



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: _____



www.pischools.ca



My Ramadan Fasting Chart

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

Name:

Age:



Ramadan Calendar

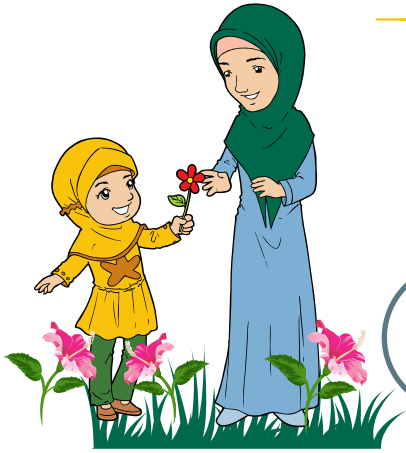
1 Ramadan	17 February	16 Ramadan	04 March
2 Ramadan	18 February	17 Ramadan	05 March
3 Ramadan	19 February	18 Ramadan	06 March
4 Ramadan	20 February	19 Ramadan	07 March
5 Ramadan	21 February	20 Ramadan	08 March
6 Ramadan	22 February	21 Ramadan	09 March
7 Ramadan	23 February	22 Ramadan	10 March
8 Ramadan	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:

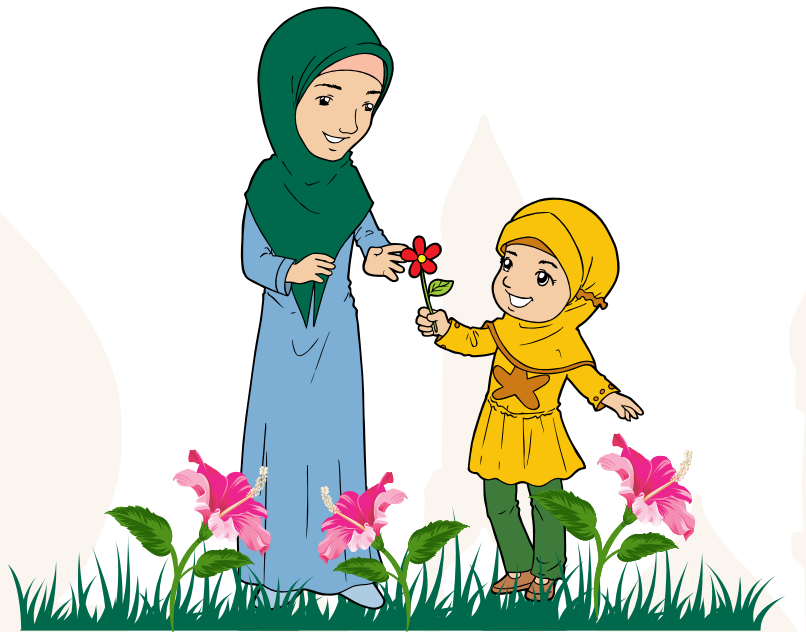




Ramadan Tracker



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





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	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Sunday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Monday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Tuesday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Wednesday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Thursday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			
Friday	<div>F</div> <div>D</div> <div>A</div> <div>M</div> <div>I</div> <div>T</div>			

Name:

F

D

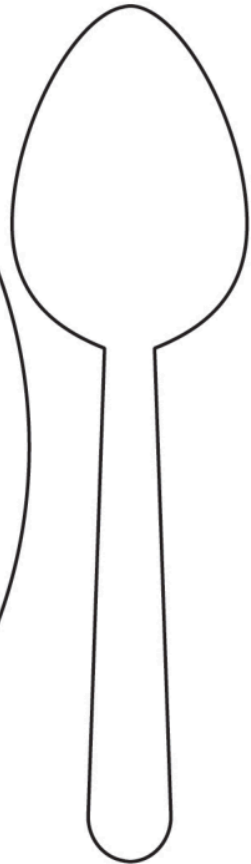
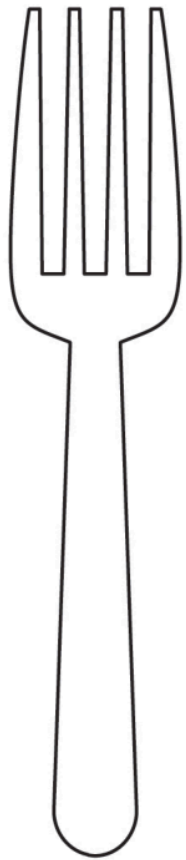
A

M

I

T





*Having a
healthy and
balanced iftar is very
important. It's the meal
that restores your energy
and helps you sustain
your fast the
following day!*



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

Date:



Food Log

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)



Did I meet my goals ?

