

# Kindness to others

In Islam, being kind is very important. Allah loves it when we are gentle, helpful and caring to everyone – our family, our friends and even animals! When we are kind, it makes others feel happy, and we feel happy too!

## A special Hadith

**"Allah is kind and He loves kindness in all things."**  
(Bukhari)

### What does this mean?

This beautiful saying tells us that Allah loves it when we are kind. Being kind means:

- Helping others
- Saying nice words
- Sharing and caring
- Smiling and making others happy.

### EXERCISE 1:

Look at the actions below. Colour in the ones that are acts of kindness.

Helping in the kitchen

Feeding a pet

Picking up litter

Fetching a glass of water for someone else

Ignoring someone who says hello

Smiling at someone

Saying mean words

Holding the door open for someone

Pushing in a queue

Helping an old person

Taking somebody else's toy without permission

### EXERCISE 2:

Show with your facial expressions how these actions would make you feel if someone did them to you.

1. Talking rudely
2. Sharing food
3. Using manners
4. Smiling
5. Snatching a book
6. Apologising
7. Name-calling
8. Complimenting
9. Blaming
10. Spreading rumours
- II. Helping

## Colour me in!



## A special message

Remember, being kind is like planting seeds of happiness all around us. We should treat others the way we would like to be treated, because every kind act we do makes the world a better place. It also brings us closer to Allah and to His beloved Messenger, Muhammad ﷺ.

