



Don't Waste, Take Care!

Allah gave us so many gifts. Look after them, then tick the box!



وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

Wa kulū washrabū wa lā tusrifū

“Eat and drink,
but do not waste.”

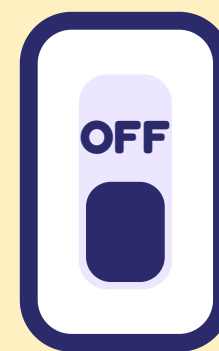
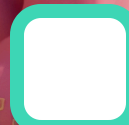
Qur'an 7:31 (part of the verse)



WATER

**Turn off
the tap**

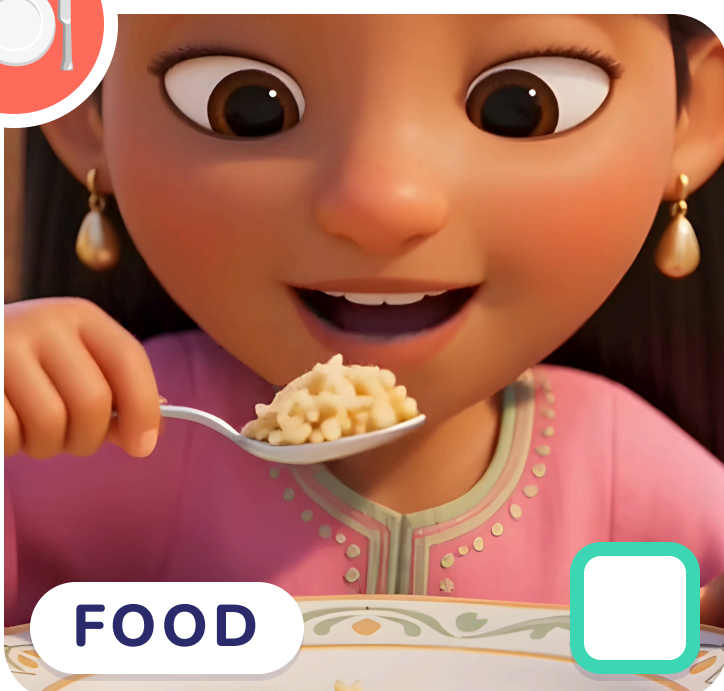
Off while you
scrub and brush.



LIGHTS

Switch it off

Leaving the
room? Lights off!



FOOD

**Finish your
plate**

Take a little. Ask
for more!



TOYS

**Look after
toys**

Tidy up, so toys
last and last.



SHARE

**Share and
give**

Share extra food
and toys with
others.



PAPER

**Use both
sides**

Draw on the
back, then
recycle.

