

30 Acts of Kindness

In 30 days of Ramadan

During Ramadan, Muslims try to be the best version of themselves through fasting. Fasting means they don't eat or drink and restrain themselves from bad behavior because character counts and kindness matters. Fasting teaches you patience, self control & compassion for the less fortunate.

- 1) Smile
- 2) Plant a tree
- 3) Be a peacemaker
- 4) Feed a hungry person
- 5) Compliment others
- 6) Pick up trash
- 7) Give gifts
- 8) Visit the elderly and sick
- 9) Stop bullying and protect others
- 10) Have good intentions
- 11) Take care of animals
- 12) Don't gossip
- 13) Forgive some one
- 14) Give water
- 15) Use kind words
- 16) Say "I love you" to some one
- 17) Help some one with a chore
- 18) Be attentive
- 19) Show gratitude
- 20) Show compassion and kindness
- 21) Help your neighbors
- 22) Take care of orphans
- 23) Always talk in a calm voice
- 24) Speak the truth
- 25) Be fair to others
- 26) Pay it forward
- 27) Don't be wasteful
- 28) Help the needy
- 29) Be productive
- 30) Be patient