

# Ramadan

## An Islamic Festival



twinkl

# When is Ramadan Celebrated?

**Ramadan** is in the ninth month of the Islamic lunar calendar. The Islamic calendar is based on the moon rather than the sun although it has 12 months like the Western calendar.

The **Qur'an** was first revealed to the prophet Muhammad during this month. The actual night that the Qur'an was revealed is a night known as **Lailut ul-Qadr** ('The Night of Power'); Muhammad was told to learn the whole book by heart!

# What is Ramadan?

Ramadan is a very important time for Muslims; Ramadan is celebrated all over the world.

Ramadan is a time for Muslims to pray (**salat**) more than normal. It is also a time of fasting. Fasting is one of the **Five Pillars** or duties of Islam. By fasting, Muslims can focus instead on other aspects of living such as being kind to others. Muslims believe that Muhammad was very generous and kind; especially so during Ramadan. This is a month of giving and caring.

What could you do to be generous and caring during Ramadan?



# Choose a day...

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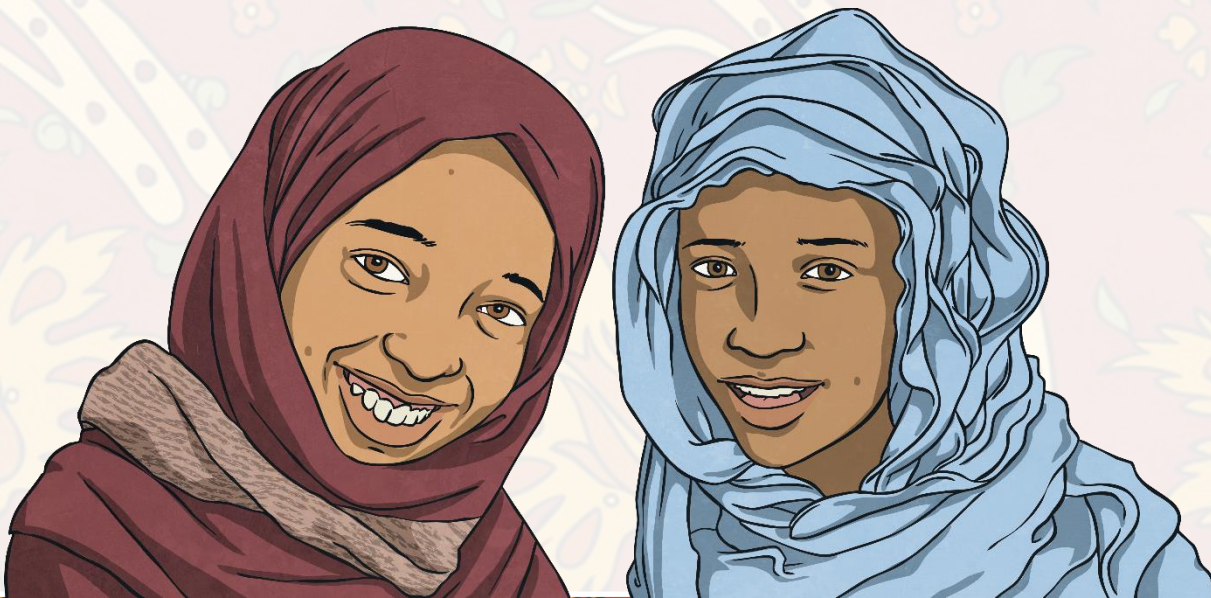
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# Day One

Today I can... smile a lot!

You feel better when you smile and you can make other people feel better too! How many people will smile back? Try it and see!



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## Day Two

**Today I can...** find ways to say “please” and “thank you.”

Being polite is another way to make people around you feel good. It's nice to hear a 'please' and a 'thank you.' How many times will you say them today?



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# Day Three

Today I can... make a new friend.



Sometimes there are people around us who we see everyday in school but don't know very well. Can you take time today to talk or play with someone new? This could be a new friend!

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# Day Four

Today I can... pick up litter.