Fruit & Veggies	○	○
Screen Time	○	○
Physical Activity	○	○
Sugary Drinks	○	○

Yes No

○	○
○	○
○	○
○	○



 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	 Ha	 Noon






أ أ أ أ أرنب 

ب ب ب ب بطة 

ت ت ت ت تمساح 

ث ث ث ث ثعلب 

ج ج ج ج جزر 

ح ح ح ح حوت 

خ خ خ خ خروف 

د د د د دب 

ذ ذ ذ ذ ذرة 

ر ر ر ر رمان 








ز ز ز زرافة 


س س س سمكة 

ش ش ش شمس 

ص ص ص صقر 

ض ض ض ضفدعة 

ط ط ط طيارة 

ظ ظ ظ ظرف 

ع ع ع عين 

غ غ غ غزال 

ف ف ف فأر 






ق ق ق ق ق قرد 

ك ك ك ك ك كلب 

ل ل ل ل ل ليمون 

م م م م م موز 

ن ن ن ن ن نمر 

ه ه ه ه ه هدية 

و و و و و وردہ 

ي ي ي ي ي يد 





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

رمضان



مسلم



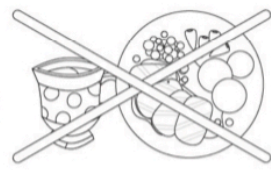
إسلام



مسجد



صيام



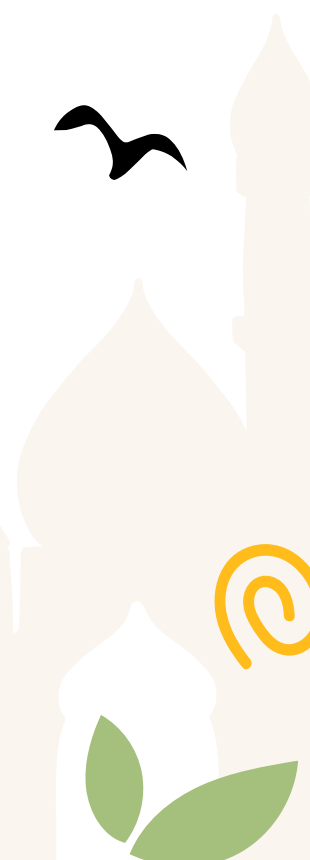
سحور



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?

