

Ramadan Kareem

My First

Ramadan Fun Book!

Enjoy Ramadan tips from The Islamic School of Brantford, exciting Islamic facts, Arabic practice pages, Ramadan activity log, coloring fun, and many more joyful activities!



ISLAMIC SCHOOL
OF BRANTFORD



984 Colborne St E, Brantford, ON

Name: _____



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My Ramadan Fasting Chart



Name:

Age:



Ramadan Calendar

1 Ramadan 17 February 16 Ramadan 04 March

2 Ramadan 18 February 17 Ramadan 05 March

3 Ramadan 19 February 18 Ramadan 06 March

4 Ramadan 20 February 19 Ramadan 07 March

5 Ramadan 21 February 20 Ramadan 08 March

6 Ramadan 22 February 21 Ramadan 09 March

7 Ramadan 23 February 22 Ramadan 10 March

8 Ramadan 24 February 23 Ramadan 11 March

9 Ramadan 25 February 24 Ramadan 12 March

10 Ramadan 26 February 25 Ramadan 13 March

11 Ramadan 27 February 26 Ramadan 14 March

12 Ramadan 28 February 27 Ramadan 15 March

13 Ramadan 01 March 28 Ramadan 16 March

14 Ramadan 02 March 29 Ramadan 17 March

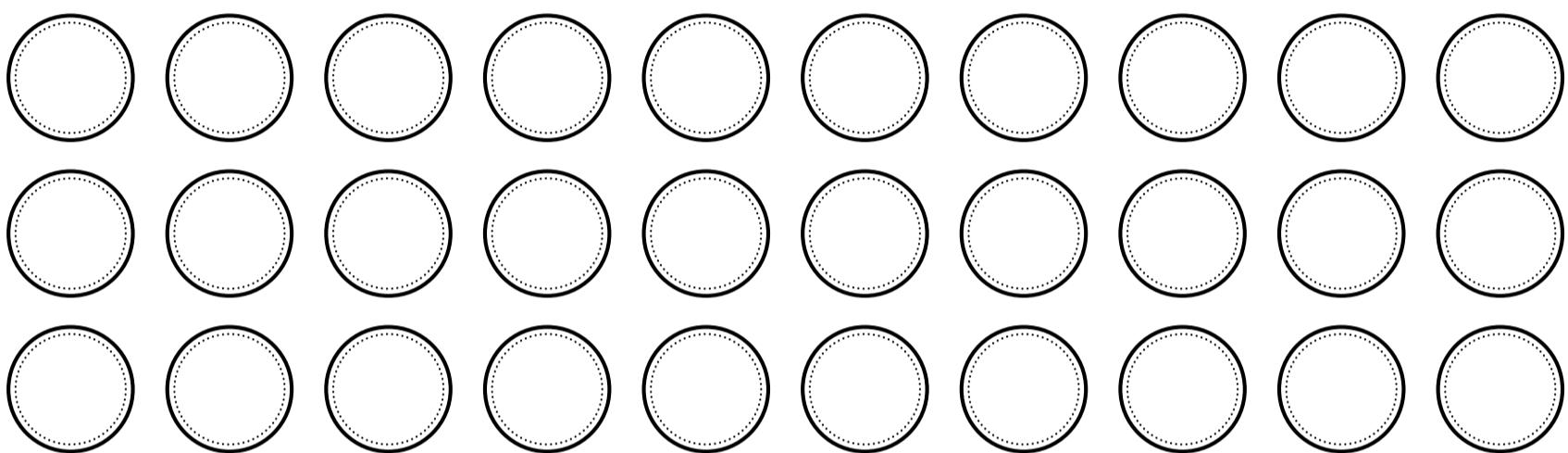
15 Ramadan 03 March 30 Ramadan 18 March

Name:
Age:



