



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

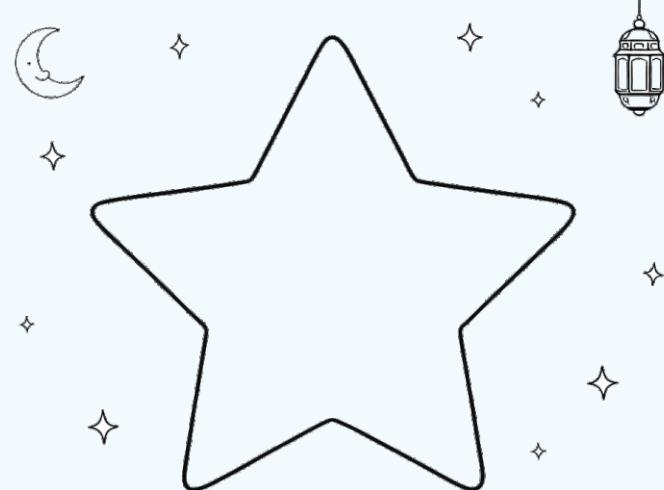


Sad

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



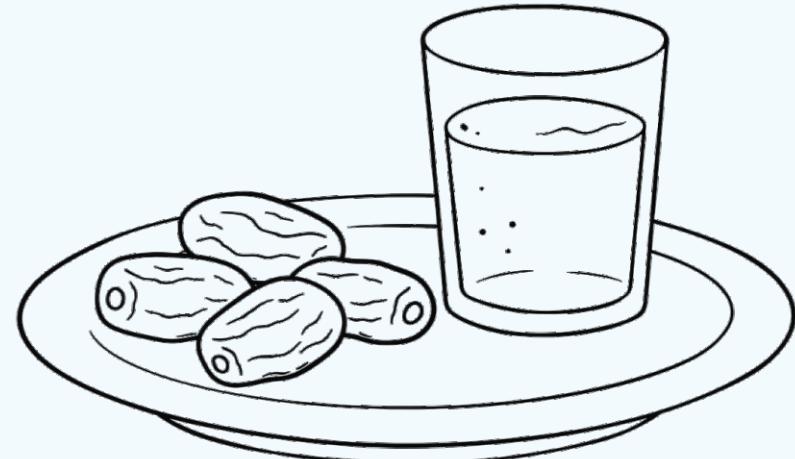
Sad

Do

Good Deed: I drank water and didn't waste

Activity

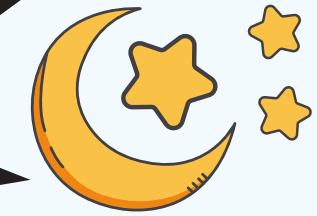
Colour: dates + a cup of water



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

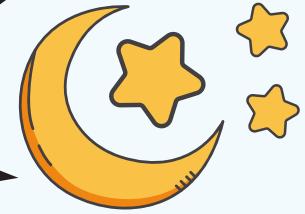
Afternoon

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



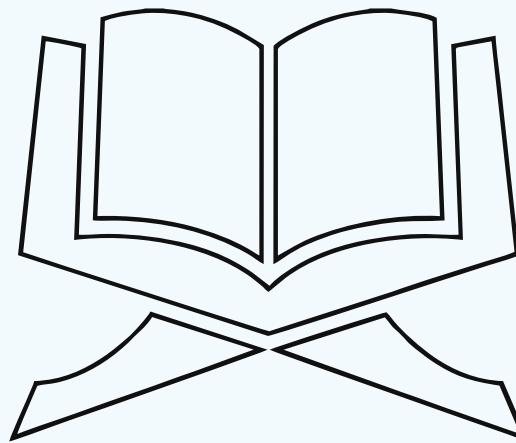
Sad

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

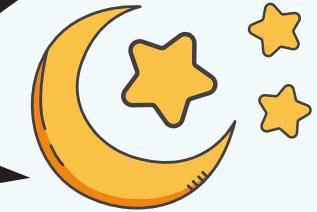
Activity

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

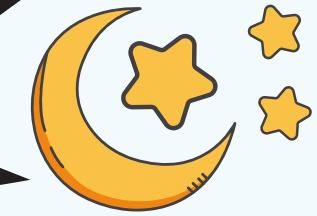
Good Deed: I made du'a for someone

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

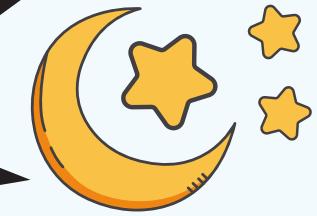
Good Deed: I did dhikr today

Activity

Tick 10 boxes



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

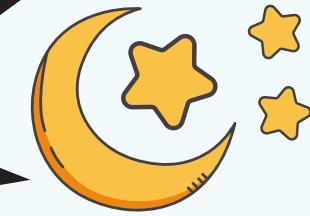
Good Deed: I helped someone

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

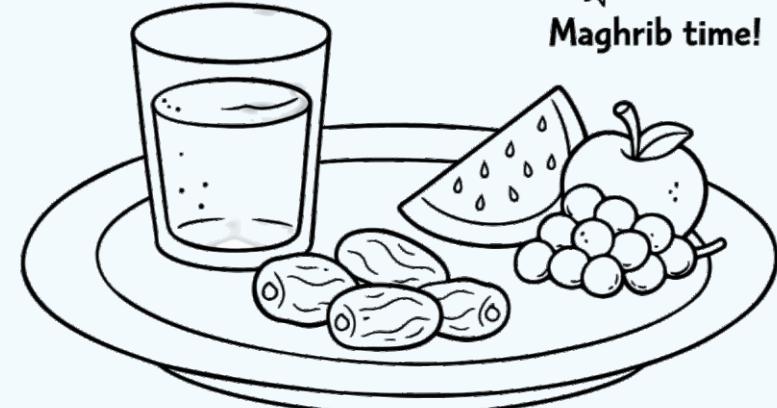
Good Deed: I helped with iftar.