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



ALLAH

FAJR

ISHA

DHUHR

ALLAH

AASR

MAGHRIB

PRAY

EID

MUSLIM

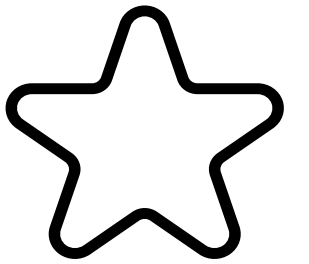
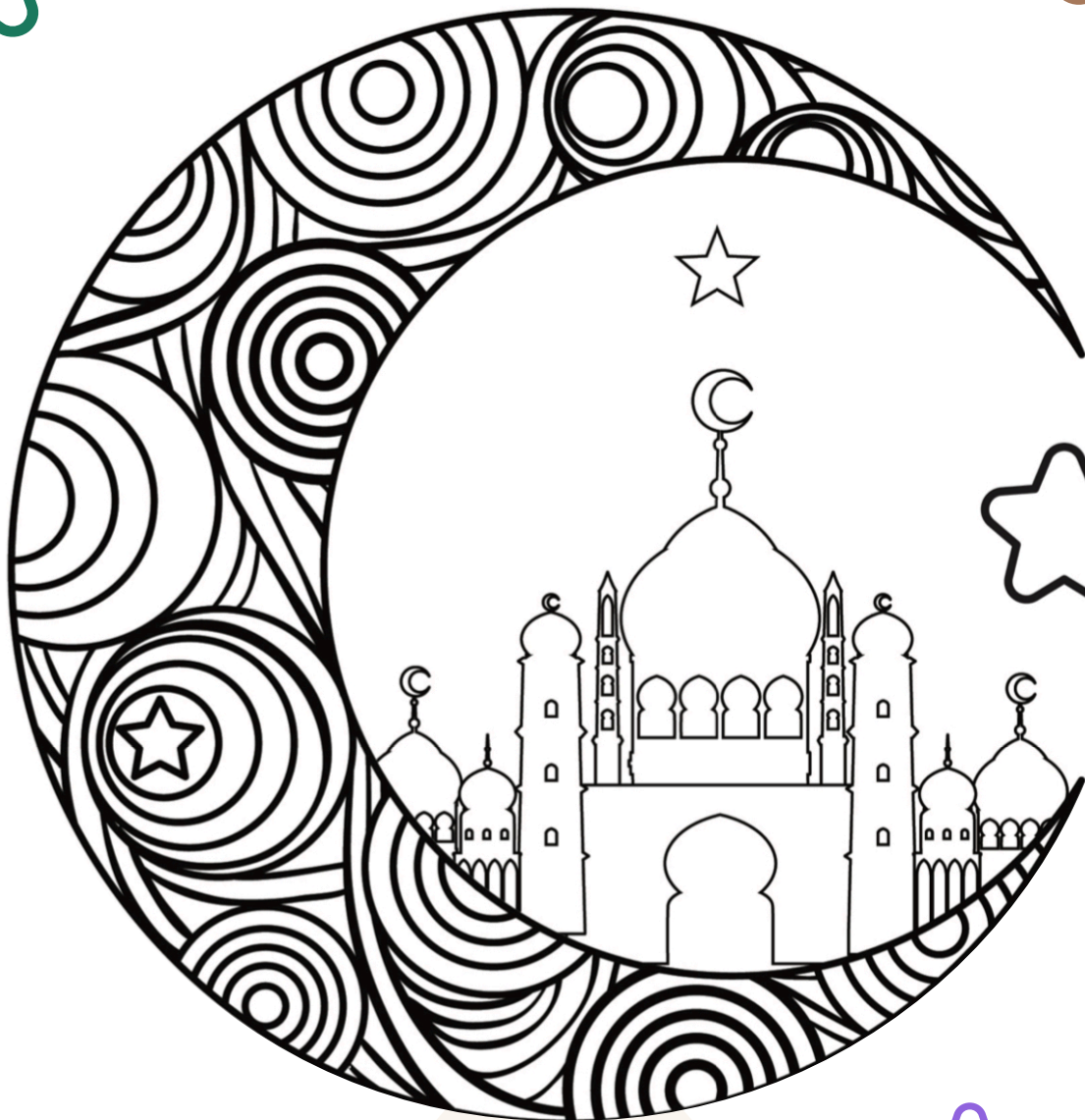
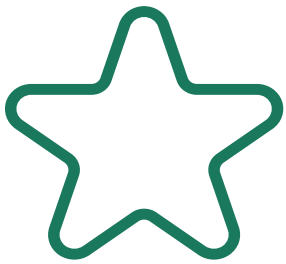
ARABIC

