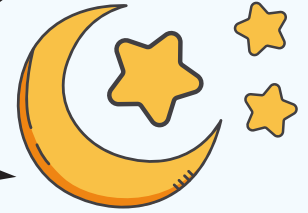
Spot 5 items to tidy!



☒ Sock ☒ Toy ☒ Book ☒ Cup ☒ Paper



# Day 18 - Quiet Tongue



## Learn

Word of the day: Quiet Tongue



**Lesson:** Speak good or stay quiet.



**Hadith:** "Speak good or stay silent."



**Meaning:** Good words make Allah pleased with us.



**Dua:** "Ya Allah, protect my tongue."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I didn't gossip

### Activity

Circle good words:  
kind / mean / helpful



kind

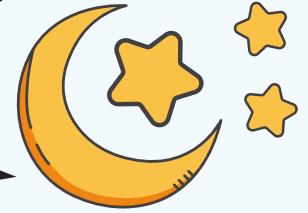
helpful

mean

rude



# Day 19 - Shukr



## Learn

Word of the day: Shukr



**Lesson:** Say Alhamdulillah.



**Hadith:** "If you are grateful, I will increase you."



**Meaning:** Saying Alhamdulillah brings more blessings.



**Dua:** "Alhamdulillah."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I thanked someone

### Activity

Write/draw 3 blessings



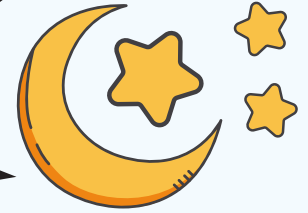
1- I am thankful for \_\_\_\_\_

2- I am thankful for \_\_\_\_\_

3- I am thankful for \_\_\_\_\_



# Day 20 - Last 10



## Learn

Word of the day: Last 10



**Lesson:** The last 10 nights are special.



**Hadith:** The holy prophet ﷺ did more in the last 10 nights.



**Meaning:** The last 10 nights are very special.



**Dua:** "Allahumma innaka 'afuwwun..."

**Mood** How do I feel today?



Happy



Okay



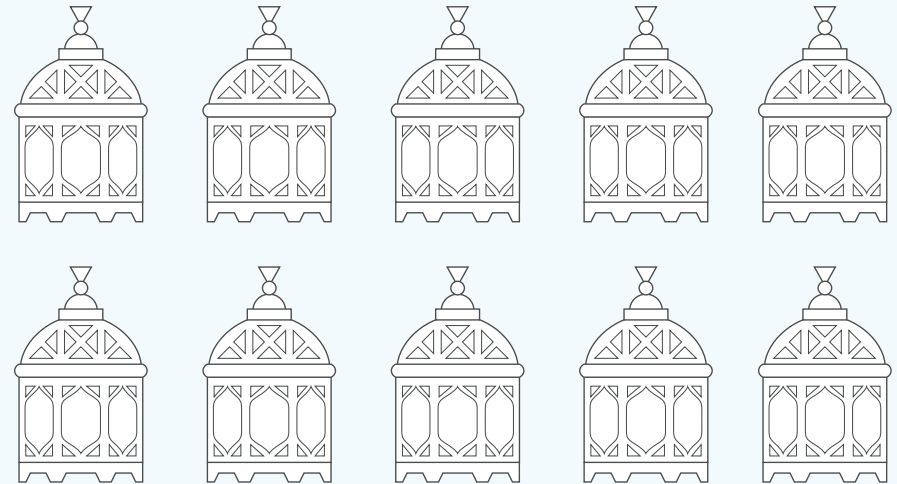
Sad

## Do

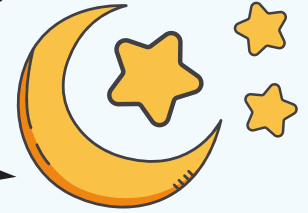
Good Deed: ☐ I did extra worship

### Activity

Colour 10 lanterns (one per night)



# Day 21 - Laylatul Qadr



## Learn

Word of the day: Laylatul Qadr



**Lesson:** One night is better than 1000 months.



**Hadith:** "Look for Laylatul Qadr in the last ten nights."



**Meaning:** This night is worth more than many years.



**Dua:** Allahumma innaka 'afuwwun..."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

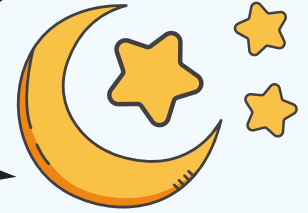
Good Deed: ☐ I made a big du'a

### Activity

Draw a night sky and write:  
"Ya Allah, forgive me."



# Day 22 - Secret Deed



## Learn

Word of the day: Secret Deed



**Lesson:** Secret good deeds are special.



**Hadith:** "Give in secret."



**Meaning:** Secret good deeds are very special to Allah.



**Dua:** Allahumma innaka 'afuwwun..."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I did a secret good deed

### Activity

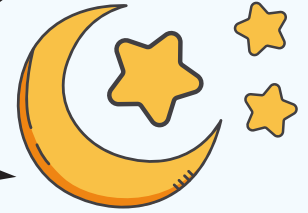
Write it and fold the page



"Fold this page to keep it secret!"