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)



shout

breathe

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

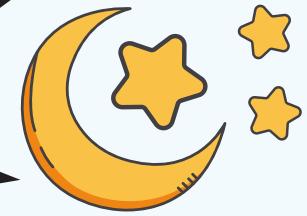
Colour a "halfway" trophy



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

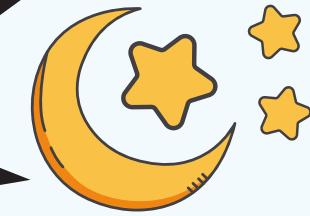
Activity

Salam tally:

"How many salam did I say today?"



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

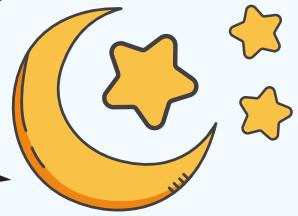
Spot 5 items to tidy!



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



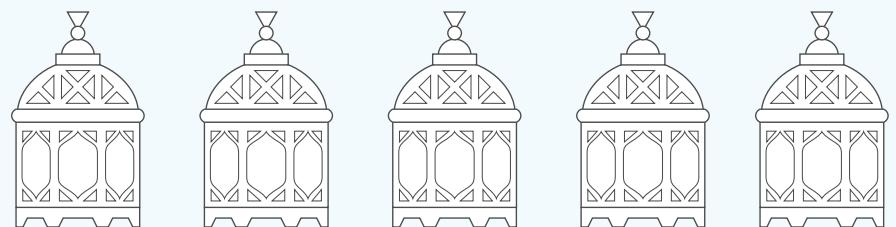
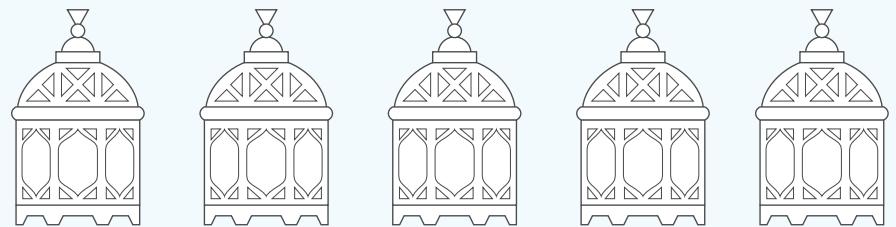
Sad

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

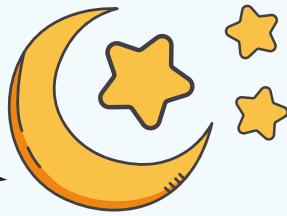
Good Deed: I made a big du'a

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



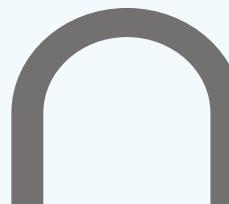
Sad

Do

Good Deed: I did a secret good deed

Activity

Write it and fold the page



My secret deed is

"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

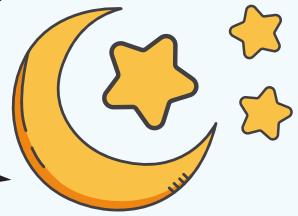
Activity

Tick 30 boxes for istighfar

Astaghfirullah



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

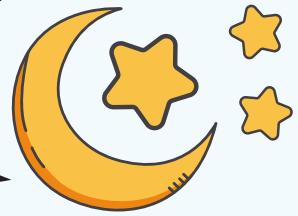
Good Deed: I smiled at someone

Activity

Draw 3 smiley faces and give them names



Day 26 - The blessed Prophet



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

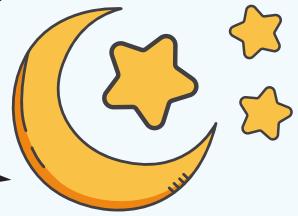
eat with right hand

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



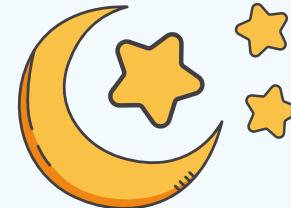
Sad

Do

Good Deed: I prayed / made du'a

Activity

My plan:



Pray

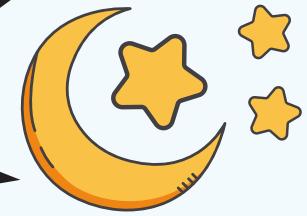
Du'a

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

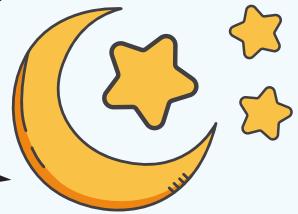
Good Deed: I didn't waste today

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

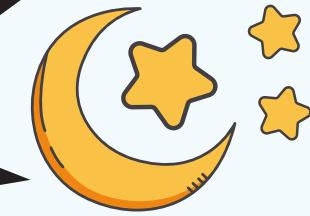
Draw a badge:



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



CERTIFICATE OF COMPLETION

Awarded to:

Signed: _____



228 Cromwell Road, Peterborough,
PE1 2HG



Donation Hotline:
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