



30 Days of Ramadan Gratitude and Giving



In celebration of Ramadan, El Alsson has created a new idea based on the borrowed concept of a reverse 'Advent' calendar, through which our younger ones can practice acts of generosity, experience giving, helping others and understanding the true meaning of compassion. This a wholly voluntary and family based activity, developed by some of our staff, with the feedback of a few helpful parents, in the spirit of Ramadan. It is designed to be a flexible family project, allowing parents to decide how best to implement it with their children, should they choose to.

Family involvement is a key aspect of our initiative, and so we have added real life numbers, statistics, and questions for families to discuss and reflect on every day. We hope to engage children in consideration of others who are less fortunate than them and expand their awareness through eye-opening facts and discussions. Appreciation, gratitude and real life experience is our goal.

Families are free to decide together on any actions that could be taken as an appreciation for all the blessings they have, whether donating money for charity or performing an act of kindness towards a family member or those in need, or maybe a mix of both. For example, you may ask your children to donate a small sum of money for every TV in their house, or donate shoes they have outgrown to a suitable charity, as appropriate for the consideration of the day.

Donations will be decided by family members; however, it is advisable that they are taken from our children's own savings no matter how small they are. At the end of Ramadan, it is entirely up to families where children donate any money / items to (e.g. a children's or family charity, medical charity, food bank, etc.)

El Alsson Art staff will assign one lesson for decorating and personalizing donation boxes. Please send cardboard boxes (shoe boxes) or any portable "safe material" containers to be decorated if you wish your child to participate.

You may also wish to include acts of kindness instead of or in addition to donations. Acts of kindness may include:

- Write a thank you note for someone who is positively affecting your life.
- Make a phone call that will bring a smile to a family member.
- Help in distributing food to the poor and needy for iftar.
- In a family gathering for iftar, bring along your donations box and ask for contributions.
- Visit an orphanage
- Visit a hospital
- Clean your room without being asked
- Clean up the dining table after iftar.
- Collect toys or items you don't use any more to donate to a children's charity
- Offer to help someone carry bags or heavy items
- Pick up litter or plant some flowers in a public area near your house





<p>Day 1: How many women in your family are university graduates?</p>	<p>Did you know...?</p> <ul style="list-style-type: none"> • Egypt is ranked number 135 on the UN Gender Inequality Index. • Less than 54% of women in Egypt have some secondary education • The education of women helps contribute to the health, well-being and school success of children
<p>Day 2: Did you ride a car today to school? How do you think families without cars send their children to school?</p> <p>Day 3: Where is your family planning on spending the Eid vacation? How will you reach your destination?</p>	<ul style="list-style-type: none"> • Egypt has only 45 vehicles per 1000 people • That means around 22 people per vehicle! • Many children in Egypt are unable to attend school because of the cost or difficulty of getting transport to school
<p>Day 4: Count the light switches in your house, are they more than 2?</p> <p>Day 5: Have you ever experienced an electricity shut off due to your family's inability to pay the bill? Imagine your life without electricity. Is it going to be any different? How?</p>	<ul style="list-style-type: none"> • Egypt ranks high in access to electricity—100% have access to some form of power, but for the poorest families, electricity bills consume a big part of household income • In some countries, like Chad and South Sudan, less than 10% of the population has access to reliable electricity.
<p>Day 6: How many pairs of shoes do you own? Any special edition/soccer player designs?</p>	<ul style="list-style-type: none"> • The average price of a pair of Nike or Adidas trainers is 2500 EGP—4 times the average weekly salary in Egypt.
<p>Day 7: What other countries have you visited? What other cultures have you seen?</p> <p>Day 8: How many cell phones do you have at home?</p> <p>Day 9: How many game consoles do you have? How many hours do you spend gaming? Without gaming consoles, what would you do with your free time?</p> <p>Day 10: Did you receive presents on your last birthday?</p> <p>Day 11: What will you be doing with your summer holidays? What do you think Egyptians living below the poverty line do in their summers?</p>	<ul style="list-style-type: none"> • Egypt's poverty line is 800 EGP monthly per person. • According to the World Bank, nearly 1/3 of Egyptians live below the poverty line

<p>Day 12: How many televisions are in your house? Do you subscribe to Netflix, Bein, or OSN?</p>	<ul style="list-style-type: none"> Nearly 96% of households in Egypt have a television, but for many households TV subscriptions would cost more than a week's wages. Did you know the average cost of a smart, LED or LCD TV can feed 10 families for a month?
<p>Day 13: How many family members speak a second language? What are other languages they can speak? Day 14: Is your school one of the best schools in the country? How is a public school different from yours? Day 15: If one of your parents have a master's degree, discuss the specialty and learn more about it. Day 16: How many books do you have at home? Do you like reading? What genres?</p>	<ul style="list-style-type: none"> Less than 70% of the Egyptian population reach high school education Many children drop out of school to go to work to help their families. It is estimated that 30-40% of Egyptians are illiterate, meaning they cannot read and write well. It is difficult for illiterate people to get or keep jobs that require reading and writing.
<p>Day 17: How many refrigerators are in your home? Day 18: Open your pantry/cupboards. Is there more food than you can consume in 2 days? Day 19: Do you eat meat/ poultry/ fish dishes at least once a day?</p>	<ul style="list-style-type: none"> Nearly 20% of Egyptians suffer from food insecurity. That means they do not always have enough food to eat when they are hungry. Over 20% of Egyptian children suffer from malnutrition. This means they do not have access to foods with the protein and nutrients necessary for them to be healthy. Malnutrition hurts a child's development and makes it harder for them to do well in school
<p>Day 20: Have you slept in a warm bed last night? When it rains, is your ceiling strong enough to protect you? Day 21: Do you have help around the house? Would your chores be any different if you didn't have help? Day 22: Count the faucets in your home, what do you do when there is no water for days? Day 23: Do you have a pet? How much does your family spend for pet food and medicine?</p>	<ul style="list-style-type: none"> Many people living below the poverty live in houses that don't have access to clean water regularly. Some low-income houses are not well built, and do not offer good protection from wind, sand, cold or rain.
<p>Day 24: Do you have a laptop/ipad? Day 25: Do you have internet in your house or on your mobile? What would you do if you didn't?</p>	<ul style="list-style-type: none"> Only 48% of Egyptians have access to the internet.
<p>Day 26: Are you a member in a sports club? How much time do you spend at the club on weekends? Day 27: Do you play sports regularly? How often? Where?</p>	<ul style="list-style-type: none"> Nearly 15% of children in Egypt have to go to work to support their families. Often these children drop out of school.

<p>Day 28: What would you do if you had to choose between staying in school or dropping out to get a job to help your family?</p>	
<p>Day 29: When did you last visit your doctor? Was it serious? Were you scared? Did your parents have to pay for you to receive treatment?</p>	<ul style="list-style-type: none">• Egypt has a public (free) health system, however over 70% of healthcare costs are paid out of pocket in Egypt. Many people living below the poverty line find it difficult to get good quality healthcare.
<p>Day 30: Write down the names of all of the people who love you. Reflect.</p>	

