



# Ramadan Activities

*Written by Comilita M. Salah*

*Edited by Kathleen Kehl Lewis*

*Illustrated by Ben DeSoto*

*Cover Art by Cheri Macoubrie Wilson*

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## Introduction

The old saying “good things come in small packages” is an apt description of this holiday booklet. This book is packed with all types of projects and ideas for making Ramadan a special time or for simply learning about a cultural event of importance. Teaching opportunities abound in these pages including an overview of Islam and Ramadan, creative activities and crafts, learning games, and extension activities and resources to allow children to further explore the Islamic holy month of Ramadan.



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# Ramadan—The Month of Fasting

For Muslims, no time of the year is more anticipated than the holy month of fasting—Ramadan. Ramadan is the ninth month of the Islamic year. During this month, Muslims all over the world abstain from food, drink, and marital relations from dawn until sunset.

While children are not required to fast until the age of puberty, many as young as six or seven wish to join the fast. Allah requires every adult to observe the fast except for those who are traveling, sick, or elderly. They are permitted to break the fast and make up the days by fasting later.

Fasting, for Muslims, is a way of getting closer to Allah by practicing patience, self-control, and restraint. While denying the body food and drink, the Muslim is free to focus his or her time and energy on reading the Qur'an, performing extra prayer, and increasing his or her good deeds. Muslims must also take extra care not to lose their temper or use foul language, as these would nullify the fast and require repetition of that day. It is truly a time of spiritual growth, introspection, and inner joy and peace.

The Mosque (or Masjid—the Muslim place of worship) is a very crowded place during the month of Ramadan. Many Muslims rush to the Mosque at sunset to break their fast together. After the evening prayer, they enjoy a humble meal and resume their prayers. Every night during this special month, congregational prayers are held in which a large section of the Qur'an is read.

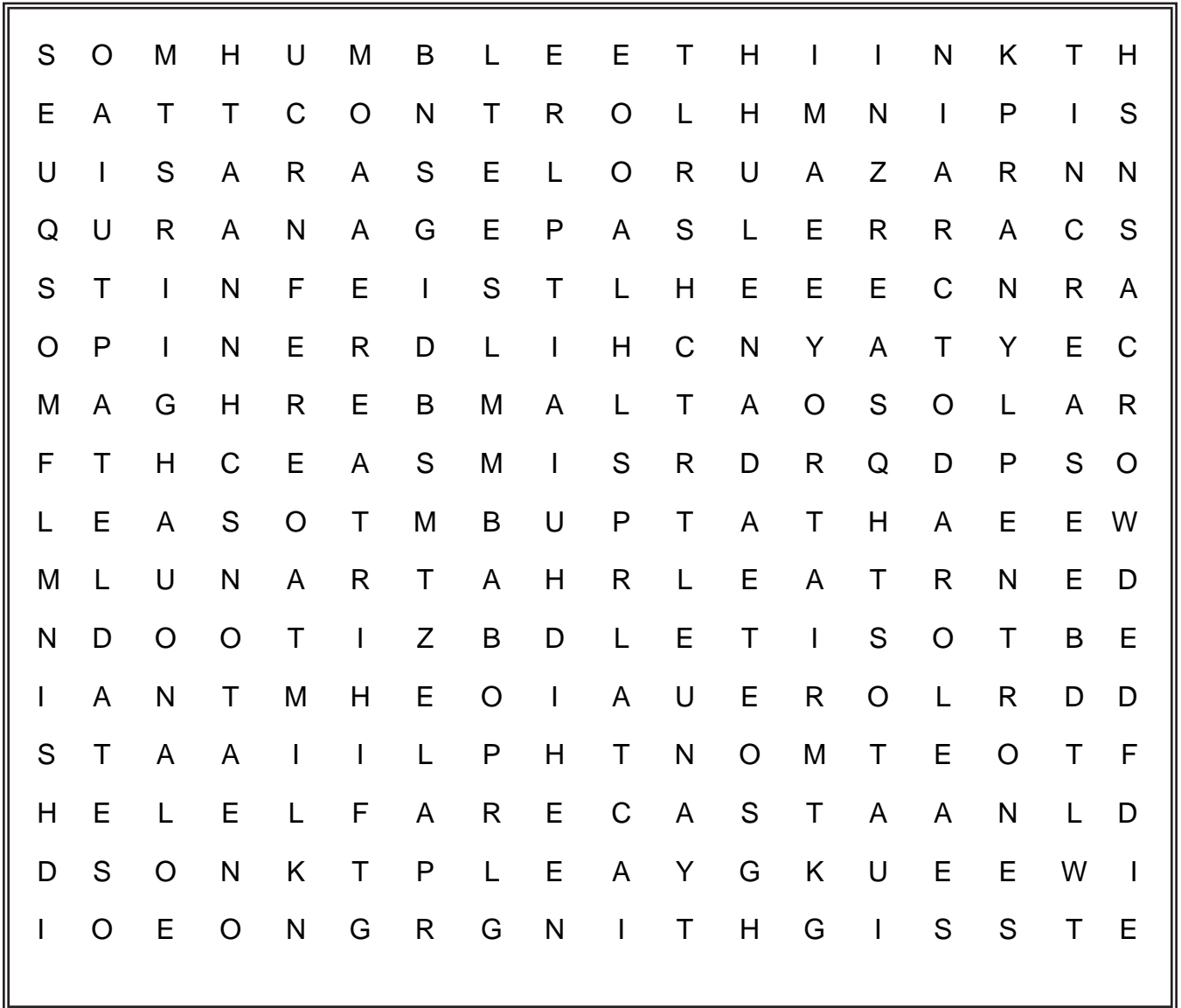
After a long night of prayer, the Muslim awakens early, before dawn, to have a small morning meal before the dawn prayer. Then a new day of fasting and rewards begins.

With the sighting of the new moon, the fast is over and the Eid-ul-Fitr, or Holiday of the Feast, begins. Muslims begin the three-day celebration with a mid-morning congregational prayer. Then they spend the rest of the holiday visiting friends and family, giving gifts, and, of course, eating!





# Ramadan Word Search



Below are 25 words associated with Ramadan. Find them in this word search and improve your cultural awareness.

- |          |         |          |          |          |
|----------|---------|----------|----------|----------|
| Ramadan  | pillars | increase | humble   | crowded  |
| sighting | milk    | Qur'an   | patience | children |
| Maghreb  | month   | lunar    | break    | self     |
| parents  | moon    | Muslims  | solar    | dates    |
| control  | prayer  | Mosques  | fast     | Islam    |