Litter doesn't look nice in the playground, around the school or anywhere else! Can you remember to put your litter in the bin today and pick up any litter you see? Remember don't pick up broken glass or sharp objects; ask an adult to help! Wash your hands after picking up litter!



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## Day Five

**Today I can...** tell each member of my family something I appreciate about them.



The people who look after you are special. Make sure they know by telling them about what it is that makes you so thankful for them!

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# Day Six

Today I can... be charitable.

Charities help by looking after or protecting people or animals. Can you find out about a charity and plan how you can help them to help others?

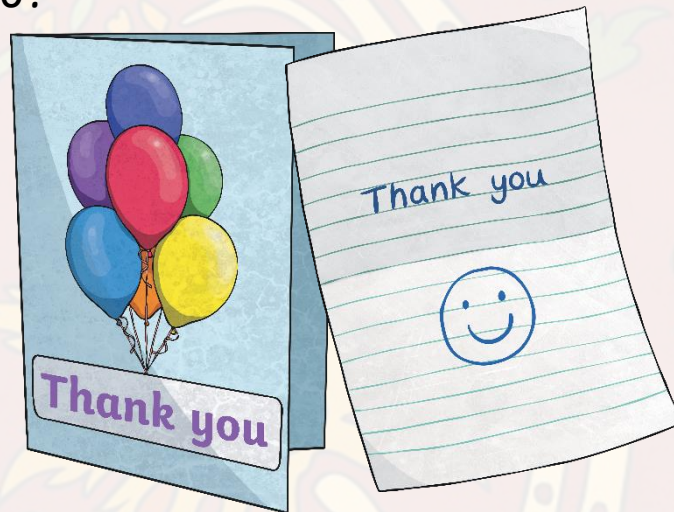


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# Day Seven

**Today I can...** make a thank you card for someone.

People do things for us every day and sometimes we don't realise they've done it or we don't have time to say thank you. Can you make a thank you card or write a thank you note to show someone how much you appreciate what they do?



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# Day Eight

**Today I can...** share with someone.

Whether it is a book, paper, pencils, sweets or a game; it's good to share and include someone else. What could you share with someone today?



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# Day Nine

Today I can... help someone.

A little help can make a difficult day a better one. Who could you help today and how could you help them?



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# Day Ten

Today I can... compliment a friend.

Your friends make you feel happy; make them feel the same by telling them why they're such a good friend to you.

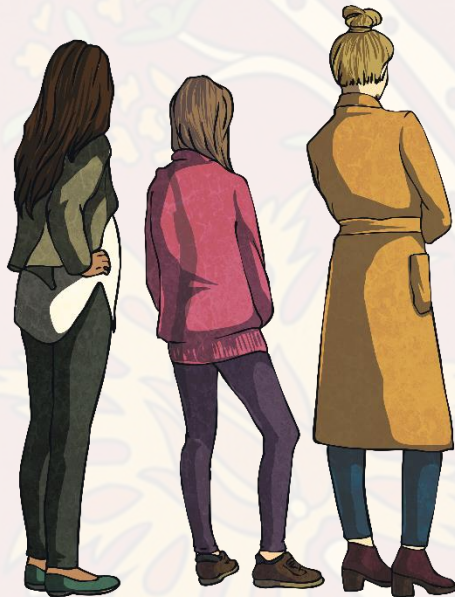


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# Day Eleven

**Today I can...** let someone take my place ahead of me in a queue.

Rather than always think about ourselves, sometimes it's good to put the needs of others first. Take a step back and let someone take your place today.



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# Day Twelve

**Today I can...** find ways to show kindness.

Look out for anyone you can be kind to today. What could you do to make someone's day better? A small act of kindness could make a difference!



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# Day Thirteen.

**Today I can...** hold doors open for others.

Taking the time to look after others can make their day better. Opening a door for someone and smiling at them might make their day!

