

Kidz

W O R K B O O K

Ramadhan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of
Allah, Most
Gracious, Most
Merciful



رَبِّ زِدْنِي عِلْمًا

**My Lord
Increase me in
Knowledge**

My Name is





The sighting of the new moon is the beginning of the month of Ramadhan!

As I look searchingly into the sky
I look for a sign from Allah the most high
People think I'm crazy sitting in this cold
But I quest for something more precious than gold

“ Ramadhan is the month in which the Qur'an was revealed to prophet Muhammad ﷺ. Muslims are commanded to fast during this month and do many good deeds.

It is such a special month that if we do a good deed, we will be rewarded many times more for it. To make it easier, Allah has chained the Shayateen so that they can not influence us into bad things.

In this month, Allah opens the doors of mercy and forgiveness. Allah invites us to repent so that He can forgive us all.

At night time, we have special prayers — Tarawih — which we don't perform any other time of the year. In this month there is a special night called Laila tul Qadr which is more superior than a thousand months.

Assalamu-alaykum, Oh I'm so excited and its all because of my mum!

She was in the kitchen all weekend, cooking the mince and making samosas. No not just five or six samosas but what looked like hundreds of them.

I asked my mum what the special occasion was and she said Ramadhan is coming very soon and I am making preparations for it.

Amina asked my mum who is Ramadhan and my mum just laughed.

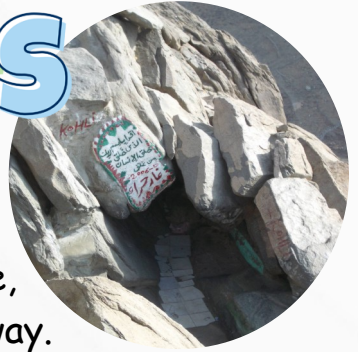
She said, Ramadhan is a special time in which Muslims don't eat and drink during the day. We do this fasting for a whole month!

Amina and I were so excited and decided that we are going to fast as well. My Mum said, "You will need to make preparations as well and only then can you fast."

It sounds so much fun, I hope you will be able to fast with us.

THE FIRST VERSES

Prophet Muhammad ﷺ was forty years old. He would often go away for a few days to the mountains near Makkah and spend time alone. He would think about the world around him. His wife, Khadija ؓ would prepare some food for the few days he was away.



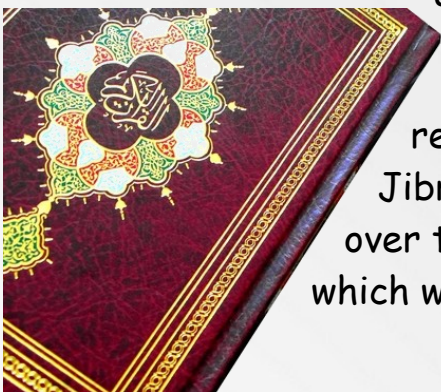
One night, the Prophet ﷺ was in a cave (Hira) near the outskirts of Makkah. The angel Jibrael ؑ appeared to him in the form of a man and commanded him "Iqra" which means read! The Prophet ﷺ was shocked to see this person in the cave. Muhammad ﷺ was unlettered, which means he could not read or write so he replied, "I can not read."

The angel squeezed the Prophet ﷺ very hard and again commanded "Iqra". The Prophet ﷺ again replied to the angel, " I can not read".

The angel squeezed him very hard a second time and commanded him "Iqra". Again the Prophet ﷺ gave the same reply. The angel squeezed the Prophet ﷺ for a third time and this time recited five verses, which were the first verses of the Holy Qur'an to be revealed. The Prophet ﷺ repeated the words after the angel.

The Prophet ﷺ was terrified and he ran home and told his wife.

After that they went to Waraqah, a learned man, who confirmed that this was an angel that had brought a divine message to Muhammad ﷺ.



It was on this night in Ramadan that the Prophet ﷺ got revelation. It was also the first time he had seen the angel Jibrael. The Prophet ﷺ continued to get verses from Allah over the next twenty-three years. These verses are the Qur'an which we have with us today.

Assalamu-alaykum, sometimes we might find things difficult but we must still keep going and keep trying our hardest. This might be in fasting or in our school work. If we keep trying hard, Allah makes things easier for us and makes us into better people.

Allah

Ramadhan

Month

Quran

Forgive

Mercy

Lailatul-Qadr

Muhammad ﷺ

Forty

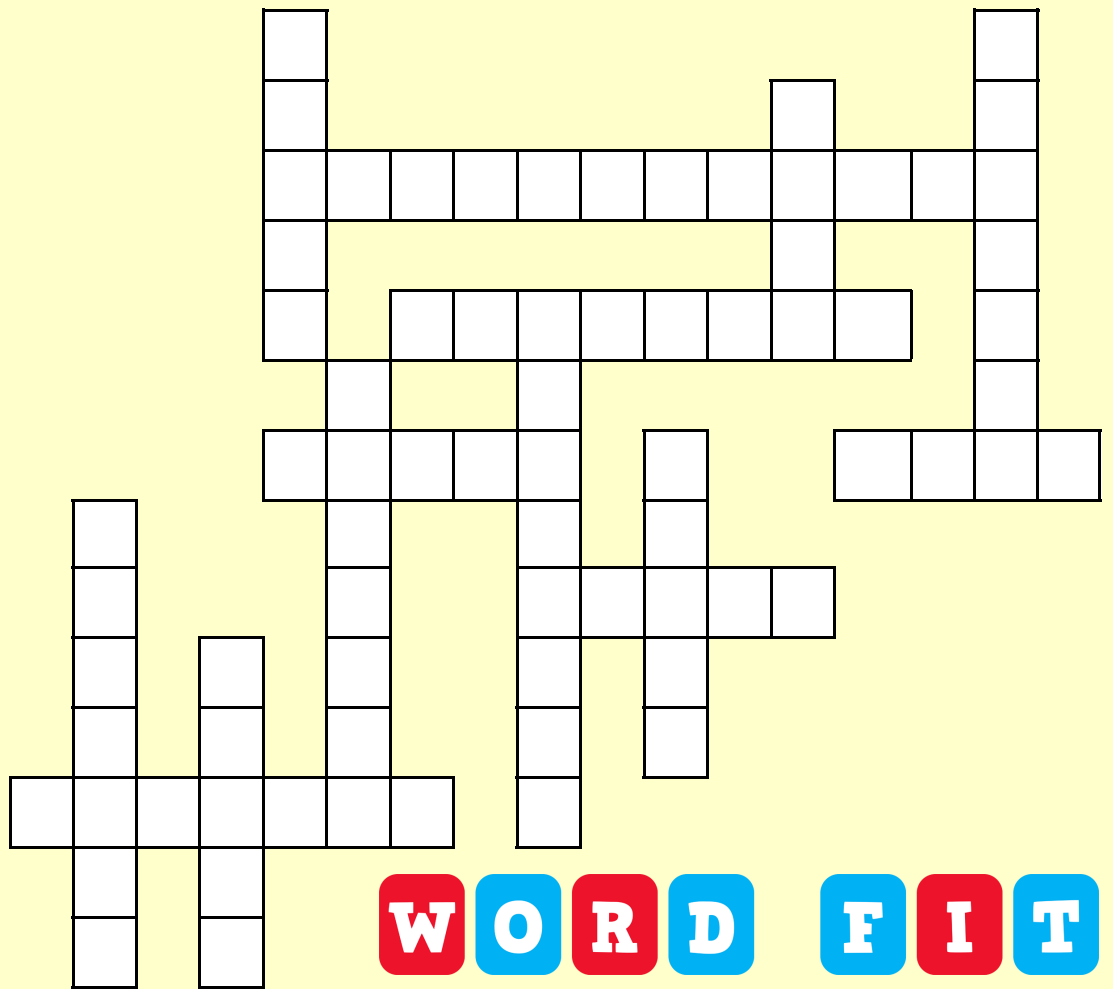
Jibrael ﷺ

Iqra

Fasting

Wahi

Tarawih

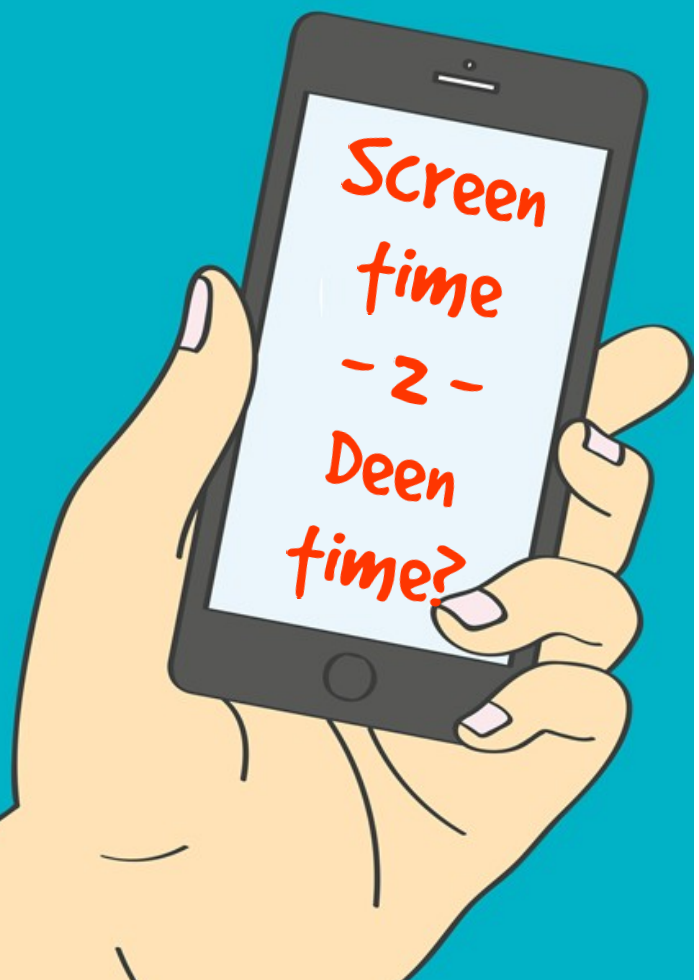


It's time to get in, the Ramadhan zone.
 Switch off the tech, switch off the phone.
 Do some Zikr, read some Qur'an.
 Pray some Nafil, build your Iman.

