

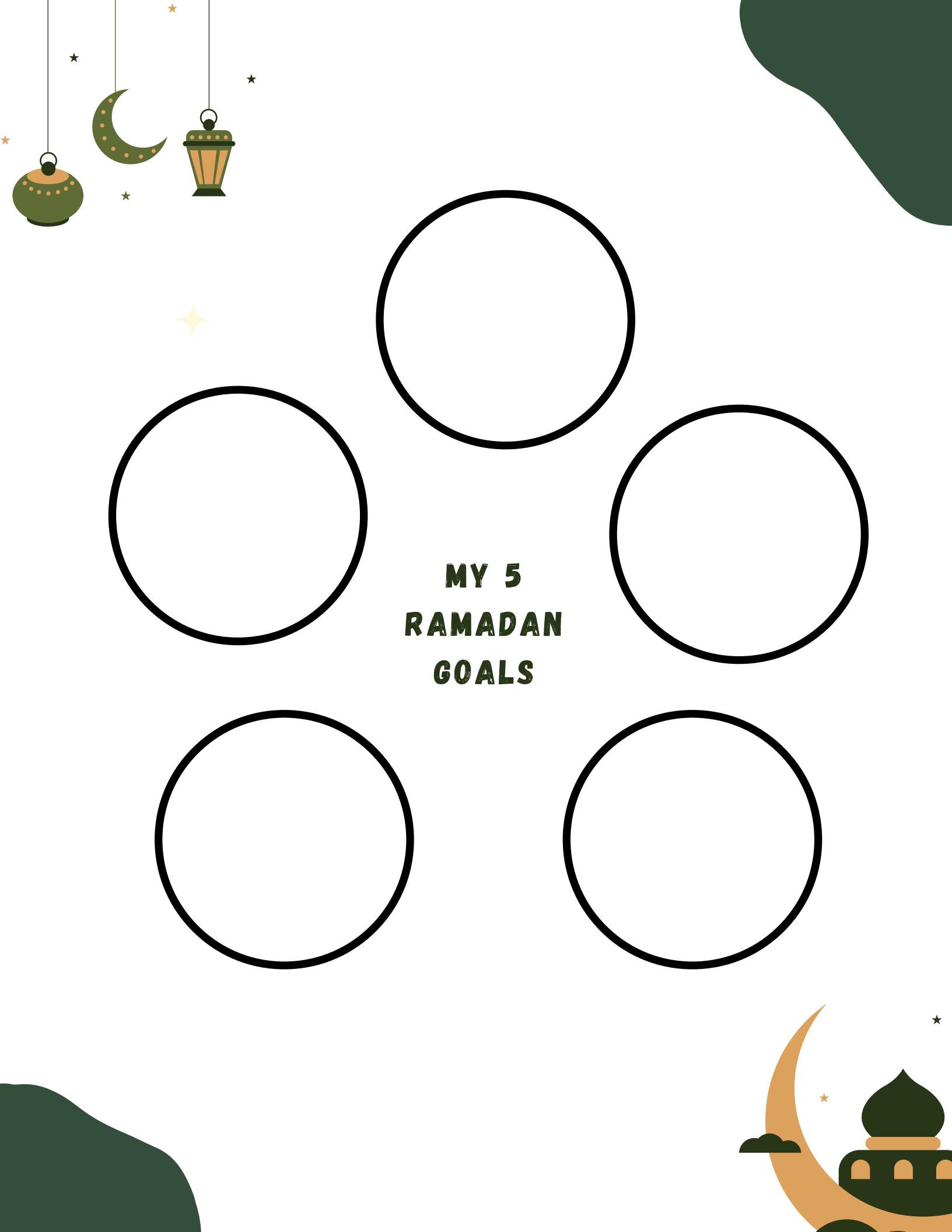


# Ramadan

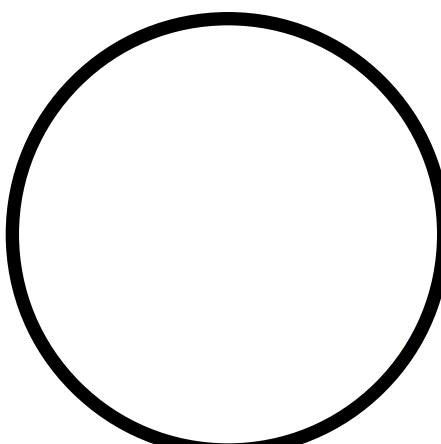
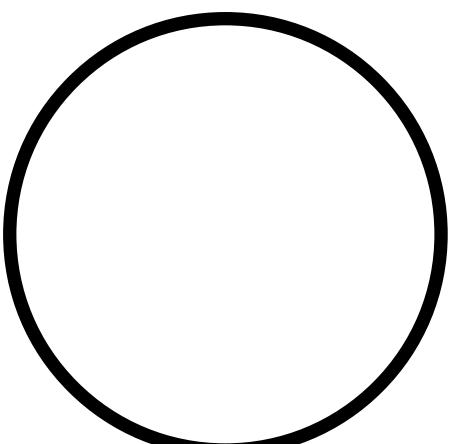
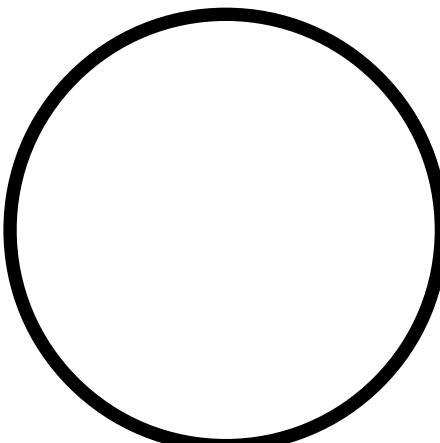
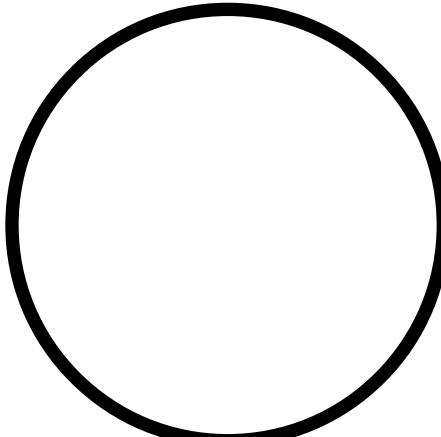
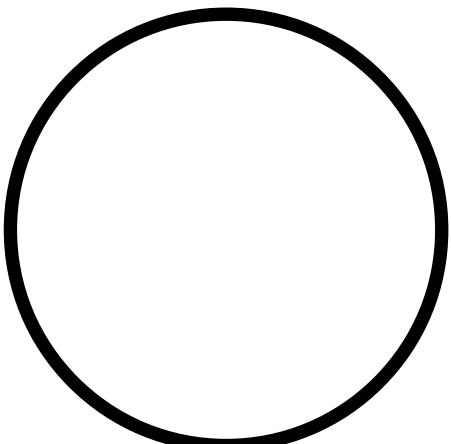
- PPTx with quiz explaining Ramadan
- Video and transcript about Ramadan
- Ramadan goal setting template

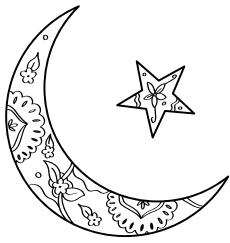


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MY 5  
RAMADAN  
GOALS





# What Is Ramadan?

This is the first food 14 year old Ali and his family have had all day. They haven't had anything to eat or drink since sunrise this morning!

It's because they're celebrating a special time of year in their religion, called Ramadan. Ali is a Muslim which means he follows the religion of Islam.

During the month of Ramadan most Muslim people do something called fasting. That means they don't eat or drink anything between sunrise and sunset for a whole month! They can't even drink water through the day! It's pretty tough, but for people like Ali it's a really important part of his religion.

Ali: It's just to feel how the poor people feel, you know they don't get to have a lot of water and food so that's mostly what it's about. It's a test.

Just like other religions, Islamic people have certain times of the year to celebrate their faith, and Ramadan is one of them. During that month they spend more time thinking about their religion, kind of like Christmas or Easter for Christians or Rosh Hashanah for Jewish people.

