

L.O: To understand the importance of light in Islam.

I understand when Ramadan begins.

I understand why Muslims celebrate Ramadan and what they do during this time.

I understand how the sun is important during Ramadan.

Key Vocabulary

Muslims: Followers of the religion Islam.

Ramadan: The ninth month of the islamic calendar.

Fasting: Not eating or drinking from sunrise to sunset.

Lunar Calendar: The Islamic calendar based on the moon cycle.



Crescent moon: When only a small arc shaped bit of the moon is seen.



Sunrise: The time in the morning when the sun appears and it becomes light.



Sunset: The time in the evening when the sun disappears and it becomes dark.



Suhoor: The meal eaten early in the morning before fasting starts.

Iftar: The evening meal eaten at sunset to end the fast.

Quran: The Islamic holy book.



Prophet: An important person who brings a message from God to people.

5 pillars of Islam: 5 things you must do to be a good Muslim.

Mosque: Muslims place of worship.



What Is Ramadan?

Ramadan is an important event for **Muslim** people. It takes place in the **ninth month of the Islamic calendar**. This calendar is based on the moon and is also known as the **lunar calendar**. Watch these videos to find out more about the moon and the lunar calendar:

[Why Does the Moon Change?](#)

[Understanding the lunar calendar](#)

[What is Ramadan? Fun Facts about Ramadan \(Social Studies Cartoon\)](#)



Muslims believe that this month is very important because this is the month that Allah (god) revealed the **Qur'an** to the **Prophet Muhammad**. Prophet Muhammad then shared these important messages of the Quran to the people. Muslims try even harder to follow his noble actions during this month, such as **giving more to charity, caring for one another and sharing.**

Ramadan begins the morning after people see the **crescent moon**. It can last for 29 or 30 days. This is about one month.

Helping Others

Helping others and doing good deeds is an important part of Ramadan. Sometimes, this means giving money to charities or people that need help. It can also mean being kind, giving your time and sharing what you have.



Ramadan and Fasting

During the month of Ramadan, Muslim people will fast. Fasting is one of the **5 pillars of Islam**. Fasting means that they cannot eat or drink anything between **sunrise** and **sunset**.



Muslims believe that fasting:

- brings them closer to Allah,
- reminds them of people who have less than they do
- makes them more compassionate to those in need
- makes them think more about their actions.
- helps you have more self control and break bad habits you may have

The **Quran** says only those who are healthy enough and old enough to fast, should fast. Young children, sick and pregnant women should not fast.



Suhoor

Suhoor is the important meal Muslim people eat before their day of fasting starts.

- The people who are **fasting** have to make sure they eat the right kinds of foods to give them energy for the rest of the day.
- Muslims will get up very early in the morning, before the sun comes up (around 3 a.m.).
- Foods eaten during Suhoor include eggs, bread, rice, fruit and vegetables.



Iftar

Iftar is a very important meal during Ramadan. This is the time when Muslims will break their fast and are able to eat again.

As the sun goes down, Muslims will break their fast with something small, like dates and water. Then, they will say the **Maghrib prayer**. Once the sun has completely gone down, they will eat a larger meal.

Usually, **Iftar meals** will include rice, chicken or beef, yoghurt, samosas, roti and desserts, such as sweet rice.



Ramadan Calendar

Some Muslim children will have a **Ramadan advent calendar**.

The calendar is usually made from fabric or cardboard and will have 29 or 30 doors or pockets to open, each with a number to 30 on.

Inside each one is an action to complete. These are usually ways you can help other people and treat them with kindness.



Going to Mosque

Going to **mosque** is an important part of **Ramadan**.

Muslims will pray in a room called a 'musallah'. This is a big open space. The carpet usually has a pattern with spaces for each person to sit. Everyone must take off their shoes inside the mosque.

The special prayer during **Ramadan** is called the 'Taraweeh'.



Skills Activity

Answer these questions in full sentences:

1. What calendar do muslims follow?
2. When does Ramadan start?
3. Explain in a few sentences why people celebrate Ramadan.
4. Why do Muslims fast?
5. What do people do during Ramadan?

Extra activity: Can you draw the moon cycles? Have a go!

Core and Ext Activity

Answer these questions in full sentences:

1. What calendar do muslims follow? How is this calendar different to Gregorian calendar?
2. When does Ramadan start?
3. Explain in a few sentences why people celebrate Ramadan.
4. How long does Ramadan last for?
5. What is fasting? Why do Muslims fast?
6. Why is the sun rising and setting important during Ramadan?
7. What do people do during Ramadan?

Challenge: Can you draw the moon cycles? Have a go!