THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

ISLAMIC EDUCATION · FREE TO PRINT

Ramadan and Eid Pack

A fasting chart, good deed tracker, Ramadan planner and Eid activity sheets. Released fresh each year before Ramadan.

WHAT IS INSIDE

- Teacher's notes: a child's first Ramadan
- Thirty day chart, for the whole family
- Qur'an plan: a page a day, and the honest version
- Good deeds, not just abstaining
- The last ten nights
- Eid: what I am grateful for, and who I will give to

The Striving Muslim Academy

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A child's first Ramadan

How the first few Ramadans go decides how a person feels about fasting for the rest of their life. These six things matter more than any chart in this pack.



1. Full days, too early

A child pushed into a full fast before they are ready associates Ramadan with misery, headaches and being told off for complaining. That association lasts.

Half days first, and let them choose when to stop. Until noon. Then until 'Asr. The point of a child's fast is not the hunger; it is learning that they can keep something they intended. Build that, and the full days come easily.

2. Fasting is taught as not eating, and nothing else

A child who understands Ramadan as a food rule will keep the food rule and shout at their sister all afternoon, and will not see any contradiction in that.

Teach the tongue alongside the stomach from the first year. The good deeds chart in this pack exists for exactly this. Fasting that changes nothing about how a person behaves has missed its purpose.

3. Competing with siblings

"Your brother managed a full day" produces a child who hides breaking their fast and lies about it. Now you have made Ramadan a place for dishonesty.

Never compare one child's chart with another's. Each child's chart is private to them. Compare theirs only against themselves, and even then gently.

4. A Qur'an target that cannot be met

A juz a day is thirty days of falling behind for most families. By the second week they stop opening it at all, and finish Ramadan having read less than if they had planned nothing.

Set a target you will beat. Two pages a day, every day, is worth far more than a juz a day abandoned on the ninth. The plan in this pack has a small target and a larger one. Choose the small one.

5. Everything spent before the last ten nights

Families begin Ramadan at full effort, exhaust themselves by the twentieth, and arrive at the most valuable nights of the year with nothing left.

Plan to start gently and rise. Say so on the first day, out loud, so that an easy first week is a plan and not a failure. Tell the children what the last ten nights are before they arrive.

6. Eid is only presents

A child who has been told that Eid is the reward for fasting learns that worship is a transaction, and that the gift is the point.

Give the child something to give. Let them choose who receives it and hand it over themselves. The pages at the back of this pack are for that. A child who has given something remembers that Eid far longer than one who only received.

On a child who cannot fast

Illness, a condition, being too young. They must not be made to feel outside the month.

Give them everything else: the Qur'an plan, the good deeds chart, the giving, the late nights in the last ten. Fasting is one part of Ramadan. Let them have the rest in full.

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The thirty day chart

One sheet per person. Keep it private to that person, and do not put them side by side on the wall.



This sheet belongs to _____

DAY	FASTED	SALAH, ALL FIVE	QUR'AN	A GOOD DEED	ONE LINE ABOUT TODAY
1	☐	☐	☐	☐	
2	☐	☐	☐	☐	
3	☐	☐	☐	☐	
4	☐	☐	☐	☐	
5	☐	☐	☐	☐	
6	☐	☐	☐	☐	
7	☐	☐	☐	☐	
8	☐	☐	☐	☐	
9	☐	☐	☐	☐	
10	☐	☐	☐	☐	
11	☐	☐	☐	☐	
12	☐	☐	☐	☐	
13	☐	☐	☐	☐	
14	☐	☐	☐	☐	
15	☐	☐	☐	☐	
16	☐	☐	☐	☐	
17	☐	☐	☐	☐	
18	☐	☐	☐	☐	
19	☐	☐	☐	☐	
20	☐	☐	☐	☐	
21	☐	☐	☐	☐	**The last ten begin**
22	☐	☐	☐	☐	
23	☐	☐	☐	☐	
24	☐	☐	☐	☐	
25	☐	☐	☐	☐	
26	☐	☐	☐	☐	
27	☐	☐	☐	☐	
28	☐	☐	☐	☐	
29	☐	☐	☐	☐	
30	☐	☐	☐	☐	

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The Qur'an plan

Two plans. Choose the one you will actually finish, not the one that sounds better. Finishing a small plan builds something. Abandoning a large one takes something away.