The phone is really just a distraction.
 So switch it off, it's time for action!
 Honour your parents, please take heed,
 - respect and kindness, it's all they need.

Pray salah and tarawih, every day
 be kind and just— it's the only way
 Stop all bad things and do good deeds
 ask for forgiveness and remove the 'weeds'

It's time for charity, yes give it away.
 For the sick and needy, we need to pray.
 Have you the guts, to ban the phone
 And always be in, the Ramadhan Zone?



Lunar

The Islamic calendar is based on the Lunar calendar

One Lunar Month is the time taken for the moon to complete one Cycle

One Lunar Month takes 29 to 30 days to complete

Allah made the moon so that we can differentiate between the different months on the Islamic calendar

The Islamic month starts with the sighting of the new moon

The Lunar year is shorter than the solar year by about ten days

The first year of the Hijri calendar is when the Prophet ﷺ did the Hijra from Makkah to Yathrib.

One Solar year is equal to 'one cycle of the sun' which is approx 365 days

The Islamic calendar has 12 lunar months



ISLAMIC MONTHS



THE HIJRI CALENDAR

MUHARRAM ¹	SAFAR ²	RABI AL AWWAL ³	RABI AL THANI ⁴
JAMADA AL AWWAL ⁵	JAMADA AL THANI ⁶	RAJAB ⁷	SHA'BAN ⁸
RAMADHAN ⁹	SHAWWAL ¹⁰	DHUL QA'DAH ¹¹	DHUL HIJJAH ¹²

Virtues of Ramadhan

The first part of the month is linked to mercy, the second to forgiveness and the third to salvation.

In another narration it is mentioned that Allah sets free many thousands of people from the fire of hell. He does this every night of Ramadhan.

The smell from the mouth of a fasting person is more fragrant in the eyes of Allah than the smell of musk.

When you perform a Nafil act in Ramadhan you are rewarded with that of a fardh. When we perform a Fardh act, it is multiplied seventy times.

Whoever gives food to a fasting person to break the fast, his sins will be forgiven and he will be saved from the fire. Even if its a sip of water, milk or a date.

Abu Hurairah narrates:
When the month of Ramadhan enters, the shayateen are chained, the doors of paradise are opened and the doors of hell are locked.

Each deed of the son of Adam is multiplied. One deed is multiplied between 10 and 700 times. Allah says, except for fasting because this is for me and I will give the reward myself.

Qur'an and fasting will intercede for a servant. Fasting will say, "O Lord! I stopped him from drink, food and desires during the day. So grant me the opportunity to intercede for him.

Whoever fills the stomach of a fasting person, Allah will give him water from the Hawz-e-Kawthar. Whoever drinks from this water will never feel thirsty until he enters paradise.

Lets get the best out of Ramadhan

SIN

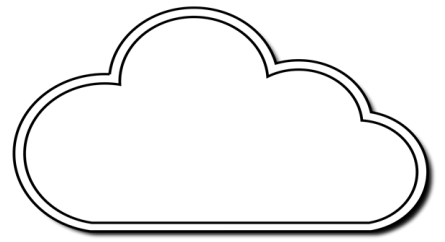
are forgiven



01

Mercy

THE FIRST THIRD OF RAMADHAN IS MERCY



Mercy rains down

02

Forgiveness

THE SECOND THIRD OF RAMADHAN IS FORGIVENESS. WE SEEK ALLAH'S FORGIVENESS AND REPENT FOR OUR BAD ACTIONS

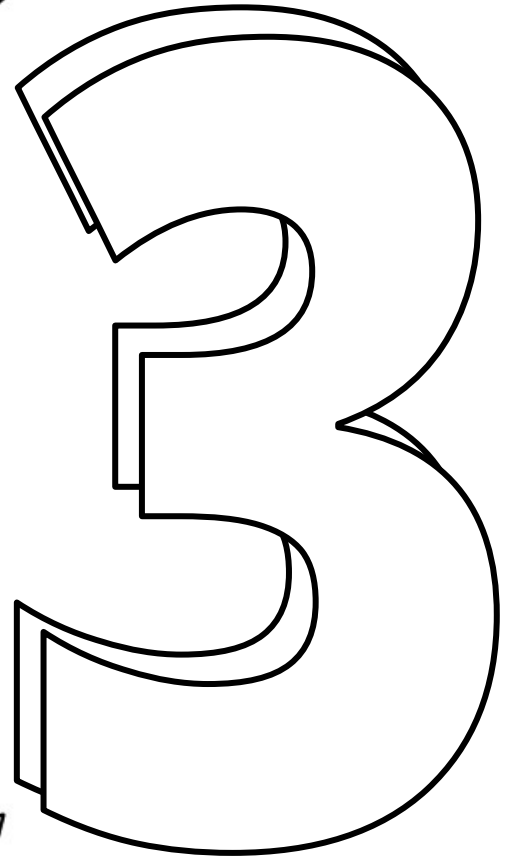
03

Salvation

THE FINAL THIRD OF RAMADHAN IS SALVATION FROM THE FIRE OF HELL.



Hearts are purified



Salvation is granted

WELCOMING RAMADHAN

Ahlan wa Sahlan Ya Ramadhan

Muslims all over the world welcome Ramadhan. The special month that brings us blessings and happiness.

I'm so excited that its Ramadhan because...

A spiral-bound notebook with a dark cover and green rings on the left side. The notebook is open to a white page. A yellow pencil with a brown eraser and a sharp lead tip is positioned diagonally across the bottom right corner of the page. Several yellow paper clips are scattered around the notebook: one on the left edge, one on the right edge, and one at the bottom left. The background is a light yellow color with faint decorative elements like a gear and a ruler.

FASTING - SAWM

Hard Questions with Easy Answers

Fasting in the Month of Ramadhan is the fourth Pillar of Islam. It is an important part of Islam and is compulsory on Muslims to fast

WHAT IS FASTING?

No eating or drinking during the hours of daylight (before Fajr til Magrib).

To also refrain from all bad deeds during this same time such as lying, cheating, swearing, backbiting and fighting.

WHAT BREAKS THE FAST?

The fast is broken if we eat or drink whilst we are fasting.

(If we forgetfully eat or drink our fast does not break.)

SOME BENEFITS OF FASTING ARE:

- * Whilst fasting, we appreciate food and drink more and understand how people with no food feel.
- * The stomach gets a rest from a whole years work.
- * Improves patience and willpower.
- * Reminds us that Allah is always watching.
- * Gives us reward and takes us towards Jannah.

ACTIONS TO AVOID?

To avoid all bad and negative behaviour. Even getting angry, arguing and bad language should be avoided.

WHO SHOULD FAST?

All Muslims, male and female, must fast.

Some people don't need to fast:

- (1) Ill people
- (2) Very old people who can't fast
- (3) Travellers
- (4) Young children (can keep a half fast until they are old enough to keep a full fast)

WHY DO WE FAST

There are many benefits of fasting to our health and well-being. The reason we fast is so that we gain Taqwah and patience. We become better, sincere and pious Muslims.

ACTIONS IN RAMADHAN:

Whilst fasting we should do as many good deeds as we can. We should read more Qur'an, be regular in our prayers and be kind and helpful to our teachers, elders and parents.

Assalamu-alaykum, again my friends.

Amina was so excited last night that she couldn't get to sleep. She asked mum to tell us a bedtime story to help her sleep.

Mum sent dad upstairs instead to talk to us. Dad told us stories about when he was a little boy.

He said, "My brothers and sisters used to stay awake all night awaiting news of the new moon.

Once we saw something strange in the sky. It couldn't be a star so we quickly shouted to grandma and ask her what it was.

Grandma just said, "Happy Ramadhan!" and told us to go to sleep so we can wake up for Suhoor tomorrow."

Dad told us it's getting late and we should also go to sleep now. But Amina was even more excited and wouldn't let me go to sleep either.

Thanks a lot dad!

Suhoor



The Prophet (pbuh) advised:
"Do Suhoor because in Suhoor there is blessings"

Bukhari and Muslim



The Suhoor is the time just before the start of Fajr. It is a blessed time and the light meal (sehri meal) we have at this time also has great blessing.

