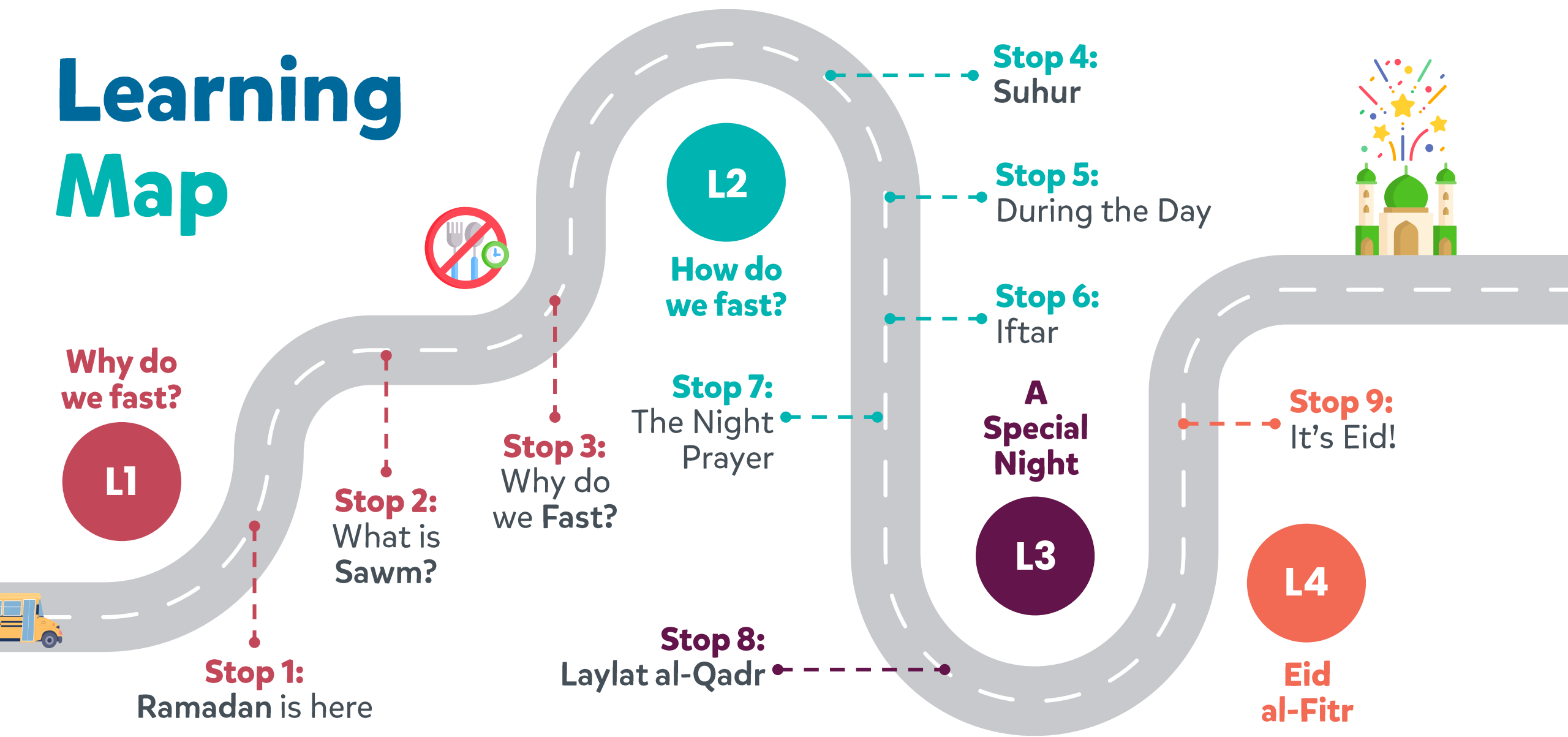


# My Journey Through Ramadan

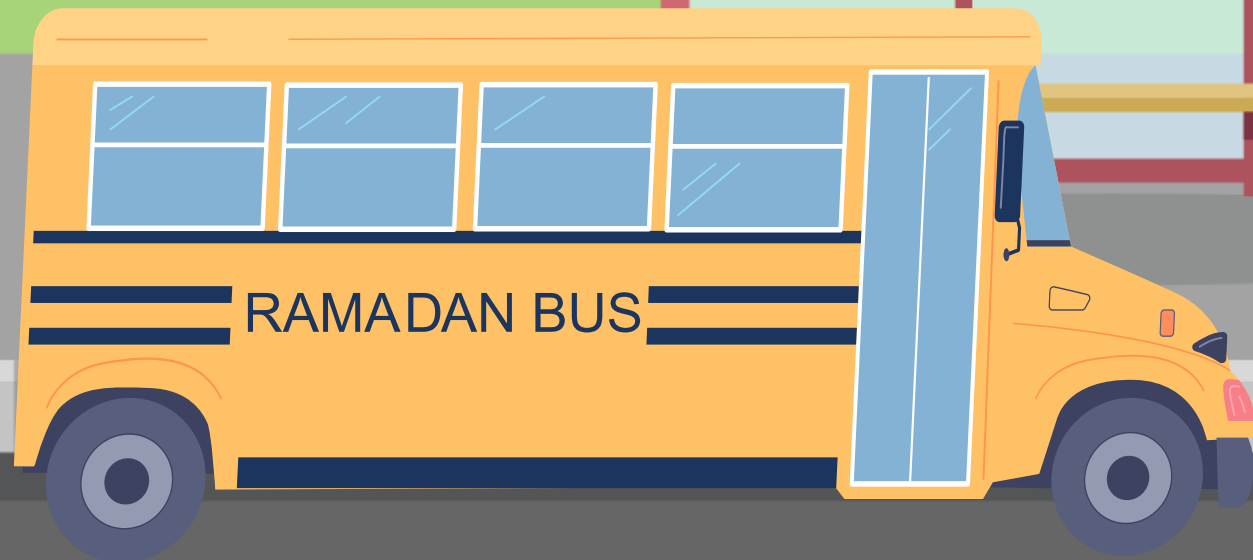


# Learning Map



**Bismillah. Let's begin!**

# Lesson 1: Why do we fast?



## Lesson 1

Stop 1

Stop 2

Stop 3

Lesson 2

Stop 4

Stop 5

Stop 6

Stop 7

Lesson 3

Stop 8

Lesson 4

Stop 9

# Lesson Objectives

By the end of this lesson, I will:

1. Remember and write the **Arabic word for fasting**
2. Describe **why we fast in Ramadan**
3. List some **benefits of fasting**



# Warm-up Starter

Choose 3 words that you think of when you hear 'Ramadan':



# Stop 1: Ramadan is here!

Let's fill in the gaps together.

1. Ramadan is the \_\_\_\_\_ month of the Islamic calendar.
2. The first verse of the \_\_\_\_\_ was revealed in Ramadan.
3. During the month of Ramadan, we fast from \_\_\_\_\_ until dusk everyday.
4. At the end of Ramadan, we celebrate \_\_\_\_\_.



## Word Bank

Eid al-Fitr  
Qur'an  
Dawn  
Ninth



Lesson 1  
**Stop 1**  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

# What is the Arabic word for **Fasting**?



## Stop 2: What is Sawm?

Sawm means fasting. It means to not eat or drink from dusk till dawn, for the sake of Allah.

Fasting the month of Ramadan is one of the 5 pillars of Islam.

**[A] Can you write this word in your best handwriting?**



Lesson 1  
Stop 1  
**Stop 2**  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

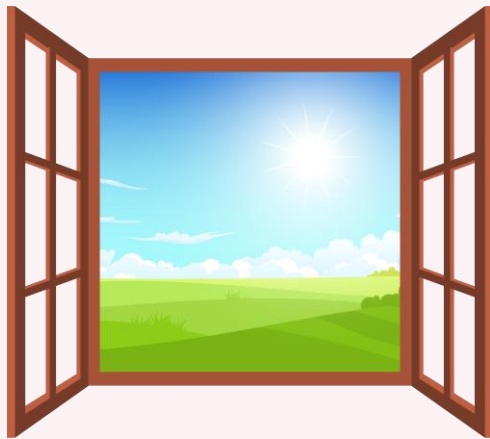


# Task: A view from my window

Don't forget to draw the Ramadan moon!

