RAMADAN ORGANIZER

2011 Talibiddeen Jr.

ORGANIZER CONTENTS

ORGANIZER CONTENTS

THE HIJRI CALENDAR

Islamic Months
Days of the Week
Seasons
Significant Days
Moon Phase Reference Chart
Duaa Upon Sighting the Crescent Moon
Approximate Dates of Islamic Observances

CALENDARS

Shabaan -Starts on Sunday
Shabaan- Starts on Monday
Shabaan - Starts on Tuesday
Shabaan - Starts on Wednesday
Shabaan - Starts on Thursday
Shabaan - Starts on Friday
Shabaan - Starts on Saturday
Ramadan - Starts on Sunday
Ramadan - Starts on Monday
Ramadan - Starts on Tuesday
Ramadan - Starts on Wednesday
Ramadan - Starts on Thursday
Ramadan - Starts on Friday
Ramadan - Starts on a Saturday
Shawwaal - Starts on Sunday
Shawwaal - Starts on Monday
Shawwaal - Starts on Tuesday
Shawwaal - Starts on Wednesday
Shawwaal - Starts on Thursday
Shawwaal - Starts on Friday
Shawwaal - Starts on a Saturday

REFERENCE MATERIAL

RAMADAN READING LIST
JUZ DIVISIONS
EDUCATING CHILDREN IN RAMADAN
RAMADAN BULLETIN BOARD IDEAS
PROOF FOR FASTING RAMADAN
OBLIGATION OF FASTING
EXCELLENCE OF FASTING
ELEMENTS OF FASTING
RECOMENDATIONS OF FASTING

Suhoor
Break the Fast Hastily
Breaking the fast with dates and water
Supplicating at time of breaking fast
Safeguarding the fast and Refraining from Excessive Food and Drink
Things That Break The Fast
Permissible Acts in Ramadan
Those Permitted to break the fast
Desirable Acts in Ramadan
Ramadan Morning Meeting
Diet During Ramadan
Good Deeds Ideas
Duaa for Host
What is/When is Laylatul Qadr?
Signs of Laylatul Qadr
Laylatul Qadr Duaa
Zakatul Fitr
Preparing for Eid Prayer
Eid Prayer
Eid Greeting

FORMS

Ramadan Goals
Ramadan Fasting Tracker
Daily Ramadan Schedule
Daily Quraan Reading
Education Goals - Adult
Educational Goals for Children
Ramadan /Eid master task list
Ramadan /Eid master shopping list
Personal Ramadan Reading List
Ramadan Meals Master Lists
Ramadan Meal Plan
Ramadan Recipes Index
Ramadan/Eid Recipes
Preparing for Eid Day - clothes
Craft/Activity Ideas for Kids
Ramadan Journal
Ramadan morning meeting routine

THE HIJRI CALENDAR

- The Islamic/Hijri calendar is lunar (moon) based.
- It starts from the year of the hijrah of the Prophet (sallAllahu alayhi wa sallam) from Makkah to Madinah.
- The duration of any Islamic month is 29 or 30 days depending upon the cycle of the moon.
- A new month starts when the hilaal (waxing crescent) moon is sighted.

ISLAMIC MONTHS

There are twelve months in the Islamic calendar:

1.	Muharram	مُحَرّم
2.	Safar	صَفر
3.	Rabee' al Awwal	رَبِيع الاوّل
4.	Rabee' ath Thaani	رَبِيع الثاني
5.	Jumadaa al Awwal	جُمادى الاوّل
6.	Jumadaa ath Thaani	جُمادى الثاني
7.	Rajab	رَجَب
8.	Sha'baan	شَعبان
9.	Ramadan	رَمَضان
10.	Shawwaal	شَوّال
11.	Dhul Qa'dah	ذُو القعدة
12.	Dhul Hijjah	ذُو الحِجّة

2011 Talibiddeen Jr.

DAYS OF THE WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الاحد	الاثنين	الثلاثاء	العرباء	الخميس	الجمعة	السبت
Al Ahad	Al Ithneyn	Ath Thulaatha	Al Arbia	Al Khamees	Al Jumah	As Sabt

SEASONS

Summer	Fall	Winter	Spring
الصيف	الخريف	الشتاء	الربيع
Al Sayf	Al Khareef	Ash shitaa'	Ar-Rabee

SIGNIFICANT DAYS

Muharram 10	Day Musa (alayhi sallam) and Bani Israil escaped Firaun; from the sunnah to fast this day
13th, 14th, 15th of each month	White Days (moon is full); from the sunnah to fast these days each month
Shawwaal 1	Eidul Fitr
Dhul Hijjah 9	Yawmul Arafah (day the Hajjis stop at Mt. Arafah and make duaas; from sunnah to fast this day if you are not making Hajj
Dhul Hijjah 10	Eidul Adhaa (commemorates the test by Allah of Ibrahim and Ismail (alayhumaa sallam) whereby Ibrahim was ordered to slaughter Ismail as a test of faith for both of them; Allah replaces Ismail with a ram which was slaughtered; this is the Eid where animals are slaughtered (dhabihaa)

2011 Talibiddeen Jr.

Moon Phase Reference Chart

Phase Name	As seen in the Northern Hemisphere	As seen in the Southern Hemisphere	Approximate Date(s) of the Lunar Month
1. New Moon			end of month
2. Waxing Crescent			1st – start of a new Islamic month
3. First Quarter			7th
4. Waxing Gibbous			
5. Full Moon			13th, 14th, 15th (the white days)
6. Waning Gibbous			
7. Last Quarter			21st
8. Waning Crescent			

2011 Talibiddeen Jr.

DUAA UPON SIGHTING THE CRESCENT MOON

اللهُ أَكْبَرُ، اللَّهُمَّ أَهِلَّهُ عَلَيْنَا بِالأَمْنِ،
وَ الإِيمَانِ وَ السَّلامَةِ وَ الإِسْلامِ،
وَ التَّوْفِيقِ لِمَا تُحِبُّ رَبَّنَا وَ تَرْضَى،
رَبُّنَا وَ رَبُّكَ اللهُ

'Allaah is the greatest. O Allaah, let the crescent loom above us in safety, faith, peace, and Islaam, and in agreement with all that You love and pleases You, O our Lord. Our Lord and your Lord is Allaah.'

بِالأَمْنِ،	عَلَيْنَا	أَهِلَّهُ	اللَّهُمَّ	أَكْبَرُ،	اللهُ
bil-am-ni	ah-lay-naa	a-hil-la-hu	All-la-hoom-maa	ak-bar	Allahu
with safety	over us	let the crescent moon loom	Oh Allah!	the greatest	Allah (is)

وَ الإِسْلامِ،	وَ السَّلامَةِ	وَ الإِيمَانِ
wal is-laa-m(ee)	was-sa-laa-ma-tee	wal ee-maa-nee
Islam	peace	faith

تَرْضَى،	وَ	رَبَّنَا	تُحِبُّ	لِمَا	وَ التَّوْفِيقِ
tar-Daa	wa	rab-ba-naa	too-hib-boo	li-maa	wat-tow-fee-qee
(what) pleases You	and	our Lord	You love	with what	in agreement

رَبُّكَ اللهُ	وَ	رَبُّنَا
rab-boo-kal-law	wa	rab-boo-naa
Your Lord is Allah	and	our Lord

2011 Talibiddeen Jr.

APPROXIMATE DATES OF ISLAMIC OBSERVANCES

Find out the approximate dates of the following observances and record below for reference

Gregorian Year	Yawmul Asharah (Muharram 10)	Ramadan 1	Eidult Fitr (Shawwaal 1)	Yawmul Arafah (Dhul Hijjah 9)	Eidul Adhaa (Dhul Hijjah 10)
2011					
2012					
2013					
2014					
2015					
2016					
2017					
2018					
2019					
2020					
2021					
2022					
2023					
2024					
2025					
2026					
2027					
2028					
2029					
2030					
2031					
2032					

2011 Talibiddeen Jr.

CALENDARS

Sha'baan, Ramadan, and Shawwaal Calendars

Each month seven different calendar formats: (each one starting on one of the seven days of the week so you can select the appropriate calendar each year)

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)				

2011 Talibiddeen Jr.

SHABAAN- STARTS ON MONDAY

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)				

2011 Talibiddeen Jr.

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)		

2011 Talibiddeen Jr.

SHABAAN - STARTS ON WEDNESDAY

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2011 Talibiddeen Jr.