During Ramadan Muslim people learn more about the Islamic religion by reading from their religious book which is called the Quran, and the fasting is to help them focus on that.

Each year Ramadan starts on a slightly different date, because the name Ramadan is actually the name of a month in the Islamic calendar and that calendar is a little bit different because it's based on the cycles of the moon.

Although many Muslims choose not to eat or drink through the day during Ramadan they do have some extra big meals before dawn and after sunset. Because having no food or water at all for a whole month would be impossible! But even with these big meals Ali says Ramadan can still be pretty hard.

Ali: "It's a little bit hard, especially, like sometimes we have football games. We still play but we don't drink water!" And he and his cousins say going to school can be tricky too.



# What Is Ramadan?

Karima: Usually my friends come with these amazing lunches from like different places and I'm like in the classroom and they're all eating their lunch and recess and I'm like, you know, waiting for the bell to go, so that's probably the hardest part.

Ali: Yeah it's a little bit hard, I get hungry really easily.

Saleh: I haven't told anyone about it because I moved to this new school and I haven't fasted there yet. Tomorrow will be my first day fasting at my new school.

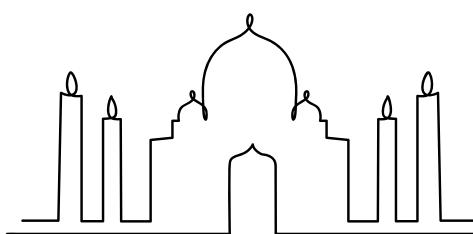
Around the world there are more than 1.6 billion Muslim people. That's almost one quarter of the world's population! But not all of them fast during Ramadan. People who are pregnant, elderly or people who are sick often don't. And kids can only start doing it after they've reached puberty.