Draw and colour a picture to show what the sky looks like at **dawn** from your window at home.

This Ramadan, I will **begin** my fast at \_\_\_\_\_ am.



Draw and colour a picture to show what the sky looks like at **dusk** from your window at home.

This Ramadan, I will **end** my fast at \_\_\_\_\_ pm.



# Challenge

Can you calculate how long the fasting day will be for you?



## Did you know?

The length of the fasting day is different in different parts of the world!



# Stop 3: Why do we fast?

Keyword: Taqwa

[A] Think Pair Share: Why do we fast?

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا  
كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

We fast so that we can attain taqwa.

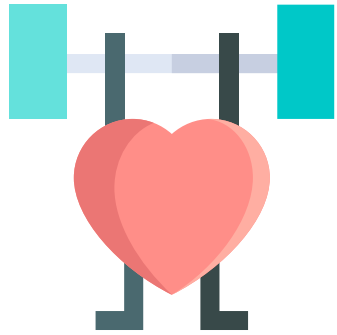
This might sound like a hard word but  
it means...

**To do everything Allah has asked us to,  
and to stay away from all bad things.**



Lesson 1  
Stop 1  
Stop 2  
**Stop 3**  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

# Why do we fast?



This makes Zayd **strong**.

Now he can **say NO to Shaytan** when he whispers to him telling him to do bad things.

Sorry tummy, I do like to keep you happy, but I love to keep **Allah** happy even more than you.

Please **feed me!**



When we fast in Ramadan, we should also fast with our eyes, our tongues, and even our hands.

Eyes?? How can we fast with our eyes? Eyes don't eat!

[A] How can we fast with our:

Eyes

Tongues

Hands

Ears

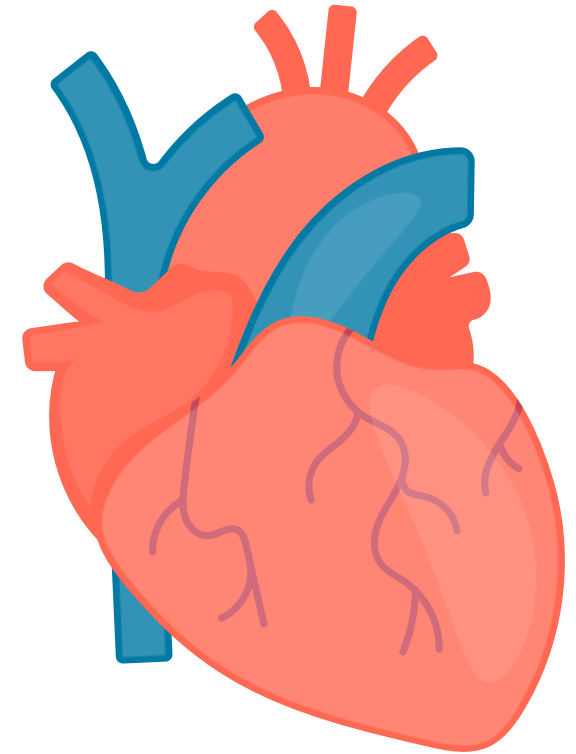


# [A] Group Work

Fasting is also very good for your health.