The Prophet ﷺ said that we should partake in the sehri meal, even if it is a drink of water. Allah sends his mercy on those people who partake in Suhoor and the angels ask Allah for their forgiveness.

The Tahajjud is a special optional prayer which can be performed all year round. The prophet ﷺ never missed this prayer. This prayer has a great blessing and reward from Allah.

If you think you wont wake up for Suhoor then eat a while before you go to sleep. We must stop eating before the time of Fajr begins because that is the starting time for fasting.

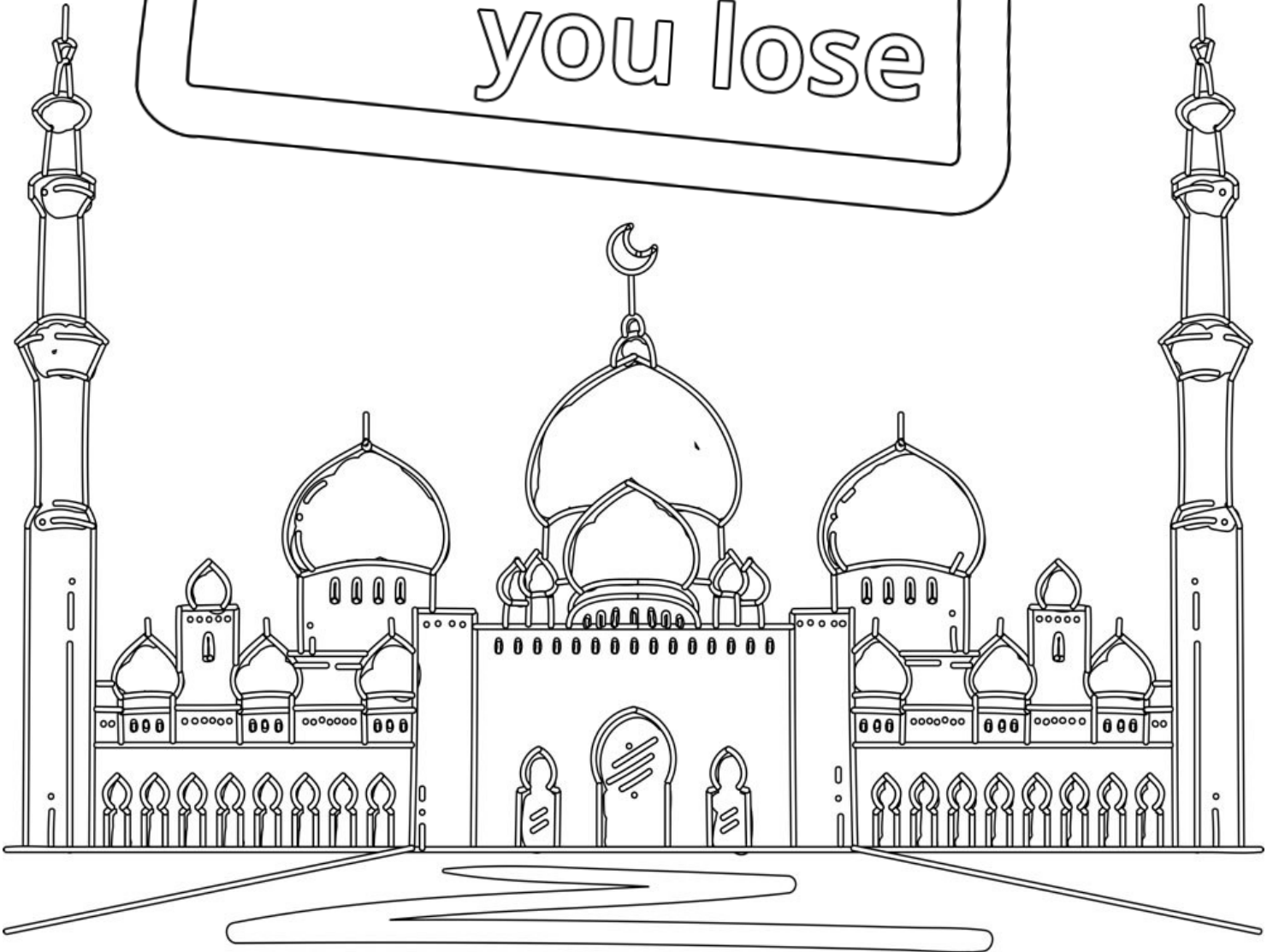
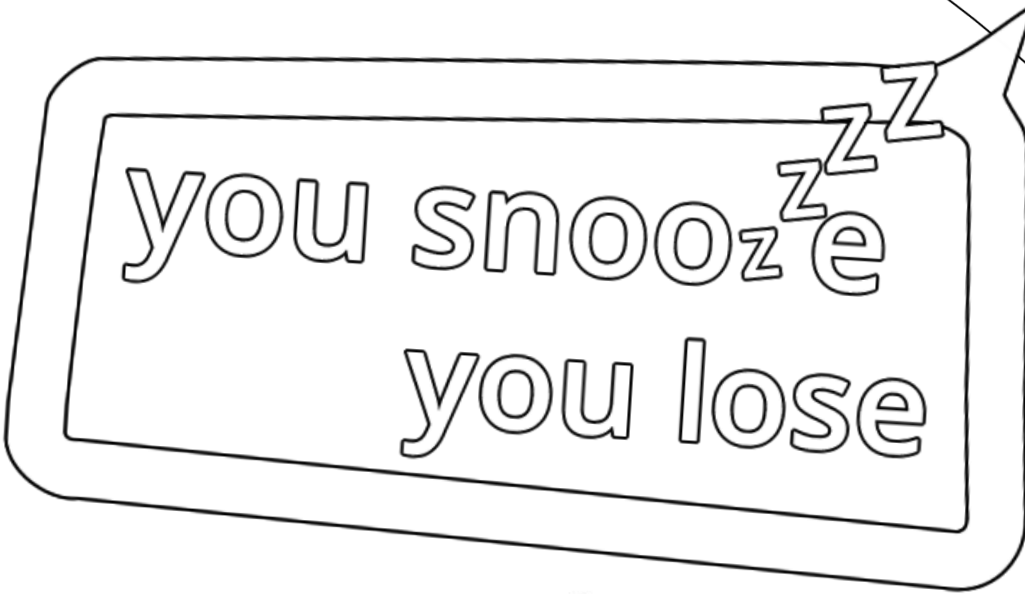
P	B	W	B	C	H	R	J	R	WHAT PEOPLE HAVE FOR SUHOOR				
A	D	A	T	E	S	U	J	I					
R	O	T	I	R	G	S	U	C					
A	E	E	C	E	F	K	I	E					
T	G	R	C	A	D	K	C	L					
H	G	M	I	L	K	T	E	A					
A	T	O	A	S	T	N	P	M	FIND AS MANY MISSING WORDS				

Fajr & Suhoor



sehri dua

بِصَوْمِ غَدٍ نَوَيْتُ مِنْ شَهْرِ رَمَضَانَ



F	A	J	R	B	P	M	P	H	Q	C
K	L	H	F	Q	M	E	R	C	Y	X
Q	U	R	A	N	S	X	E	X	Q	F
G	N	S	S	K	S	B	P	Q	P	X
N	A	N	T	D	P	S	A	G	I	C
J	R	C	J	E	D	M	R	P	L	Y
D	V	M	G	E	V	M	E	A	L	M
N	B	C	F	D	R	T	L	T	A	F
R	L	K	Q	S	U	H	O	O	R	T
A	E	J	I	Q	R	A	L	P	V	D
M	S	L	N	R	R	S	J	G	V	E
A	S	D	A	N	G	E	L	B	T	E
D	I	Q	N	K	S	H	S	J	M	D
H	N	B	C	R	R	R	F	T	O	S
A	G	R	F	L	G	I	N	D	O	Y
N	F	H	S	H	A	Y	T	A	N	T
H	T	A	H	A	J	J	U	D	T	J

What is Suhoor?

How many days in a Lunar month?

Who did Muhammad ﷺ meet in the cave?

Why is doing good easier in Ramadhan?

Why should we eat the Sehri meal?

What did the angel bring to Muhammad ﷺ?

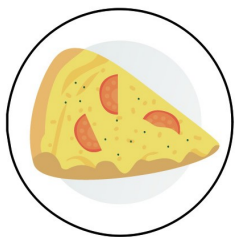
W	Ramadhan	Sehri	Blessing
	Suhoor	Lunar	Fajr
	Fast	Prepare	Mercy
	Angel	Moon	Tahajjud
	Qur'an	Meal	Iqra
	Pillar	Shaytan	Deeds

If one is fasting, one should not speak vulgarly or act indecently. If someone swears at him or wants to fight him, He should reply "I am Fasting!"

When Ramadhan comes... The shayateen are chained...(so they cant influence us)

Whoever does not quit false speech (lying, cheating, swearing, slander, backbiting...) and acting upon it; Allah does not have any need for him leaving his food and drink.