SHABAAN - STARTS ON THURSDAY

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2011 Talibiddeen Jr.

SHABAAN - STARTS ON FRIDAY

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

2011 Talibiddeen Jr.

SHA'BAAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Usamah ibn Zayd (may Allah be pleased with him) said," I asked the messenger of Allah a question. I asked why do you fast in Sha'ban more than any other month? He (peace and blessings be upon him) replied saying; People are negligent between Rajab and Ramadan. During Shabaan the deeds are presented to the Lord of all the worlds. Therefore I desire to be fasting when my deeds are lifted." (Ahmad)					

2011 Talibiddeen Jr.

RAMADAN - STARTS ON SUNDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2011 Talibiddeen Jr.

RAMADAN - STARTS ON MONDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

2011 Talibiddeen Jr.

RAMADAN - STARTS ON TUESDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

2011 Talibiddeen Jr.

RAMADAN - STARTS ON WEDNESDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2011 Talibiddeen Jr.

RAMADAN - STARTS ON THURSDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2011 Talibiddeen Jr.

RAMADAN - STARTS ON FRIDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

2011 Talibiddeen Jr.

RAMADAN - STARTS ON A SATURDAY

RAMADAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

2011 Talibiddeen Jr.

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
1 Eid ul Fitr	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	The Prophet (SAW) is reported to have said, “Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year.” (Reported by Muslim)				

2011 Talibiddeen Jr.

SHAWWAAL - STARTS ON MONDAY

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
	1 Eid ul Fitr	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	The Prophet (SAW) is reported to have said, “Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year.” (Reported by Muslim)			

2011 Talibiddeen Jr.

SHAWWAAL - STARTS ON TUESDAY

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
		1 Eid ul Fitr	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	The Prophet (SAW) is reported to have said, “Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year.” (Reported by Muslim)		

2011 Talibiddeen Jr.

SHAWWAAL - STARTS ON WEDNESDAY

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
The Prophet (SAW) is reported to have said, "Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year." (Reported by Muslim)			1 Eid ul Fitr	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2011 Talibiddeen Jr.

SHAWWAAL - STARTS ON THURSDAY

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
The Prophet (SAW) is reported to have said, "Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year." (Reported by Muslim)				1 Eid ul Fitr	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2011 Talibiddeen Jr.

SHAWWAAL - STARTS ON FRIDAY

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
The Prophet (SAW) is reported to have said, "Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year." (Reported by Muslim)					1 Eid ul Fitr	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2011 Talibiddeen Jr.

SHAWWAAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
الأحد	الاثنين	الثلاثاء	الاربعاء	الخميس	الجمعة	السبت
Al-Ahad	Al Ith-neyn	At Thu-laa-tha	Al Ar-bi-ah	Al Kha-mees	Al Jum-ah	As-Sabt
						1 Eid ul Fitr
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	The Prophet (SAW) is reported to have said, “Whoever fasts the month of Ramadan, and then follows it up by (fasting) six days of Shawwal, it is as though he has fasted the whole year.” (Reported by Muslim)					

2011 Talibiddeen Jr.

REFERENCE MATERIAL

RAMADAN READING LIST

(The linked selections in this list are included in this download for convenience.
Simply click on the link to access; no internet needed to view).

EID

- Praying Eid in the musalaa is the sunnah
- The Ruling Concerning the Two Eids from the Purified Sunnah

FASTING

- Fasting: Ordinances, Wisdoms & Merits, Dr. Saleh as Saleh
- The Nature Of Fasting, By: Shaykh Al-Islam Taqiuddin Ahmad `Abdul-Halim Ibn Taymiyyah
- Rulings for Fasting that are Specific for Women

FASTING AND HEALTH

- Health Concerns for Believers

ITIKAAF

- Concerning Itikaaf

RAMADAN, GENERAL

- Fasting in Ramadan: Obligatory Rules and Benefits as Defined by the Noble Qur'an, the Authentic Sunnah of the Prophet, the Understanding of the Companions, and the Four Imams, Dr. Abdul Karim Awad
- Practical Lessons from the Month of Fasting, Ash_Shaykh Abdul_Muhsin ibn Hamad al_Abbaad
- Rulings and Virtues of Fasting in Ramadhaan, By Shaykh 'Abdul-'Azeez ibn Baaz
- Fruits of Ramadan
- Important Lessons to be Learnt from Ramadan
- Objectives of Fasting (touches upon many aspects of Ramadan in general)
- Educating Children in Ramadan

END OF RAMADAN/AFTER RAMADAN

- An Explanation of Things Legislated at the End of Ramadan, Shaykh Fawzaan
- Conditioning oneself to fast and other good deeds after Ramadan
- Remaining Steadfast After Ramadan
- What after Ramadan?

LAST TEN DAYS OF RAMADAN

- Exerting Oneself During the Last Ten Days of Ramadaan

LAYLATUL QADR

- When is Laylatul Qadr?

QURAAN

- Reading the Quraan in Ramadan

TAHAJJUD/NIGHT PRAYER

- Superiority of the Night (Tahajjud) Prayer and It's Effect in Increasing Emaan, Shaykh Hussain al-Awaa'isah
- The Night Prayer in Ramadan, Shaykh Muhammad Naasiruddeen Al Albanee
- 7 Practical Tips for praying Qiyaam al-Layl, Shaykh Albanee

TARAWEEHKAAH IN TARAWEEH

- Concerning Taraweeh, Fatawaa by Shaykh 'Abdul-'Azeez ibn Baaz
- Concerning the Number of *Rak'ahs* in *Taraaweeh*

