

RAMADAN

LITTLE ACTS OF KINDNESS

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| 01 Help set up the table for Iftar | 02 Smile at someone | 03 Give spare change to charity | 04 Help wash the dishes | 05 Hold the door open for someone | 06 Fill everyone's glass of water at the table. | 07 Print a copy of this for a friend to follow through |
| 08 Visit the mosque and hand out dates | 09 Share an iftar plate with your neighbour | 10 Feed a stray animal | 11 Give a hug to your family members | 12 Help carry the shopping bags | 13 Gift a bottle of water to a worker | 14 Make someone laugh |
| 15 Pick up any litter you see | 16 Invite friends over to have iftar together | 17 Say thank you and let them know why | 18 Call a family member just to say hello | 19 Return back the shopping trolley | 20 Say a prayer for someone who is unwell | 21 Compliment a meal you were served |
| 22 Water a few plants | 23 Pick an item you no longer use, to donate | 24 Help with the laundry | 25 Donate food at the mosque | 26 Ask someone, how they are doing | 27 Thank God for your blessings | 28 Put smiley face sticky notes on mirrors |
| 29 Say sorry if you did something wrong | 30 Help with the Eid preparations at home | 31 Give a genuine compliment. | | | | |