

July 2026 Challenge



M

Go on a nature walk and say SubhanAllah every time you notice something beautiful.

Look for insects. Count how many different ones you find.

Plant seeds in a pot or garden.

Learn one new fact about butterflies, bees, or birds.

Start a family gratitude jar.

TU

Find three different kinds of leaves and compare their shapes.

Watch the sunset together and make dhikr.

Watch clouds and imagine what they look like.

Build a small nature craft using fallen leaves, sticks, or flowers.

Make a craft using natural materials.

W

Water a plant together and talk about how Allah gives life.

Collect small rocks and create a nature picture.

Learn the names of five animals mentioned in the Qur'an.

Count the stars after Maghrib and reflect on Allah's greatness.

Learn one interesting fact about bees.

TH

Watch birds outside for 10 minutes. How many different ones can you find?

Pick up litter at a park or neighborhood to care for Allah's earth.

Visit a local park you've never explored before.

Memorize one ayah about creation together.

Make fresh lemonade or fruit water together.

F

Read Qur'an verses about Allah's creation together.

Make homemade bird feeders.

Eat fruit together and talk about how Allah created so many flavors.

Draw your favorite animal.

Find something in nature that is each color of the rainbow.

S

Have a family picnic outdoors and thank Allah for your food.

Feed birds or squirrels (where appropriate).

Go on a family photo walk and photograph Allah's beautiful creation.

Visit a botanical garden, nature trail, or beach.

Share your favorite July memory as a family.

S

Learn the dua for seeing rain or asking Allah for beneficial rain.

Read one story about Allah's creation from an Islamic children's book.

Listen quietly outside for five minutes. What sounds did Allah create?

Have each family member share one blessing from Allah you noticed today.

Celebrate completing the challenge with a special family treat and make dua together.