# Day 23 - Sorry (Tawbah)



## Learn

Word of the day: Sorry (Tawbah)



**Lesson:** Say sorry to Allah and try again.



**Hadith:** "Best people repent."



**Meaning:** Allah loves when we say sorry and improve.



**Dua:** "Astaghfirullah."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I said  
Astaghfirullah today

### Activity

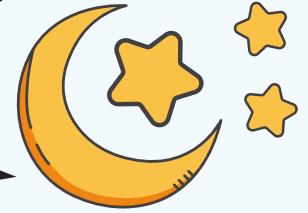
Tick 30 boxes for istighfar  
Astaghfirullah

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Day 24 - Neighbour



## Learn

Word of the day: Neighbour



**Lesson:** Be good to neighbours.



**Hadith:** "Be good to your neighbour."



**Meaning:** Being good to neighbours is part of Islam.



**Dua:** "Ya Allah, bless my neighbours."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

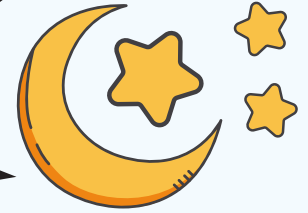
Good Deed: ☐ I was respectful

### Activity

Draw a house and write 1 kind action



# Day 25 - Smile



## Learn

Word of the day: Smile



**Lesson:** Smiling is charity.



**Hadith:** "Your smile is charity."



**Meaning:** Smiling makes others happy and is a good deed.



**Dua:** "Ya Allah, make me cheerful and kind."

**Mood** How do I feel today?



Happy



Okay



Sad

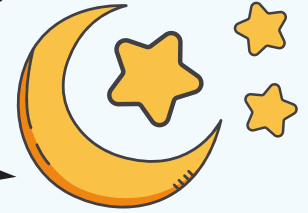
## Do

Good Deed: ☐ I smiled at someone

### Activity

Draw 3 smiley faces and give them names





## Learn

Word of the day: Prophet ﷺ



**Lesson:** We follow The blessed Prophet ﷺ.



**Hadith:** "Good character."



**Meaning:** Following the Prophet ﷺ makes us better.



**Dua:** "Allahumma salli 'ala Muhammad."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I sent salawat today

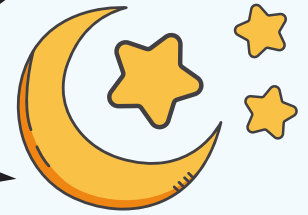
## Activity

Colour a "sunnah checklist"

- ☐ say salam
- ☐ eat with right hand
- ☐ smile
- ☐ be kind



# Day 27 - Big Night



## Learn

Word of the day: Big Night



**Lesson:** Do your best tonight.



**Hadith:** "Good character."



**Meaning:** Tonight is a big chance for rewards.



**Dua:** "Allahumma innaka 'afuwwun..."

**Mood**

How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I prayed / made du'a

### Activity

My plan:

☐

Pray

☐

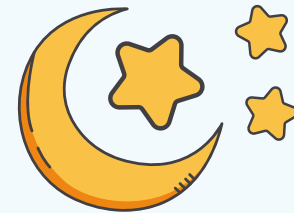
Du'a

☐

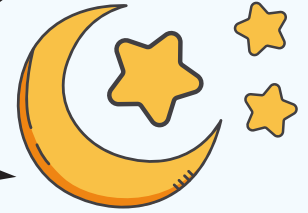
Qur'an

☐

Help parents



# Day 28 - No Waste



## Learn

Word of the day: No Waste



**Lesson:** Don't waste food.



**Hadith:** "Do not waste."



**Meaning:** Allah does not like wasting food.



**Dua:** "Ya Allah, bless our food."

**Mood**

How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I didn't waste today

### Activity

Circle the best choice



# Day 29 - Keep Going



## Learn

Word of the day: Keep Going



**Lesson:** Keep one good habit after Ramadan.



**Hadith:** "Best deeds are consistent."



**Meaning:** Small good deeds every day are best.



**Dua:** "Ya Allah, keep me steady."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I chose my forever habit

### Activity

Draw a badge:

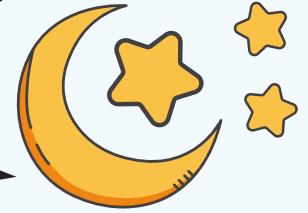


My Ramadan goal is:





# Day 30 - Eid



## Learn

Word of the day: Eid



**Lesson:** Eid is a gift from Allah.



**Hadith:** "Every nation has a festival, and this is our festival."



**Meaning:** Eid is a happy reward from Allah.



**Dua:** "Rabbana taqabbal minna."

**Mood** How do I feel today?



Happy



Okay



Sad

## Do

Good Deed: ☐ I thanked my family

## Activity

Draw your best Ramadan memory



# Eid Checklist (tick)

- ☐ Ghusl    ☐ Best clothes    ☐ Takbeer    ☐ Eid prayer
- ☐ Be kind    ☐ Visit family



CHILDREN OF  
**adam**  
www.childrenofadam.org

## CERTIFICATE OF COMPLETION

Awarded to: \_\_\_\_\_

Signed: \_\_\_\_\_





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PE1 2HG



Donation Hotline:  
03003210032



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