Can you think of ways in which it might be good for your health?

- It protects you from many illnesses
- It is good for your heart
- It is good for the digestion system
- It makes your brain function better
- It makes you feel less sad



# Summary: Why do we fast?

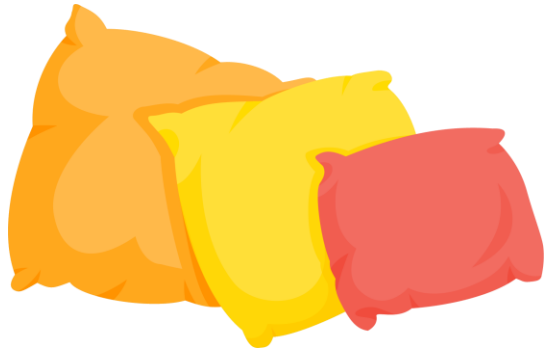
- Because Allah has asked us to
- Fasting helps us to say NO to shaytan when he whispers and tells us to do bad things
- To become a strong believer
- We will get amazing rewards for it in Jannah inshaAllah!

Woohooo, I can't wait for the SURPRISE reward Allah will give me in Jannah, InshaAllah!



# Plenary

Today we have learnt about why we fast.



## **BOUNCE!**

If the teacher throws the bean-bag to you, shout out one benefit of fasting!

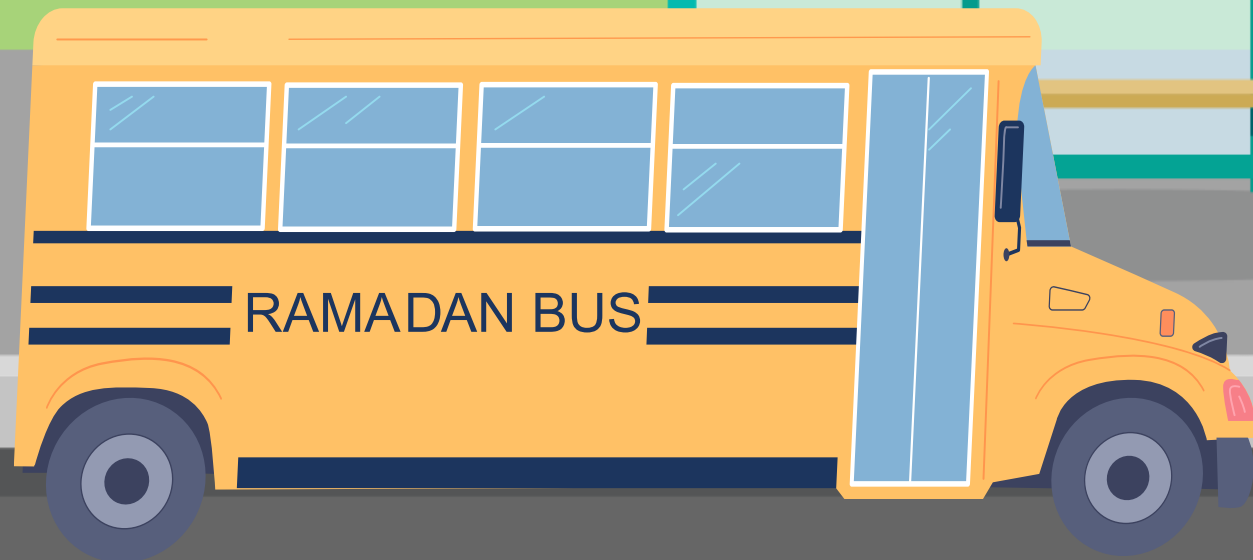
## **Ready to give fasting a try?**

You may not have to fast yet, but why not give it a try?

Remember that fasting is an act of worship, and we can earn the love of Allah by trying our best to fast in Ramadan.



# Lesson 2: How should we fast?



- Lesson 1
- Stop 1
- Stop 2
- Stop 3
- Lesson 2**
- Stop 4
- Stop 5
- Stop 6
- Stop 7
- Lesson 3
- Stop 8
- Lesson 4
- Stop 9

# Lesson Objectives

By the end of this lesson, I will:

1. Outline and plan how to **start** my fast
2. Describe how to **end** my fast
3. Identify the **actions** I should fill the days and nights of Ramadan with



# Starter

How many miswaks can you find hidden in this picture?



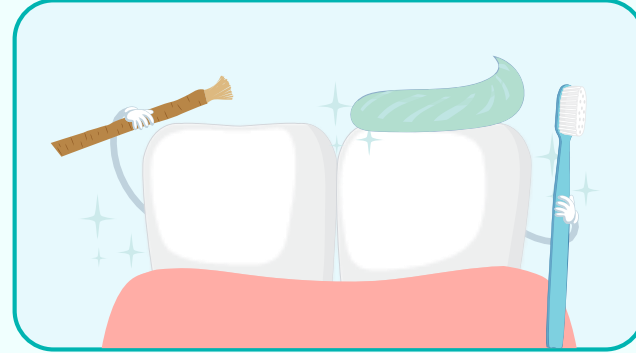
# Stop 4: Suhur

The Messenger of Allah ﷺ said:

“Eat suhur, for indeed there is blessing in it” (Bukhārī).

