

# Fasting in Ramadan



## Learning Objectives

In this lesson, I will:



- Define sawm
- Identify where Ramadan is in the Islamic Calendar
- Explain why Ramadan is very special



## Key Words

- Fasting - صَوْمٌ
- Dawn
- Blessed - مُبَارَكٌ



## T Thinking Starter

What are two things that are different in Ramadan, compared to other months?

## The 3rd Pillar of Islam

Fasting in the month of Ramadan is the 3rd Pillar of Islam.

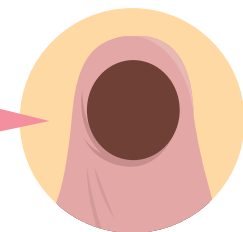


The Arabic word for fasting is sawm (صَوْمٌ). Sawm means **to not eat and drink from dawn until sunset**. This means that we don't eat or drink anything in the daytime, between Fajr and Maghrib.

Fasting is fard (compulsory). This means that all Muslims have to fast. However some people do not need to fast. For example, young people and people who are sick.



Ramadan is my favourite month!  
I love Ramadan!



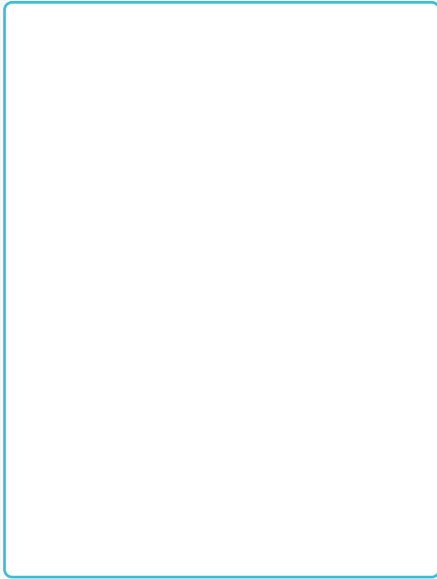


**Task 1**

**A view from my window**

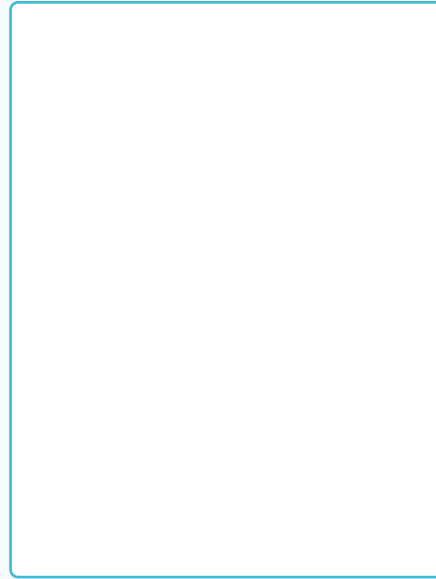
Draw and colour a picture to show what the sky looks like at **dawn** from your window.

This Ramadan, I will begin my fast at \_\_\_\_ am.



Draw and colour a picture to show what the sky looks like at **sunset** from your window.

This Ramadan, I will end my fast at \_\_\_\_ pm.



Don't forget to draw the Ramadan moon!



Can you calculate how long the fasting day will be for you?



**Did You Know?**

The length of the fasting day is different in different parts of the world!



## Ramadan

Ramadan is the ninth month in the Islamic Calendar.

Muharram مُحَرَّم	Safar صَفَر	Rabi'ul-Awwal رَبِيعُ الْأَوَّل	Rabi'ul-Akhir رَبِيعُ الثَّانِي	Jumadal-Ula جُمَادَى الْأُولَى	Jumadal-Ukhra جُمَادَى الثَّانِيَةِ
Rajab رَجَب	Sha'ban شَعْبَانَ	Ramadan رَمَضَانَ	Shawwal شَوَّال	Dhul-Qa'dah ذُو الْقَعْدَةِ	Dhul-Hijjah ذُو الْحِجَّةِ



### Task 2

Use the above calendar to help complete the sentences:

1. Ramadan is the \_\_\_\_\_ month of the Islamic calendar.
2. The month before Ramadan is called \_\_\_\_\_.
3. The month after Ramadan is called \_\_\_\_\_.
4. At the end of Ramadan, we celebrate \_\_\_\_\_.

## Ramadan: A Special Month

Ramadan is a special gift from Allah. Allah wants us to use Ramadan to become closer to Him. Ramadan is a special month in which Allah blesses us with His mercy, love and blessings even more than other months.



Ramadan is special because in this month:

The devils are chained up

The doors of Paradise are opened

The doors of Hell-fire are closed

The Qur'an was revealed

Sins are forgiven

It has a very special night

In Ramadan, everyone is trying their best to be good. They want Allah سبحانه وتعالى to give them Jannah and save them from Jahannam. People pray more and try to stay away from sins. This means that there are more angels around. The shaytans are locked up. People help each other more, and are a lot nicer and kinder. In Ramadan, you will notice that you feel more calm and peaceful.



### Task 3

**Why is Ramadan a special present from Allah?**

**Explain your answer in the box below.**

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### I Act On What I Learn

I will always look forward to the month of Ramadan!



### P Progress Check



1. What is sawm?

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2. Ramadan is which month in the Islamic Calendar?

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3. Why is the month of Ramadan so special?

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