Ramadan Tracker

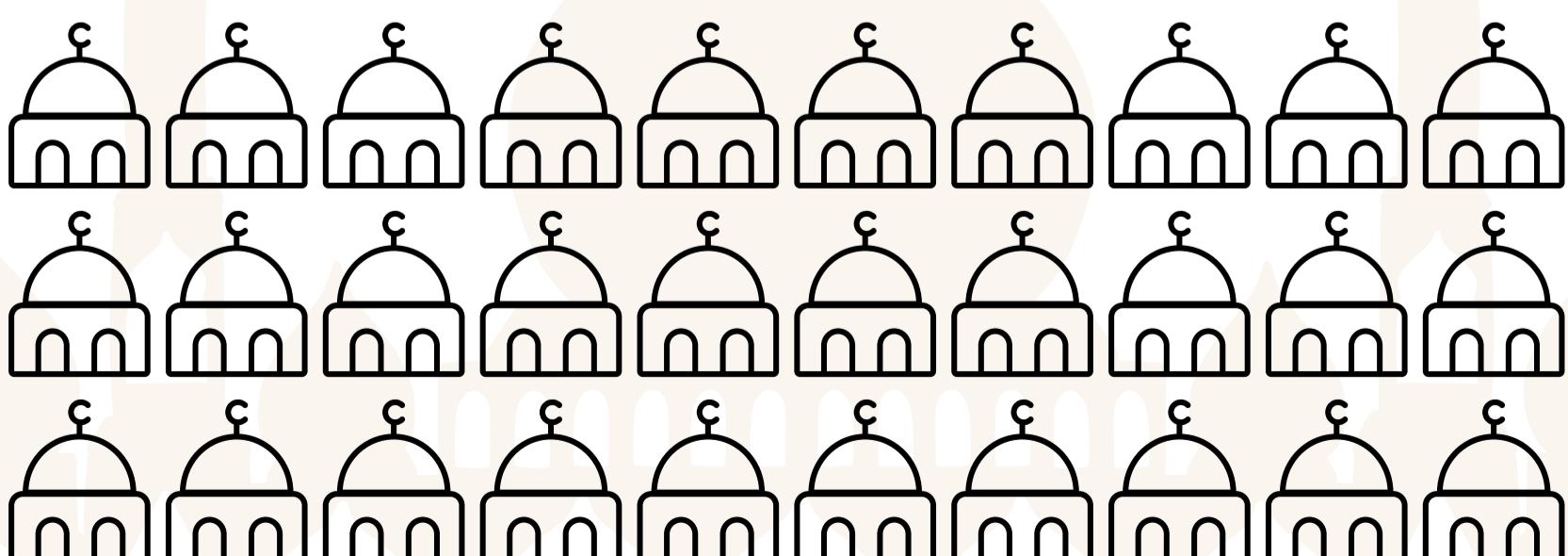
Suhoor



Fasting



Tarawih





Ramadan Tracker



1

2

3

4

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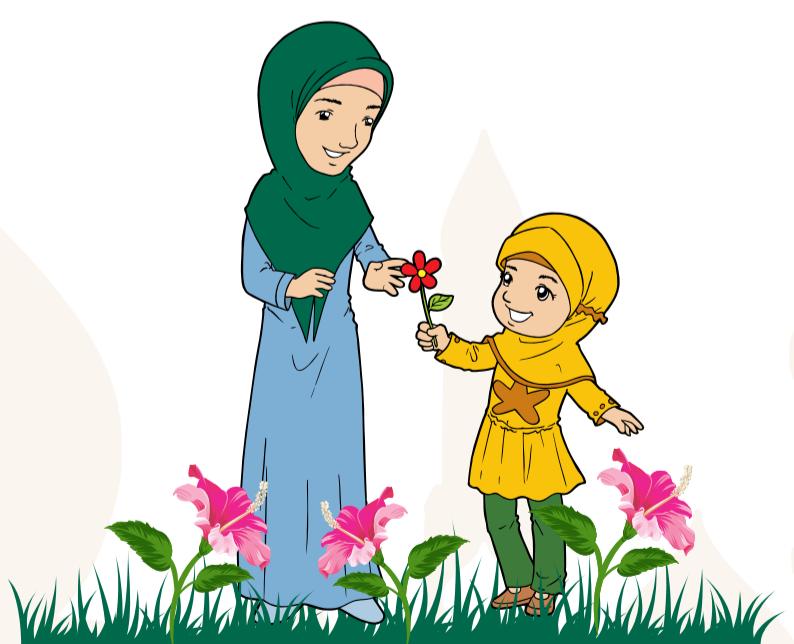
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Recitation tips for Ramadan

Everything is easier WITH A PLAN!

Did you know that you can **FINISH RECITING THE ENTIRE QURAN**, alone or with the help of your parents, if you only read 4 pages with every salah! Here's how to calculate it:

The average Qur'an has approximately 600 pages. If you divide those 600 pages on the 30 days of Ramadan, then you just have to read 20 pages per day.

If you divide those 20 pages upon the 5 daily prayers, you get 4 pages per Salah.

So you only need to recite 4 pages with every Salah.

Bonus Points: Read 8 pages with every Salah, and you will have finished reciting the Quran **TWICE** by the end of Ramadan!