Who Should Fast



“ O YOU WHO BELIEVE, FASTING HAS BEEN PRESCRIBED TO YOU AS IT WAS PRESCRIBED TO THOSE BEFORE YOU SO THAT YOU MAY LEARN SELF RESTRAINT. (HQ 2:183)

01

Fasting is obligatory on all adult Muslims, male and female, who are sane and mature.

02

A person who is sick, or fasting will make the illness worse, does not need to fast.

03

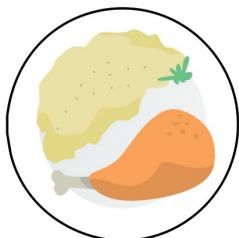
A person on a journey (Musaffir) does not need to fast.

04

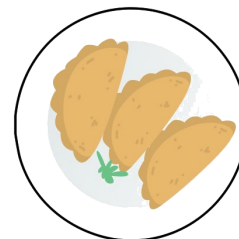
If a person is advised by a doctor not to fast doesn't need to fast.

05

A lady who does not need to pray does not need to fast during that same time.



Allah has commanded Muslim to fast for the month of Ramadhan.



Although it is compulsory for Muslims to fast, there are certain people who are except from fasting .



If a person might die or fall extremely ill because of fasting, they can break his fast.



Iftar



Salam bin 'Amir Narrated that the messenger of Allah ﷺ said:



" When one of you breaks his fast., let him break it with dates. If he cannot find dates, let him break it with water, for it is a means of Purification"



Ibn Majah

At the end of the day when the fast is over and we start to eat again, Our beloved Prophet ﷺ advised us to break our fast with dates and water.

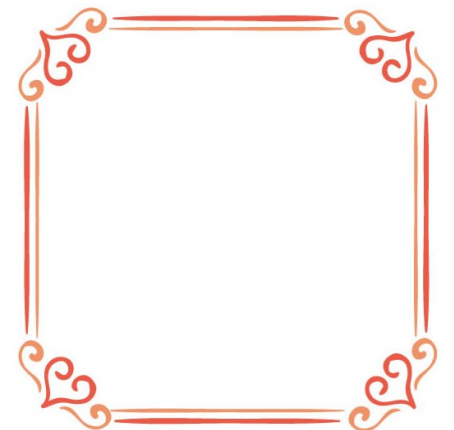
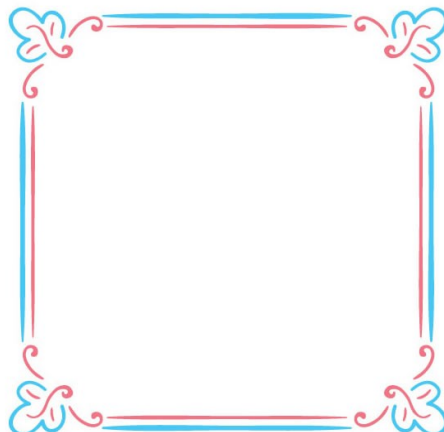
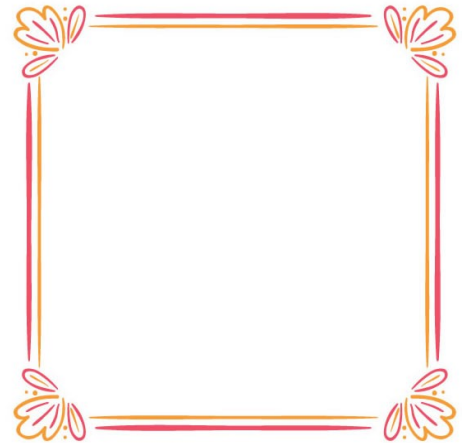
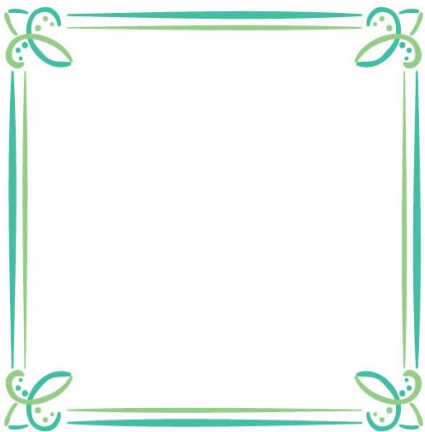
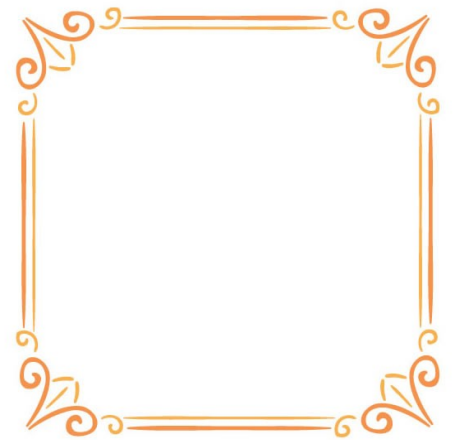
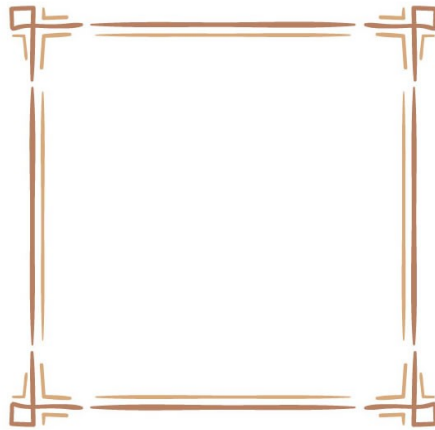
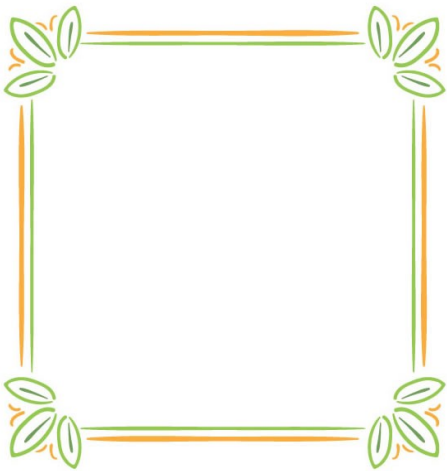
If we don't have dates and water, any food and drink can be used.

Draw a picture of what you would like to eat for Iftar:





A special time of the year



Dua

“ Dua is a communication with Allah ”

“ Muslims turn to Allah at times of happiness and sadness. Through our duas we, praise Allah, we thank Him for all His blessings, we ask for help, we share our troubles, we seek forgiveness for our sins, we pray for everyone ”

“ 'Dua' means to ask Allah directly for something ”

“ Our Prophet Muhammad ﷺ used to turn to Allah for every matter in life, be it big or small ”

“ Allah loves us remembering Him and asking Him for help. By making Dua to Allah we can have success in this world and the hereafter. ”

“

Our prophet
Muhammad ﷺ
reminded us of the
importance of
Ramadhan,

O people the month
of Allah has come
with His mercies
and blessings. This
is the month that is
the best of months
according to Allah.
Its days are among
the best of days.
Its nights are
among the best of
nights.

”

GOOD DEEDS

Subhanallah! What an
amazing month
Ramadhan is.

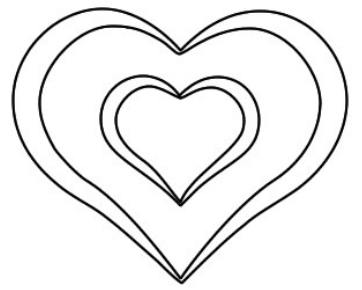
The rewards and virtues of
this month are so vast that
no other month can match
it!

“ Whoever does any good in
Ramadhan, he will get the
reward of doing a fardh act
outside the month of Ramadhan
and whoever does a fardh act
in Ramadhan , he will get the
reward of doing 70 fardh
acts.” (Mishkat)



My DUAS

What Dua will you make?



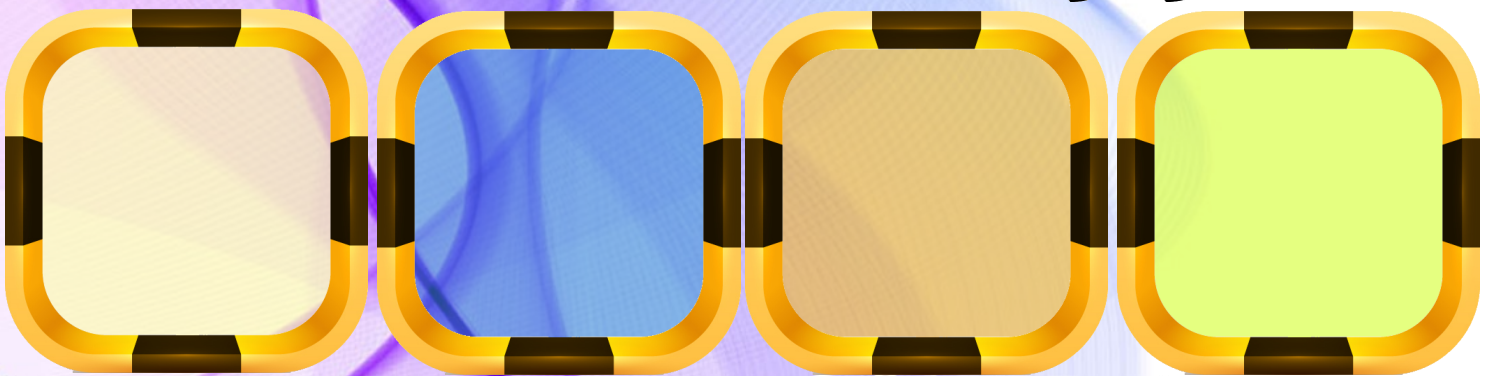
I hold up my hands and pray
that Iman in my heart will stay
and in doing good I won't delay.

