

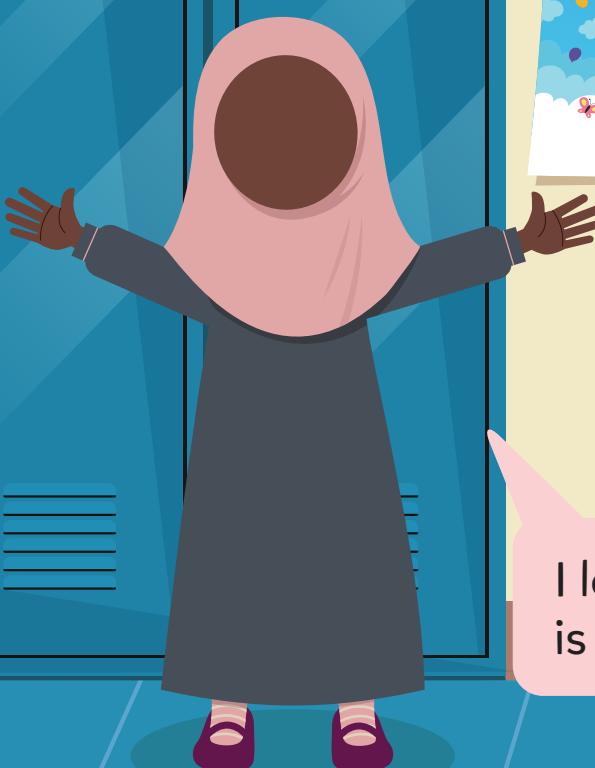
# The 4th Pillar of Islam: Sawm

Sawm is the fourth pillar of Islam.

Sawm means fasting.

Fasting is when we don't eat or drink anything during the day.

We fast to make Allah happy and to show our love for Him.



I love fasting because it is a command from Allah.

Fasting is a great act of worship.

Allah loves those who fast!

Fasting makes us thankful for the food and water we have every day.



A boy in a white robe and a white cap stands with his arms raised in a classroom. To his left is a chalkboard with a drawing of a crescent and stars. Above him is a blue speaker. To his right are blue lockers. In the foreground, a speech bubble contains the text.

Fasting helps me remember people around the world who don't have enough food and water!

1

**Musa is very hungry and needs to break his fast.  
Help him to find the dates hidden around the room.**



Alhamdulillah! How many dates did you find for Musa?

2

**Maryam has also found 3 dates!**

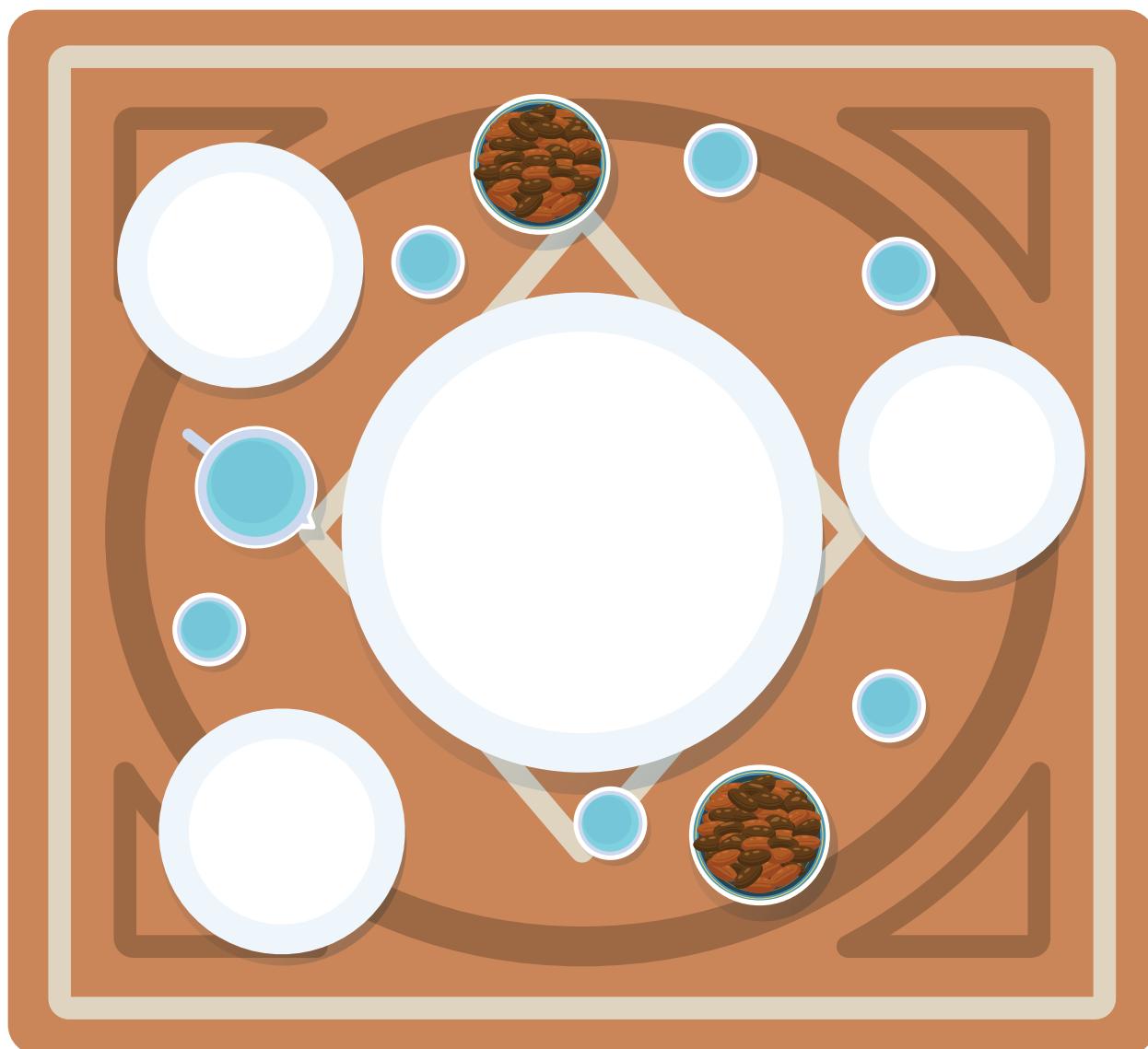
**Count how many dates Maryam and Musa have altogether:**

$$\square + \square = \square$$

3

**Musa is helping to prepare an iftar meal for his family.**

**Help Musa to choose some healthy foods. Draw your chosen foods on the empty plates, then trace the sentence.**



Allah has given us

lots of food and

drink. Alhamdulillah!