IFTAR

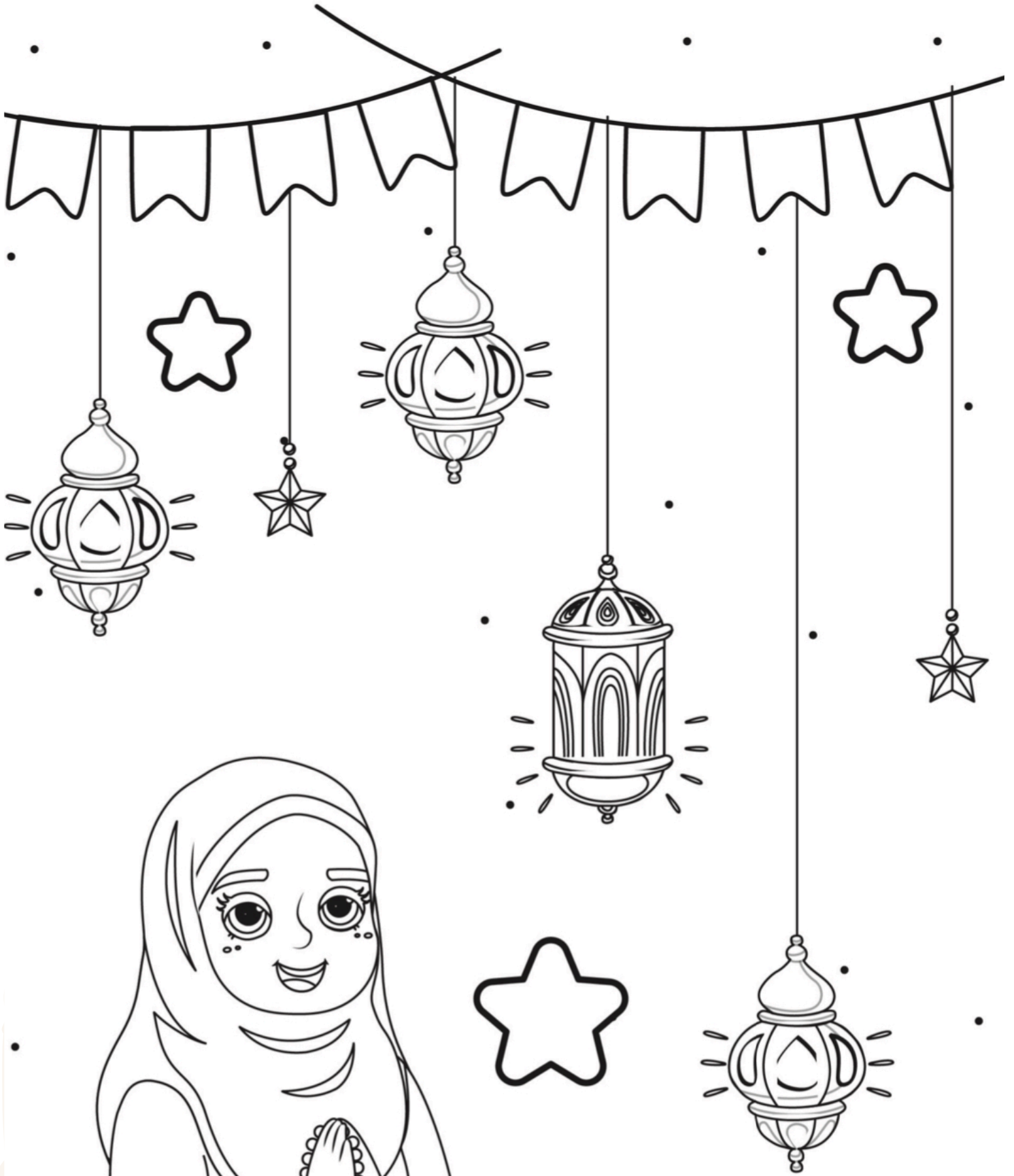
RAMADAN

ISLAM

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:

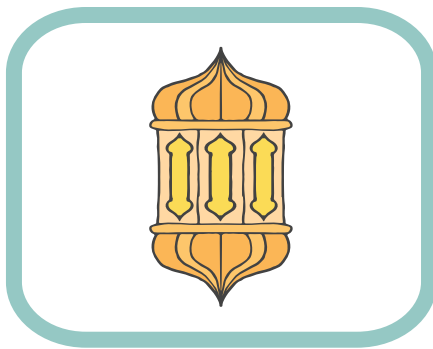


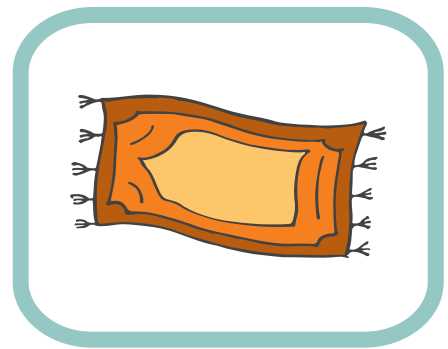
Ramadan Activity

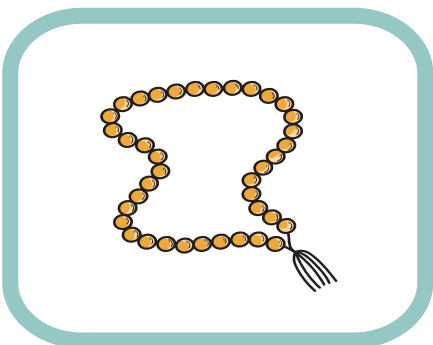
Label the pictures with the words in the box.

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

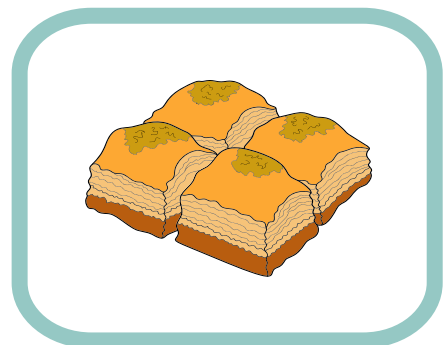


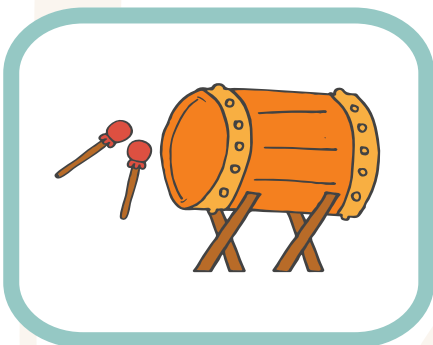
















Name:
Age:



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

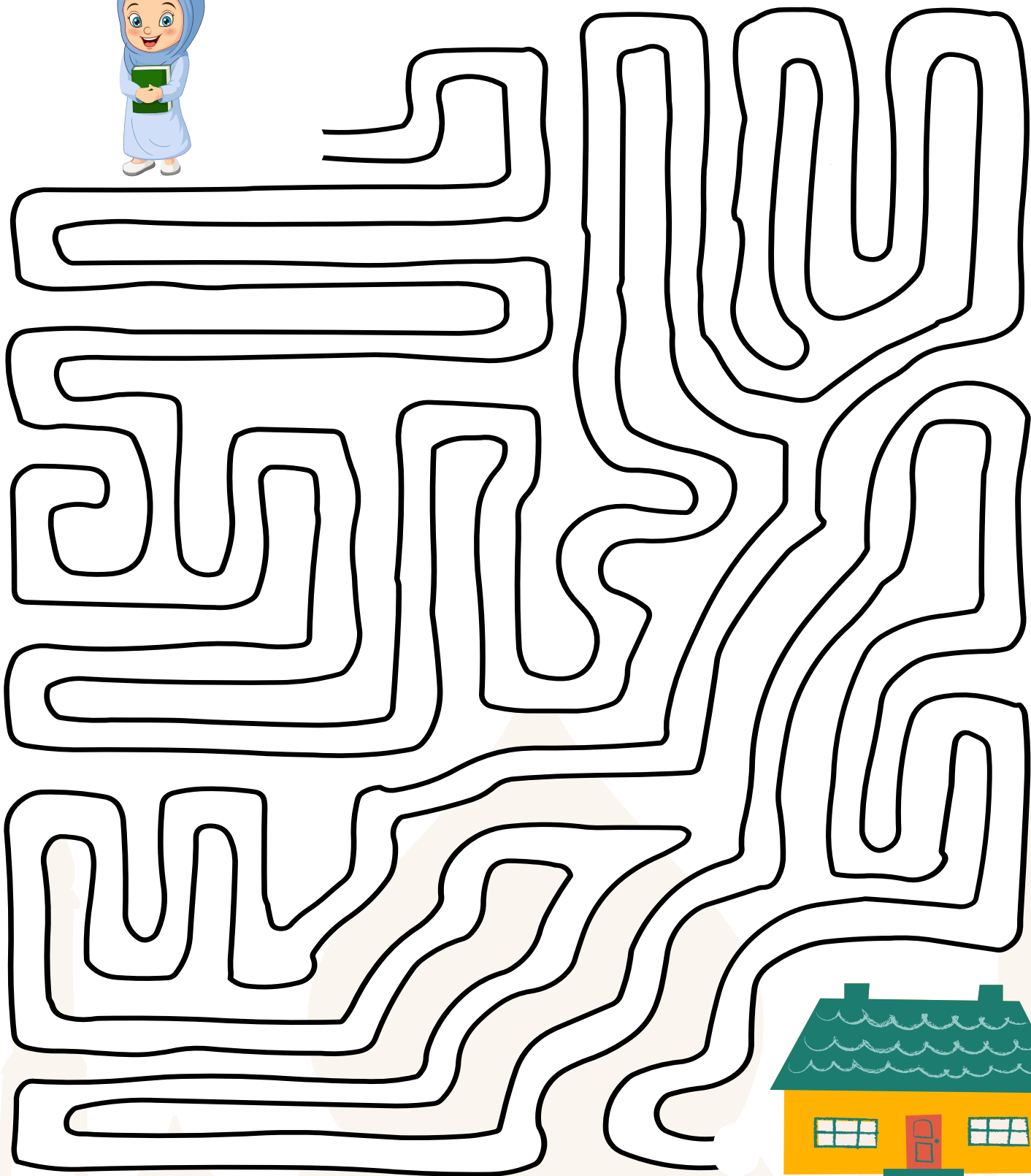
Prayer
Sunrise
Sharing
Generous
Celebration