I hold up my hands and pray
that only Islam I will obey
and only good things I will say.

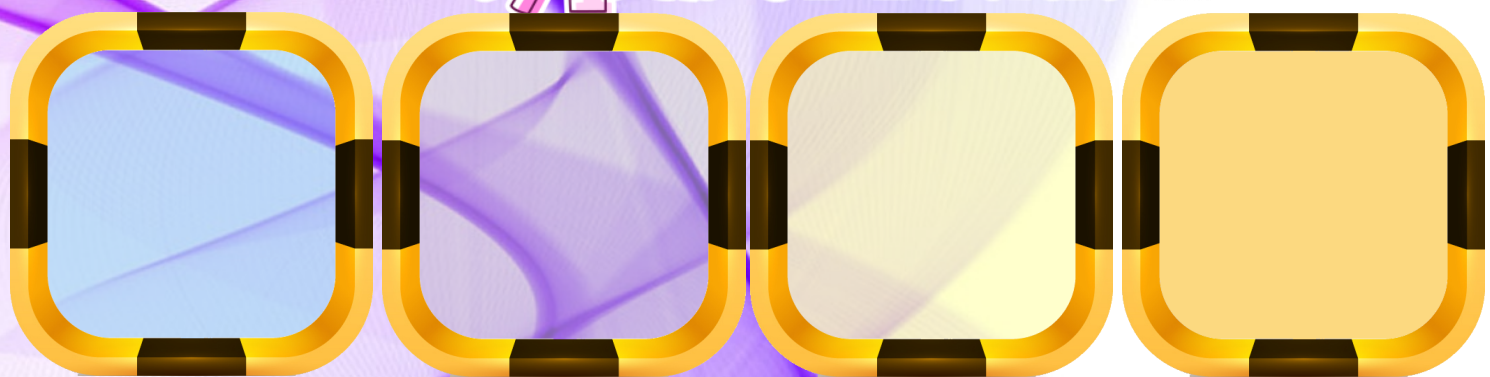
I hold up my hands and pray
From the path I will never stray
and kindness will make up my day.

Ibadah

We worship Allah in many different ways. The act of worship is called Ibadah. Ibadah is very important because it is through Ibadah that we communicate with Allah, we praise Him and thank Him for all the wonderful blessings we have. Allah has promised us great rewards for Ibadah during Ramadhan.



types of ibadah



GOOD CHARACTER



ROLE MODEL

Our Prophet Muhammad ﷺ is the most excellent role model for us.

CHARACTER

His character was so beautiful that anyone who met him once would long to be with him again.

PERFECT

Prophet Muhammad ﷺ was sent to perfect good character.

BEST PEOPLE

"The best of people are those with the most excellent character." Tabarani, Sahih

WE SHOULD TRY AND ADOPT THE CHARACTER OF THE PROPHET ﷺ. HAVING GOOD CHARACTER IS A VERY IMPORTANT QUALITY OF A MUSLIM.



GOOD

Character

A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.A large empty hexagonal box for writing.



BAD

Character

What are the five pillars of Islam?

almost iftar time

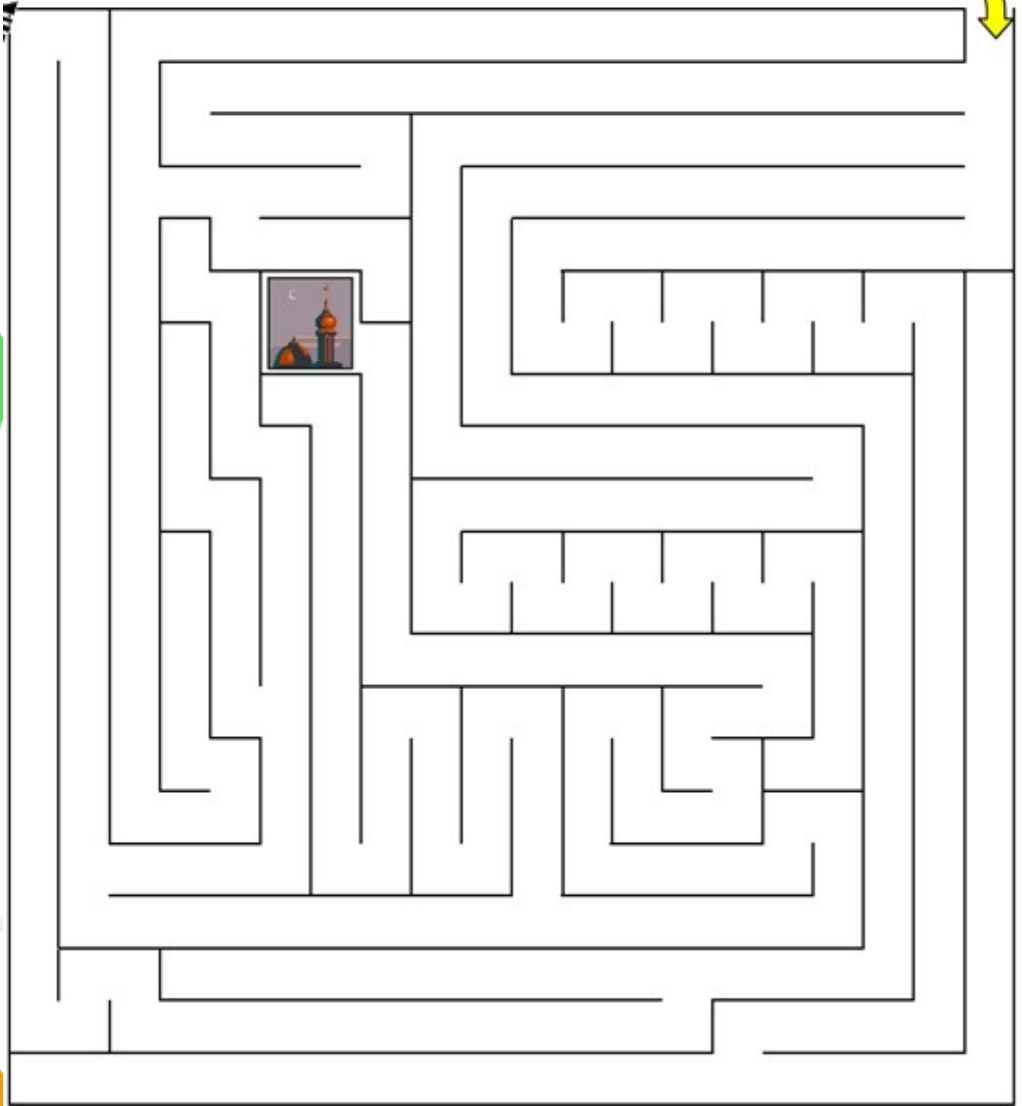
What Breaks the fast?

Some benefits of fasting:

How is fasting a shield?

What is back biting?

What is Iftar and when is it?



Fixup the mixup

mixed	fixed	meaning
IKAFIT		
HORUSO		
WAITRAH		
DAHMARAN		
TARIF		
RUQAN		
STAF		

TARAWIH

HISTORY

During Ramadhan, Muslims pray a special night prayer called Tarawih.

Muslims have been praying this from the time of the prophet until today.

In the time of Umar رضي الله عنه, he saw the people praying Tarawih in the Masjid and at home. They were praying on their own or in small groups.

He advised the people to come to the Masjid and pray together in one big group (jama'ah). He also fixed the number of rakah to twenty.

After 4 rakah they rest and make a special dua.

Since then, Muslim pray the Tarawih together in Isha, before the witr prayer.

The Muslim try and complete the whole Qur'an during Ramadhan by reciting in the Tarawih prayers.

The Tarawih has great blessings and is only performed in Ramadhan.

Every day of Ramadhan is so important. There is a special Salah which is performed every single day during this month. A Portion of the Qur'an is recited in this prayer. By the end of Ramadhan, the whole Qur'an is completed in this salah.



This Salah is called the Tarawih Prayer. It is performed between the Isha and Witr salah. During this month even the Witr Salah is performed in Jamaah.

During the month of Ramadhan, the Prophet ﷺ would recite the entire Qur'an to Angel Jibrael. The angel would also recite the whole Qur'an to Prophet Muhammad ﷺ.

Normally we read 20 rakah—two rakah at a time. Each time we complete 4 rakah, we take a short break and read the Tarawih Dua

Al-Quran

Verily this Qur'an guides to that which is most right and give tidings to the believers who do good deeds. Verily for them is a great reward.

