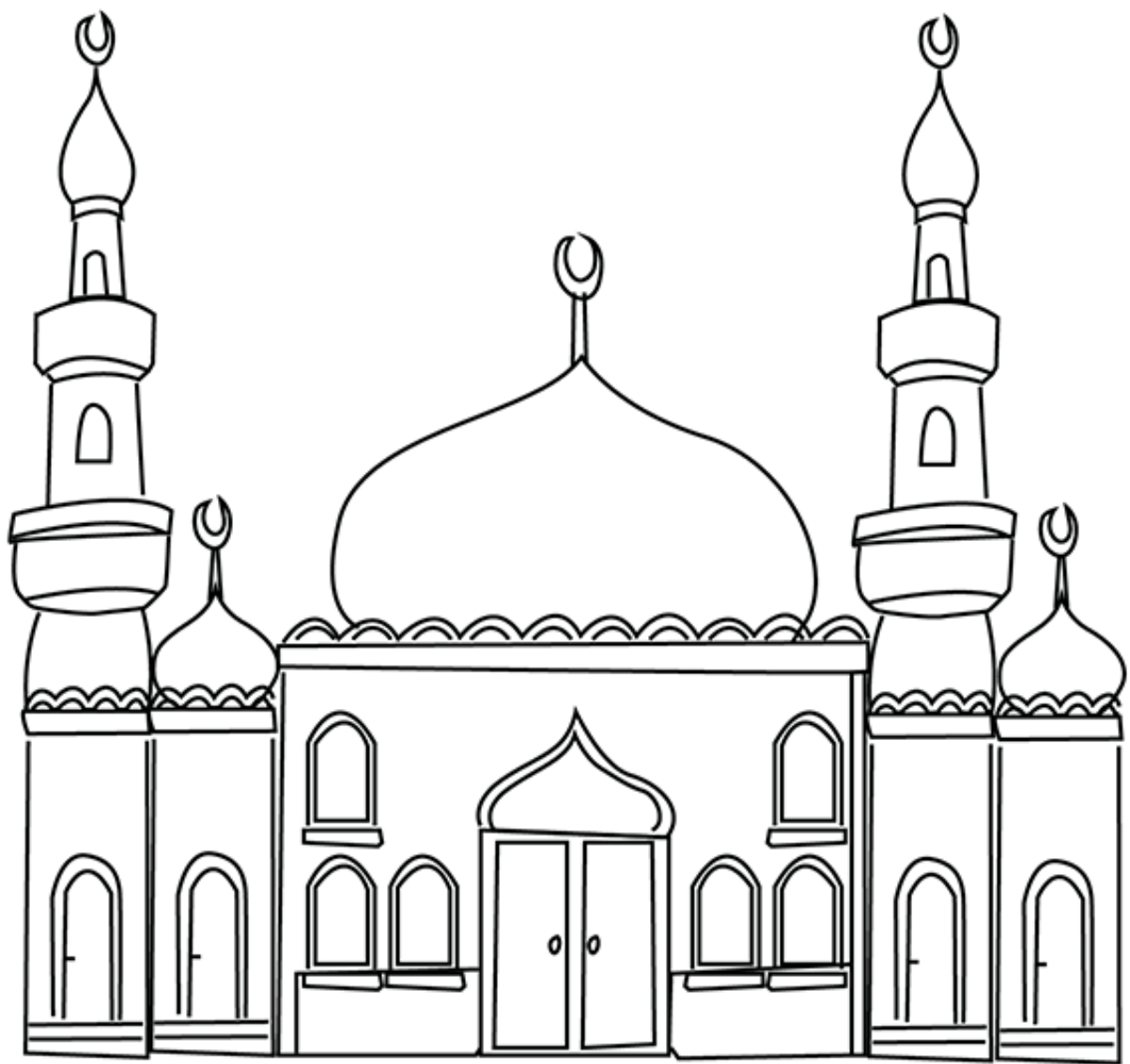


# Ramadan Activity Book

Year: \_\_\_\_\_



# Intentions

1. What is an intention or *niyyah*?

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The Prophet صلى الله عليه وسلم said:

إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ وَ إِنَّمَا لِأَمْرِي مَا نَوَى

Meaning: \_\_\_\_\_

\_\_\_\_\_

2. What are your intentions for Ramadan?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Goals

1. There are **short-term** and **long-term** goals. What do you think is the difference between them?

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2. What are your goals for this Ramadan?

