

## Ramadan

During one month in the year, adult Muslims fast in the hours of daylight. That means they only eat when the sun goes down and before the sun comes up. They do this because it helps them to spend more time focusing on Allah (God) and it also helps them to grow closer to Allah.

Talk to your adult about these questions...

Do you think fasting would be easy or difficult? Why?

Who might an adult Muslim try to think about when they are fasting?

## What happens in the morning?

During Ramadan, Muslims taking part in the fast get up to pray and eat before the sun comes up. If Ramadan is in the summer, then they will have to get up very early. Have a look at the picture of the prayer mat, one like this might be used at this time.



Muslims talk to Allah when they pray, and this helps them to feel closer to God.

## What happens in the evening?

In the evening after the sun has set, there is a special meal called Iftar, this breaks the fast. Lots of Muslims eat dates and drink water at Iftar. If you can, try tasting a date and write down some adjectives to describe it.

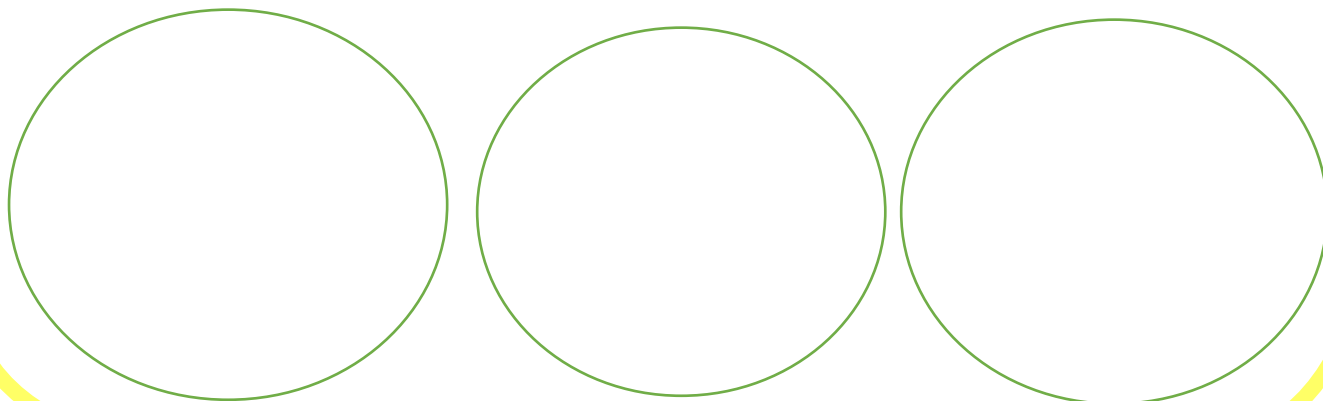


Imagine you haven't eaten all day; how would you feel when you tasted that first mouthful?

## What else happens at Iftar?

After the prayers have been said, members of the family or community might visit each other to share a meal.

Which foods might you suggest the family shares together? Remember that you must not include pork in your food suggestions because Muslims must not eat this.

Three empty green circles arranged horizontally, intended for students to write their food suggestions in.

## Zakat

During Ramadan lots of Muslims give money to the poor. They try to give 2.5% of what they have to charity. Some Muslims choose to give their time or some of their food to those who need it. It is also a time that they try to give up bad habits.

I wonder which charities would you recommend some of this money was given to? Why does the charity that you have chosen need help?

## Finding out a bit more...

Challenge yourself to find out a bit more about Ramadan by watching this video. While you are watching the video see if you can find three new facts about Ramadan. You might write these down yourself or ask your adult to record them for you.

<https://www.bbc.co.uk/teach/class-clips-video/religious-education-ks2-my-life-my-religion-ramadan-and-eid-ul-fitr/zdv7pg8>



## My three new facts about Ramadan

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