The first verses of the Qur'an came to the prophet in the cave (Hira) near Makkah

There are 114 Surah in the Qur'an and is divided in 30 sections

The Qur'an is the word of Allah and is not authored by any person

The Qur'an was revealed over a period of 23 years

Allah will not reveal any more Books after the Qur'an. It's the last revelation

A Hafiz is a person who knows the whole Qur'an by heart.

Allah has protected the Qur'an from changes.

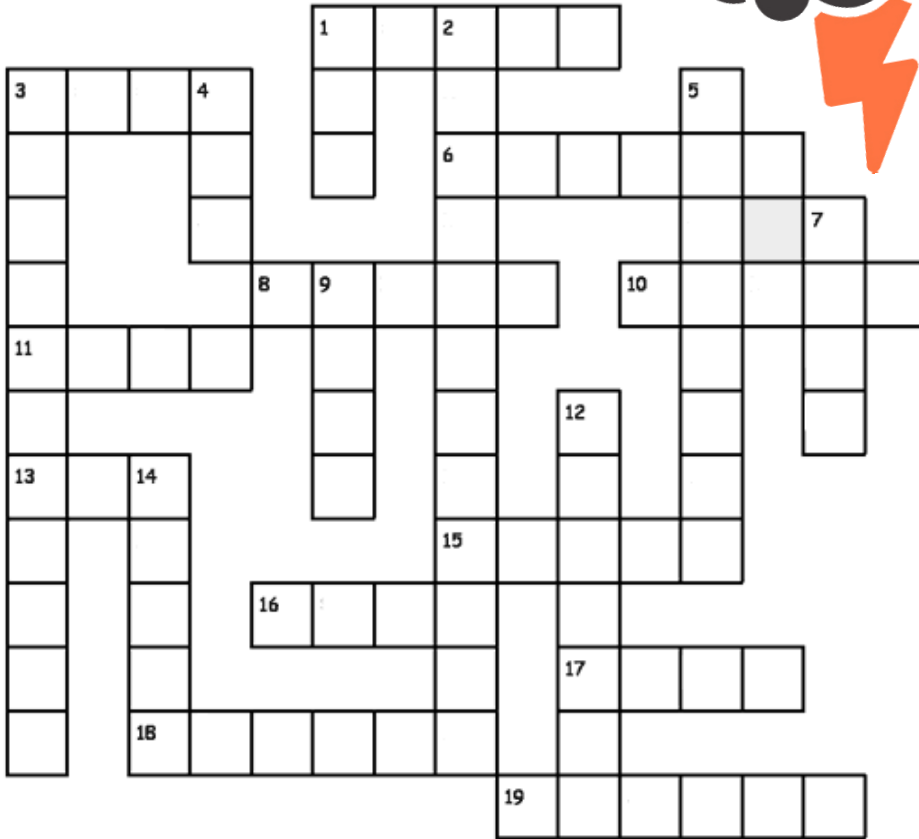
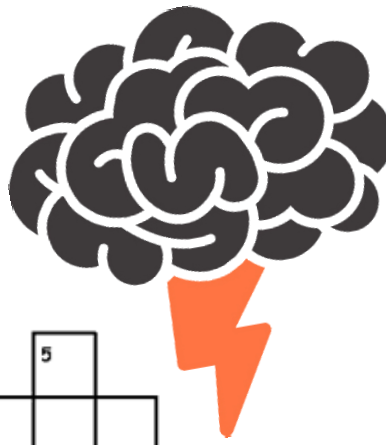
The Qur'an is a guidance for all mankind until the Day of Judgement.

The Qur'an contains around 6700 verses.



The Prophet ﷺ knew the Qur'an by heart and followed all its teachings

BRAINstorm



What is the Hawz-e-Kawthar?

How many surahs are in the Qur'an?

What is the special night called?

Where were the first verses revealed?

What is Tarawih?

How many times are good deeds multiplied in Ramadhan?

CROSSWORD CLUES

- We must keep away from ____ and do good instead.
- This is found in the last ten days of Ramadhan on an odd night
- Ramadhan is a month of _____ so we should repent.
- In Ramadhan, ____s are accepted.
- The ninth month in the Islamic Calendar.
- To abstain from eating and drinking during the hours of daylight.
- ____ asked the people to perform tarawih together.
- This salah is only performed in Ramadhan.
- We must do as many good ____ as we can.
- The ____ calendar has 365 days.
- We leave ____ and drink during daylight.
- It is sunnah to do ____ in the last ten days.
- The Islamic calendar is based on ____ months.
- We must perform this five times daily.
- The night prayer
- We have two of these a year.
- The last and final book of Allah.
- The first word revealed to Muhammad.
- This is performed after the tarawih Salah.
- This meal has special blessing.
- In Ramadhan, the shayateen are put in _____.

JUMBLE SALE! What's the five biggest words you can make?

C A R E G O U N E

LAILATUL QADR

“ During the Month of Ramadhan there is one special night called Lailatul Qadr (the night of Power).
This one night is greater than a thousand months.”

“ When we do one good deed on this night we get the same reward as doing the deed every night for over a thousand months.”

“ On this night the Qur'an was brought down to the lowest heaven from the Lawh-i-Mahfooz.
From here the verses of the Qur'an were sent to the Prophet over a period of 23 years.”

“ We should dedicate this night to the worship of Allah, reciting the Qur'an, performing optional Salah, doing Zikr and as many good deeds as possible.”

“ If we cant stay awake during Lailatul Qadr we should pray Isha with Jama'at. We should then wake up and perform Fajr with Jama'at. We will be rewarded for a full night of worship.”

“ We don't know the exact day when this night takes place. We do know it is during one of the odd nights in the last 10 days of Ramadhan.”

Assalamu-alaykum, This is a special time for our family.

My dad is going to do I'tikaf for the last ten days of Ramadhan. I wanted to go with him but I have to go to school.

My dad told me I have to be the man of the house. Why can I not go and my dad be the man of the house instead. I suppose its just one of those things.

I've decided to do Iftar at the Masjid everyday. I'm going to stay with my dad and do zikr all the way till Isha.

My dad said I can do I'tikaf with him every weekend. I cant wait! My mum has got my dad's blanket, pillow and clothes ready for the ten days. Amina and I are going to help my dad set up his bed in the Masjid.





Straight after school we are going to quickly help mum with all the chores so I can go to the Masjid on time.

i'tikaf

I'tikaf is to seclude oneself inside the masjid (for men) from Maghrib until the Maghrib next day. Whilst fasting during the day, the person dedicates himself to worship and study. He can only leave the masjid for taking a bath, making wudhu or going to the toilet.

THINGS TO DO AND THINK ABOUT WHILST ON I'TIKAF



-  The purpose of I'tikaf is to seek out Lailatul Qadr.
-  I'tikaf in the last ten days of Ramadhan is Sunnah.
-  Whoever does I'tikaf for the last ten days of Ramadhan, he will attain reward as performed 2 Hajj and 2 Umrah (Bayhaqi).
-  At least one person must perform the I'tikaf within the community.

WE SHOULD ALSO

IMPORTANT ACTIONS DURING RAMADHAN

RECITE

During Ramadhan, Prophet Muhammad ﷺ used to recite the Qur'an to Angel Jibrael. The angel used to recite the Qur'an back to the prophet ﷺ as well.

We too should recite the Qur'an in abundance during Ramadhan

ZAKAH

The Prophet ﷺ was most generous during the month of Ramadhan. Many people pay their Zakah in Ramadhan.

We too should be very charitable and generous in Ramadhan.

SALAH

There is a special prayer called Tarawih which the Muslims perform every Ramadhan.

We should pray our Tarawih every night and never miss any of our five salah.

CHANGE

Ramadhan is a month of change. A month of goodness and a month of Peace.

Take this opportunity to change our lives and develop good manners, habits and character.

NIGHT

The Prophet ﷺ told us to look out for Lailatul Qadr - it has immense reward and blessing.

Lets take advantage of Lailatul Qadr and spend the whole night in worship, dua and prayer.

REPENT

Ramadhan is a time to have our sins forgiven.

We should ask Allah for forgiveness and make a firm intention to avoid these sins.

We should also ask forgiveness for our shortcomings in our good actions—for not doing these actions as good as should have.



Repentance is the first step towards change.

It's never too late to change!



DRIVING TEST

Lets see how much you have learned!

What is the name of the special only salah read during the month of Ramadhan only



How many Rakat do we normally read in this special salah?



When is this special salah read?



Which night is very special
And why?

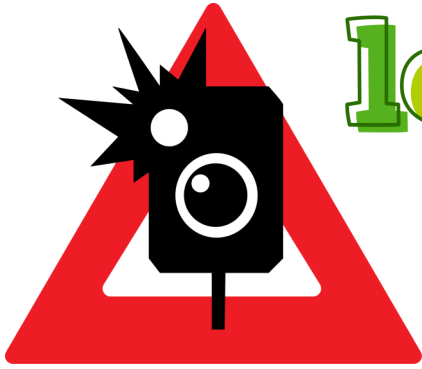


Why do people do I'tikaf?



you made it!





lets get moving

When Ramadhan is almost over, its time to thing about keeping it going... don't worry you can go at super hero speed, without any limits.