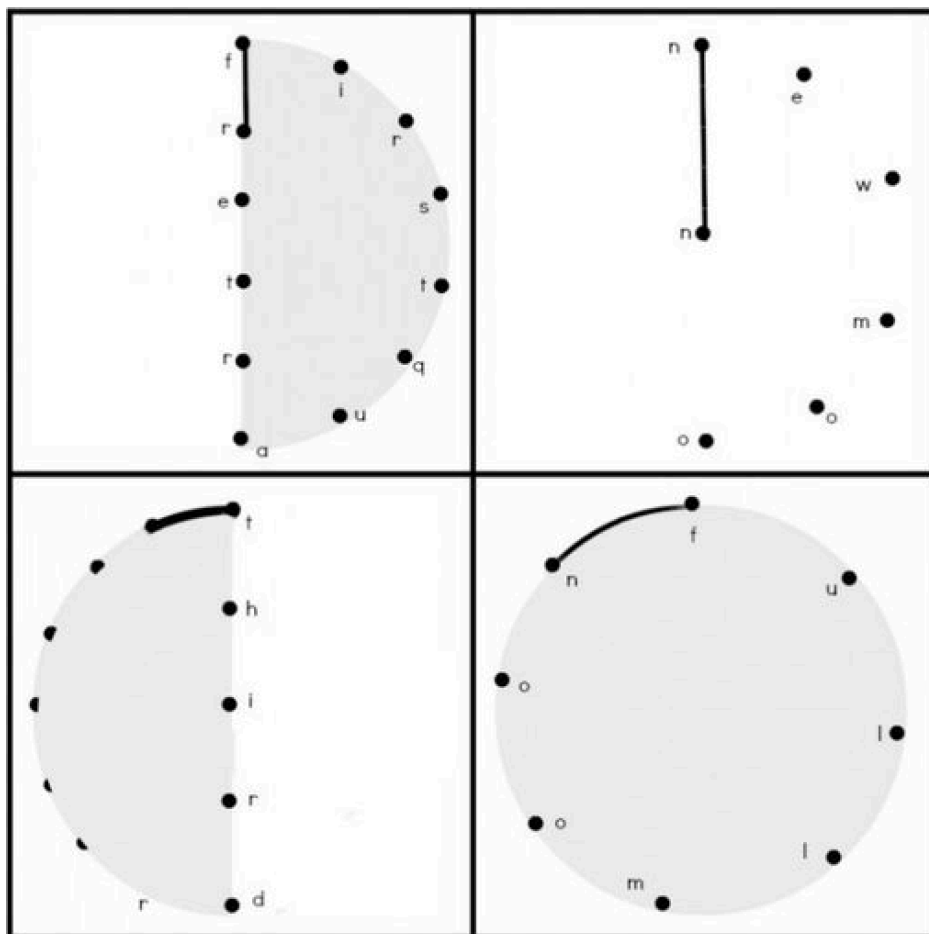
Short-term	Long-term
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

