"O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may become God-fearing." (The Quran, 2:183)

Ramadan is the 9th month of the Lunar Calendar.
It is the holiest month of the Islamic calendar which begins at the sighting of the new moon, and is when the Holy Quran was first revealed to the Prophet Muhammad (saw).

In Ramadan we fast during the daylight hours, and try to spend more time in worship and less time being concerned with worldly things.

There are very strict rules in place during Ramadan. We should not eat or drink anything between the morning prayer (fajr) and sunset (maghrib), and should do our best to avoid things such as getting angry, lying, greed or backbiting.

These things should be avoided at all times, but during Ramadan they are especially bad.

At the end of the day, the fast is broken with a special meal called Iftar, which is often made up of dates, fruit, or soup before dinner.

Fasting helps us to learn self control, discipline, and generosity. It is an act of obedience to Allah because it is one of the 5 pillars of Islam. It is a time to seek the mercy of Allah and closeness to Him through our thoughts, our actions, and our words.

After Ramadan ends we celebrate Eid ul Fitr, which lasts for 3 days. We attend special prayers at the mosque and thank Allah for His blessings and His mercy.

When Ramadan is over, we should continue to be good, and try to always be grateful for everything Allah gives us.
Match the beginning of the sentence with the correct ending.

Ramadan is the ___________ with a meal called “iftar”
Fasting is one of the ___________ between Fajr and Maghrib
We should not eat or drink ___________ we celebrate Eid ul Fitr
After Ramadan ___________, 9th month of the lunar calendar
The fast is broken ___________ 5 pillars of Islam

Fill in the sentence with the correct word from the list.

month    sunset    self    mercy    sunrise    strict    control

1. There are very ___________ rules in place during Ramadan.
2. Ramadan is the 9th ___________ of the lunar calendar.
3. Ramadan is a time to seek the ___________ of Allah.
4. Fasting begins at ___________ and ends at ___________.
5. Fasting helps us to learn ___________ ___________
We know that Ramadan begins at the sighting of the new (or crescent) moon.

Draw a picture of the crescent moon.

Learn this du’a for breaking your fast...

"Allahumma laka sumtu wabika a mantu wa ‘alaika Tawakaltu, wa’ala rizquka aftartu".

(O Allah, I fasted for Your sake. I believed in You and relied on You and I break my fast on your provisions.)