

Acts of Kindness

During Ramadan Muslims abstain from doing bad things such as using bad words or performing bad deeds. At the same time they try to perform acts of kindness towards others. List 3 things you could avoid doing during Ramadan and 6 acts of kindness you could perform. Tick off each of these as you do them - regardless of whether you celebrate Ramadan or not.

Things to avoid

1

2

3

Acts of kindness

1

2

3

4

5

6

Is developing a sense of who they are and their connectedness to others.