**Suhur** is the Arabic word for the pre-dawn meal before starting the fast.

It is important to always be mindful of what and how you are eating - even if it's very very early in morning!



## Did You Know?

You can keep your breath fresh whilst fasting by using a miswak just like the Prophet Muhammad ﷺ!



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
**Stop 4**  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

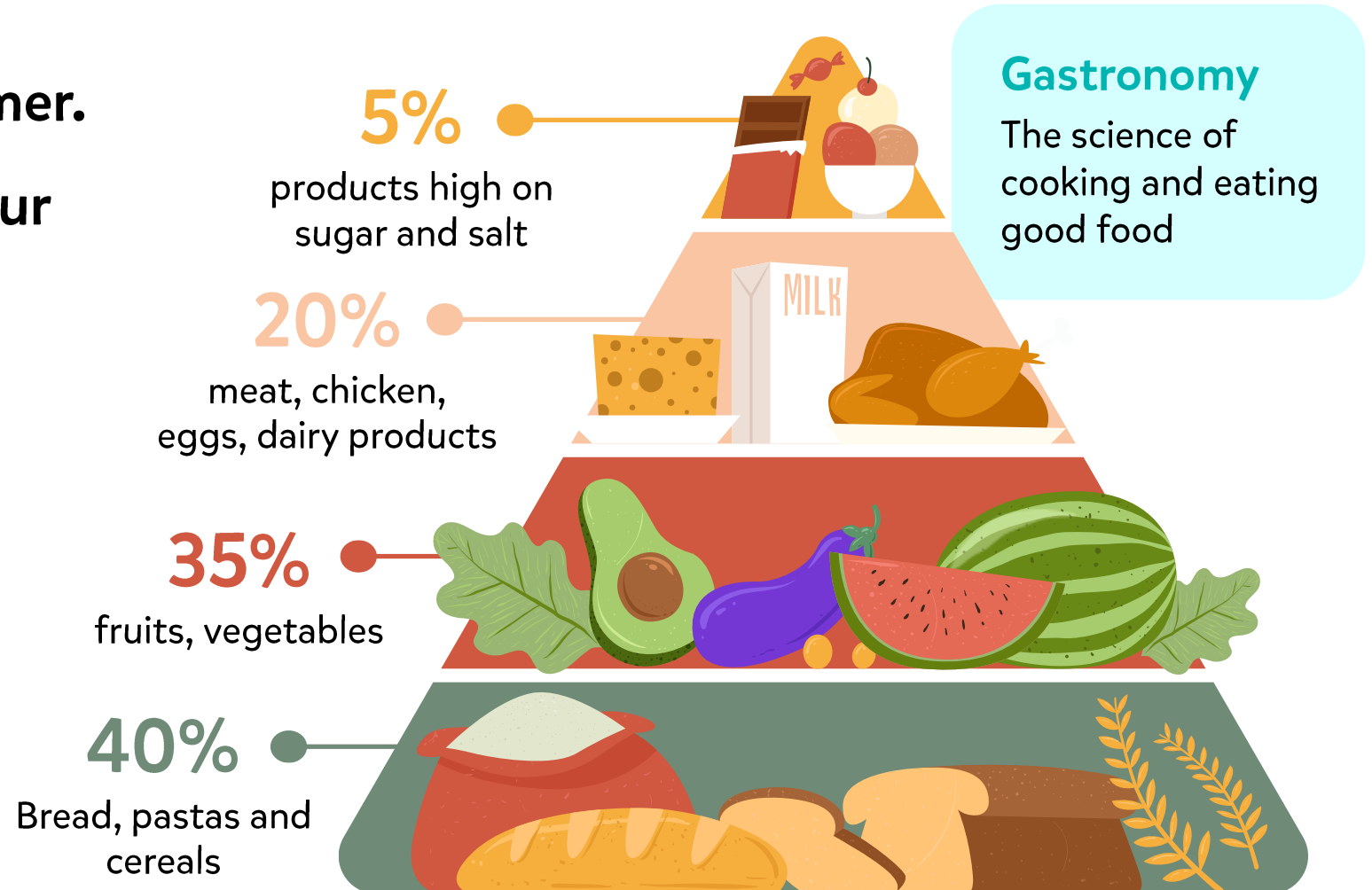
# [A] Plan a healthy Suhur for your family

Today, you are a gastronomer.

Design your own ideal Suhur meals using the science of healthy eating.

