

My Daily Good Deeds

32 Ideas + a Tracker to Fill In



"The most beloved deeds to Allah are those
done consistently, even if small."

(Sahih al-Bukhari)

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At Home



Say Salaam first when you see your parents



Help set or clear the dinner table



Make your bed without being asked



Hug a sibling and say something kind



Help a younger sibling with homework



Say 'Jazak Allah Khair' to whoever cooked



Tidy up a shared space without being told



Bring water for someone who is thirsty



At School / With Friends



Share your snack with a classmate



Include someone who is playing alone



Say something encouraging to a friend



Pick up litter you see on the ground



Hold the door open for someone



Help a classmate who is struggling



Forgive a friend who upset you



Give a genuine compliment to someone



Worship & Character



Pray a Sunnah prayer extra today



Recite one page of Qur'an with Tajweed



Learn one new dua by heart



Make dua for your parents by name



Say Istighfar (Astaghfirullah) ten times



Smile at someone -- it counts as charity!



Control your anger when upset



Speak the truth even if it's hard



For the Community



Give some of your allowance in Sadaqah



Write a thank-you note to a teacher



Ask an elderly relative how their day is



Donate a toy or book you no longer use



Help carry something heavy for someone



Take care of a plant or animal



Save water while using the tap



Say a kind word to someone who looks sad



This Week's Good Deeds Chart

Write one good deed you did each day, then color the star!

Day	What good deed did I do?	Done!
Sat		
Sun		
Mon		
Tue		
Wed		
Thu		
Fri		