Plan A · the honest one

Two pages after each salah. Ten pages a day. That is about half the mushaf across the month, and almost every family can hold it.

If ten is too many, do two pages after Fajr and nothing else. Two pages every day for thirty days is sixty pages more than most people manage.

Plan B · a complete reading

One juz a day. About twenty pages, or four pages after each of the five prayers.

Only choose this if you have done it before, or if somebody in the house will read with you daily. Attempted alone, it usually ends in the second week.

DAY	WHAT I READ	PAGES	DAY	WHAT I READ	PAGES
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		

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If you fall behind

Do not try to catch up. Carry on from today. A family that tries to read four days in one evening gives up that evening, every time.

Not just not eating

Pick one from this list each day and write it on your chart. The point of the month is what changes in you, not only what stops going into you.



✓	SOMETHING TO DO	✓	SOMETHING TO STOP
☐	Give food to somebody, even a date	☐	Saying something unkind about somebody absent
☐	Help with a job nobody asked you to do	☐	Raising your voice when you are annoyed
☐	Phone a relative you have not spoken to	☐	Arguing about something that does not matter
☐	Let somebody else have the thing you wanted	☐	Complaining about being hungry
☐	Say salam to somebody who is usually passed by	☐	Interrupting people
☐	Give something away that you still like	☐	Looking at things you should not look at
☐	Forgive somebody without being asked	☐	Lying about something small
☐	Make du'a for somebody by name	☐	Wasting the whole afternoon on a screen
☐	Learn the meaning of one verse	☐	Being short with your mother when tired
☐	Clear up after somebody else	☐	Saying "I'm fasting" as an excuse

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The right column is the hard one

Doing a good deed feels good. Not doing something you want to do does not, and that is exactly why the month trains it. A child who gets through a whole day without snapping at a sibling has done something harder than feeding somebody.

Notice it out loud when you see it: "I saw you walk away instead of answering back." That one sentence is worth more than any sticker.

The last ten nights

Tell the children about these nights **before** they arrive, around the fifteenth, so that the month builds towards something instead of fading out.



اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni.

"O Allah, You are Most Forgiving and You love forgiveness, so forgive me."

TAUGHT BY THE PROPHET ﷺ TO 'A'ISHAH (MAY ALLAH BE PLEASED WITH THEM) FOR LAYLATUL QADR. TIRMIDHI, IBN MAJAH.

NIGHT	WHAT I WILL DO TONIGHT	WHO I WILL MAKE DU'A FOR	DONE
21			☐
22			☐
23			☐
24			☐
25			☐
26			☐
27			☐
28			☐
29			☐
30			☐

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Eid

Fill the left side in the last few days of Ramadan, while there is still time to do something about it. Fill the right side on the morning of Eid itself.



What I will give, and to whom

Choose it yourself, and hand it over yourself. Not money from a parent, if you can help it. Something of yours.

WHAT	TO WHOM

What Ramadan changed

Write it on the morning of Eid, before anything else happens.

Keep this page. Read it next Ramadan, before you start.