Ramadan Activity log - week 1

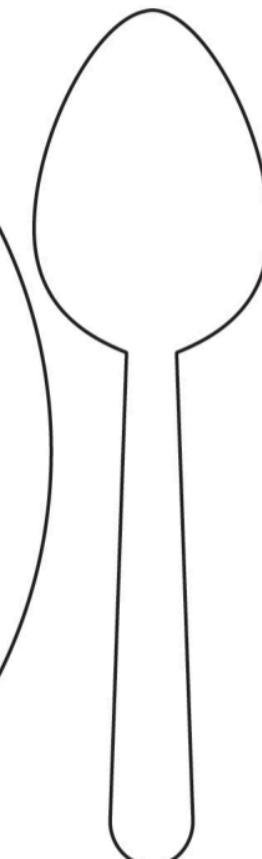
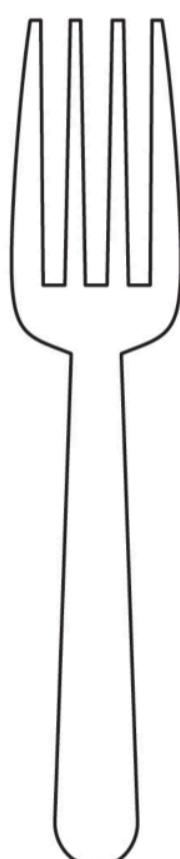
DAY	Prayers	Daily Qur'an Recitation	Arabic Studies	Acts of Kindness
Saturday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Sunday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Monday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Tuesday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Wednesday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Thursday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T
Friday	<input type="radio"/> F <input type="radio"/> D <input type="radio"/> A <input type="radio"/> M <input type="radio"/> I <input type="radio"/> T

Name:

<input type="radio"/> F	<input type="radio"/> D	<input type="radio"/> A
<input type="radio"/> M	<input type="radio"/> I	<input type="radio"/> T



**Are You
Keeping
Healthy Eating
Habits During
Ramadan?**



Iftar

- Hydrate before eating
- Break your fast with dates
- Have a bowl of soup
- Eat your greens
- Choose good carbs
- Eat lean proteins
- Take it easy and don't eat too much all at once
- Avoid foods high in fat, salt and sugar

Suhoor

Drink plenty of fluids and consume fluid-rich food to make sure you are well hydrated for the day ahead and go for starchy foods for energy, choosing high fibre or wholegrain varieties will make you feel full during fast.

Snacks

Avoid eating snacks and drinks rich in sugar and go for healthy options like fruits and whole-grain snacks



Dates were traditionally eaten to break the fast since the time of Prophet Muhammad (PBUH)
it is a Sunnah!
They provide natural sugars for energy, provide minerals like potassium, copper, and manganese and are a great source of fiber.



Food & Activity Journal



Food Log

Date:

Suhoor

.....
.....
.....
.....

Iftar

.....
.....
.....
.....

Snack

.....
.....
.....
.....



Fruits and veggies



Total:



Screen time (computer, tv, video games)

Suhoor

.....
.....



Fruits and veggies

Activity

.....
.....
.....
.....

Minutes



Fruits and veggies

Total:

Total:

Health Tips:

Drink water of low fat
Juice is recommended only once a day
(Exceptions are made for 100% juice that is sugar free)



Yes No

Fruit & Veggies

Screen Time

Physical Activity

Sugary Drinks



ؒ

Thaa

ؒ

Taa

ؒ

Baa

ؑ

Alif

ؔ

Daal

ؓ

Khaa

ؒ

Haa

ؒ

Jeem

ؔ

Seen

ؒ

Zain

ؒ

Raa

ؓ

Dhaal

ؔ

Taa'