“ In Ramadhan we become more punctual in salah; We are less selfish and think about other people; we read more Qur'an, and do more good deeds; we leave all our bad habits such as lying, cheating, bullying and fighting behind. We become good Muslims and become closer to Allah.

Don't Stop now! This is where the REAL heroes stand up and do what they do best. Keep all the goodness of Ramadhan going throughout the year!

Ways to improve in my life

Things to bin from my life

MY mission until next Ramadhan		me
Pray 5 times a day	*	
Always speak the truth		
Always keep my promises		
Always greet with 'Assalum-alaykum..'		
Speak Politely to everyone (esp Parents)		
Control my anger and keep a cool head		
Read the Qur'an daily		
Study very hard at Masjid & School		
Respect my parents, elders & teaches		
Learn and Follow as many sunnah as poss		
Look after my parents & keep them happy		
Look after myself and not give up		



REMEMBER EID SALAH IS WAJIB SO DON'T MISS IT!

Eid ul Fitr

Sadaqat ul Fitr is a special gift for the poor people so that they can also celebrate Eid. Every person who pays zakah needs to give this money.



Before the Eid prayer a grownup in the family usually gives Sadaqat ul Fitr on behalf of his family



EID DAY *sunnah*

- Staying up and worshipping on night of Eid.
- Trimming hair and clipping nails (grooming)
- Having bath (ghusl)
- Wearing your best clothes
- Applying Itr (perfume)
- Eating a date or something sweet.
- Walking to the place of prayer
- Recite Takbeer until the Eid Salah
- Happily meet Muslims
- To return home on a different route

Assalamu alaykum, Yahoo!
I mean Masha-Allah I won, well came second.

This Ramadhan we had a mega competition, today was the results day, the last day of fasting. We all brought our 'Fast Track' sheet to the Masjid.

I was so excited as we were adding up the score. We did not let each other see our results. My number one fan was Amina. She knew I worked really hard this Ramadhan.

Sweat was pouring down my face, as the results were being called out. It was down to the final few names and my name had not been called out yet. There were only three people left! I was in the top three.

I was so gutted when I never came first. When Amina boasted, "My brother came second." I felt great.

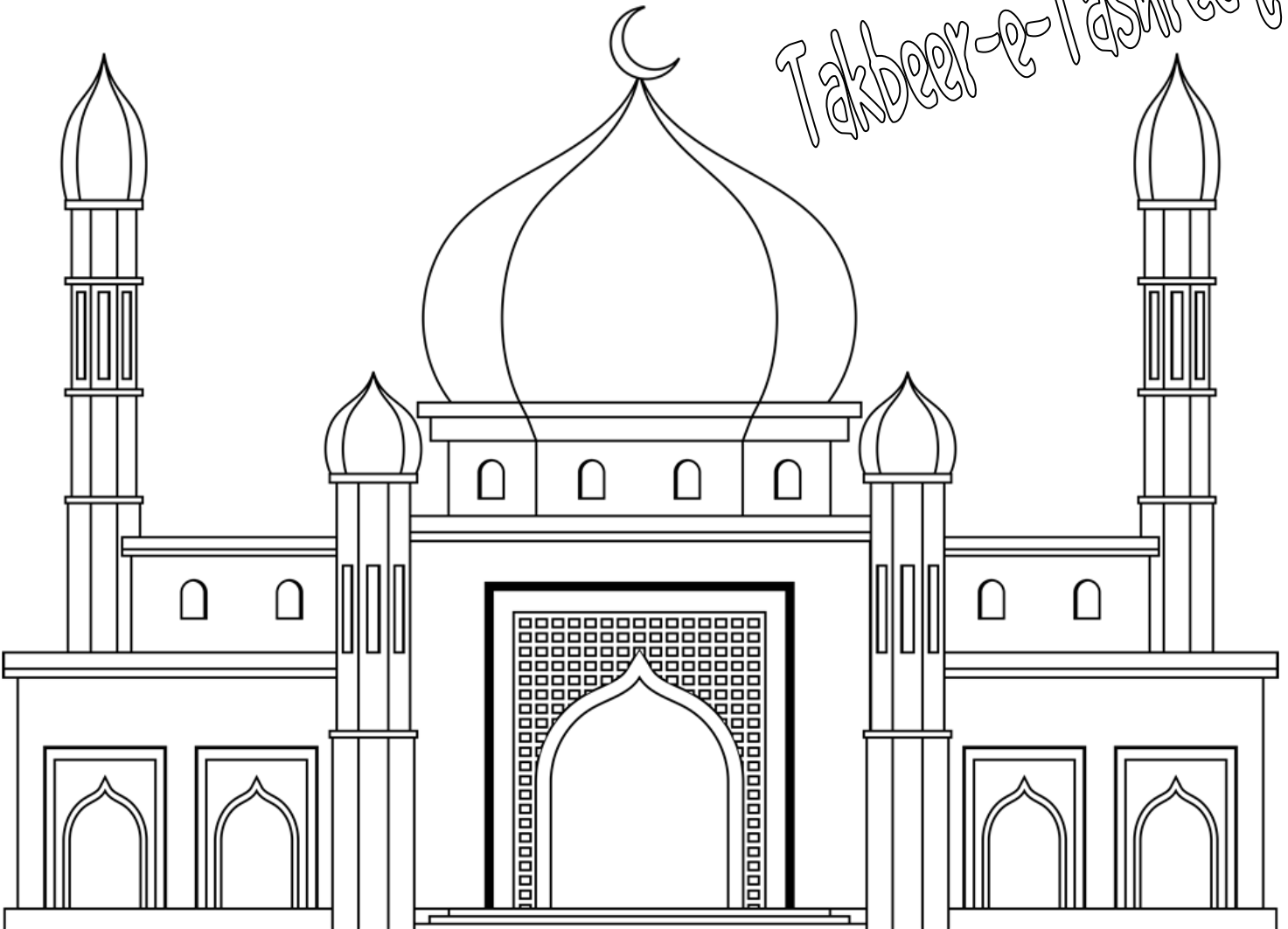
The truth is that we are all winners and so are you because we fasted for Allah.



Eid-ul-Fitr

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ
اللَّهُ أَكْبَرُ، وَاللَّهُ أَكْبَرُ

Takbeer-e-Tashreeq





EID DAY



THE FIRST OF SHAWWAL (ALSO AN IMPORTANT NIGHT OF WORSHIP)



SUNNAH: BEFORE SETTING OFF
HAVE A DATE (OR 3) TO EAT



RECITE THE
TAKBEER-E-
TASHREEQ
ON THE WAY
BACK

EID SALAH HAS TWO RAKAH AND IS WAJIB (LIKE JUMMAH) AND
THE KHUTBAH, WHICH IS SUNNAH, IS AFTER THE SALAH.

RECITE THE
TAKBEER-E-
TASHREEQ
ON THE WAY
THERE



FIRST RAKAH

3 EXTRA TAKBEER BEFORE
SURAH AL-FATIHA

TAKBEER RAISE THEN DROP HANDS
TAKBEER RAISE THEN DROP HANDS
TAKBEER RAISE THEN TIE HANDS

SURAH AL-FATIHA

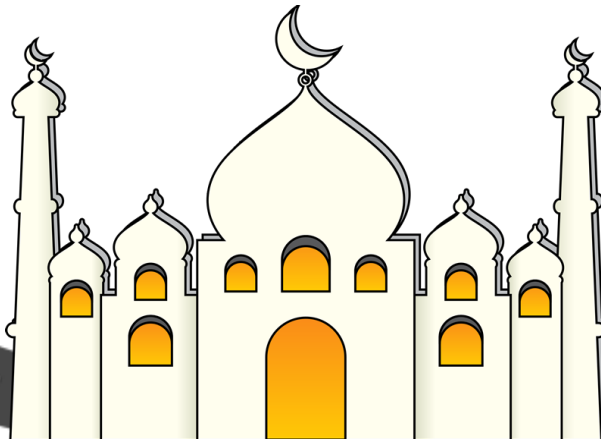
SECOND RAKAH

3 EXTRA TAKBEER AFTER SURAH
AL-FATIHA AND SURAH

TAKBEER RAISE THEN DROP HANDS
TAKBEER RAISE THEN DROP HANDS
TAKBEER RAISE THEN DROP HANDS

TAKBEER OF RUKUH AND
PERFORM THE RUKUH

RETURN BY
A
DIFFERENT
ROUTE



Ramadhan Target

**My targets
and goals this
Ramadhan**



A collection of ten empty hexagonal shapes arranged in a honeycomb pattern, intended for writing down goals and targets.