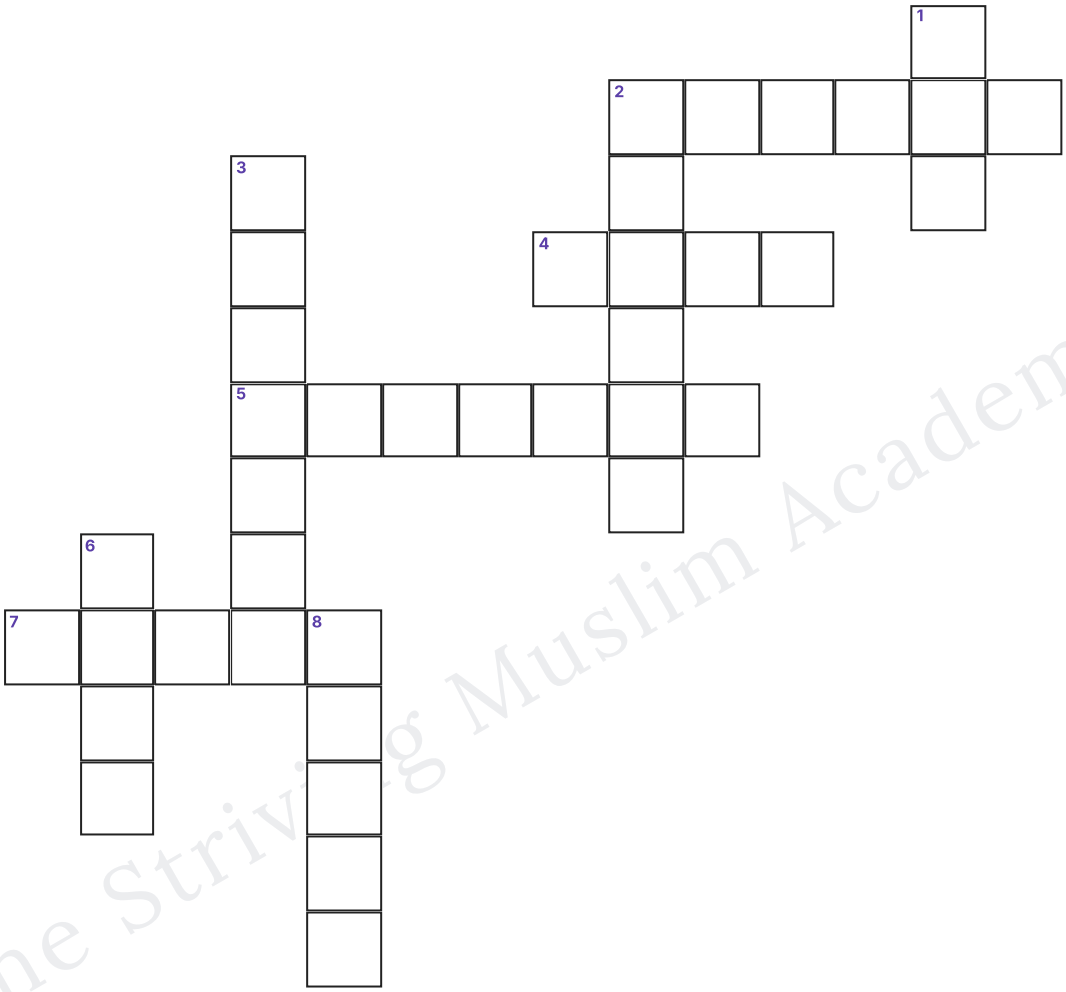
One thing to say on Eid morning

Not "you did well", which makes it a performance. Say: **"I am glad we did this together."** A child who remembers Ramadan as something the family did together will come back to it every year of their life, whatever else is going on.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



