



7 days gratitude challenge

This ultimate workbook is designed to help your child build an attitude of gratitude.



Why choose gratitude?

As a Muslim, we practice gratitude not just because we want to be happier and healthier, but because we have been ordered to do so. In Islam, being grateful means worshipping Allah (Subhanahu Wa Ta Ala). Allah commands Muslims to be grateful in the Qur'an and warns against being ungrateful.



فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

So remember Me; I will remember you. Be thankful to Me, and never ungrateful.

Qur'an | Surah Baqarah: 152



Day 1

Jar Of Gratitude

Think about different people, things and events you are grateful for.
Write what and who you are grateful for inside your gratitude jar below or you
can make a real gratitude jar using a jar you find at home!



Day 2

Today was a great day

Alhamdulillah!

Today I'm thankful for...



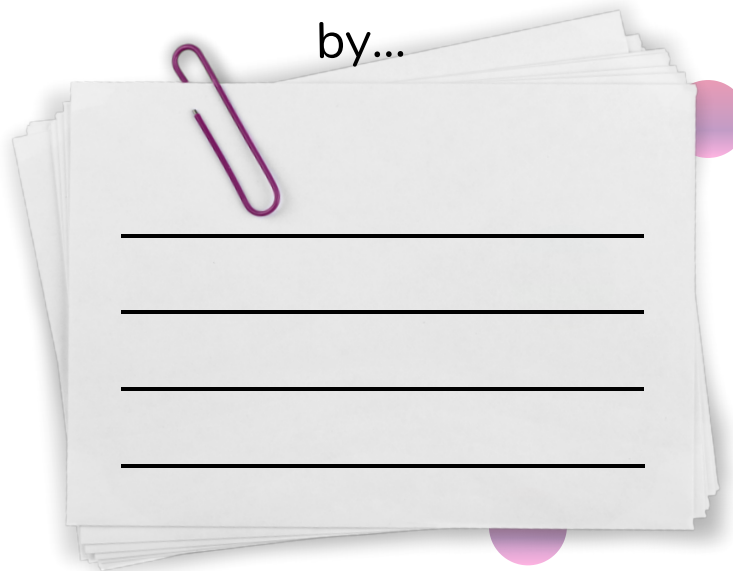
The best part was...



I felt happy today when...



I can make tomorrow great
by...



A Thank You Note

The Prophet ﷺ said, "Whoever does not thank people has not thanked Allah."

Sunan Abī Dāwūd 4811

Think about someone who did something kind or nice for you recently. Write then a thank you note in the space below. Tell them why you'd like to thank them. You can cut the note out and post it to the person. imagine how delighted they will be when they receive it!

Dear _____,

Thank you

for _____



From _____

My Gratitude List

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

And 'remember' when your Lord proclaimed, 'If you are grateful, I will certainly give you more.'

Qur'an | Surah Ibraheem: 7

Write down things you're grateful for next to each word below

Alhamdulillah I'm grateful for

Colour _____ Fruit _____

Book _____ Food _____

Surah _____ Drink _____

Person _____ Place _____

Animal _____ Season _____

Thank you letter

Think of someone you know such as family member, a friend or a teacher. Think about why you're thankful for this person. Write a letter to them by filling in the empty apaces below.

Dear _____,



JazakAllahu Khairan

for being a great _____

My favourite part about you is _____

I am thankful you taught me how to _____

I love when we _____

You are wonderful because _____



Love, from

Grateful To Be ME

What SKILLS do you have
that you're grateful for?



What have you done recently
that made you feel PROUD?



Write 3 things about yourself you're grateful for:







Mini Thank-You's

Write these mini thank you notes to anyone you know.
These mini thank-you's can bring a very big smile to
someone's face!

Dear _____,

Thank you for _____

★ From _____

Dear _____,

Thank you for _____

★ From _____

Dear _____,

Thank you for _____

★ From _____

Dear _____,

Thank you for _____

★ From _____

Say
Alhamdulillah!

**You've completed the
7 days gratitude
challenge!**

Masha'Allah

TABARAKALLAH





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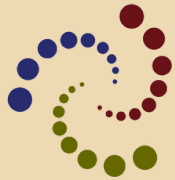
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