But some do practice fasting before then often just for a few days. Ali has been fasting for Ramadan since he was 10 and he says it's a bit easier this time.

Ali: It was really hard back then you get more used to it. And although it's a tough month, these guys love learning about their religion. And it doesn't hurt that there's a big party called Eid when the month wraps up!

Karima: At the end we get this big celebration and we go to the mosque and we do our morning prayer and stuff like that and it's really fun to meet up with family and stuff.

Ali: Well there's a lot of food we're allowed to eat yeah! And there's rides and it's a lot of fun. Ramadan can be a real challenge but these guys wouldn't have it any other way.



# Islam — Ramadan

## The Month of Ramadan

### 1. True or False?

Everybody has to observe the fast during Ramadan.	True/False
Ramadan falls at different times of the Western calendar year.	True/False
During Ramadan Muslims can not eat or drink at all.	True/False
Fasting is a difficult thing to do.	True/False
Many people will try to read the whole of the Qur'an during Ramadan.	True/False

### 2. Now answer these questions.

a) What are the Western calendar dates of Ramadan this year?

---

b) In the Muslim calendar, which month is Ramadan?

---

c) What do Muslims remember and celebrate at Ramadan?

---

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d) What important activities are performed during Ramadan?

---

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e) Name one other religion which observes fasts during certain festivals.

---

f) Why do people observe religious fasts? Try to list at least three reasons.

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# Islam — Ramadan

## The Month of Ramadan

### 1. True or False?

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True/False

Fasting is a difficult thing to do.

True/False

Many people will try to read the whole of the Qur'an during Ramadan.

True/False

### 2. Now answer these questions.

a) What are the Western calendar dates of Ramadan this year?

April 01 to May 01

---

b) In the Muslim calendar, which month is Ramadan?

The 9th month.

---

c) What do Muslims remember and celebrate at Ramadan?

Muslims remember and celebrate the revelations of the Koran from God.

---

---

d) What important activities are performed during Ramadan?

Fasting. Alms giving. Reading the Koran. Staying humble, being good.

---

---

e) Name one other religion which observes fasts during certain festivals.

Catholics. - Lent

---

f) Why do people observe religious fasts? Try to list at least three reasons.

- faith and belief in their religion

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- health

---

- social solidarity

---

# Ramadan Crossword

Test your knowledge of Ramadan with this crossword puzzle.



## ACROSS

1. Islamic religious leader
3. An Islamic place of worship
5. The Muslim holy text
7. The primary duties of a Muslim are called this
8. Islamic name for God
12. Country with the largest Muslim population

1      2

3      4

5

6

7

8

9

10

11

12

## DOWN

2. The prophet who founded Islam
4. Islam originated in this country
6. The city where Islam was founded
9. The Islamic calendar is based on this
10. During Ramadan, Muslims are expected to do this during the daytime hours
11. What the pilgrimage to Mecca is called



ACROSS  
1. IMAM  
2. MUHAMMAD  
3. MOSQUE  
4. SAUDI ARABIA  
5. KORAN  
6. MECCA  
7. FIVE PILLARS  
8. ALLAH  
9. MOON  
10. FAST  
11. HAJJ  
12. INDONESIA

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ANSWERS

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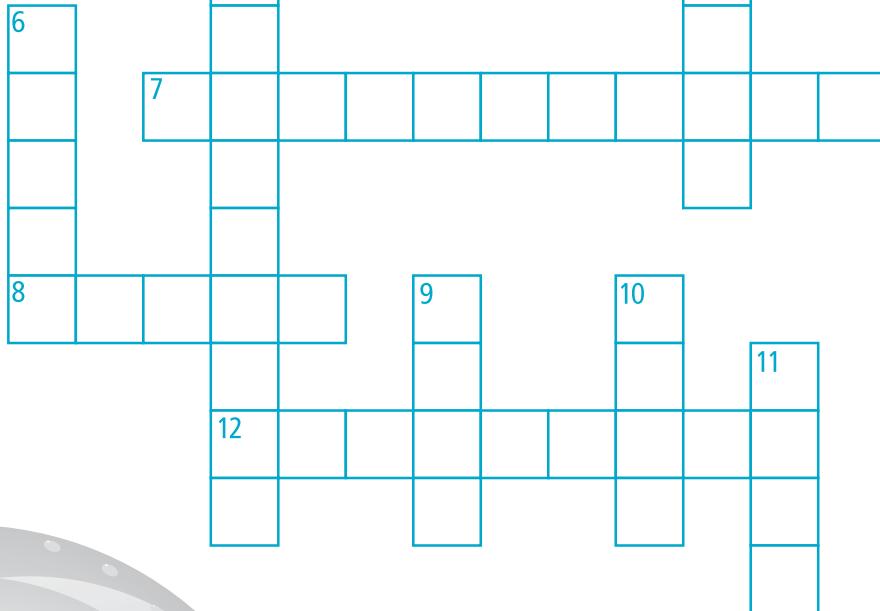
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