

My life at Ramadan

Eleven year old Sara is, a Muslim from London, introduces us to her life and family using her own video camera. She is going without food during daylight hours because it is the Islamic fasting month of Ramadan.

www.bbc.co.uk/teach/class-clips-video/religious-education-ks2-my-life-my-religion-ramadan-and-aid-ul-fitr/zdv7pg8

TASK 1

- Watch the film and find the answers to the questions below.
- Write down your answers in full sentences.

What are the similarities and differences between your life at Ramadan and that of Sara?

TASK 2

- Draw yourself in the middle of a new page.
- Around the outside, describe the similarities and differences between your life and that of Sara.

How long has Sara been fasting?

What does fasting make Sara think about?

Why did she choose to practice fasting?



How does the body adapt to fasting?

How long does fasting last?