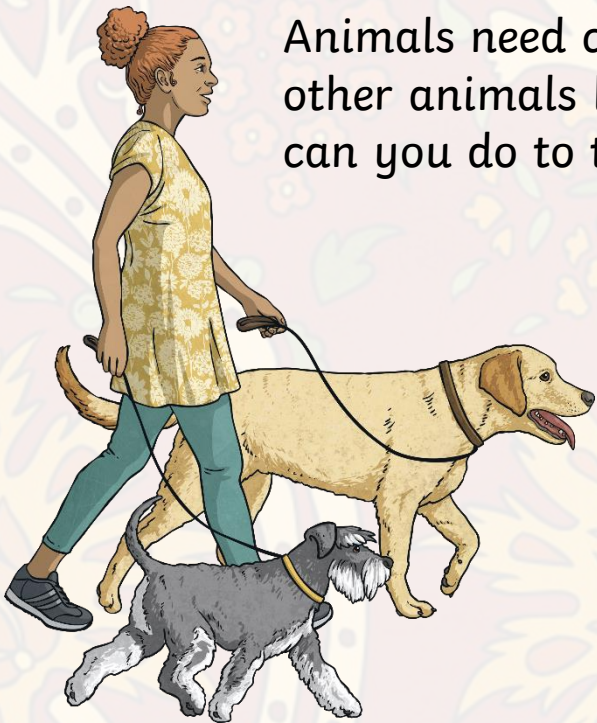


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# Day Fourteen.

Today I can... look after my pets.

Animals need caring for too. If you don't have any pets, other animals like wild birds need caring for as well. What can you do to take care of an animal today?



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# Day Fifteen.

**Today I can...** help set the table or wash the dishes.

Pick a job at home that you never help with and do it! You'll make someone happy!



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# Day Sixteen.

Today I can... give my family a hug.

Hug a member of your family; you'll make them smile!



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# Day Seventeen.

Today I can... say hello.

In and around school today, can you show how friendly you are? A happy, "Hello!" might brighten someone's day!



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# Day Eighteen.

Today I can... be patient.

We all hurry about so much and we like things done quickly but today try waiting. If you're in a queue to speak to the teacher or if the shop is busy, don't get annoyed. Just wait! Be patient! You'll get there eventually!

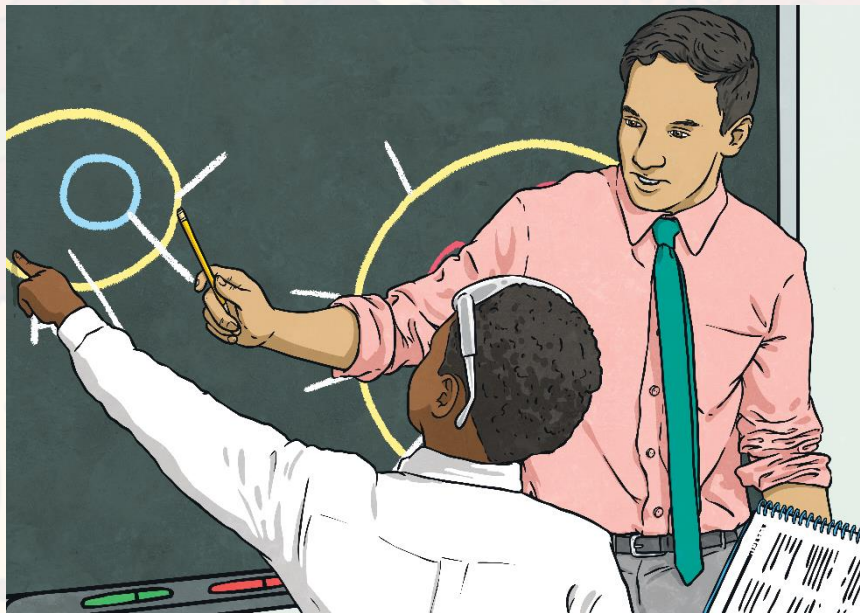


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# Day Nineteen.

**Today I can...** show someone how to do something new.

We all know how to do things that other people aren't sure of. What could you show someone else how to do today?



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# Day Twenty.

**Today I can...** something helpful without being asked.



Would you shock someone if you did something that they normally have to ask you several times to do? Give them an unexpected surprise today!

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# Day Twenty One.

Today I can... plant something.

When you plant something you have to care for it and you can watch it grow. It can be difficult to care for a plant but it can make you very happy when you see how beautifully it grows.