Set yourselves some goals and targets and try your best to meet all of them

Break the big targets down in size to smaller bits to make them more manageable

Spiritual Healthcare Initiative



USTAD SAYS:

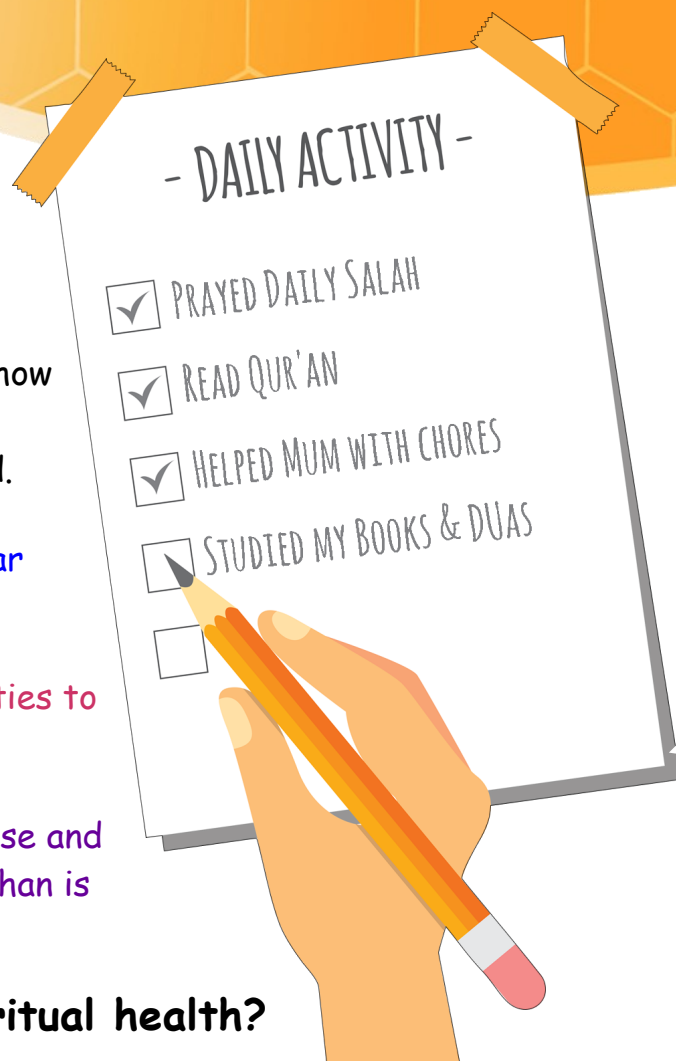
Health professionals give us plenty of advise on how to improve our physical and mental health. Our spiritual health is connected but often neglected.

We need to have a balanced meal and have regular exercise to keep out bodies healthy and fit.

We need a range of stimulating and active activities to keep our minds and lives active and fit.

Our spiritual self also needs nourishment, exercise and stimulation to keep it active and healthy. Ramadhan is part of this package so utilise it fully.

My question to you is how is your spiritual health?



My Good Deeds

Week 1

1

2

3

4

5

6

7

This week

1. FOCUS ON SALAH. PRAY ON TIME AND ALSO TAKE YOUR TIME. SAY THE WORDS WELL AND DON'T RUSH.

2. EVERY MORNING OR EVENING, THINK OF 5 BLESSINGS YOU ARE GRATEFUL FOR. E.G. YOUR HEALTH... MANY PEOPLE ARE SUFFERING FROM ILLNESSES AND DISEASES OF WHICH MANY ARE TERMINAL.

3. HAVE A MEGA HAPPY WEEK, DON'T LET ANYONE OR ANYTHING TAKE THAT HAPPINESS FROM YOUR HEART. SHARE THIS HAPPINESS WITH EVERYONE.

Week 1



REAL SUPERHEROS DON'T WEAR CAPES,
THEY WEAR THE SUNNAH!

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Magrib							
Prayed Isha							
Jammed my day with good deeds							
Helped out mum and/or dad							
Been polite and respectful all day							
Read loads of Qur'an							
Ask for forgiveness from Allah							
Made DUA for your family							
Kicked out bad habits							
Worked hard at Masjid/School							
Be Super kind & respectful to ALL							
Learn new story or Hadith							
High quality behaviour mode all day							
Personal Goals and targets							

POWER BOOST!

WHEN YOU ARE TIRED AND LACKING ENERGY AND MOTIVATION.

PUT 20 MINS ON YOUR STOPWATCH AND GIVE IT 100% EFFORT FOR THAT TIME.

THIS WILL GIVE YOU A TURBO BOOST AND A PLEASANT SURPRISE



My Good Deeds

week 2

1

2

3

4

5

6

7

This week

1. BEFORE BED, MAKE DUA FOR EVERYONE AND MAKE A SPECIAL DUA FOR WHO MAY BE ILL OR SUFFERING SOME HARDHIPS.

2. CRAM IN SOME 'ZIKR WALKS'. GO FOR A WALK (OR WHILST WALKING TO SCHOOL) REPEATEDLY DOING ZIKR.

3. READ EXTRA QUR'AN THIS WEEK. READ YOUR REGULAR QUR'AN AND ADD A PAGE OR TWO EXTRA EACH TIME.

USE LONGER SURAH, OR A FEW SURAHS TOGETHER IN SALAH AS WELL.

Week 2



REAL HEROES DON'T NEED TO GO FAST
BECAUSE THEY ARE ALREADY FASTING!

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Magrib							
Prayed Isha							
Jammed my day with good deeds							
Helped out mum and/or dad							
Been polite and respectful all day							
Read loads of Qur'an							
Ask for forgiveness from Allah							
Made DUA for your family							
Kicked out bad habits							
Worked hard at Masjid/School							
Be Super kind & respectful to ALL							
Learn new story or Hadith							
High quality behaviour mode all day							
Personal Goals and targets							

ZIKR BOOST!

TAKE A BREAK, GO FOR A HIGH POWERED ZIKR WALK!

WITH EACH STEP DO ZIKR (EG 'SUB-HAN-AL-LAH' WILL BE 4 STEPS. DO DIFFERENT ZIKRS

THIS WILL RE-CHARGE YOUR PHYSICAL, MENTAL AND SPIRITUAL BATTERIES.



My Good Deeds

week 3

1

2

3

4

5

6

7

This week

1. FOOD WASTE—MAKE SURE NO FOOD GETS WASTED, NOT EVEN A GRAIN OF RICE. THINK ABOUT THE POOR PEOPLE WHO ARE FORCED TO FAST BECAUSE THEY JUST DON'T HAVE ANY FOOD.

2. THINK ABOUT FRIENDS AND FAMILY THAT YOU HAVE LOST CONTACT WITH OR DON'T SPEAK TO ANYMORE. MAYBE GIVE THEM A CALL OR VISIT THEM.

3. DO A ZIKR SESSION AFTER EACH SALAH. REMEMBER TO DO LOTS OF 'ASTAGFIRULLAH', ASKING ALLAH FOR FORGIVENESS.

Week 3

X-RAY VISION IS COOL, HAVING SABR IS
EVEN COOLER

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Magrib							
Prayed Isha							
Jammed my day with good deeds							
Helped out mum and/or dad							
Been polite and respectful all day							
Read loads of Qur'an							
Ask for forgiveness from Allah							
Made DUA for your family							
Kicked out bad habits							
Worked hard at Masjid/School							
Be Super kind & respectful to ALL							
Learn new story or Hadith							
High quality behaviour mode all day							
Personal Goals and targets							

BREAK DOWN!

HOW IS A BIG JOB LIKE A CHAPATTI
(SORRY FOR FOOD LINK IN RAMADHAN)

IF YOU BREAK IT DOWN INTO
SMALLER BITS, IT'S VERY EASY
TO FINISH.

SOUNDS FUNNY BUT TRY IT. TAKE A BIG
TASK & BREAK INTO MANAGEABLE BITS



My Good Deeds

week 4

1

2

3

4

5

6

7

This week

1. SPEND SOME TIME ON YOUR OWN OR DOING I'TIKAF. HAVE A PLAN OF WORSHIP, ZIKR, SALAH, QUR'AN, DUA AND STUDY BEFORE HAND, LIKE A MINI GAME PLAN.

2. HELP MUM AS OFTEN AS YOU CAN IN ALL PARTS OF HER DAY. EVERY TIME YOU GO INTO A ROOM, IMAGINE THERE ARE 10 THINGS THAT NEED TIDIED AND QUICKLY TIDY THEM UP.

3. REFLECT ON BAD DEEDS AND QUALITIES IN YOUR LIFE AND HOW TO LOSE THEM PERMANENTLY.

Week 4

YOU DON'T NEED LASERS FROM YOUR EYES, WHEN YOU HAVE IMAN SHINING IN YOUR HEART

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Magrib							
Prayed Isha							
Jammed my day with good deeds							
Helped out mum and/or dad							
Been polite and respectful all day							
Read loads of Qur'an							
Ask for forgiveness from Allah							
Made DUA for your family							
Kicked out bad habits							
Worked hard at Masjid/School							
Be Super kind & respectful to ALL							
Learn new story or Hadith							
High quality behaviour mode all day							
Personal Goals and targets							

ZONED IN!

GET INTO YOUR LEARNING ZONE AND DON'T EVER LOG OUT!

WHATEVER YOU DO, DO IT TO THE BEST OF YOUR ABILITY, ALWAYS LOOKING TO IMPROVE!

DON'T LET YOUR PHONES AND THE REST OF YOUR SCREENS ZONE YOU OUT.



My Ramadan Tracker



Mark each day with a tick and a small comment. Monitor your progress through the month

Day of Ramadan	Fasted	Salah How many?	Quran How Much?	Dua	Good Actions Helping at home, Sadaqah etc.
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
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