2011 Talibiddeen Jr.

JUZ DIVISIONS

Juz #	Beginning	Ending
Juz' 1	Al Fatiha 1	Al Baqarah 141
Juz' 2	Al Baqarah 142	Al Baqarah 252
Juz' 3	Al Baqarah 253	Al Imran 92
Juz' 4	Al Imran 93	An Nisaa 23
Juz' 5	An Nisaa 24	An Nisaa 147
Juz' 6	An Nisaa 148	Al Ma'idah 81
Juz' 7	Al Ma'idah 82	Al An'am 110
Juz' 8	Al An'am 111	Al A'raf 87
Juz' 9	Al A'raf 88	Al Anfal 40
Juz' 10	Al Anfal 41	At Tauba 92
Juz' 11	At Tauba 93	Hud 5
Juz' 12	Hud 6	Yusuf 52
Juz' 13	Yusuf 53	Ibrahim 52
Juz' 14	Al Hijr 1	An Nahl 128
Juz' 15	Al Isra (or Bani Isra'il) 1	Al Kahf 74
Juz' 16	Al Kahf 75	Ta Ha 135
Juz' 17	Al Anbiyaa 1	Al Hajj 78
Juz' 18	Al Muminum 1	Al Furqan 20
Juz' 19	Al Furqan 21	An Naml 55
Juz' 20	An Naml 56	Al Ankabut 45
Juz' 21	Al Ankabut 46	Al Azhab 30
Juz' 22	Al Azhab 31	Ya Sin 27
Juz' 23	Ya Sin 28	Az Zumar 31
Juz' 24	Az Zumar 32	Fussilat 46
Juz' 25	*Fussilat 47*	*Al Jathiya 37*
Juz' 26	Al Ahqaf 1	Az Zariyat 30
Juz' 27	Az Zariyat 31	Al Hadid 29
Juz' 28	Al Mujadila 1	At Tahrim 12
Juz' 29	Al Mulk 1	Al Mursalat 50
Juz' 30	An Nabaa 1	An Nas 6

2011 Talibiddeen Jr.

EDUCATING CHILDREN IN RAMADAN

from "Fasting in Ramadan"

Children (who have not reached puberty) are not commanded to fast. However, they are strongly encouraged to fast even a few days so that they get used to it and they grow up knowing the worship of fasting. In fact this was the practise of the first women oflslam who were living around the Prophet, (Peace and Blessing of Allah be upon him). An example of that is Ar-Rubayya' bint Mu' awiyyah who reported that: "The Messenger of Allah, (Peace and Blessing <if Allah be upon him), sent a man on the morning of the day of'Ashurah, to the residences of the Ansar, saying:

"Whoever has spent the morning fasting is to complete his fast.

Whoever has not spent this morning fasting should voluntary fast for the remainder of the day.' We fasted after that announcement, as did our young children. f.# would go to the mosque and make toys stuffed with cotton for them to play with. lf one if them started crying due to hunger, we would give them a toy to play with until it was time to eat." (Bukhari andMuslim.)

There are many ways to educate your children about Ramadan, the best and most important of which is to set the good example by fasting properly and behaving according to the Prophetic teachings. This is what your children will take from you first. When you are fulfilling this you can very easily [and they will accept it and practise it easily as well] teach them what you want. Here are few guidelines that you can use with your children [you can think of others as well]:

1. Depending on their age encourage them to fast a number of days up to every other day or more for those who are almost at the age of puberty. For those who are still young let them fast a day or two.

2. Take your children to the Masjid for Maghrib prayer and break the fast with the larger Muslim community to make them feel the greatness of fasting and the unity of Muslims in worshipping Allah.

3. If your children cannot fast let them eat with you at the time of Maghrib and teach them that you are breaking the fast even if they ate before.

4. Teach your children the supplication of breaking the fast.

5. Take your children to the Taraweeh prayer so that they get used it and know about it from an early age.

6. Teach them to recite the Qur'an regularly and inform them that the Prophet (Peace and Blessing of Allah be upon him) used to do that in Ramadan.

7. Correct them if they misbehave or say unacceptable words and remind them that they are fasting and this may alter their reward.

8. Wake them up for Suhoor [even if they don't fast] and Fajr prayer.

9. Teach them to feed people who are fasting and tell them about the reward for that.

10. Dress them in the best clothes, give them a bath and take them with you to the Eid Prayer. Teach them that this is our celebration.

And remember that the Prophet (Peace and Blessing if Allah be upon him) said:

"One who is given the responsibility of bringing up Daughters and treats them well will be shielded from Hell. (Bukhari and Muslim)

RAMADAN BULLETIN BOARD IDEAS

Ramadan bulletin boards are great for:

- Helping to get into the Ramadan spirit
- Helping to track fasting, behavior, and ibaadah during Ramadan
- Displaying useful reference material for Ramadan
- Displaying Ramadan artwork
- and more……

Ideas for Ramadan Bulletin Board elements:

- Ramadan monthly calendar
- Fasting Wheel (steps of fasting)
- Fasting Tracker
- Duaa for Breaking Fast Poster
- Suratul Qadr Poster
- Ayaat commanding to fast
- Ramadan quotes (ahadith and ayaat)
- Things that Nullify Fast Poster
- Laylatul Qadr Poster (signs of)
- Qiyaamul Layl Tracker
- Ramadan Menu
- Ramadan daily schedule
- Kids' Ramadan Artwork

You can download many of the elements listed above for your board from:
http://islamicbulletinboards.wordpress.com

2011 Talibiddeen Jr.

PROOF FOR FASTING RAMADAN

يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُواْ كُتِبَ عَلَيۡكُمُ ٱلصِّيَامُ كَمَا كُتِبَ عَلَى ٱلَّذِينَ مِن قَبۡلِكُمۡ لَعَلَّكُمۡ
تَتَّقُونَ ١٨٣ أَيَّامٗا مَّعۡدُودَٰتٖۚ فَمَن كَانَ مِنكُم مَّرِيضًا أَوۡ عَلَىٰ سَفَرٖ فَعِدَّةٞ مِّنۡ أَيَّامٍ أُخَرَۚ
وَعَلَى ٱلَّذِينَ يُطِيقُونَهُۥ فِدۡيَةٞ طَعَامُ مِسۡكِينٖۖ فَمَن تَطَوَّعَ خَيۡرٗا فَهُوَ خَيۡرٞ لَّهُۥۚ وَأَن تَصُومُواْ
خَيۡرٞ لَّكُمۡۖ إِن كُنتُمۡ تَعۡلَمُونَ ١٨٤ شَهۡرُ رَمَضَانَ ٱلَّذِيٓ أُنزِلَ فِيهِ ٱلۡقُرۡءَانُ هُدٗى لِّلنَّاسِ
وَبَيِّنَٰتٖ مِّنَ ٱلۡهُدَىٰ وَٱلۡفُرۡقَانِۚ فَمَن شَهِدَ مِنكُمُ ٱلشَّهۡرَ فَلۡيَصُمۡهُۖ وَمَن كَانَ مَرِيضًا أَوۡ عَلَىٰ
سَفَرٖ فَعِدَّةٞ مِّنۡ أَيَّامٍ أُخَرَۗ يُرِيدُ ٱللَّهُ بِكُمُ ٱلۡيُسۡرَ وَلَا يُرِيدُ بِكُمُ ٱلۡعُسۡرَ وَلِتُكۡمِلُواْ ٱلۡعِدَّةَ
وَلِتُكَبِّرُواْ ٱللَّهَ عَلَىٰ مَا هَدَىٰكُمۡ وَلَعَلَّكُمۡ تَشۡكُرُونَ ١٨٥

183. O You who believe! Observing As-Saum (the fasting) is prescribed for You as it was prescribed for those before you, that You may become Al-Muttaqûn (the pious - see V.2:2).

184. [Observing Saum (fasts)] for a fixed number of days, but if any of You is ill or on a journey, the same number (should be made up) from other days. and as for those who can fast with difficulty, (e.g. an old man, etc.), they have (a choice either to fast or) to feed a Miskîn (poor person) (for Every day). but whoever does good of his own accord, it is better for Him. and that You fast, it is better for You if Only You know.