# Moon sighting

1. When does the month of Ramadan begin?

---

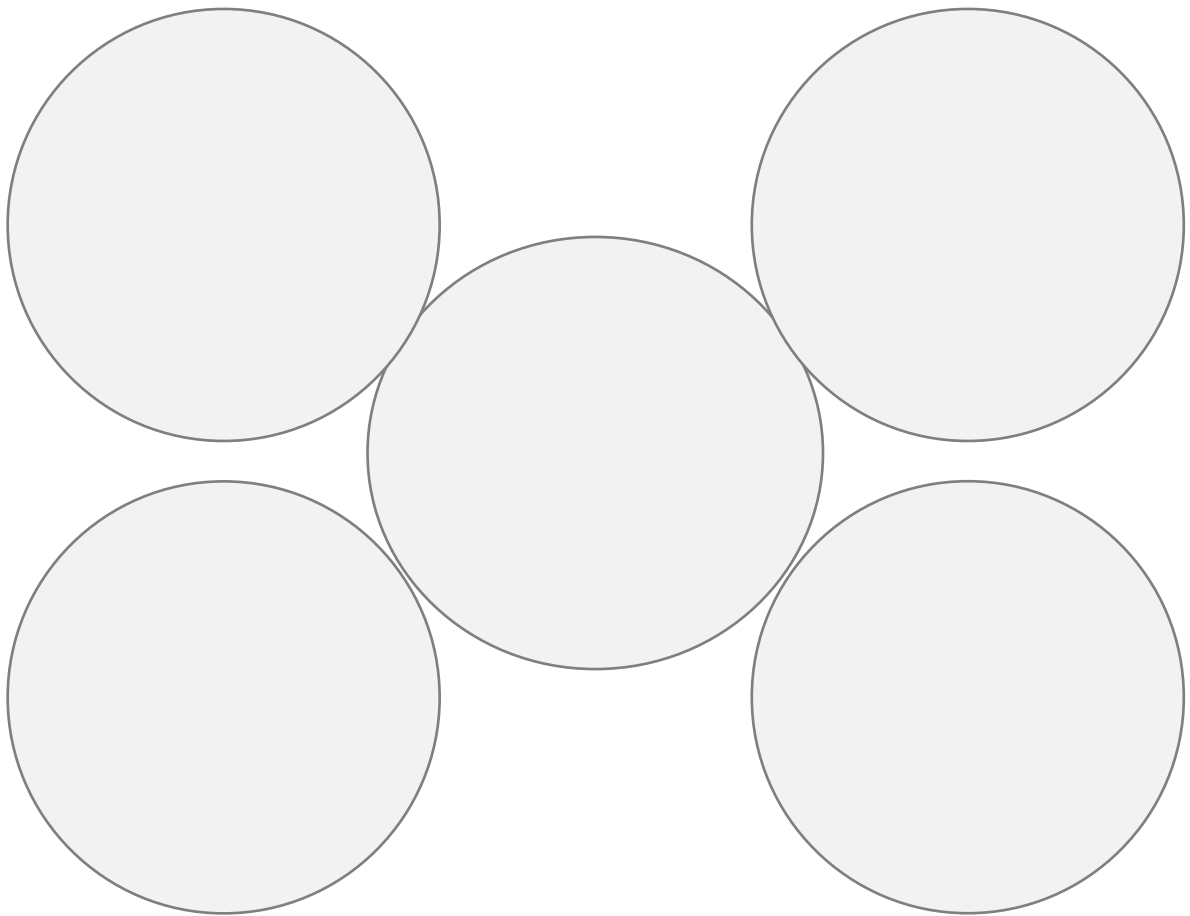
2. Connect the letters to spell out the phase pictured.