ؔ

Daad

ؔ

Saad

ؔ

Sheen

ؔ

Faa

ؔ

'Ghayn

ؔ

'Ayin

ؔ

Dhaa

ؚ

Meem

ؚ

Laam

ؚ

Kaaf

ؔ

Qaaf

ؔ

Yaa

ؔ

Waow

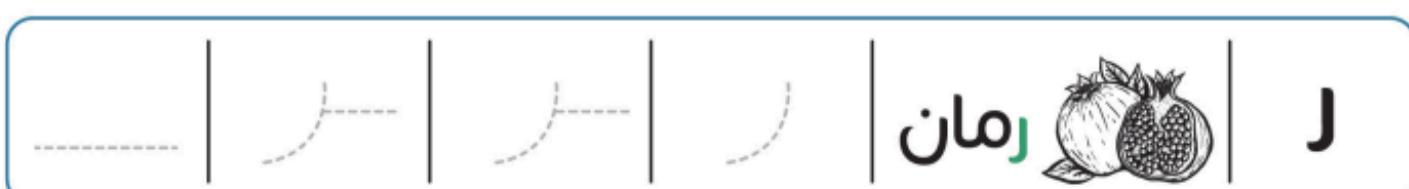
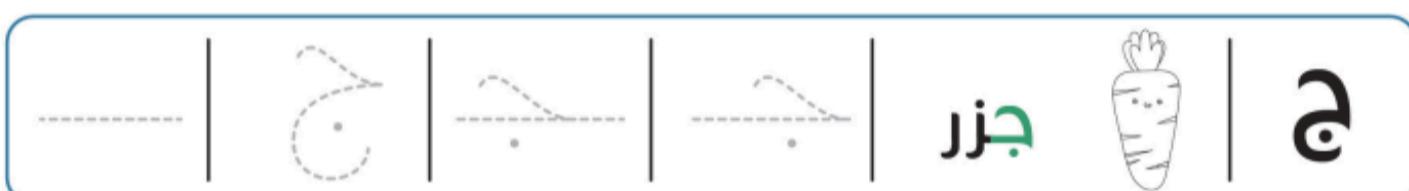
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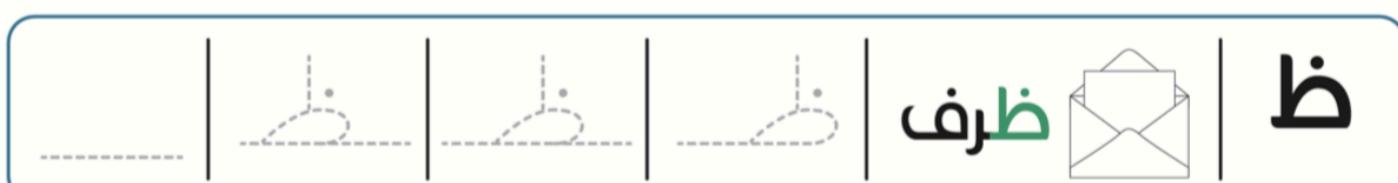
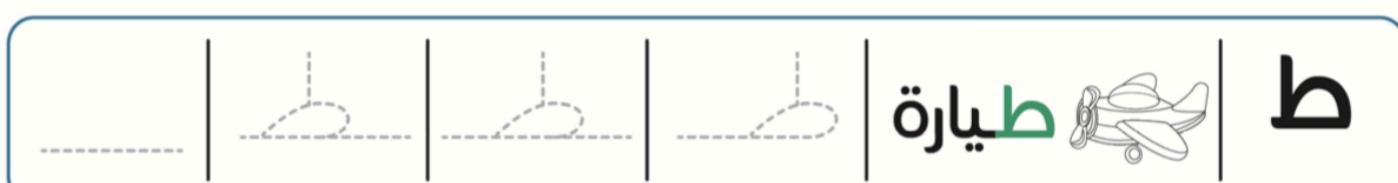
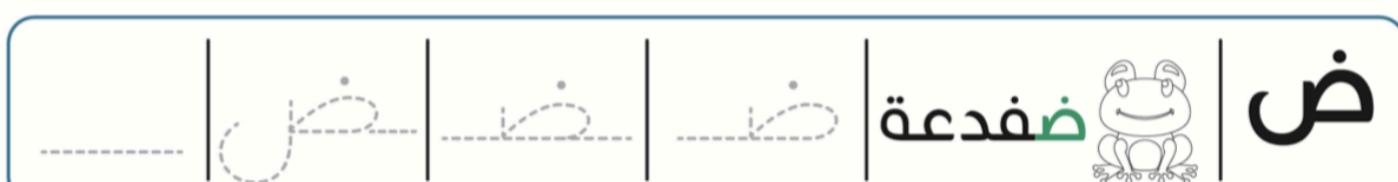
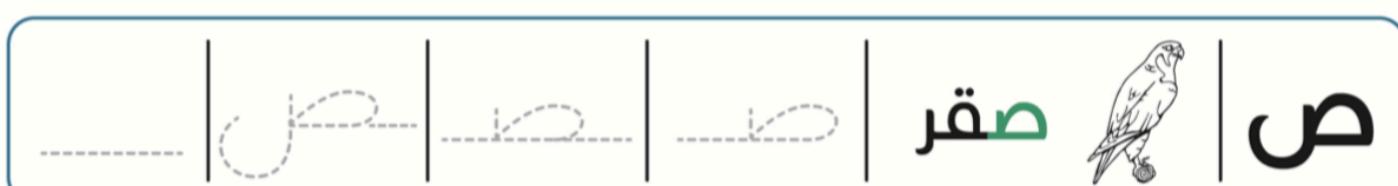
Ha