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Across

2 As well as the stomach, which part of the mouth should a child teach to fast from unkind words? (6)

4 Eid is not only about getting presents. What should a child also do for somebody else? (4)

5 Each child's chart belongs to that child alone. What word means kept to themselves? (7)

7 The small Qur'an plan asks you to read two of these after each salah. What are they? (5)

Down

1 Plan B reads one section of the Qur'an a day, about twenty pages. What is the section called? (3)

2 How many days are on the Ramadan chart? Write the number in words. (6)

3 What should you never do between one child's fasting chart and another's? (7)

6 How much of a day should a child fast first, before trying a full one? (4)

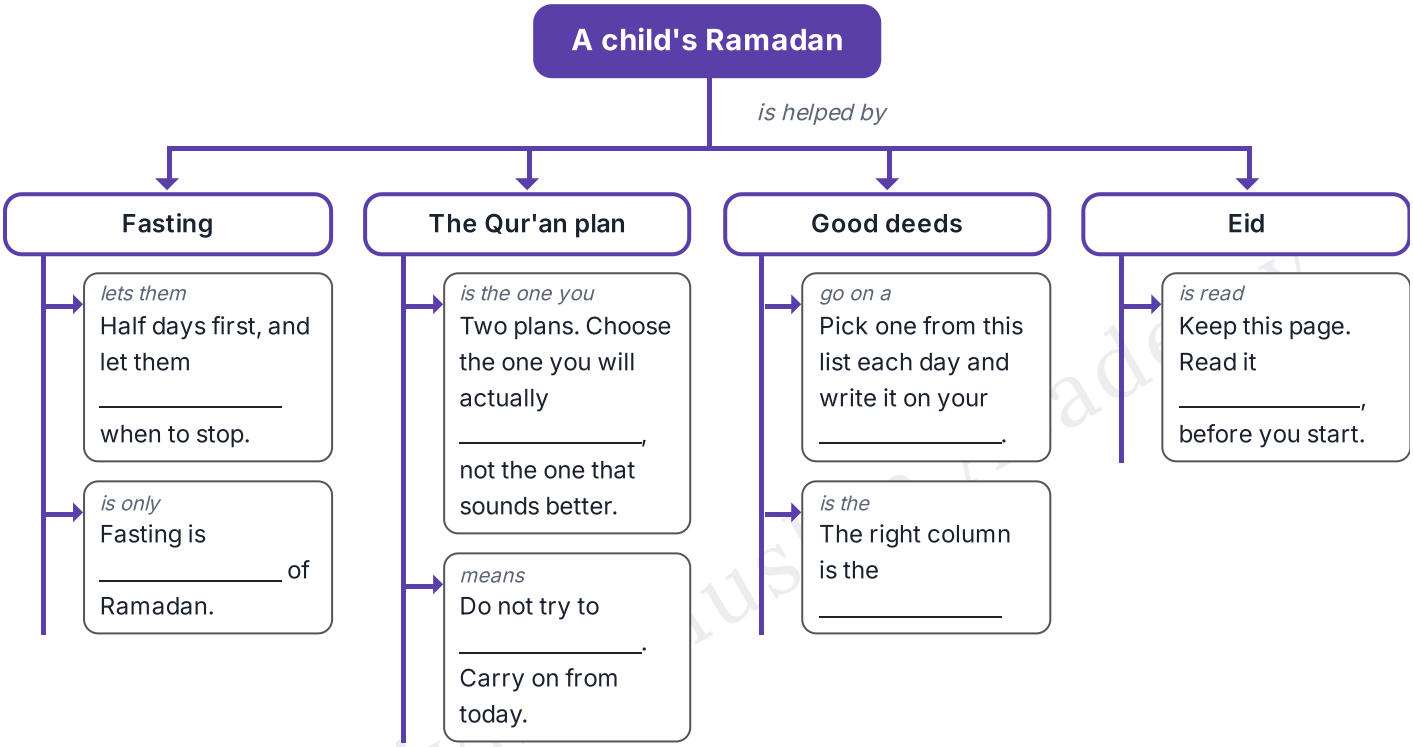
8 The Qur'an plan has two targets. Which size should a family choose? (5)

Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

choose hard one next Ramadan catch up one part finish chart



Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

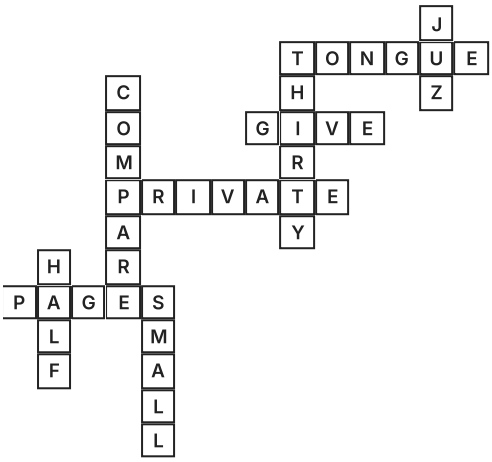
C	R	K	T	S	A	L	A	H
P	M	A	Y	G	H	Y	I	J
L	K	F	M	R	T	C	Y	M
A	N	A	F	A	M	I	L	Y
N	I	S	D	T	D	L	F	V
N	G	T	I	E	Y	A	J	F
E	H	I	N	F	E	L	N	S
R	T	N	L	U	L	D	D	O
E	S	G	J	L	A	U	S	J

- ☐ Grateful
- ☐ Ramadan
- ☐ Fasting
- ☐ Planner
- ☐ Nights
- ☐ Family
- ☐ Deeds
- ☐ Salah

Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 2 Tongue, 4 Give, 5 Private, 7 Pages

Down: 1 Juz, 2 Thirty, 3 Compare, 6 Half, 8 Small

Let's Map It

choose; one part; finish; catch up; chart; hard one; next Ramadan

Word search

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

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