185. the month of Ramadân In which was revealed the Qur'ân, a guidance for mankind and clear proofs for the guidance and the criterion (between Right and wrong). so whoever of You sights (the crescent on the first night of) the month (of Ramadân i.e. is present at his home), He must observe Saum (fasts) that month, and whoever is ill or on a journey, the same number [of days which one did not observe Saum (fasts) must be made up] from other days. Allâh intends for You ease, and He does not want to make things difficult for you. (He wants that you) must complete the same number (of days), and that You must magnify Allâh [i.e. to Say Takbîr (Allâhu-Akbar; Allâh is the Most Great) on Seeing the crescent of the months of Ramadân and Shawwâl] for having guided You so that You may be grateful to Him.

The Prophet (sallAllahu alayhi wa sallam) said: "Islam is founded upon five (pillars): The testimony that there is no true god worthy of worshiped except Allah and that Muhammad is the Messenger of Allaah, the establishment of salah (prayers), the payment of Zakat (obligated charity), the fast of Ramadhan, and the Pilgrimage to the House of Allaah." [Bukhari and Muslim]

"If you see it (the crescent of the new moon of Ramadhan) then fast." [Bukhari and Muslim].

2011 Talibiddeen Jr.

OBLIGATION OF FASTING

Upon whom is fasting obligatory?

Fasting is obligatory upon every person who has fulfilled all these prerequisites[1]:

- **Is a Muslim**

- **Has reached puberty or adulthood (Baligh)**

  Signs of Puberty/Adulthood in Islam: (if any one occurs)

  - discharge of semen has begun
  - thick hair in pubic area
  - reaching age of fifteen
  - onset of menstruation in females

- **Is Sane and Capable of Discretion**
  - Must be mentally fit and has a sense of discretion

- **Is Physically Fit (Qadir)**
  - Be fairly certain that fasting is unlikely to cause him/her mental or physical harm beyond normal reactions to hunger, thirst, etc.

- **Is a Resident, not in a state of traveling (Muqim)**

[111] Fasting in Ramadan: Obligatory Rules and Benefits as Defined by the Noble Quraan, the Authentic Sunnah of the Prophet, the Understanding of the Companions and the Four Imams, Dr. Abdul Karim Awad

EXCELLENCE OF FASTING

Among the benefits of fasting:

1. Fasting is a means to develop taqwa
2. Fasting is a means of seeking nearness to Allah the Almighty
3. Fasting is a means of attaining Allah's Forgiveness
4. Follows the practice of the Prophets
5. Reward from Allah
6. Fasting is a protection against sexual desires
7. Fasting is a means of the acceptance of supplications
8. Fasting causes a person to enter Paradise
9. Fasting is a means of intercession on the Da y of Judgment
10. Fasting is a means of expiation

Source: "Fasting in Ramadan"

ELEMENTS OF FASTING

1. Intention
    a. Doesn't need to be uttered but is rather in the heart according to the consensus of scholars "He who does not resolve to fast before it is dawn (of Ramadan), then there is no fast for him (Ahmed via Fasting in Ramadan")

2. Refraining from eating, drinking, and anything that nullifies the fast from dawn to sunset (including sexual relations)

وَكُلُواْ وَٱشۡرَبُواْ حَتَّىٰ يَتَبَيَّنَ لَكُمُ ٱلۡخَيۡطُ ٱلۡأَبۡيَضُ مِنَ ٱلۡخَيۡطِ ٱلۡأَسۡوَدِ مِنَ ٱلۡفَجۡرِۖ ثُمَّ أَتِمُّواْ ٱلصِّيَامَ إِلَى ٱلَّيۡلِۚ

…….. and eat and drink until the white thread (light) of dawn appears to You distinct from the black thread (darkness of night), Then complete Your Saum (fast) till the nightfall.

RECOMENDATIONS OF FASTING

1. Having a Pre-Dawn Meal (Suhoor)
2. Breaking the Fast Hastily
3. Breaking the fast with dates and water
4. Supplicating at time of breaking fast
5. Safeguarding the fast
6. Not being excessive in food and drink

SUHOOR

'Suhoor is the eating and drinking at the end of the night with the intention of fasting. It is strongly emphasised and highly recommended by the Messenger of Allah (sallAllahu alayhi wa sallam) He (Peace and Blessing of Allah be upon him) ordered for one intending to fast, that he should partake of the Suhoor, to the extent that he (Peace and Blessing of Allah be upon him) forbade us to leave it, saying:

> *"The Suhoor is a blessed meal, so do not leave it, even if one of you just takes drops of water, since Allah sends mercy and His Angels seek forgiveness for those who take the Suhoor". (Ahmad)*

It is recommended to <u>delay the Suhoor as close to Fajr as possible</u>. This is indicated in the Hadeeth narrated by Zaid bin Thabit (may Allah be pleased with him):

> *"We took Suhoor with the Messenger of Allah (peace be upon him) and then we stood up for prayer. I said: 'How long was the interval between the adhan and Suhoor?'. He replied: The time required for the recitation of fifty verses".* (Bukhari and Muslim)

Merits of Suhoor:

1. There is blessing in it:

The Prophet (sallAllahu alayhi wa sallam) said: "Take suhoor for there is blessing in it." (Bukhari/Muslim)

This meal is blessed and maintains one's energy and vitality during fasting

2. Distinguishes our fast from the fasting of the People of the Book

The Prophet {Peace and Blessing of Allah be up<>n him) also instructed us saying: "Hasten the breaking of the fast and delay the Suhoor." (Sahih Al-Jami').'[2]

[2] "Fasting in Ramadan"

BREAK THE FAST HASTILY

"My people will continue doing good deeds as long as they hasten in breaking the fast". (Bukhari and Muslim)

"Allah the Most High says: 'from amongst my slaves, the Quicker the one is in breaking the fast, the dearer is he to me". (At-Tirmidhi)

It has been the practice of the Prophet *(Peace and Blessing of Allah be upon him)* of breaking the fast and performing Maghrib prayer in the early moments of the prescribed time. Abu Atiyah (may Allah be pleased with him) reported that: Masruq and I visited Aishah (may Allah be pleased with her) and said:

"There are two of the Messenger's companions and neither of them holds back from doing good acts. One of them hastens to break the fast and hastens to pray while the other delays breaking the fast and delays praying the Maghrib. She asked which of them hastens to break the fast and hastens to pray? We told her that it was Abdullah Ibn Masood. She said that Allah's Messenger (Peace and Blessing of Allah be upon him) used to do so". (Muslim)

BREAKING THE FAST WITH DATES AND WATER

It is desirable for the fasting person to break the fast with a few dates or, if that is not obtainable, with plain water right after sunset. Anas (may Allah be pleased with him) reported that:

> *"The Messenger of Allah used to break his fast before offering prayers with some fresh dates, but if there were no fresh dates, he would take a few dry dates and if there were no dry dates he would take a few drops of water"*. (Tirmidhee)

SUPPLICATING AT TIME OF BREAKING FAST

'Abdullaah Ibn 'Amr Ibn al-'Aas (radhi-yAllaahu 'anhu) related that the Messenger of Allaah (sal-Allaahu 'alayhe wa sallam) said: 'Indeed the fasting person has at the time of breaking fast, a supplication which is not rejected'

A Duaa for Breaking the Fast

ذَهَبَ الظَّمَأُ، وَ ابْتَلَّتِ الْعُرُوقُ، وَ ثَبَتَ الأَجْرُ إِنْ شَاءَ اللهُ	'The thirst has gone and the veins are moistened, and reward is confirmed, if Allaah wills.'

