

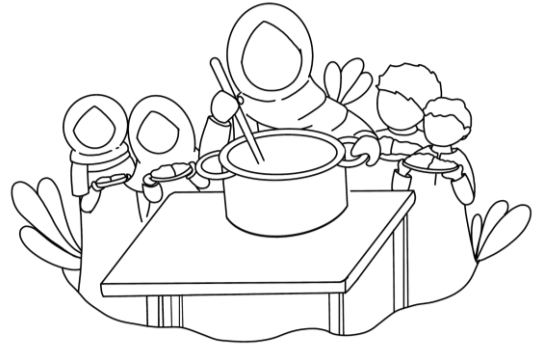
Fill in the blanks using the words below.

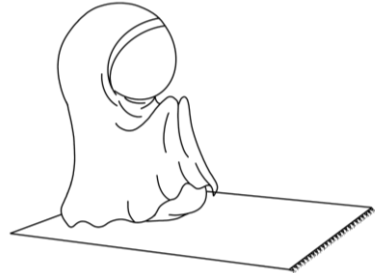
Ramadan is the month of the Islamic calendar. It is the month in which the was revealed to the Prophet (S.A.W). Ramadan has a total of or days depending on the sighting of the crescent

- moon
- 29
- 30
- ninth
- Quran
- Muhammad

What is Ramadan?







Why do Muslims fast?

Suhoor

Suhoor is the early morning meal that Muslims eat before Dawn. This is also before Fajr prayer. Eating Suhoor is a Sunnah of the Prophet Muhammad (s.a.w) and there are great blessings in it.

Draw a few healthy things you could eat at Suhoor.



Iftaar

Iftaar is the meal that Muslims eat when breaking their fast. The Prophet Muhammad (s.a.w) would break his fast with a date. Dates are good for your health as they have lots of fantastic vitamins that your body needs.

Suhoor and Iftaar

Old people, young children, ill people and travellers don't have to fast.

Imagine you are older and in high school. Read the sentences on the left and write down 'yes' if you need to fast, or 'no' if you don't have to fast.

Statement	YES or NO
I am ill	
I missed suhoor	
I am travelling to the beach	
I have a test in school	
I have lots of work	
I am travelling a long way	

Who has to fast?

In the odd days of the last 10 nights, there is a very special night known as Laylatul Qadr. This means the Night of power. Lots of Muslims do more good deeds as the reward for a good deed on this night is equal to 1000 months!

Good deeds that we can do on Laylatul qadr



Give charity

Laylatul Qadr

There are lots of rewards and benefits to fasting.
Can you list some below?

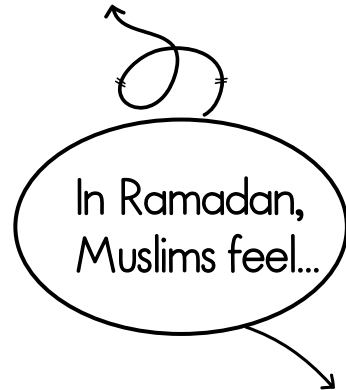
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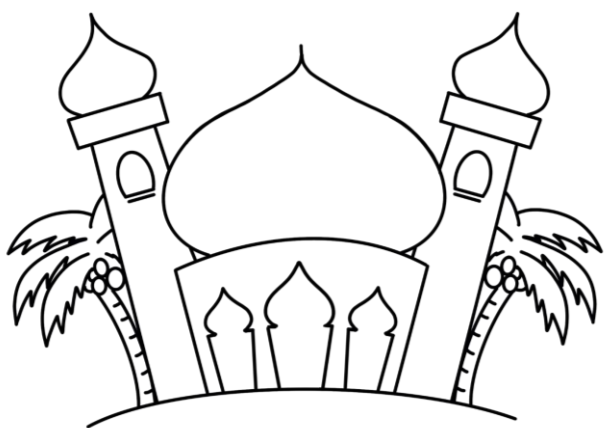
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5)



Benefits of fasting

My mini Ramadan booklet



Eid ul Fitr is the name of the Eid that Muslims celebrate straight after Ramadan. After 29 or 30 days, when the crescent moon is spotted, this means that Ramadan has come to an end.

Lots of Muslims also give Zakah in the days before Eid so that poorer Muslims can also celebrate and enjoy Eid. It is a good idea to buy gifts or donate money to poor children too so that they can enjoy Eid just as much as you!

MY EID WISHLIST

Eid ul Fitr