

Allah (swt) says in the Qur'an,

'IS THE **Reward** FOR **GOOD**
ANYTHING EXCEPT **GOOD** ?'

[The Noble Qur'an, 55:60]

To order extra Colouring Posters, visit
muslimhands.org.uk/kidscalendar

All donations go to the Food4Kids Fund,
providing free school meals to orphans and
disadvantaged children in Asia and Africa



For more stories of

GOOD DEEDS

visit muslimhands.org.uk/latest



[muslimhandsuk](https://twitter.com/muslimhandsuk)



[MuslimHands](https://www.facebook.com/MuslimHands)



[@muslimhandsuk](https://www.instagram.com/muslimhandsuk)



Muslim Hands. All rights reserved. 148 Gregory Boulevard, Nottingham, NG7 5JE. Registered Charity No. 1105056 Registered Company No. 05080486 in England

Donate securely at

muslimhands.org.uk | 0115 911 7222



**30 Deeds in
30 Days**

Colouring Poster



Grab your
crayons and
take on our
**RAMADAN
CHALLENGE!**

ONE DAY,

Prophet Musa (as) Prophet Musa (as) was resting beneath a tree in Madyan (in the Arabian Peninsula). He had walked all the way from Egypt, looking for a safe place to live, and he was tired and hungry.



Musa (as) watched as a group of shepherds approached a nearby water well. The men all pushed their sheep forward so they could drink first. Meanwhile, two sisters were holding back their own sheep, to avoid all the pushing and pulling. Their father was an old man, so they were in charge of the hard work of shepherding.

M

usa (as) was a tall and strong man – so he knew he could help out! He quickly led the sheep forward and, when they had quenched their

thirst, he sat under the shade of the tree again and made a du'a.



**'O MY LORD!
TRULY, I AM
IN NEED OF ANY
GOOD THAT
YOU MAY SEND
DOWN TO ME.'**

[The Noble Qur'an, 28:24]

M

usa (as) had not brought any food with him and he had nowhere to sleep. But later that day, one of the women came back! She said,

'My father invites you so that he may reward you...'



GUESS WHO HER FATHER WAS?

The Prophet Shu'aib (as)! Seeing how strong and trustworthy Musa (as) was, he offered him a job taking care of the sheep. Later, Musa (as) even married one of his daughters.

T

he man who had sat with nothing under that tree, with nowhere to go, suddenly had a loving family and a hopeful future.

**AND ALL
IT TOOK
WAS ONE
GOOD DEED...**



30 DEEDS IN 30 DAYS

CHALLENGE YOURSELF TO DO ONE GOOD DEED ON EACH DAY OF RAMADAN – AND COLOUR THEM IN!

I ate the blessed meal of sahur

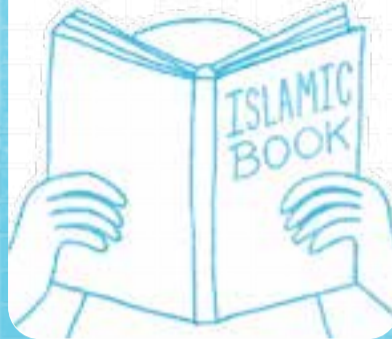


I visited my relatives



I smiled at 3 people today

I read an



I said

Astaghfirullah

70 times



I woke up for Tahajjud



I made special du'as on Laylat al-Qadr



I recited one page of Qur'an



I made special du'as at iftar time

I gave a fasting person dates



I helped someone with a chore

I said

Subhan Allah

33 times

I learned a new hadith



I tidied up a room in the house

I said

Alhamdu lillah

33 times

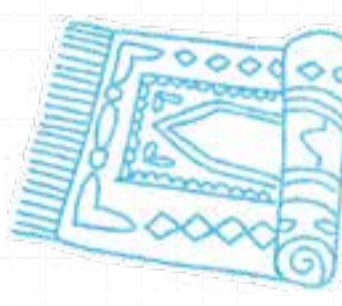


I learned a Name of Allah

I made du'a for my parents



I fasted today



I prayed Tarawih today



I gave a fasting person water

I said

Allahu Akbar

34 times



I memorised a short surah



I helped to clean up after iftar



I made Eid cards for my family



I thanked Allah in my du'as



I helped to prepare iftar

I made du'a for my

grandparents



I praised



100 times



I gave my pocket money as Sadaqah



I shared a hadith with my family