## Challenge

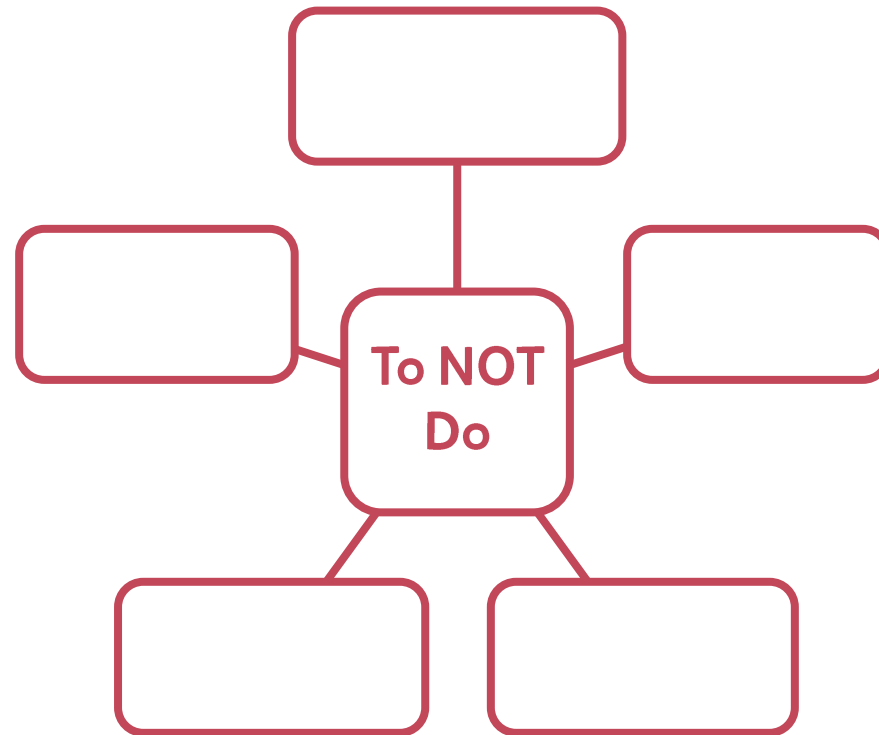
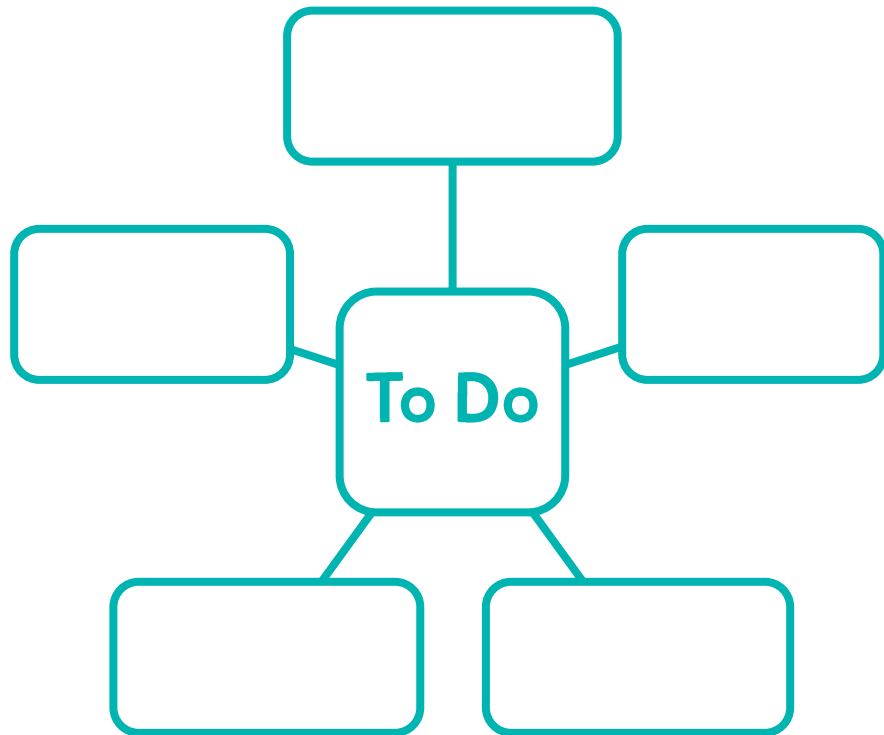
Can you try to include any Sunnah foods in your meal plan?



# Stop 5: During the Day

[A] How should we spend our Ramadan?

Fill your days with  
the best of actions!



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
**Stop 5**  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

## Did You Know?

If someone makes you feel angry you should try to keep calm and say...

**“I am fasting.”**

إِنِّي صَائِمٌ

I am fasting!



# Stop 6: Iftar

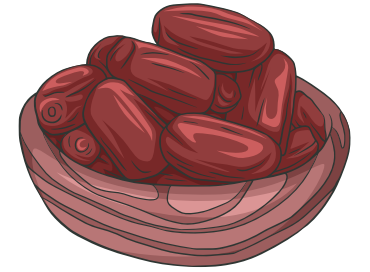
Iftar is the meal at the time of sunset, where we open our fast.

Yayyy!! Best part of the day!



## Did You Know?

Our beloved Prophet ﷺ used to open his fast with dates.



## Challenge

What would happen to your body if you eat too quickly after a full day of fasting?



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
**Stop 6**  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9



# Du'a After Opening A Fast

ذَهَبَ الظَّمَأُ ، وَابْتَلَّتِ العُرُوقُ ، وَثَبَتَ الأَجْرُ إِن شَاءَ اللهُ

Let's repeat it together 5 times!

# Stop 7: The Night Prayer

The nights of Ramadan are the best time to stand in extra prayer and read extra Qur'an (now that you have all of your physical energy back!).

- What is the name of this prayer?
- Who has attended these in the masjid?



**Keyword: Tarawih** تراويح

Extra prayers which we perform at night in the month of Ramadan



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
**Stop 7**  
Lesson 3  
Stop 8  
Lesson 4  
Stop 9

# Plenary

Which 1 new good habit do you think you can develop by the end of Ramadan?

## Did you know?

Research shows that it takes about 30 days to develop a new habit - and Ramadan is one month long!