Hisnul Muslim

الْعُرُوقُ،	وَ ابْتَلَّتِ	الظَّمَأُ،	ذَهَبَ
wab-tal-la-til-oo-roo-qoo		tha-ha-baTh-Thaw-ma-oo	
the veins	moistened	the thirst	gone (is)

إِنْ شَاءَ اللهُ	الأَجْرُ	ثَبَتَ	وَ
in-shaa-uh-law	tha-ba-tal aj-roo		wa
if Allah wills	the reward	confirmed	and

2011 Talibiddeen Jr.

SAFEGUARDING THE FAST AND REFRAINING FROM EXCESSIVE FOOD AND DRINK

Fasting is more than abstaining from food, drink, and sexual relations. We should also :

- refrain from gossiping
- refrain suspicious acts
- refrain from lying
- refrain from backbiting
- refrain from deception
- refrain from raising voice
- refrain from quarreling
- lower the gaze
- refrain from excessive food and drink

Hence, a person observing fast should say that which will not harm his fast or do actions that would not spoil their fast. The truthful and trusted Messenger *(Peace and Blessing of Allah be upon him)* said:

> *"It may be that a fasting person attains nothing but hunger and thirst from his fasting"*. (Ahmad, Ibn Majah and Bayhaqee).

"Fasting in Ramadan"

THINGS THAT BREAK THE FAST

(for which the fast must be made up)

- Deliberate Vomiting
- Onset of menstrual bleeding or childbirth
- Taking injections or drugs that acts as nourishment as food
- Intentionally eating
- Ejaculation of sperm (as a result masturbation or stimulation-caressing, kissing, hugging)
- Breaking the fast for no reason

- Sexual Interaction: must make up that day and:

  Penalty for having sexual interaction during the day:

  to free a slave, if not able to then fast 60 continuous days, if not able to then feed sixt y people one average meal.

PERMISSIBLE ACTS IN RAMADAN

(Do not nullify the fast)

1. Brushing the teeth, preferably with miswak
2. Taking a bath or cooling oneself with water, air conditioning
3. Washing the mouth or nose with water
4. Using perfumes
5. Taking a blood test
6. Taking injections or medicine containing no food value (however better to leave off unless necessary)
7. Tasting food as long as it doesn't enter the throat
8. Using eye drops
9. Getting dental work done
10. Kissing/embracing spouse for one who has the ability to control desires
11. Eating or drinking something unknowingly or being forced to

> *"Whoever forgets while he was fasting and eats or drinks let him complete his fast because Allah has fed him and given him to drink."* (Bukhari and Muslim)

12. Discharge of semen as a result of thinking or a wet dream (does not nullify fast, but requires a bath)
13. Being sexually defiled at time of dawn
14. Unintentional vomiting
15. Bleeding by itself, such as nosebleeds, tooth extraction) (If bleeding is heavy it is better to break fast and make up for it)

Please refer to "Fasting in Ramadan" or other reputable sources for supporting evidence (daleel) or if you are unsure about anything listed.

2011 Talibiddeen Jr.

THOSE PERMITTED TO BREAK THE FAST

(But days must be made up)

1. The Traveler
2. Women During Period or Post Partum
3. Pregnant and Breastfeeding Women
4. Person having a sudden illness

The Traveler

"O Messenger of Allah *(Peace and Blessing of Allah be upon him). "I am a person who fasts often, so should I fast while travelling* Allah's Messenger replied: *Fast if you wish and refrain from fasting if you wish"*. (Bukhari and Muslim).

Women During Period or Post Partum

"During her monthly cycle she neither pray's nor fast's" (Bukhari).

Pregnant and Breastfeeding Women

"Come, I shall inform you about the fast. Allah, the Blessed and Most High, remitted half the prayer for the traveller, and fasting for the pregnant and breast-feeding". (At-Tirmithi, Ibn Majah, Abu Dawud and an-Nasa'I).

Person having a sudden illness

'.....So whoever of you sights (the crescent on the first night of) the month (of Ramadan i.e. is present at his home), he must fast that month, and whoever is ill or on a journey, the same number (of days which one did not fast must be compensated) from other days. Allah intends for you ease, and He does not want to make things difficult for you'. (Al- Baqarah, Verse: 185)

Source: Fasting in Ramadan

DESIRABLE ACTS IN RAMADAN

1. Benevolence and Generosity
2. Offering Night Prayers
3. Recitation/Studying Quraan
4. Seclusion in Masjid (Itikaf)
5. Seeking Laylatul Qadr

Source: "Fasting in Ramadan"

RAMADAN MORNING MEETING

Purpose: In traditional schooling, teachers use morning meetings for a variety of reasons, some of which are to set the tone for the day, practice certain skills, such as language and math, and basically start the day off on a good foot.

The big idea: Write a small routine to be carried out each morning of Ramadan to review Islamic concepts (related to Ramadan or general), basic Islamic skills, and share with the family, each person's Ramadan experiences.

How to Establish a Ramadan Morning Meeting

■Before carrying out a morning meeting, establish a place to hold it and rules (must sit in a particular place, must pay attention, must not interrupt, must be nice to each other, etc). Go over the rules with kids. In addition, establish a regular time (give or take a few minutes) for the meeting to occur.

■Work out a draft routine BEFORE you sit down with the kids. You may have to tweak it, so try to be flexible, but it's a time waster not to have yourself together before you start (and an attention span waster as well).

■Keep the morning meetings short and sweet (don't drag them out).

■After a few times, you can see what worked and what didn't. At this point adjust your routine.

■Try to remain consistent throughout each day of Ramadan by doing the morning meeting daily.

What are some things to include in a Ramadan Morning Meeting?

Example Ramadan morning meeting routine:

■GREETING- Start off with giving salaam and have children return salaams (do this with every child so you can make sure they are pronouncing it correctly). Encourage children initiate the salaam. (You can also ask how each student is doing in Arabic (kayfa haaluk?) and have them respond different ways, praising Allah no matter what.

■DATE: Go over the ISLAMIC date (Today is Ramadan _____, 14_____). You may want to make/use an Islamic Calendar display for this. Have children figure out the number of days remaining in the month (e.g. 2 or 3; 4 or 5—as it depends upon the sighting of the moon). Have younger children count up to the day (e.g. on Ramadan21, they count from 1 to 21). This can be the time when you take off chains from the Ramadan Paper Chain or anything you use to count down the days of Ramadan. Also take this opportunity to learn/review the Islamic days of the week. (Today is, tomorrow is, yesterday was); have students come up with a number sentence that has date as a sum/difference.

■TIME: Have students figure out the time between now and breaking the fast; how many hours of the day they fast.

■SHARING – Have each family member tell how their fasting is going (hard, easy, problems, a good deed they have done) (Mention that we don't go around telling our deeds to show off, but that we are only doing it now to remind us to do good deeds)

■ANNOUNCEMENTS/SCHEDULE: Go over the daily schedule, make any announcements (such as we are going to host a dinner, etc)

■Add any other component that you feel would be great to review or address in this period

■You could also give students copywork/ handwriting work at this time to gently ease into the day. Give older students an ayah or Hadith to ponder and write about in a daily journal. Younger students could get a vocabulary word to copy (Ramadan, Fasting, etc)

If Abu is at work during the day, you can also have a Ramadan Family Meeting in the evening to fill him in on the day's events/what was learned, read Quraan, etc.