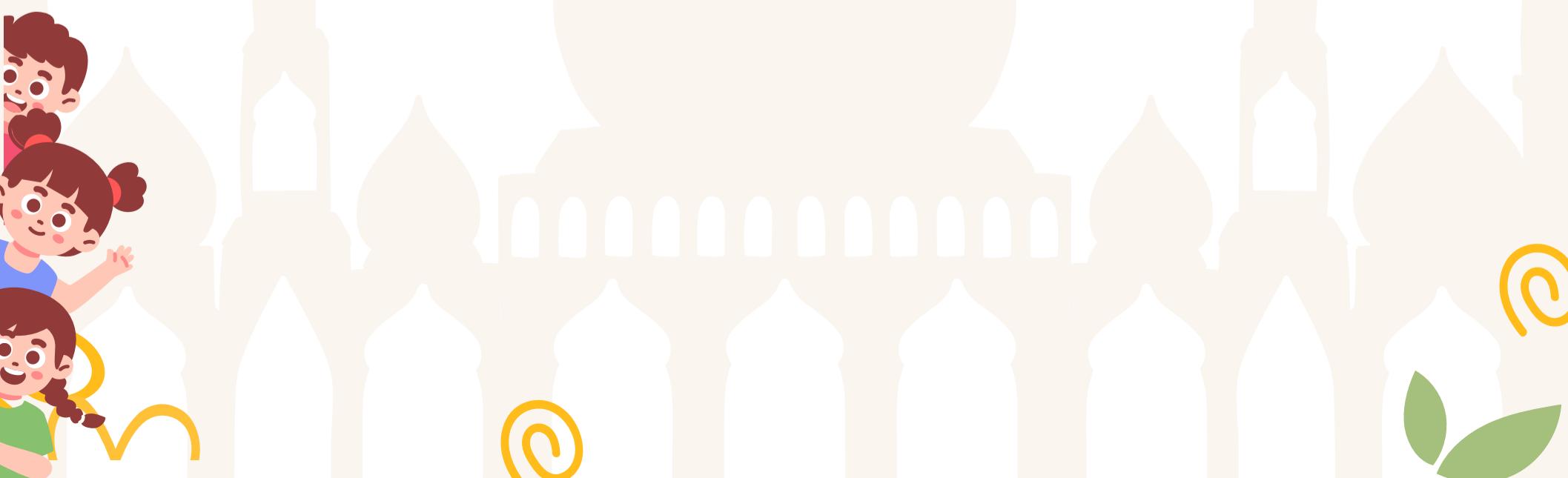
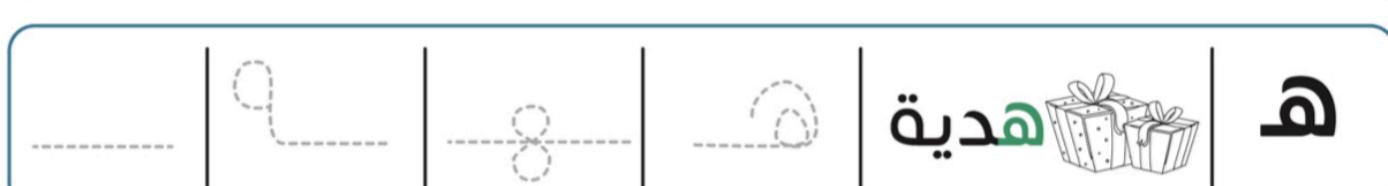
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Noon











Cut out the words and glue them in the arabic alphabetic order.



رمضان



مسلم



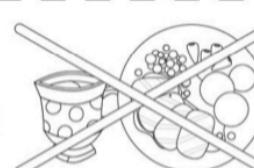
اسلام



مسجد



صيام



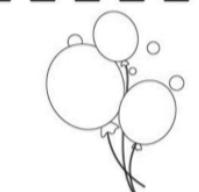
سحور

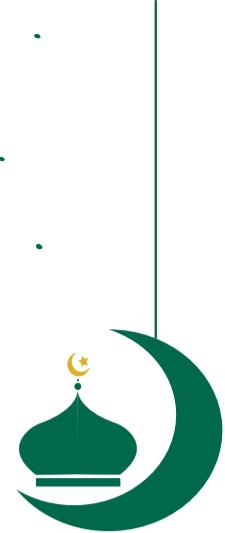


إفطار



عيد





**Can you get the clues and guess
what this image is about**



Answer: The 5 Pillars of Islam!

- The Shahada (A Profession of Faith - The belief that "There is no god but God, and Muhammad is the Messenger of God" is central to Islam)
- Prayer (Salat).
- Alms (Zakat)....
- Fasting (Sawm Ramadan)....
- Pilgrimage (Hajj).