Reciting  
Quran



Good  
Hygiene



Charity



Eating  
Healthy



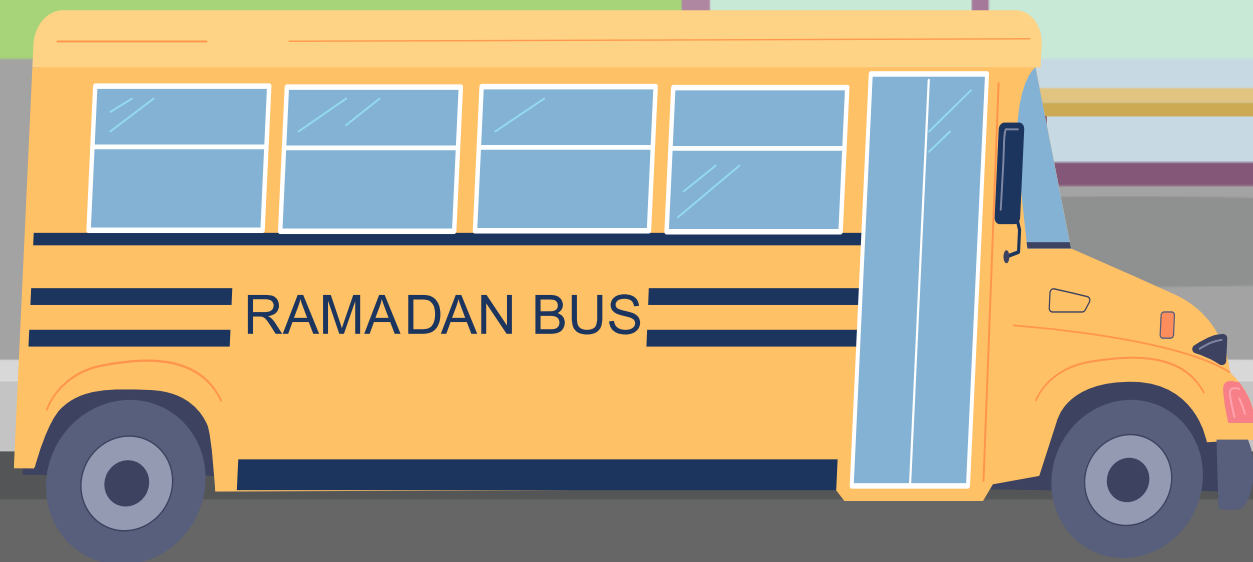
No fighting  
with siblings



No  
shouting



# Lesson 3: A Special Night



- Lesson 1
- Stop 1
- Stop 2
- Stop 3
- Lesson 2
- Stop 4
- Stop 5
- Stop 6
- Stop 7
- Lesson 3**
- Stop 8
- Lesson 4
- Stop 9

# Lesson Objectives

By the end of this lesson, I will:

1. Remember the story of the 1st revelation
2. Describe **why Laylat al-Qadr is so special**
3. Recap what I have **learnt in the previous lessons**





# Story Time

## The 1<sup>st</sup> Revelation

# Stop 8: The Night Prayer

This night was so special that Allah called it **Laylat al-Qadr**, the Night of Glory.

This special night was in the month of Ramadan.  
This is why Ramadan is known as:

**The Month of the Qur'an**



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
**Stop 8**  
Lesson 4  
Stop 9

# The Best Present

[Think Pair Share] Why is the Qur'an so special?

- It tells us how to live.
- It has so many amazing stories.
- It is Allah's special message to us.

Who knows Surah al-Qadr by heart?





# Let's Recite Together

## سُورَةُ الْقَدْرِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۝ ١  
وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۝ ٢  
لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۝ ٣  
تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا  
بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ ۝ ٤  
سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۝ ٥

# Understand and Memorise





# 1000!

Laylat al-Qadr is BETTER than a 1000 months.

How long can you pray Qur'an for before you get tired, or start fidgeting?

By praying and worshipping Allah for one night, Allah will give us the **reward for worshipping for more than a 1000 months!**

## Did You Know?

1000 months = more than 83 years

That is awesome!  
Forget buy 1 get 1 free in Asda. This is the best deal I will ever get.



# Full of Angels

Do you know how many angels come down on this special night?

**Loads and loads...the earth is FULL of angels.**

## Challenge

Guess who else comes down on this night.

The special visitor who came to visit Prophet Muhammad ﷺ and told him to 'RECITE!..

Do you know his name?

# Du'a for this night

اللَّهُمَّ إِنَّكَ عَفُورٌ كَرِيمٌ يُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

If you can't remember this du'a you can say,  
**Allah I am so sorry, please forgive me.**

**How many days do you think you could forgive Zayd for?**

Allah is so Kind and Loving that He forgives us **AGAIN**  
and **AGAIN** and **AGAIN**.



# Quiz



1. What is the name of the night in which the Qur'an was revealed?
2. This night is better than a \_\_\_\_\_ months.
3. What is the du'a we say in this night?
4. What is the name of the wife of the Prophet Muhammad ﷺ who asked him about the special dua for this night?



# Quiz



5. What is the name of the angel who brought down the Qur'an to our beloved Prophet Muhammad ﷺ?
6. What is the name of the extra prayer we do every night in Ramadan?
7. Why do we fast?





