

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.



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.

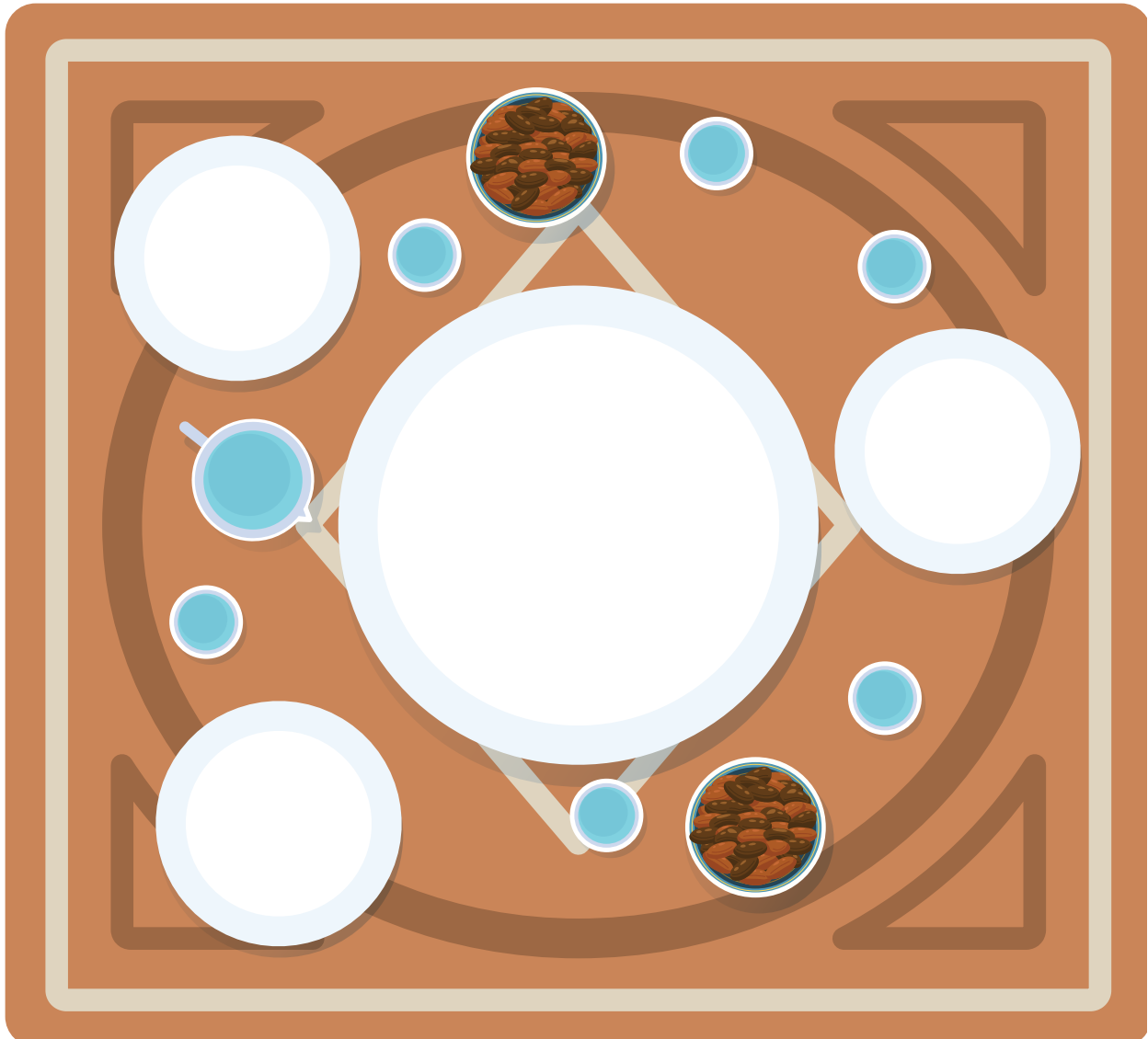


Alhamdulillah! How many dates did you find for Musa?

- 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!