

Ramadan

The month of Ramadan (the ninth month in the Islamic calendar) has special religious significance. In this month every adult Muslim fasts from dawn until sunset. Watch the short film below and see if you can note down 5 fascinating facts about Ramadan.



www.bbc.co.uk/bitesize/topics/zpdtsbk/articles/zjc2bdm

My five fascinating facts about Ramadan

1. _____

2. _____

3. _____

4. _____

5. _____

What happens at Ramadan?

Fasting during Ramadan means not eating or drinking between dawn and sunset. For most fasting Muslims the day begins just before dawn with prayers and a meal. The day then continues as normal. Just after sunset there is another meal called Iftar. Normally family and sometimes friends come together for the iftar meal. Often dates are the first thing eaten at this meal. More prayers are said. There are 6 prayer times every day during Ramadan.

Ramadan is a time for Muslims to donate some of their wealth, known as Zakat, to the poor and people who need it. It is a time to think about those who are poor and needy. Behaving well and giving up any bad habits such as lying or swearing or being unkind are really important in Ramadan. Many Muslims will also try to read the Qur'an all the way from beginning to end during the month of Ramadan. Usually Muslims will visit the mosque more often during this month.

Visual timetable

Create a visual timetable for a day in the life of a 13 year old Muslim who is fasting for the first time. Create it in the table on the next page.

In the left hand column draw an icon or picture showing the action and in the right hand column write a description of what is happening.

Some of your pictures will show Ramadan actions but others might show ordinary things like going to school.

Visual Ramadan timetable

Picture	Description

My Ramadan is....

"Ramadan is fine for me this year. Last year, when I was 10, it was much harder. The time passes quickly at school. We pray to God for forgiveness for the sins we've done, so that is the spiritual benefit. We go the mosque at special times, so that is the community benefit. It feels weird at the end, because we're used to it, and then suddenly we stop and CELEBRATE EID!" Naila, 11.

"I first kept the fast when I was 11. I felt good about it. It makes you a better person. Because I've kept it since I was seven, it's easy for me now, except when I smell something good that is cooking. During Ramadan, we can't lie, we can't swear, we can't talk about someone behind their back and we can't fight. If we can, we do all good deeds." Siara, 14

"Food is not everything! I'd like people to know that our religion tells us to put others before yourself and to help and feed the less fortunate. The Qur'an was fully completed and sent down to earth in this holy month. Ramadan is the best example of how our religion shows us not to be selfish but considerate." Anisa, 13

Ramadan is important because...

Now you have learnt lots about Ramadan try and write a paragraph showing what you know.

I think that Ramadan is important to Muslims because _____