# The Month of Ramadan

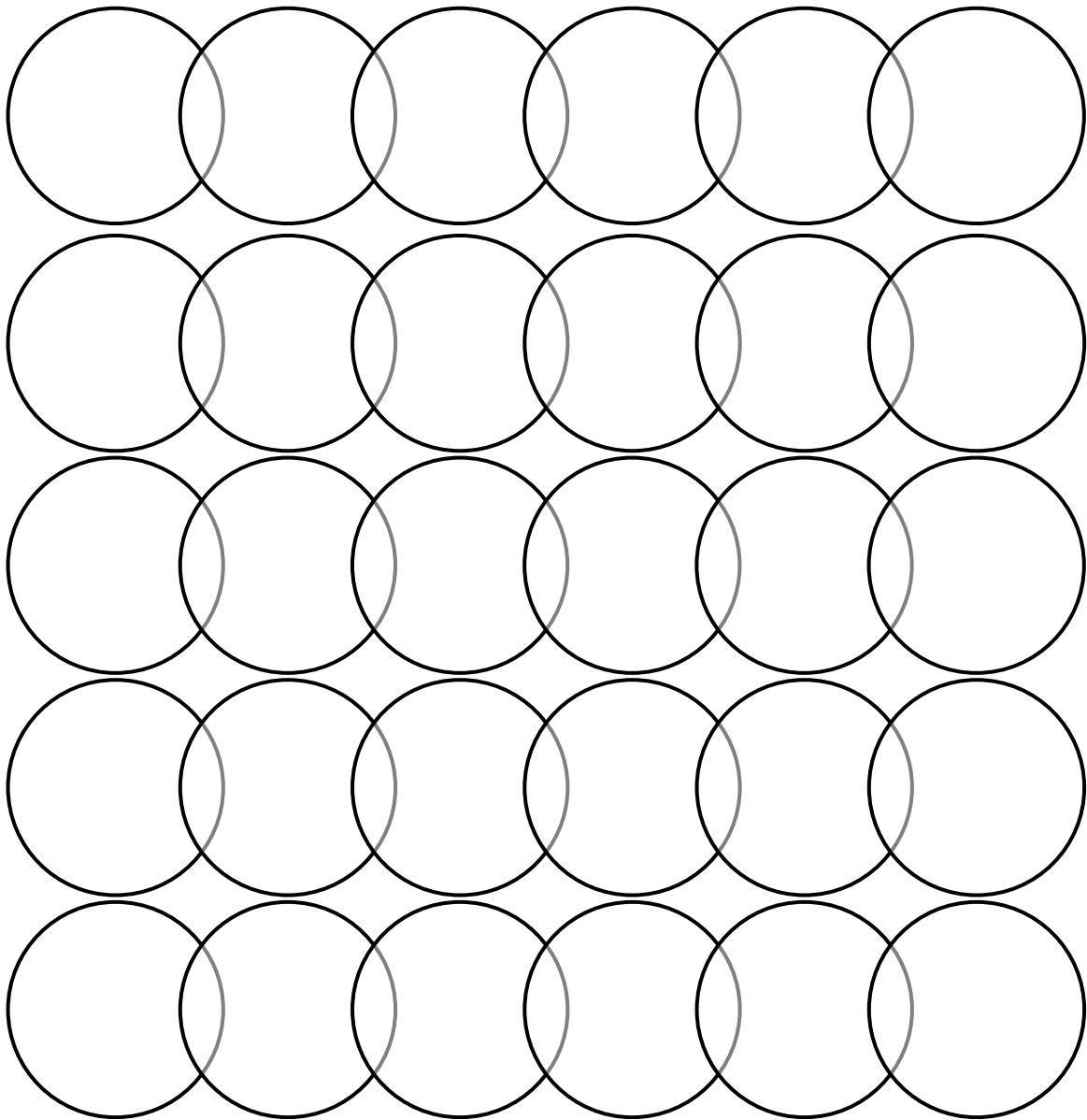
1. What do we do in the month of Ramadan?
- 

2. What other deeds do we perform in this month? Draw them here.



# Fasting Tracker

Track how many days you fast this Ramadan by coloring the circles below:



# Fasting

1. When does the fast begin and end?

---

2. Let's memorize the duas for fasting:

## DUA FOR FASTING

اللَّهُمَّ أَصُومُ لَكَ فَاعْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ ۝

*Allahumma asumu laka fagh fir-li ma qad-damtu wa-ma akh-khartu*  
O Allah! I shall fast for Your sake, so forgive my future and past sins.

ALTERNATIVELY READ THIS DUA

بِصَوْمِ غَدٍ نَوَيْتُ مِنْ شَهْرِ رَمَضَانَ ۝

*Bi-sawmi ghadin nawaiytu min shahri ramadhan*  
I intend to keep the fast for tomorrow in the month of Ramadhan.

