

Facts about Ramadan

Ramadan is the most important month of the Muslim calendar. God gave the prophet Muhammad the Quran in this month.

Most Muslims fast from sunrise to sunset during Ramadan. Fasting is seen as being a bit like praying or meditating. It is a way for Muslims to cleanse and purify their body and mind, and consider their own relationship with God.

Muslim children may start fasting when they are around ten years old or a bit older.

Because the Muslim calendar is based on the lunar cycle, Ramadan happens at a different time every year. In the years when Ramadan falls in the summer, Muslims have to fast for a very long time each day.

Most Muslims will spend more time with family and at their mosque during Ramadan.

The festival of Eid al Fitr takes place at the end of Ramadan. Muslims will give to charity at this time. Families and friends share special meals and everyone gets dressed in their best new clothes. Children are sometimes given money as a gift.

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Name: _____

Date: _____



Read Roshan's account of his experiences of Ramadan, then answer the questions below.

My name is Roshan. I am 11 years old. This is my second year of fasting during Ramadan. Every day during Ramadan, I wake up very early to eat breakfast. That's all I have to eat until the sun goes down at the end of the day. Ramadan is during the summer this year, so the days are very long - I'm usually quite tired and really hungry by the end of the day!

After school, I go with my family to our mosque. We pray, we read from the Quran and we listen to lessons about Ramadan and why it's important for Muslims to fast. When we get home from the mosque, it's finally time to eat! I don't mind fasting for Ramadan because I'm doing it for God.

How old was Roshan when he fasted for the first time?

Why is it harder for Muslims who are fasting when Ramadan is in the summer?

How does Roshan feel at the end of a day of fasting?

During Ramadan, what does Roshan do after school every day?

Why doesn't Roshan mind fasting during Ramadan?

In your opinion, what things do you think Roshan might find helpful when he is fasting during Ramadan?

Name: _____

Date: _____



Read the Facts about Ramadan card. Can you imagine what it might be like for a young person at school, fasting during Ramadan? Answer the questions below, giving your opinion.

How might fasting make them feel? You can describe physical effects, emotions and spiritual feelings.

What activities in school or after school might be difficult for them? What activities might young Muslims not be able to take part in during Ramadan? Why?

Name: _____

Date: _____



Read the Facts about Ramadan card. Can you imagine what it might be like for a young person at school, fasting during Ramadan? Answer the questions below, giving your opinion.

How might fasting make them feel? You can describe physical effects, emotions and spiritual feelings.

How could schools help young people fasting during Ramadan?

What activities in school or after school might be difficult for them? What activities might young Muslims not be able to take part in during Ramadan? Why?

How could non-Muslim children be understanding and respectful of Muslim children who are fasting during Ramadan?

Older Muslim children (aged 10+) may fast during Ramadan. This means they do not eat anything during the day.

When fasting, children may have difficulty concentrating, or feel tired or irritable.

Jewish boys wear a Kippah (a type of cap) while praying. Some boys may wear this cap at other times, including when they are at school.

Some Sikhs do not cut their hair. Some Sikh boys, particularly those who have been baptised, may wear a turban to cover their hair and keep it clean.

Sikh girls may wear a turban if they choose to.

Schools associated with a particular religion often have children of different faiths attending them.

Children of different faiths may not take part in certain assemblies, or events where there are prayers during school.

Older Muslim children may begin praying five times a day. This is called Salat, and is an important part of being a Muslim.

One, or occasionally two of these prayers, are supposed to be said during the school day.

Some Muslim girls may wear headscarves when they go out. These may be worn at school, too.



Read and discuss each of the Religious Community Statements Cards. Agree on at least three things everyone should try and do to make sure that everyone, including members of different religions, feels welcome and supported at your school. Write them on the Community Manifesto below.

Our Community Manifesto

This is how we will make everyone feel welcome and supported in our community:

A large, empty rectangular box with rounded corners, outlined in yellow, intended for students to write their community manifesto.

Name: _____

Date: _____



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How old was Roshan when he fasted for the first time?

Ten years old.

Why is it harder for Muslims who are fasting when Ramadan is in the summer?

The days are longer, so they go for longer without eating.

How does Roshan feel at the end of a day of fasting?

Usually quite tired and really hungry.

During Ramadan, what does Roshan do after school every day?

Goes with family to the mosque; prays; reads from the Quran; listens to lessons about Ramadan.

Why doesn't Roshan mind fasting during Ramadan?

Because he is doing it for God.

In your opinion, what things do you think Roshan might find helpful when he is fasting during Ramadan?