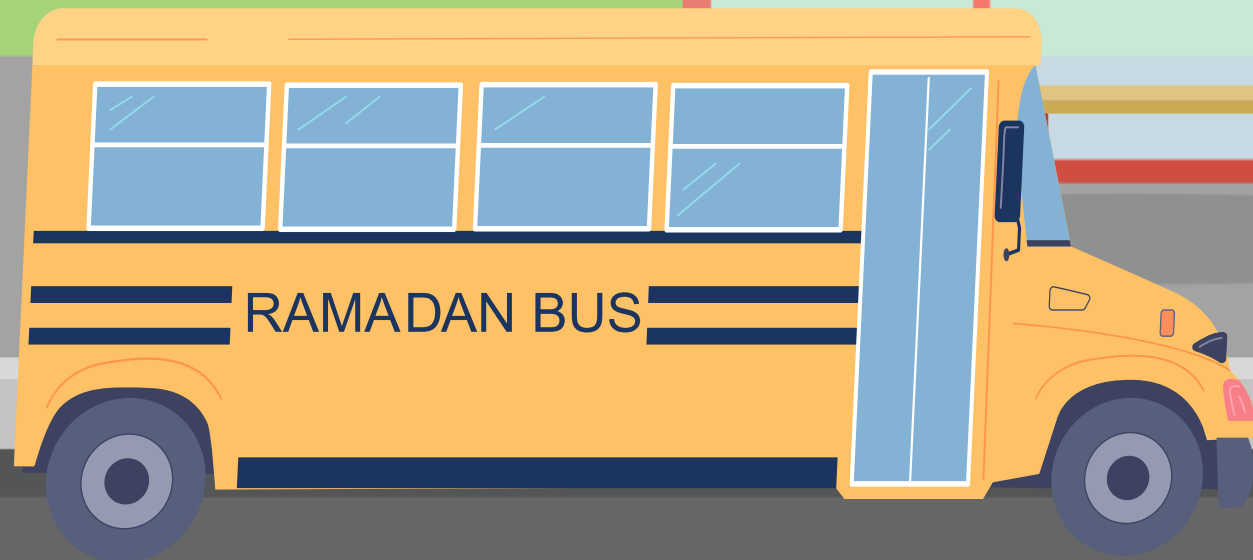
# Quiz



8. Ramadan is the \_\_\_\_th month in the calendar.
9. What TWO things can we do in Laylat al-Qadr?
10. What is the du'a for when we open our fast?



# Lesson 4: It's Eiiid!



- Lesson 1
- Stop 1
- Stop 2
- Stop 3
- Lesson 2
- Stop 4
- Stop 5
- Stop 6
- Stop 7
- Lesson 3
- Stop 8
- Lesson 4**
- Stop 9

# Warm-up Starter

Define these key words:



# Lesson Objectives

By the end of this lesson,  
I will:

1. Design an Eid card
2. Think about others who may not have as much as me



# Stop 9: It's Eid

When Ramadan finishes, Allah gives us a celebration called **Eidul-Fitr**. We celebrate Eid with our family, friends and community.

We thank Allah for giving us the beautiful month of Ramadan.

Allah is so Loving and so Kind!



Lesson 1  
Stop 1  
Stop 2  
Stop 3  
Lesson 2  
Stop 4  
Stop 5  
Stop 6  
Stop 7  
Lesson 3  
Stop 8  
Lesson 4  
**Stop 9**

# Eid

What do you love about Eid?

But who might be all alone this Eid?

Who might be feeling sad?

What should we do?



Yayy! I love Eid!