## DUA WHEN BREAKING FAST

اللَّهُمَّ لَكَ صُيِّمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ ۝

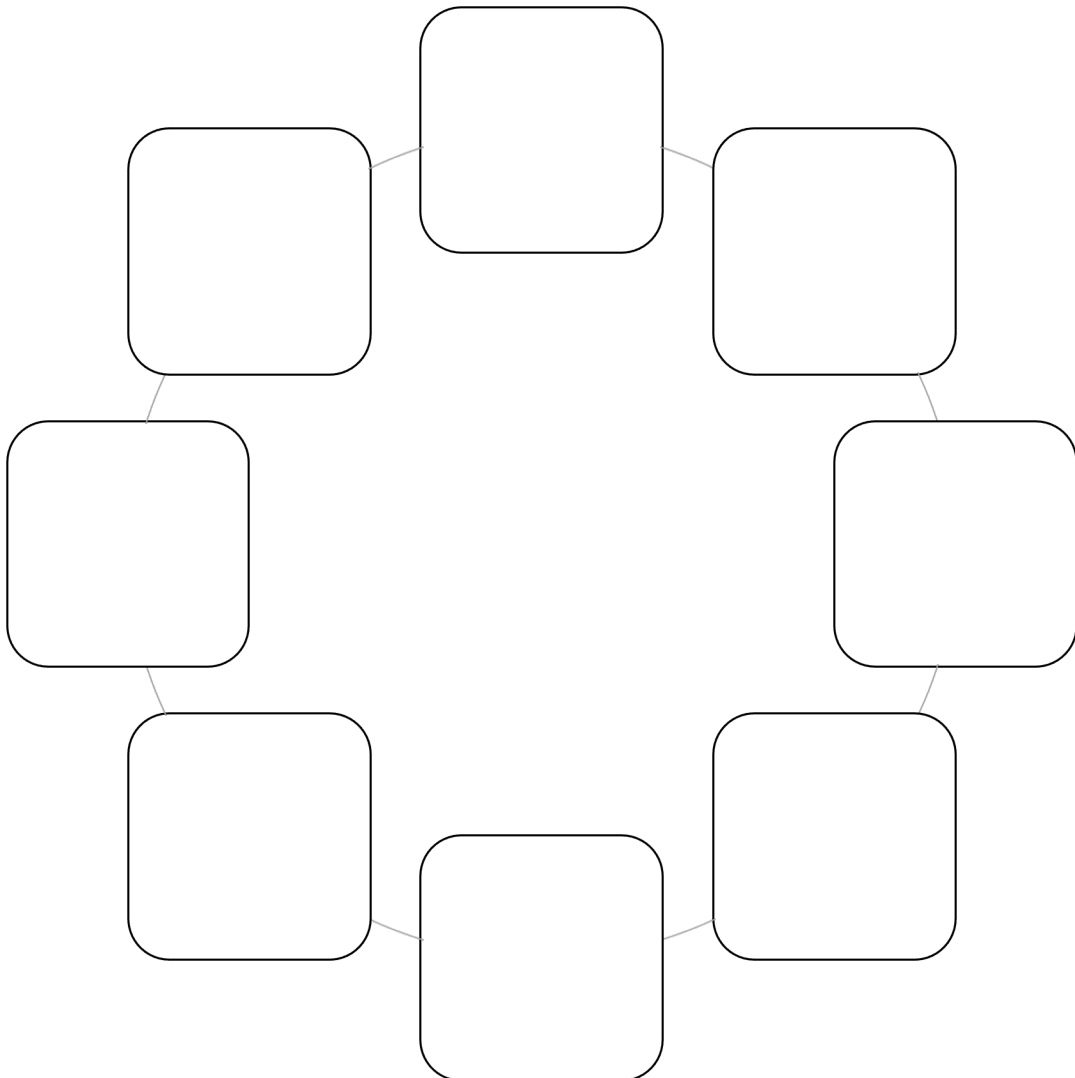
*Allahumma laka sumtu wa bika aamantu wa 'ala rizq-ika aftartu*  
O Allah ! I have fasted for You. In You do I believe, and with Your provision (food) do I break my fast. [Kitab-ud-Dua, Tabarani , Vol.2 Page 1229 ]

# Sunnahs of Eating

1. What does *suhoor* and *iftaar* mean?

---

2. What are the sunnahs of eating?





# The Month of Quran

1. Why is Ramadan also known as the “Month of the Quran”?

---

2. How much Quran do you plan to read this Ramadan? How much on a daily basis?

---

3. Use the chart below to mark your progress every day.

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

# Nightly Prayer

1. What is *taraweeh* prayer? When do you pray it? Where do you pray it?
- 

For each day that you offer *taraweeh* prayer, color/check each square, starting from the top left.


