

Ramadan Thought for the Day

Ramadan is an important festival to Muslims. It remembers when the Muslim holy book, the Qur'an, was given to the Prophet Muhammad. During Ramadan, Muslims spend time praying and reading the Qur'an.

A verse in the Qur'an says 'Allah has made me blessed wherever I am'. Use this sheet to record one positive thought for each day of Ramadan. Spend time thinking about what has happened each day. Examples of positive thoughts could include:

- 'I'm glad I got to read my favourite book today.'
- 'I had fun playing with my brother/sister.'
- 'I got to video call my grandparents.'
- 'I am grateful for the sunshine.'
- 'I enjoyed going for a walk today.'

At the end of Ramadan, you will have a collection of positive thoughts to look back on.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

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Day 30