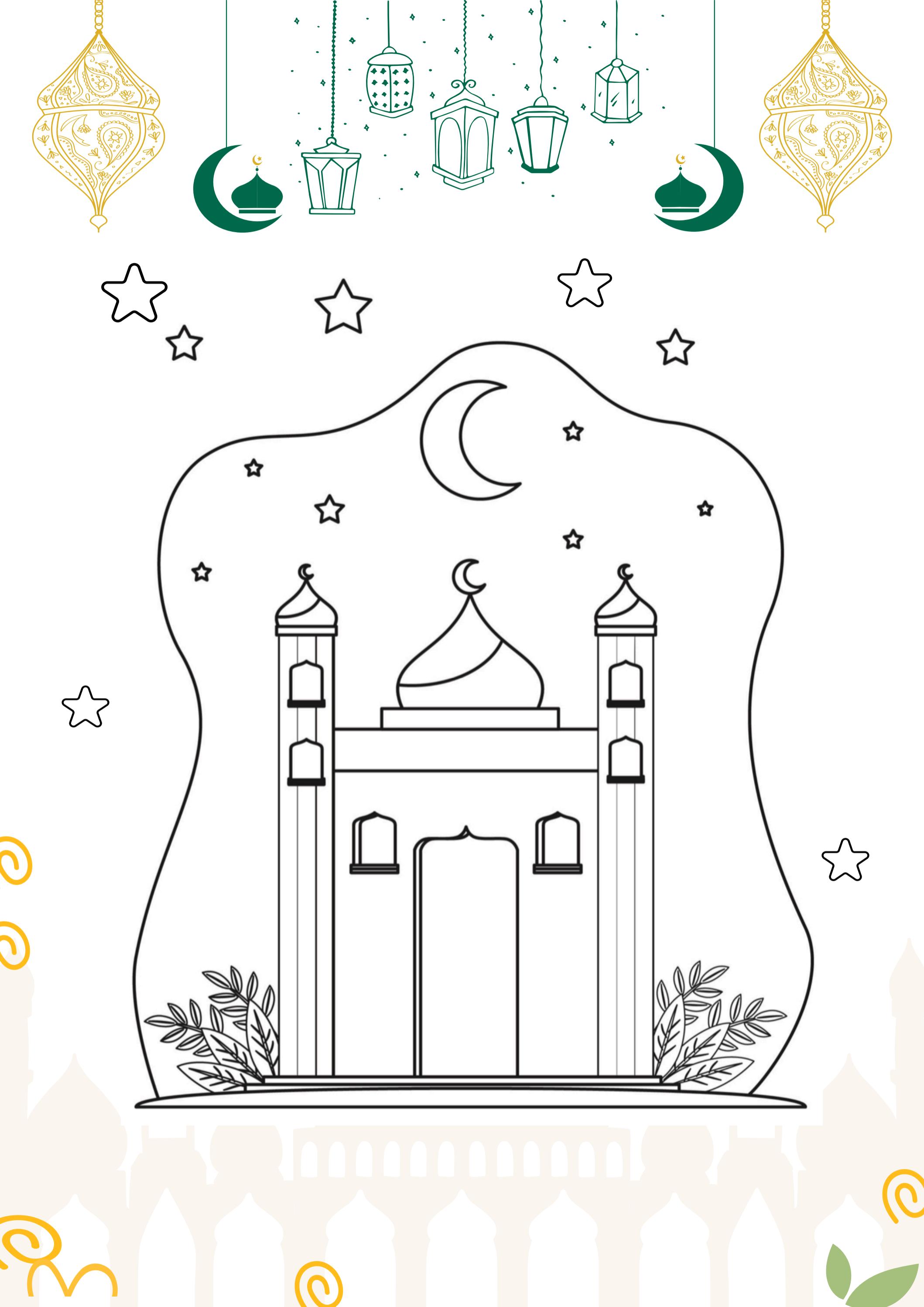


Can you find these Words?



ALLAH	AASR	ARABIC
FAJR	MACHRIB	IFTAR
ISHA	PRAY	RAMADAN
DHUHR	EID	ISLAM
ALLAH	MUSLIM	MOSQUE









Ramadan Activity

Read the text and answer the questions.

Ramadan is a special month for Muslims around the world. It is a time for kindness, sharing, and reflection. During Ramadan, many Muslims fast. This means they do not eat or drink from sunrise to sunset. Before the sun rises, they eat a small meal called suhoor. After the sun sets, they eat a big meal called iftar with their family and friends. People also help others during Ramadan. They give food and money to those in need. Many families cook food and share it with neighbors. It is a time to be kind and generous. At the end of Ramadan, there is a big celebration called Eid al-Fitr. People wear new clothes, visit family and friends, and eat delicious food!

1- What do many Muslims do during Ramadan?