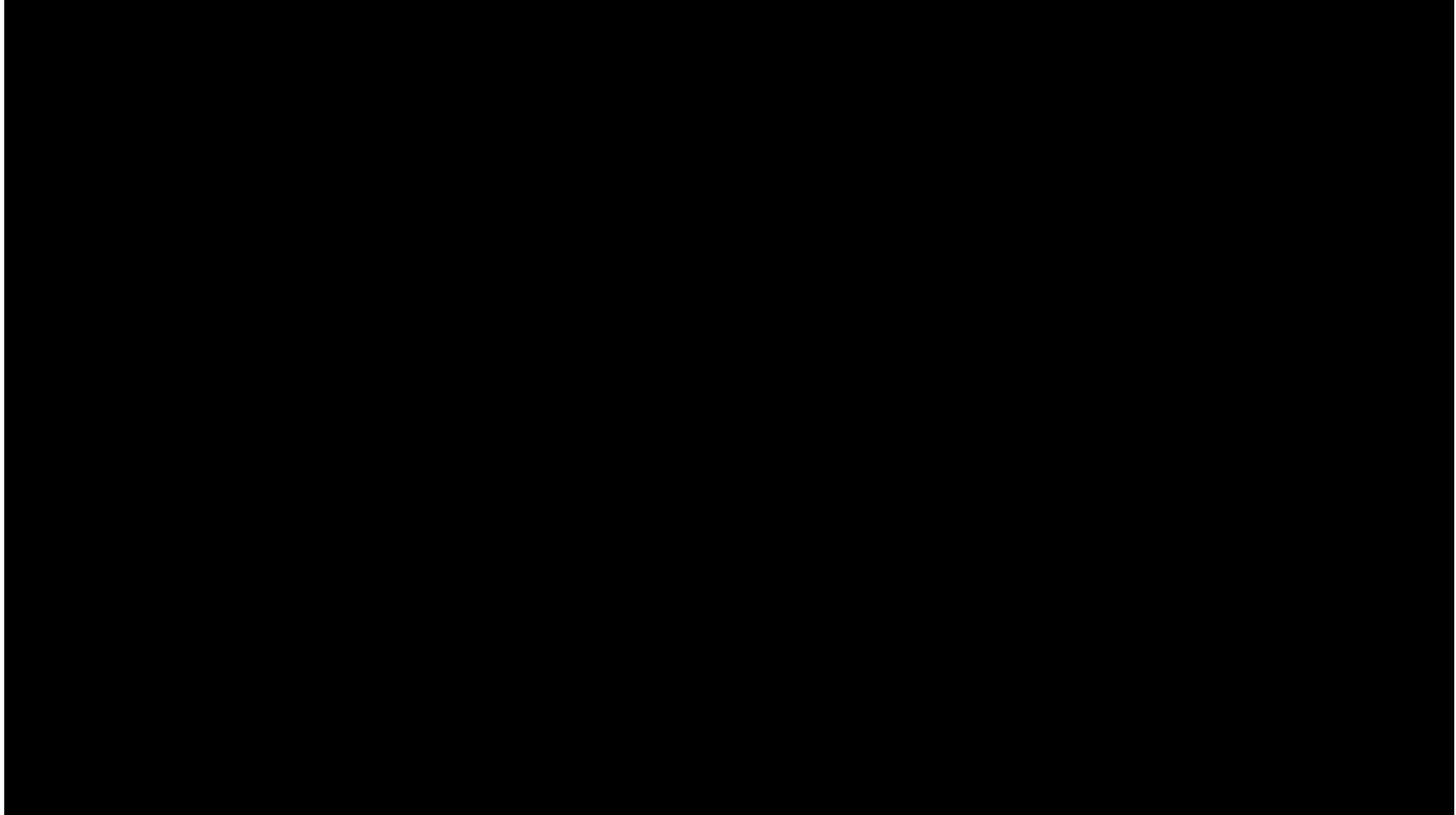


# Eid Card

[A] Make an Eid Card for either

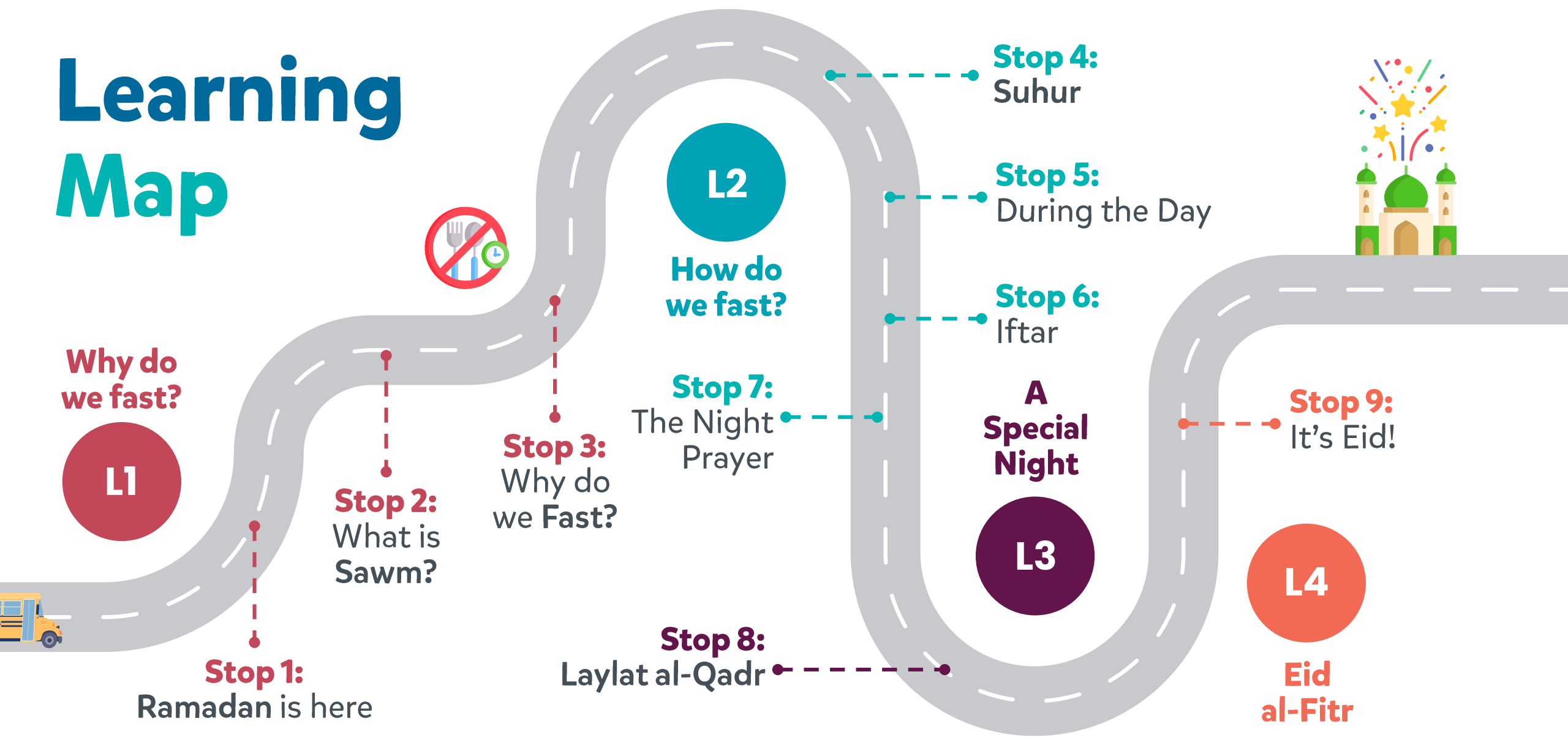
1. A distant relative
2. A neighbour
3. Someone celebrating Eid without their family.







# Learning Map



# Alhamdulillah!