

30 Days of Ramadan - inspired activities

1. Look for the moon.	2. What food are you grateful for?	3. Meditate for 5 minutes.	4. Who in your life are you grateful for?	5. Read a book with a someone.
6. Tell a friend what you like about them.	7. Learn the phases of the moon.	8. What skill are you grateful for?	9. Meditate for 10 minutes.	10. Say something nice to your teacher.
11. Learn to say "thank you" in a new language.	12. What weather are you grateful for?	13. Do something nice for a family member.	14. Learn the words to a song you love.	15. What places are you grateful for?
16. What sounds are you grateful for?	17. Draw a picture for a family member.	18. Meditate for 5 minutes.	19. What in nature are you grateful for?	20. Do something nice for a friend.
21. Share a joke with someone.	22. Talk to a friend on the phone.	23. Follow a yoga tutorial video.	24. Write a poem about the moon.	25. What makes you smile?
26. Make a bookmark.	27. Meditate for 10 minutes.	28. Make some food for someone.	29. Clean your room.	30. Eat dinner with your family.