2- What is the meal before sunrise called?

3- What is the meal after sunset called?

4- How do people help others during Ramadan?

5- What is the celebration at the end of Ramadan called?

Name:
Age:



Ramadan Activity

**Write an acrostic poem.
Use the initial letters R, A, M, A, D, A, N.**

R _____

A _____

M _____

A _____

D _____

A _____

N _____

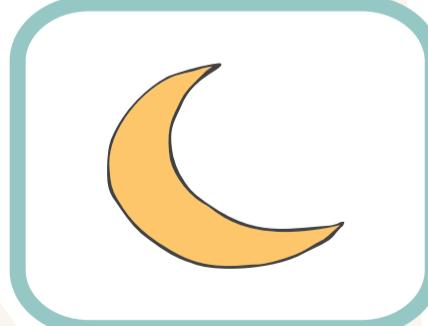
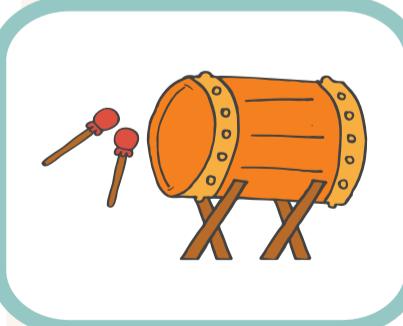
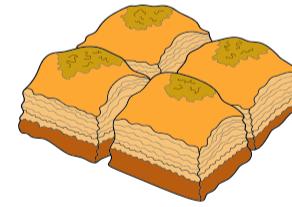
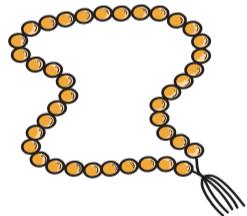
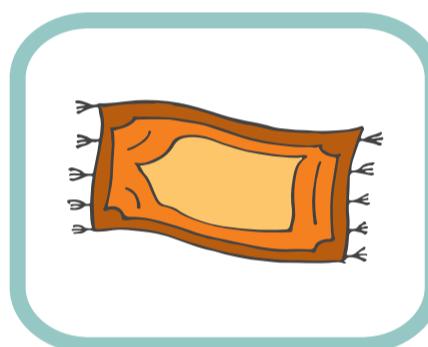
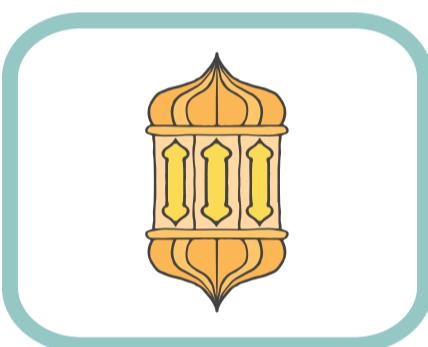
Name: _____
Age: _____



Ramadan Activity

Label the pictures with the words in the box.

dates - drum - lantern - mosque - baklava
teapot - prayer mat - prayer beads - crescent moon



Name:
Age:



Ramadan Activity

Find the words in the grid

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

Meal
Sunset
Family
Charity
Kindness

Iftar
Friends
Suhoor
Fasting
Ramadan

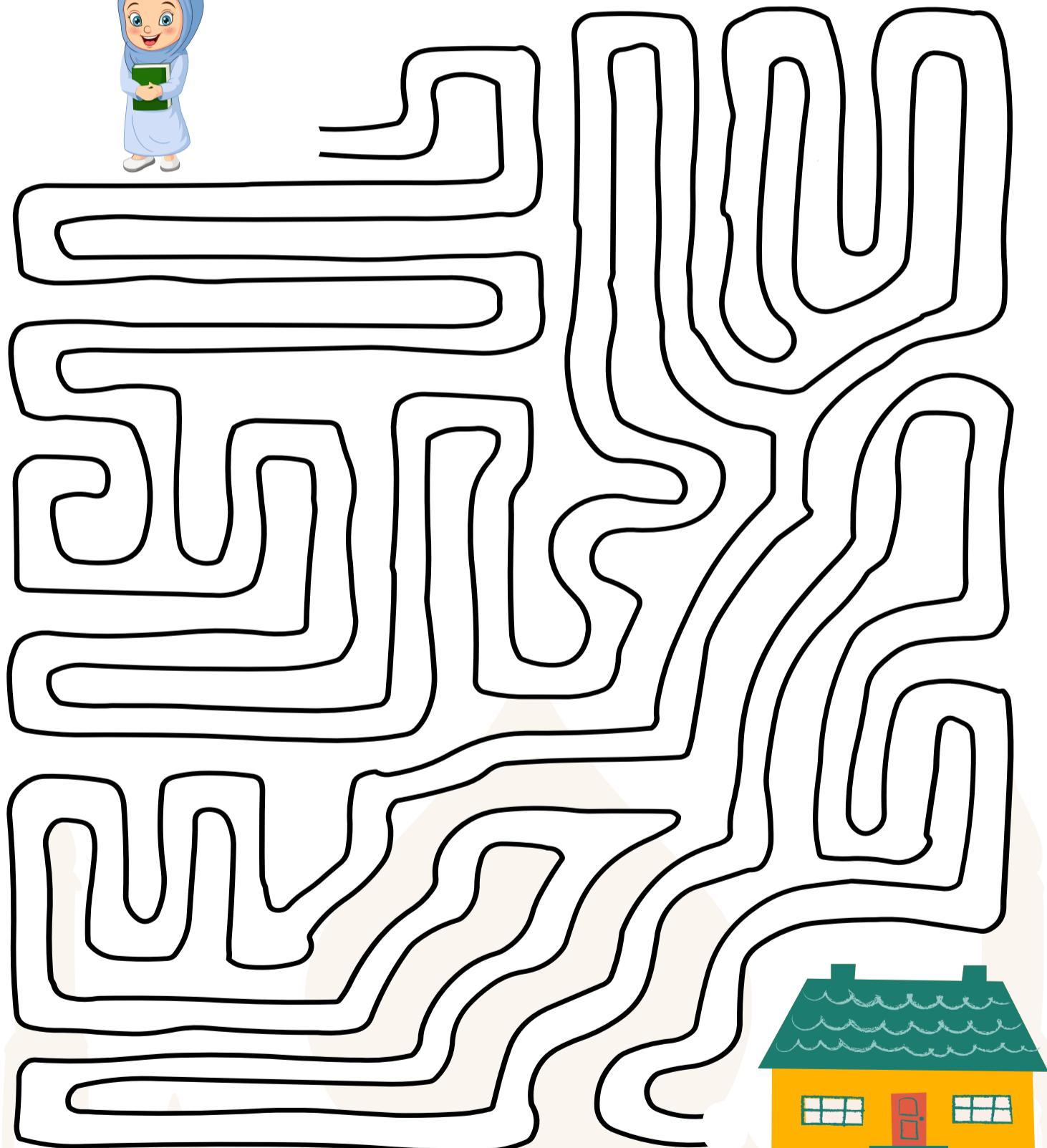
Prayer
Sunrise
Sharing
Generous
Celebration

Name: _____
Age: _____



Ramadan Activity

Help the kid get home in time for iftar.



Name:
Age:



Ramadan Activity

**Draw and write about four kind things
you can do during Ramadan.**



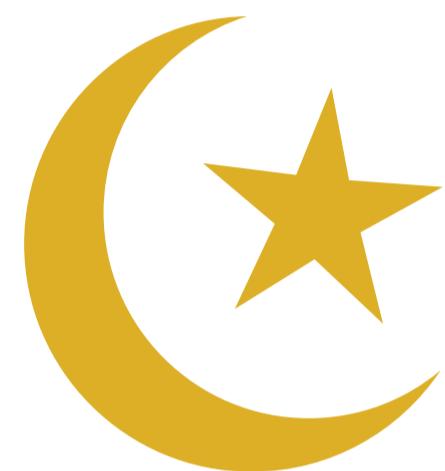


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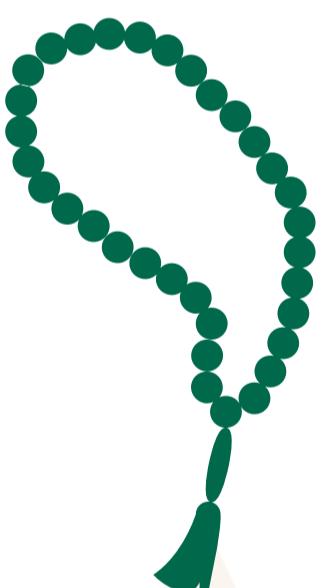


My Ramadan Report

What is Ramadan?



Why do Muslims Fast?



How do Muslims Celebrate after Ramadan?





ISLAMIC SCHOOL OF BRANTFORD

The Islamic School of Brantford is a nurturing educational institution that integrates the Ontario Ministry of Education curriculum with Islamic teachings for students from Junior Kindergarten to Grade 5. This unique approach fosters academic excellence, spiritual growth, and strong moral character.

The school emphasizes holistic development, building integrity, compassion, and leadership in young learners. It provides a supportive environment where certified educators guide students to think critically, engage with their community, and succeed as confident, ethical individuals rooted in their faith and prepared for the future.



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