# Laylatul Qadr

1. What is the “Night of Power”?

---

2. Let’s study Surah Qadr to learn more...

1- إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ -1

---

2- وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ -2

---

3- لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ -3

---

4- تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ -4

---

5- سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ -5

---

# Charity

1. What is charity called in Arabic?

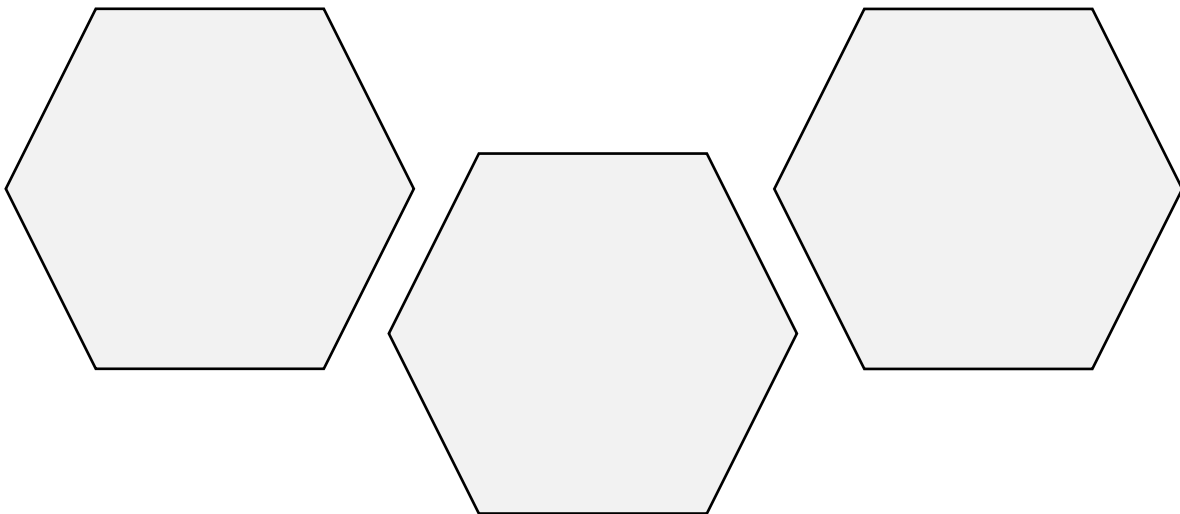
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2. How much charity do you plan to give in Ramadan?

---

3. Think of 3 creative ways to fundraise for the poor and needy.



# Good Deeds

1. How much are good deeds worth in the holy month of Ramadan?

---

---

2. What good deeds can we do during this month? What bad deeds must we avoid?

Good deeds	Bad deeds

# Gates of Heaven

During this blessed month, the gates of heaven are opened, the gates of hell are closed and the rebellious devils are chained up.

1. What is repentance?

---

2. What do we repent from?

---

Let's learn the following dua to seek Allah's repentance:

اللَّهُمَّ إِنَّكَ عَفُوٌّ يُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

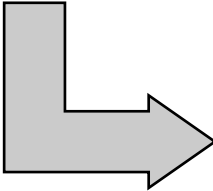
*“O Allah! Verily You are most forgiving. You love to forgive, therefore forgive me”* (Tirmizi)

# Personal Reflection

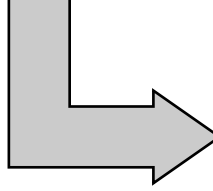
We must use this blessed month to change our bad habits into good ones.

Think about one habit that you would like to change. Write down three steps that you can take to change it.

1.



2.



3.

