

Teacher Supplementary Notes
Slide 1 of 12 – The Holy Month of Ramadan
Slide 2 of 12 - Lesson Outline (<i>outline learning objectives and activities from the slide</i>). <i>Starter: Play video before commencing slides. Link in Slide 2.</i>
Slides 3 and 4 of 12- What is Ramadan?
<p>(A) Knowledge and understanding</p> <ul style="list-style-type: none">• Ramadan is a Holy month during which Muslims fast.• Saum (fasting) is the 3rd Pillar of Islam.• Together with the other Pillars of Islam, fasting is a very important part of a Muslim’s life. <p>(B) Ideas and insights</p> <ul style="list-style-type: none">• Explain to the children that it is not only the followers of Islam that observe fasting. Followers of other religions also fast on certain days/times of the year. Can the children think of any other religions that observe fasting? (eg, Hinduism, Judaism and Christianity all observe fasting).• Use the link in Slide 4 to play a short introductory video on Ramadan.
Slide 5 of 12 – When is Ramadan?
<p>(C) Knowledge and understanding</p> <ul style="list-style-type: none">• Muslims follow the Islamic calendar. This is a Lunar Calendar which is based on the phases of the moon.• Each month in the Islamic calendar begins with the appearance of a new moon.• There are 12 months in the Islamic calendar. The 9th month is called <i>Ramadan</i>.• The exact dates of Ramadan will vary each year – but it will always last between 29-30 days. <p>(D) Ideas and insights</p> <ul style="list-style-type: none">• Go through the image of the Islamic calendar on slide 4, reading out the names of the different months. Ask children to work out which month of the year their birthday falls in and which month of the Islamic calendar corresponds with this.
Slides 6 and 7 of 12 – How do Muslims fast?
<p>(A) Knowledge and understanding</p> <ul style="list-style-type: none">• Muslims fast during daylight hours. The fast begins at sunrise and ends at sunset.• Muslims wake up early and have a meal before sunrise. This is known as Suhoor.

- Muslims end the fast by having a meal at sunset. This is known as Iftar.
- It is traditional for Muslims to break their fast with dates as this was the practice of the Holy Prophet of Islam, Prophet Muhammad (peace and blessings of Allah be upon him). Dates have a lot of energy and revitalise the body quickly.

(B) Ideas and Insights

- Ask the children to think of suitable foods to eat at Suhoor and Iftar (*focus on high energy, healthy options. See images on slide 4*).
- Play the video in slide 7 to hear about Aimen’s experiences of Ramadan. What do the children think Aimen enjoys most about this Holy Month?

Slide 8 of 12 – Rules of Ramadan

(A) Knowledge and understanding

- As well as fasting, during the month of Ramadan Muslims pay special attention to their spiritual, moral and personal development. They focus on their prayers and try to read the Holy Qur’an regularly.
- The Holy Qur’an is the Holy Book for Muslims. It was first revealed by Allah to the Holy Prophet Muhammad (peace and blessings of Allah be upon him) during the month of Ramadan. Muslims therefore pay special attention to reading the Holy Qur’an during Ramadan.
- Muslims try to avoid all bad behaviour such as quarrels, telling lies and fighting. They focus on doing good deeds to earn blessings from Allah.

(B) Ideas and Insights

- Explore the different rules the children follow. These may be rules at home or at school. How do rules help us?

Slide 9 of 12 – Do all Muslims fast?

(A) Knowledge and understanding

- Not all Muslims have to fast. The following are not expected to fast:
 - Pregnant women or nursing mothers;
 - If someone is sick;
 - The elderly;
 - Young children; and
 - If someone is travelling/on a journey.

(B) Ideas and insights

- Look at the images on slide 6 and ask the children if they can guess who does not need to fast.
- Why do the children think these people are not expected to fast?

Slide 10 of 12 – What else do Muslims do in Ramadan?

(A) Knowledge and understanding

- The true purpose of Ramadan, like all forms of Islamic worship, is to draw people closer to God (Allah).
- Although Muslims continue with their day-to-day tasks, they try to give special attention to Worship and doing good for others, especially the poor and needy.
- Muslims donate to charity, try to read the Holy Qur'an regularly, go to the Mosque for prayers as often as they can and focus on doing good deeds.

(B) Ideas and insights

- Ask the children what they think Muslims learn from fasting? Fasting is a way of showing love and obedience to Allah. It teaches Muslims to be patient, more disciplined and better understand the plight of those people who live in hunger and poverty.

Slide 11 of 12 – What happens at the end of Ramadan?

(A) Knowledge and understanding

- Muslims celebrate the festival of Eid ul Fitr at the end of the month of Ramadan.
- Eid ul Fitr means the '*festival of breaking the fast*'.
- *On Eid ul Fitr, Muslims wake up early, shower and wear new clothes. They go to the Mosque for Eid prayres. They thank Allah for the blessings of Ramadan.*
- Muslims meet with family and friends. They eat together and exchange Eid Cards and presents.
- Many Muslims make donations to charity to remember those who are less fortunate.

(B) Ideas and insights

- Ask the children whether they celebrate any festivals or special days? How do they celebrate these? What are the similarities/differences with how Muslims celebrate Eid?

Slide 12 of 12 - Quiz: Online; link on slide.

Activities - See Lesson Plan