2011 Talibiddeen Jr.

DIET DURING RAMADAN

Slow Digesting vs. Fast Digesting Foods

In view of the long hours of fasting, you should consume slow digesting foods including fiber containing-foods rather than fast-digesting foods.

Slow digesting foods last up to 8 hours, while fast-digesting foods last for only 3 to 4 hours. Slow-digesting foods are foods that contain grains and seeds like barley, wheat, oats, millet (bajra), semolina (suji), beans, lentils (dals), whole meal flour, unpolished rice, etc. (called complex carbohydrates).

Fast-burning foods are foods that contain sugar, white flour (maida), etc. (called refined carbohydrates).

Sample Suhoor

(wholesome, moderate, providing energy for many hours)

Eat whole wheat or oat cereal or whole wheat bread, 1-2 serving with a cup of milk. Add 2-3 teaspoons of olive oil in a salad or the cereal. Eat 1-2 servings of fruits, as a last item.

Hydrate!

Drink sufficient water and juices between Iftar and sleep to avoid dehydration and for detoxification of the digestive system.

Fiber

Eat fiber. Green, leafy vegetables are great for getting your system flowing.

To Maintain Weight:

Avoid eating too many carbohydrates. Most Iftar dinners are composed of a ton of carbohydrates. Pasta, rice, bread, sweets and sugars are the most common culprits.

Things to Avoid

Avoid intake of high sugar (table sugar, sucrose) foods through sweets or other forms.

Avoid spicy foods.

Avoid caffeine drinks such as coke, coffee or tea. Caffeine is a diuretic. Three days to five days before Ramadan gradually reduce the intake of these drinks. A sudden decrease in caffeine prompts headaches, mood swings and irritability

Proteins

Consuming enough protein during each of your Ramadan meals will keep you feeling full until the next meal, preventing you from eating too many sweets. Good sources of protein include fish, skinless chicken, lean meat cuts, and legumes (chickpeas and beans), nuts and seeds.

Avoiding Stomach Discomfort

Fried foods, very spicy foods and foods containing too much sugar such as sweets, can cause health problems and should be limited during Ramadan. They cause indigestion, heart-burn, and weight problems. Fasting can often increase gastric acidity levels in the stomach causing a burning feeling, a heaviness in the stomach and a sour mouth. This can be overcome by eating foods rich in fiber such as whole wheat bread, vegetables, humus, beans and fruits. These foods trigger muscular action, churning and mixing of food, breaking it into small particles, and thus help reduce the build up of acid in the stomach.

2011 Talibiddeen Jr.

GOOD DEEDS IDEAS

For Family

- Smile at someone
- Be dutiful to parents
- Forgive
- Thank someone
- Clean something around house
- Make duaa
- Help someone
- Keep a promise
- Make duaa for someone
- Share
- Help with younger siblings
- Read a story to a sibling
- _____
- _____
- _____
- _____
- _____

For Others

- Smile at someone
- Greet (salaam)
- Feed a fasting person
- Visit the sick
- Provide water for the thirsty (non-fasters)
- Clean the masjid
- Remove an obstacle from a road/path
- Feed a poor person
- Make duaa for someone
- Help someone
- Keep a promise
- Forgive a debt
- Share
- _____
- _____
- _____
- _____

For the Planet/Nature

- Don't waste
- Recycle
- Clean outside
- Don't litter
- Be kind to animals
- Save electricity
- Pick up litter
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

For Myself

- Seek knowledge
- Make tawbah/repent
- Forgive/make peace
- Be patient
- Speak the truth
- Read/memorize Quraan
- Control anger
- Exercise
- Keep my body/clothes clean
- Make duaa/thikr
- Pray well and on time
- _____
- _____
- _____
- _____
- _____
- _____

2011 Talibiddeen Jr.

DUAA FOR HOST

اللَّهُمَّ بَارِكْ لَهُمْ فِيمَا رَزَقْتَهُمْ،

وَ اغْفِرْ لَهُمْ وَ ارْحَمْهُمْ

'O Allaah, bless for them, that which You have provided them, forgive them and have mercy upon them.'

"Word for Word"

رَزَقْتَهُمْ،	فِيمَا	لَهُمْ	بَارِكْ	اللَّهُمَّ
rah-zoq-ta-hoom	fee-maa	la-hoom	baa-rik	Ah-luh-hoom-muh
you have provided them	which	for them	bless	Oh Allah!

ارْحَمْهُمْ	وَ	لَهُمْ	وَ اغْفِرْ
ar-ham-hoom	waw	la-hoom	wog-feer
have mercy upon them	and	them	forgive

Source: Hisnul Muslim

*The phonetical transliteration used here is an aid in pronunciation and is not intended for spelling use.
a-cat; oo-room; aa (short a as in cat, but elongate); i-(pit); ee-sheet; ah-(caught); uh-(cut); o-cop; aw-saw

For more on hosting during Ramadan, see: "A Word for the Host" (in this download)

2011 Talibiddeen Jr.

WHAT IS/WHEN IS LAYLATUL QADR?

- The Quraan was revealed to Muhammad (salla Allahu alayhi wa sallam) during Ramadan on Laylatul Qadr
- The angels and the Ruh—Angel Jibreel (alayhi sallam) descend (come down) with the decrees (orders or decisions) of Alah (for the coming year)

Bukhari :: Book 8 :: Volume 73 :: Hadith 75
Narrated 'Ubada bin As-Samit:
Allah's Apostle went out to inform the people about the (date of the Night of decree (Al-Qadr). There happened a quarrel between two Muslim men. The Prophet said, "I came out to inform you about the Night of Al-Qadr, but as so and-so and so-and-so quarrelled, so the news about it had been taken away; and may be it was better for you. So look for it in the ninth, the seventh, or the fifth (of the last ten days of Ramadan)."

Abu Hurairah, (may Allah be pleased with him), said: "We were discussing Lailatul-Qadr in the presence of Allah's Messenger so he said: 'Which of you remembers [the night] when the moon arose and was like half a plate? ... (Muslim).

SIGNS OF LAYLATUL QADR

"Verily, the sign of the Night of Al-Qadr is that it is pure and glowing as if there was a bright, tranquil, calm moon during it. It is not cold, nor is it hot, and no shooting star is permitted until morning. Its sign is that the sun appears on the morning following it smooth having no rays on it, just like the moon on a full moon night. Shaytan is not allowed to come out with it (the sun) on that day".

LAYLATUL QADR DUAA

Supplication during the Night of Decree

Taken from Tafsir of Surat Al Qadr (The Night Of Power) - Tafsir Ibn Kathir

It is recommended to supplicate often during all times, especially during the month of Ramadan, in the last ten nights, and during the odd nights of it even more so. It is recommended that one say the following supplication a lot:

"O Allah! Verily, You are the Oft-Pardoning, You love to pardon, so pardon me."
"Allaahumma Innaka 'Afuwwun Tuhibbul-'Afwa Fa'affoo 'annee."