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## Day Twenty Two.

**Today I can...** do a chore around the house that is normally done by someone else.

Perhaps Mum or Dad always sets the table or your sister always washes the dishes, could you do one of their jobs today that might save them some time?



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# Day Twenty Three.

Today I can... be kind to my neighbours.

Smile, wave and say hello! They might do the same back!



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# Day Twenty Four.

**Today I can...** choose something that I have to give to charity.

Is there something you could spare to give to charity like a game, or a toy or some books? Find a charity shop near you and take it along to them.



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# Day Twenty Five.

**Today I can...** forgive someone.

If someone has upset you, don't stay angry with them. It's hard to forgive someone when you are upset but it's better to move on and think about other things. Who could you forgive? You'll feel better if you do!

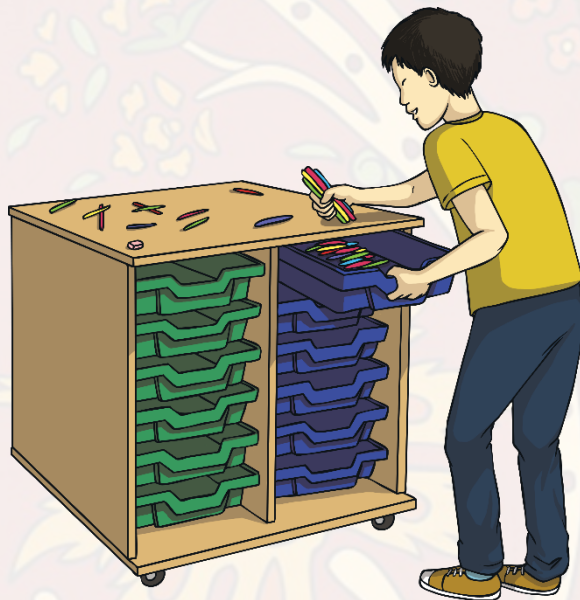


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# Day Twenty Six.

**Today I can...** clean my room without being asked.

Who tidies your room? Is it sometimes untidy or always untidy? Can you clean it up today? If someone else usually does it, they will be really happy!

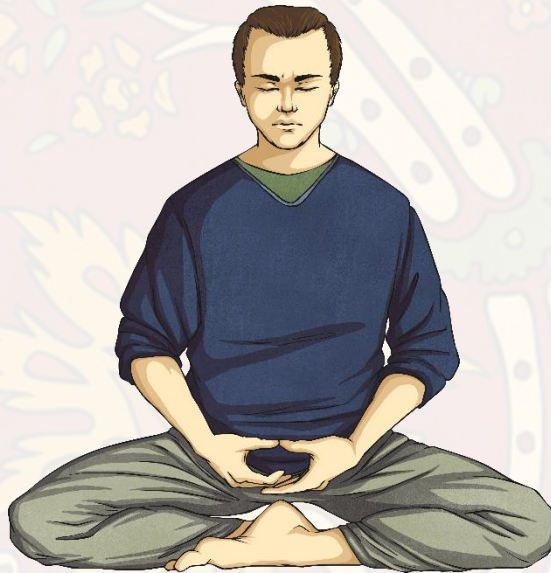


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# Day Twenty Seven.

Today I can... be calm.

Sometimes we get worried or angry if something doesn't work out the way we want it to or if someone does something we don't like. If that happens today, can you stay calm? Think about how you can stop the situation making you mad.



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# Day Twenty Eight.

Today I can... clean up the playground.

Sometimes people leave their belongings lying around and sometimes there's litter. Can you help today by looking out for things that are spoiling the playground? Can you help make it better for everyone?



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# Day Twenty Nine.

Today I can... make a special gift for someone.



Hand made gifts are really special. If you've taken the time to make something for someone that shows they mean a lot to you. Can you think of a gift you can make to give to someone for the end of Ramadan?

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## Day Thirty.

**Today I can...** think of how I can continue to be kind and generous every day now that Ramadan has ended.

Give that special gift you made to someone to celebrate – Eid Ul Fitr – the breaking of the fast.



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