Ramadan

What is Ramadan?

Ramadan is a month-long period of fasting, prayer, and spiritual reflection. Ramadan is observed by 1.8 billion Muslims around the world. It is one of the biggest religious events on the planet.

During Ramadan, followers of Islam are forbidden from eating or drinking during daylight hours.

When is Ramadan?

Ramadan is the ninth month of the Islamic calendar. This year, it begins on the evening of Thursday, 23rd April and ends at dusk on Saturday, 23rd May. The exact dates of Ramadan vary from year to year because the Islamic calendar is governed by the phases of the moon.

Watch and research

There are many video clips online that you could watch to find out more about Ramadan.

https://www.bbc.co.uk/bitesize/topics/zpdtsbk/articles/zrxxgwx

On this link there is a video clip about Islam, a fact page, images and an online quiz.

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

On this link there is a video clip about Ramadan, a fact page and images.

https://www.bbc.co.uk/newsround/23286976

On this link there is video clips and information about Ramadan from last year.

Create your own fact file or quiz. You could even do a family quiz.

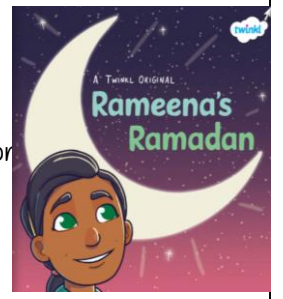
Thought of the day

Ramadan is an important festival to Muslims. It remembers when the Muslim holy book, the Qur'an, was given to the Prophet Muhammad. During Ramadan, Muslims spend time praying and reading the Qur'an. A verse in the Qur'an says '*Allah has made me blessed wherever I am*'. Record or share one positive thought for each day of Ramadan. Spend time thinking about what has happened each day. Examples of positive thoughts could include: • 'I'm glad I got to read my favourite book today.' • 'I had fun playing with my brother/sister.' • 'I got to video call my grandparents.' • 'I am grateful for the sunshine.' • 'I enjoyed going for a walk today.' At the end of Ramadan, you will have a collection of positive thoughts to look back on. You could do this as a family activity and record it in any way you like. It could be a piece of art work, chalks on the ground or a diary.

Read, share and create

This beautiful children's book features a Muslim family as they observe the month of Ramadan. The story shows some of the key aspects of this religious event, such as fasting, praying and giving to charity.

https://www.twinkl.co.uk/resource/rameenas-ramadan-ebook-t-or-1353



Can you think of any special occasions or celebrations you have shared with your family? Can you draw a picture of your family celebrating a special day?

In the story, Rameena and her family visit a mosque. Can you create your own model of a mosque? You may wish to look at some pictures to help you. You could use playdough, paper or card, construction toys or empty cardboard tubes, boxes and sticky tape.

During Ramadan, Rameena and her family helped other people. Can you think of different ways you could help other people or help at home?



Design and create

Create your own Ramadan Moon and Star decoration. Use the link below for equipment and instructions or design and create your very own moon and star art work.

https://www.twinkl.co.uk/resource/t-tp-612-ramadan-paper-plate-moon-and-star-decoration-craft-instructions

Mindfulness colouring

https://www.twinkl.co.uk/resource/ramadan-mindfulness-colouring-pages-au-t2-t-10000683