This is due to what Imam Ahmad recorded from Aishah that she said "O Messenger of Allah! If I find the Night of Al-Qadr what should I say?" He (sallAllahu alayhi wa sallam) replied,

Say : "O Allah! Verily You are the Oft-Pardoning, You love to pardon, so pardon me." [Ahmad 6:182]

A-fuw-wun	in-na-ka	Alla-hum-ma
are the Oft-Pardoning	verily You	Oh Allah

an-nee	af-foo	fa	af-wa	tu-hib-bul
me	pardon	so	to pardon	You love

ZAKATUL FITR

The Prophet's Guidance in Giving out the Zakaat-ul-Fitr

Compiled by Muhammad Zorkane, Al-Muntaqaa Issue Nine
http://www.al-manhaj.com/articleprnt.cfm?ArticleID=71

- Allaah's Messenger SAWS obligated the Muslim and those he provides for, young and old, male and female, free and slave to give a saa' (around 2 kilograms) of dates or a saa' of barley or a saa' or dry cheese, or a saa' or raisins or half a saa' of wheat, or a saa' of the food of the people's land.
- He (sallAllahu alayhi wa sallam) would give it out in food and not cash.
- It was from his practice to give the Zakaat-ul-Fitr a day or two prior to the 'Eed prayer.
- It was from his practice to specifically give the Zakaat-ul-Fitr to the needy people (masaakeen). And he would not divide it separately for the eight categories of people mentioned in the Surah At-Tawbah (60)1
- He would appoint one of his Companions to collect and guard the Zakaat-ul-Fitr.

Footnotes:

For the evidence on these issues and on the Rulings of Fasting, refer to the following books: Fasting in Ramadaan of 'Alee Al-Halabee and Saleem Al-Hilaalee, The Night Prayer of Shaikh Al-Albaanee and Zaad Al-Ma'aad of the great scholar Ibn Qayyim Al-Jawziyyah.

PREPARING FOR EID PRAYER

- ❒ **Pay Zakaat al Fitr before Eid Prayer**
- ❒ **Eat before the Eid Prayer**

Anas (radiAllahu anhu) reported that the Messenger of Allah (salla Allahu alayhi wa sallam) would not set out in the morning of Eid ul Fitr until he had eaten some dates. (Bukhari)

- ❒ **Bathing before the Eid Prayer:**

There is no "authentically reported" sunnah from the Prophet (salla Allahu alayhi wa sallam) according to "The Rulings Concerning the Two Eids."

However, it is preferred and it is a sunnah of the Companions (that is, their way and guidance).."ibn Umar (radia Allahu anhumaa) used to bathe on the day of Fitr." ("The Rulings Concerning the Two Eids" by Shaykh Abul Haarith 'Alee Hasan 'Alee Abdul Hameed)

To/From the Eid Prayer

1. **Going to the Musalla, Returning a different way:**
   "When it was the day of Eid, the Prophet (salla Allahu alayhi wa sallam) use to alter his route (of returning). (Bukhari)

   Imaam Ibn al-Qayyim al Jaqzeeyah said: "The Prophet (salla Allahu alayhi was sallam) used to change his route on the days of Eid, such that he went by one route and returned by another. It is said (he did this)to give salaam upon the people of both routes. Or so that both groups get some of his blessings. Or so that anybody who has a need can take care of it. Or to make manifest the ritual of Islaam....("The Rulings Concerning the Two Eids" by Shaykh Abul Haarith 'Alee Hasan 'Alee Abdul Hameed

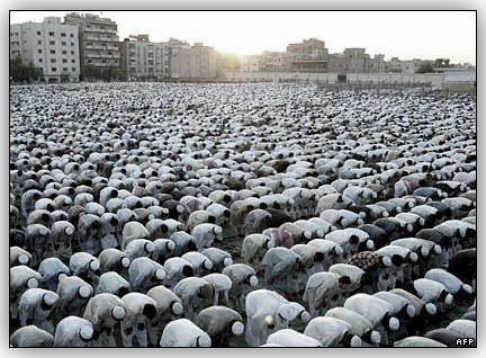
2. **Recite takbir on the way to the Eid prayer**

   Allaahu akbar, Allaahu akbar, laa ilaaha ill-Allaah,
   Allaahu akbar,Allaahu akbar, wa Lillaahi'l-hamd
   (Allaah is Most Great, Allaah is Most Great, there is no god except Allaah, Allaah is Most Great, Allaah is Most Great, and all praise be to Allaah).
   (not in unison, but independently)

3. **Greet with Eid Greeting**
   Taqabbala Allahu minnaa wa minkum (May Allah except it from us and you)

EID PRAYER

The Description of The Eid prayer, Number of Rakats and The Eid Takbirs



See *Fataawa Arkaan al-Islam* by Shaykh Muhammad ibn 'Uthaymeen (may Allaah have mercy on him), p. 398; *Fataawa al-Lajnah al-Daa'imah*, 8/300-316).

The Eid prayer is one where the imam attends and leads the people in praying two rak'ahs. 'Umar (may Allaah be pleased with him) said: "The prayer of al-Fitr is two rak'ahs and the prayer of al-Adha is two rak'ahs, complete and not shortened, on the tongue of your Prophet, and the one who fabricates lies is doomed." Narrated by al-Nasaa'i, 1420 and Ibn Khuzaymah. Classed as saheeh by al-Albaani in *Saheeh al-Nasaa'i*.

It was narrated that Abu Sa'eed said: The Messenger of Allaah (peace and blessings of Allaah be upon him) used to come out on the day of al-Fitr and al-Adha to the prayer place, and the first thing he would do was to offer the prayer. Narrated by al-Bukhaari, 956

In the first rak'ah he should say Takbeerat al-ihraam (say "Allaahu akbar" to start the prayer), after which he should say six or seven more takbeers, because of the hadeeth of 'Aa'ishah (may Allaah be pleased with her), "The takbeer of al-Fitr and al-Adha is seven takbeers in the first rak'ah and five takbeers in the second, apart from the takbeer of rukoo'." Narrated by Abu Dawood and classed as saheeh by al-Albaani in *Irwa' al-Ghaleel*, 639.

Then he should recite al-Faatihah, and recite Soorat Qaf in the first rak'ah. In the second rak'ah he should stand up saying takbeer, and when he has stood up completely he should say takbeer five times, and recite Soorat al-Faatihah then Soorat al-Qamr. The Prophet (peace and blessings of Allaah be upon him) used to recite these two soorahs during the two Eids. Or if he wishes he can recite Soorat al-A'la in the first rak'ah and Soorat al-Ghaashiyah in the second, because it was narrated that the Prophet (peace and blessings of Allaah be upon him) used to recite al-A'la and al-Ghaashiyah in the Eid prayer.

The imam should revive the Sunnah be reciting these soorahs so that the Muslims will become familiar with the Sunnah. After the prayer, the imam should address the people. Part of the khutbah should be addressed specifically to the women, telling them of the things that they should do and warning them against the things that they should avoid, as the Prophet (peace and blessings of Allaah be upon him) used to do.

For more information on the Eid prayer, see "All About the Eid Prayer" in this download. It discusses:

STATUS OF EID PRAYER IN ISLAM
NO PRAYER BEFORE OR AFTER THE EID PRAYER
TIME OF THE EID PRAYER
LATE REPORT OF CRESCENT SIGHTING
NO ATHAAN OR IQAAMAH
DESCRIPTION OF THE EID PRAYER
- Number of Rak`at
- Beginning It
- Additional Takbirs

THE EID KHUTBAH
- Its Time
- Takbir At The Beginning Of The Khutbah?
- One Or Two Khutbahs?
- Standing On A Minbar?
- Listening To The Khutbah

WHEN THE EID FALLS ON A FRIDAY

EID GREETING

Shaykh ul Islaam Ibn Taymeeyah, when asked about the greeting/congratulations of Eid said: "As for the greeting on the day of Eid, then it is by saying to one another when meeting after the prayer:

Taqabbala Allahu minnaa wa minkum wa ahaala Allahu alayka

May Allah accept it from you and us and other things of this nature.