Name:
Age:



Ramadan Activity

Help the kid get home in time for iftar.



Name:
Age:



Ramadan Activity

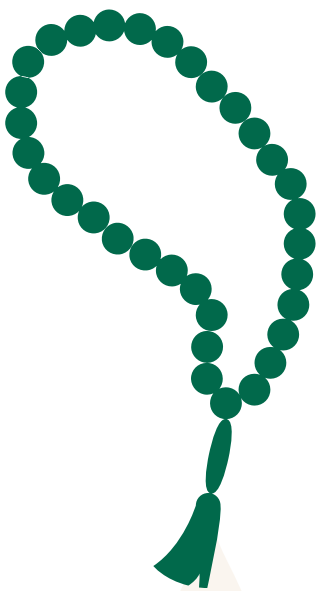
Draw and write about four kind things
you can do during Ramadan.

Name:
Age:



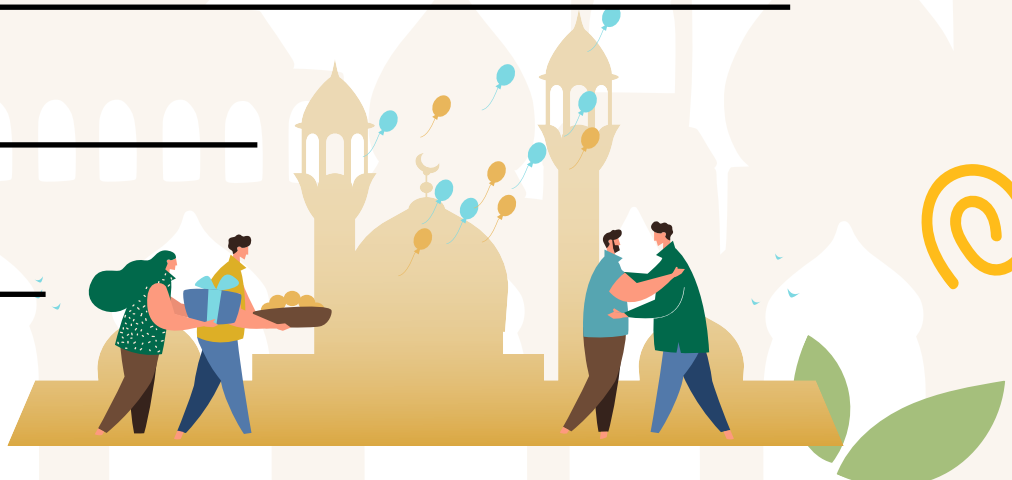
My Ramadan Report

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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