

# PREPARING FOR RAMADHAN KIDS EDITION

How can I  
prepare  
my child for  
Ramadhan?



@themaktabproject

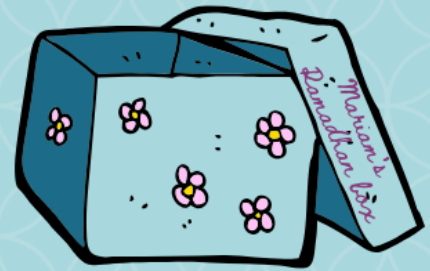


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# MY RAMADHAN BOX



#myramadhanbox



1

Find a medium sized box/basket in your house. This will be your "Ramadhan box." Decorate your box to make it your own.

2

Fill your basket with things that you will find useful in Ramadhan. Try to limit it to ten items or less.

Some ideas of what you could include are: Qur'an, prayer clothes, your favourite Islamic books, a charity box and some treats,

3

Take a picture of your box and all the things you have included. Write a small paragraph explaining why you chose those items.

4

Send your picture and explanation to us on Instagram or via email by the 20th of April. We will share your boxes to inspire others.



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## Create a Ramadhan countdown



Build the excitement around Ramadhan by creating a countdown in your house.

Get the kids involved by allowing them to create the countdown and changing the number each-day.



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## Introduce new habits



Ask them about two new habits they want to introduce during Ramadhan and how they plan to be consistent with it.

Encourage them to keep their targets small and specific so they are able to maintain them after the initial excitement.



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## Kick out old habits

Ask your child for two bad habits they want to get rid of in Ramadhan and ask them how they plan break the habit.

Encourage them to be specific about their goals. i.e rather than saying; "I will not be messy," you can say "I will not keep my room messy by cleaning it every night before going to bed."



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## Change your environment

With your child get the house ready for Ramadhan. Do a spring clean, and add a couple of decorations in your house.

The anticipation you show for Ramadhan will rub off on your child. A positive change in atmosphere and environment will also have a positive effect on their attitude towards Ramadhan.



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## Create a Ramadhan box



Ask your child to create a "Ramadhan box. This may include anything that will help them do more good deeds in Ramadhan. This may include a Quran, Islamic books, a journal, prayer clothes and even some sweets as a treat. Allow them to personalise their box by decorating it with their name.



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## Create a Ramadhan routine



Create a new routine for Ramadhan that includes more opportunity to do good deeds, whilst keeping the child's age and interests in mind.

Include times where you as a family are able to enjoy something together. For example reading an Islamic book of your child's choice, daily.



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