Ibn Qudaamah reported in Al Mugnee that Muhammad ibn Iyaad said: "I was with Abi Umamah al Baahilee and other companions of the Prophet (salla Allahu alayhi wa sallam and when they returned from the Eid they said to each other:

Taqabbala Allahu minnaa wa minkum

May Allah accept it from you and us

Source: "The Rulings Concerning the Two Eids from the Purified Sunnah"

FORMS

RAMADAN GOALS

For the Month:

- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒

Daily:

- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒

WEEKLY:

- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒
- ❒

2011 Talibiddeen Jr.

RAMADAN FASTING TRACKER

Gregorian Year:_____
Hijri Year: _____

Ramadan	Gregorian		Name	Name	Name	Name	Name
	Month	Day					
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
Total Missed/To Make Up							

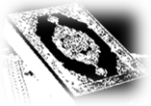
2011 Talibiddeen Jr.

DAILY RAMADAN SCHEDULE

Time	Activity

2011 Talibiddeen Jr.

DAILY QURAAN READING



Day	Scheduled Reading (Quraan/Tafsir; other)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

Day	Scheduled Reading (Quraan/Tafsir; other)
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	

2011 Talibiddeen Jr.

EDUCATION GOALS - ADULT

List topics you want to review for yourself/spouse. Use the lists below as an aid; cross off any item children have mastered or do not apply.

Topics for Review:

- ❒ Islamic calendar; facts, month names
- ❒ Moon phases
- ❒ Why we fast (proofs)
- ❒ Steps of fasting/what fasting entails
- ❒ Obligation of fasting
- ❒ Benefits of fasting
- ❒ Suhoor
- ❒ Breaking the fast
- ❒ Things that break the fast
- ❒ Permissible acts in Ramadan
- ❒ Those exempted from fasting
- ❒ Desirable acts during Ramadan
- ❒ Diet during Ramadan
- ❒ Hosting/being a guest during Ramadan; etiquette of
- ❒ Laylatul Qadr (what it is; signs of , duaa for)
- ❒ Eid Prayer (characteristics; preparing for)
- ❒ Zakatl Fitr (when/what to give)
- ❒ Observing Eidul Fitr (not exceeding boundaries; from the Sunnah)
- ❒ Women's Ramadan Issues
- ❒ Exercise/health during Ramadan
- ❒ Remaining steadfast after Ramadan
- ❒ Educating children in Ramadan
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒

Memorization

(Quraan/Ahadith)

- ❒ Duaa for sighting crescent moon
- ❒ Duaa for breaking fast
- ❒ Ayaat as proof for fasting Ramadan _____
- ❒ Ahadith as proof for fasting
  _____
  _____
- ❒ Duaa for Laylatul Qadr
- ❒ Suratul Qadr
- ❒ First ayaat to be revealed
- ❒ Eid Greeting
- ❒ Thikr for way to musallaa
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Skills/Habits:

- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

2011 Talibiddeen Jr.

EDUCATIONAL GOALS FOR CHILDREN

List the educational goals you wish to meet this Ramadan (or in preparation for Ramadan) with the children. Use the lists below as an aid; cross off any item children have mastered or do not apply.

Topics for Review:

- ❒ Islamic calendar; facts, month names
- ❒ Moon phases
- ❒ Why we fast (proofs)
- ❒ Steps of fasting/what fasting entails
- ❒ Obligation of fasting
- ❒ Benefits of fasting
- ❒ Suhoor
- ❒ Breaking the fast
- ❒ Things that break the fast
- ❒ Permissible acts in Ramadan
- ❒ Those exempted from fasting
- ❒ Desirable acts during Ramadan
- ❒ Diet during Ramadan
- ❒ Hosting/being a guest during Ramadan; etiquette of
- ❒ Laylatul Qadr (what it is; signs of , duaa for)
- ❒ Eid Prayer (characteristics; preparing for; to and from; the musalla)
- ❒ Zakatl Fitr (when/what to give)
- ❒ Observing Eidul Fitr (not exceeding boundaries; from the Sunnah)
- ❒ Etiquette of the masjid (duaa, greeting, tahiyyatul masjid); manners
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Memorization

(Quraan/Ahadith)

- ❒ Duaa for sighting crescent moon
- ❒ Duaa for breaking fast
- ❒ Ayaat as proof for fasting Ramadan _____
- ❒ Ahadith as proof for fasting
  _____
  _____
- ❒ Duaa for Laylatul Qadr
- ❒ Suratul Qadr
- ❒ First ayaat to be revealed
- ❒ Eid Greeting
- ❒ Thikr for way to musallaa
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

Skills/Habits:

- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____
- ❒ _____

2011 Talibiddeen Jr.

RAMADAN /EID MASTER TASK LIST

List errands, projects, chores..anything you need/want to accomplish during the Ramadan season.

☑	Action	Due/Need by	Comments

2011 Talibiddeen Jr.

RAMADAN /EID MASTER SHOPPING LIST

Food, gifts, supplies, etc.

☑	Item	Where to Buy	☑	Item	Where to Buy

2011 Talibiddeen Jr.

PERSONAL RAMADAN READING LIST

Title	Author	Source

2011 Talibiddeen Jr.

RAMADAN MEALS MASTER LISTS

Make up a master list of your favorite Ramadan meals or dishes you'd like to try. Use the list to help prepare weekly meal plans.

Suhoor

Main Dinner Dishes

Side Dishes

Desserts

2011 Talibiddeen Jr.

RAMADAN MEAL PLAN

Week of _____ to _____

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Suhoor	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink
Breakfast (Non-fasters)	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink
Lunch (Non-fasters)	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink
Dinner	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink	Entrée Sides Drink
Dessert							

Duplicate as needed

2011 Talibiddeen Jr.

RAMADAN RECIPES INDEX

Recipe	Page	Recipe	Page
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	
❒		❒	

2011 Talibiddeen Jr.

Category:

RAMADAN/EID RECIPES

Dish Name:

Ingredients

Directions:

Substitutions Made/Variations:

Picture:

Notes:

Duplicate for each recipe

2011 Talibiddeen Jr.

PREPARING FOR EID DAY - CLOTHES

Use this chart to record family clothes sizes to make Eid clothes shopping easier, in sha Allah.

Name	Shoe	Shirt	Pants	Hijaab	Thawb	Arm Length	Chest	Waist	Hips

Name	Eid garments purchased/ ordered ☑	Alterations Needed?	Ironed ☑	Pick up from Cleaners	Other Issues

2011 Talibiddeen Jr.

CRAFT/ACTIVITY IDEAS FOR KIDS

Keep a list of activity ideas as you come across them.

Activity Description	Source	Materials not on hand

2011 Talibiddeen Jr.

RAMADAN JOURNAL

Duplicate as needed

Date: _____

Notes/Reminders:

Rating of my day: 0 1 2 3 4 5 6 7 8 9 10

Date: _____

Notes/Reminders:

Rating of my day: 0 1 2 3 4 5 6 7 8 9 10

2011 Talibiddeen Jr.

RAMADAN MORNING MEETING ROUTINE

See Ramadan Morning Meeting article for tips on setting up a Ramadan morning meeting routine.

Component	Description/Prompts to use with kids
Greeting	
Date/Time	
Announcements/Preview of what's planned for today	
Sharing/Discussion	
Review (Islamic or other)	

2011 Talibiddeen Jr.