The diagram consists of three rounded rectangular boxes arranged in a descending staircase pattern from top-left to bottom-right. Each box contains a number followed by a period (1., 2., 3.). Between the first and second boxes, and between the second and third boxes, there is a grey L-shaped arrow. The arrow starts with a vertical line pointing downwards, then turns 90 degrees to the right to form a horizontal arrow pointing towards the next box.

# Eid ul-Fitr

1. When is Eid ul-Fitr celebrated?

---

2. What are the Sunnahs of Eid? Use the images below to figure out.





# Dua List

The blessed month of Ramadan is a great opportunity for us to make sincere duas. Make a list of duas that you will be making this Ramadan:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



# Worship Together

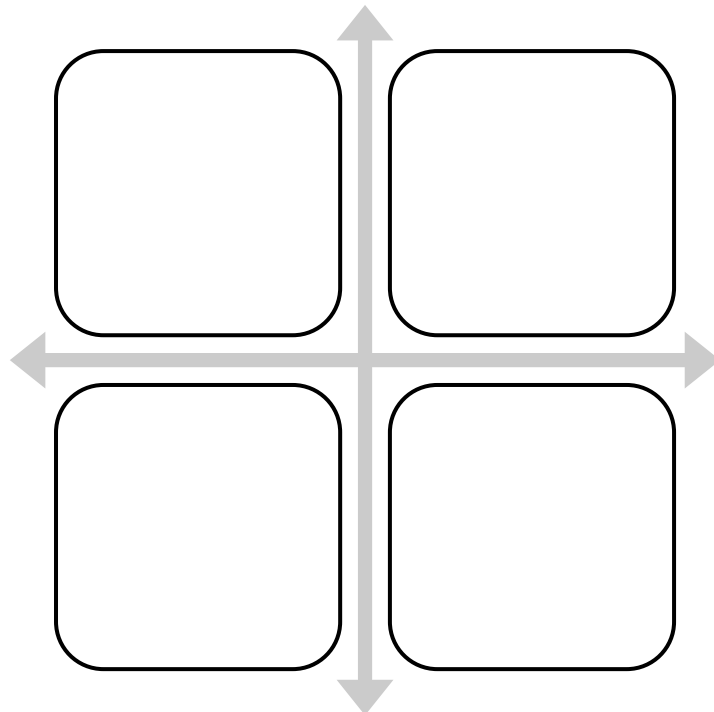
1. What makes us lazy in worship?

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2. List 3 ways that we can overcome this laziness:

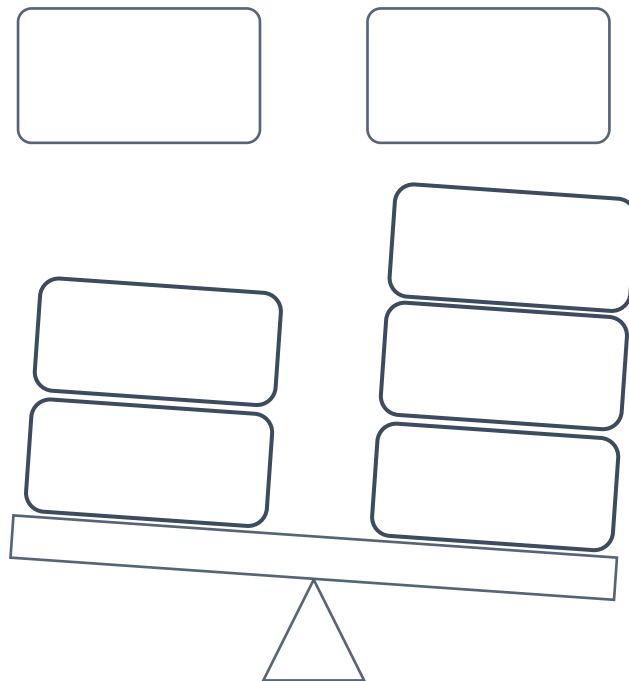
---

3. Sometimes, it is easy to do good deeds with our family and friends. How can you worship together?



# After Ramadan

1. What are the different things that you need to balance of in your life.



2. How can we continue to worship after Ramadan?

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