

# Communicate

Q: At what times do you eat during the day? Discuss and write them down as clock faces.

Task - Write a list of everything you had to eat and drink yesterday.



Task – Stick in the stages of the moon.

Q: How long does the cycle of the moon last?

What is Ramadan?



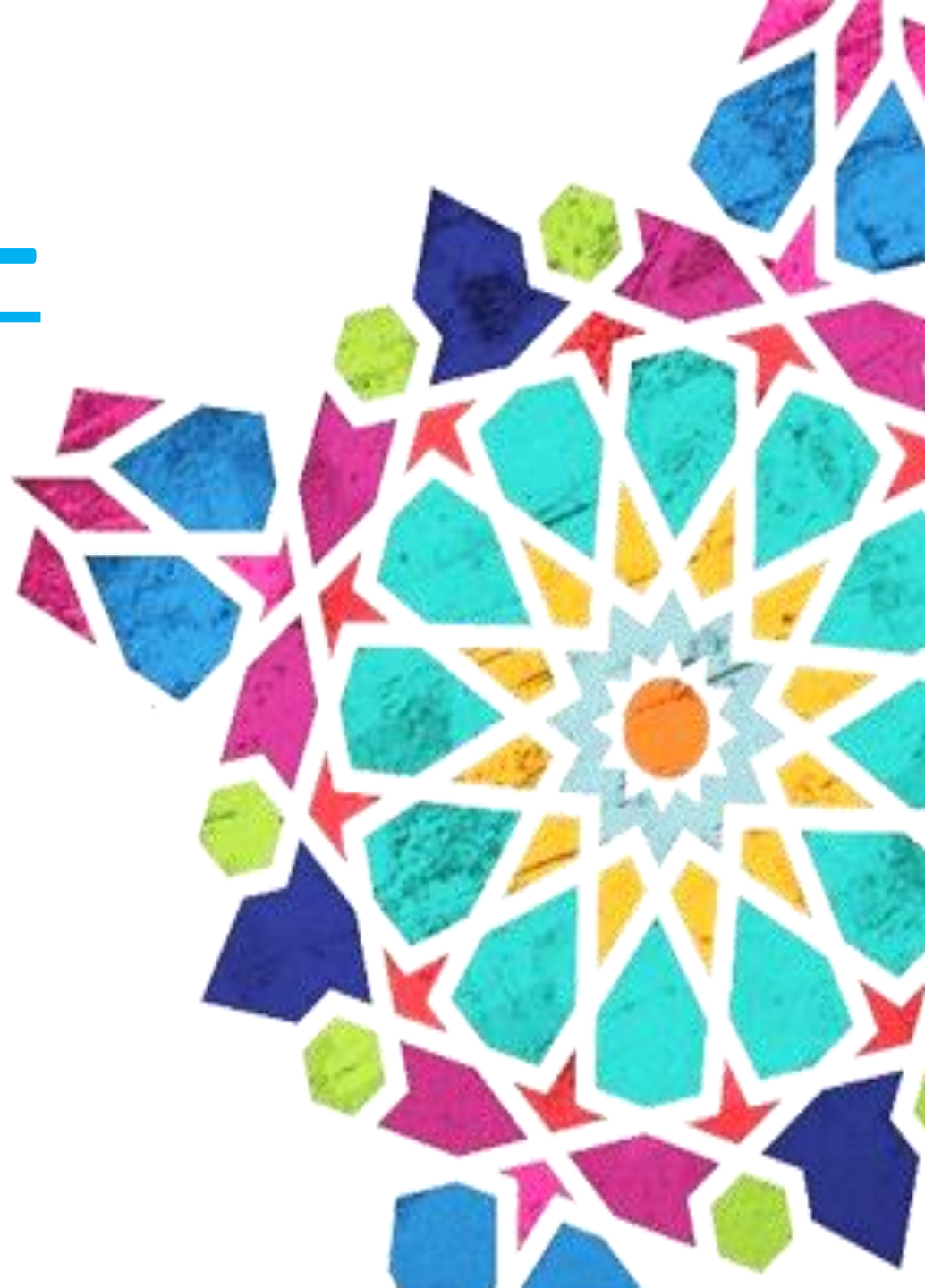
# Ramadan - Sawm

## Lesson aim:

What is Ramadan and why is it important?

## Curriculum Links:

Science, Maths, English, PSHE



# Ramadan - Sawm

All good things in life including food are a gift from Allah (God). Muslims that are healthy and over the age of 12 perform sawm or fasting during the Holy 9<sup>th</sup> month called Ramadan.





Ramadan begins with the sighting of the **new moon** that marks the start of the **ninth month** of the **Islamic calendar** and ends with the next new moon.

A Muslim imam spots the new moon, which marks the beginning of Ramadan.  
**Baghdad, Iraq.**

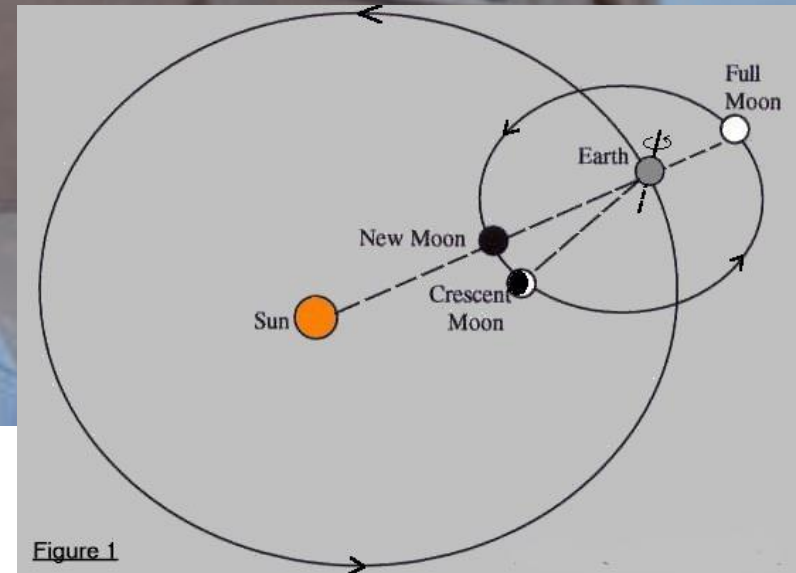
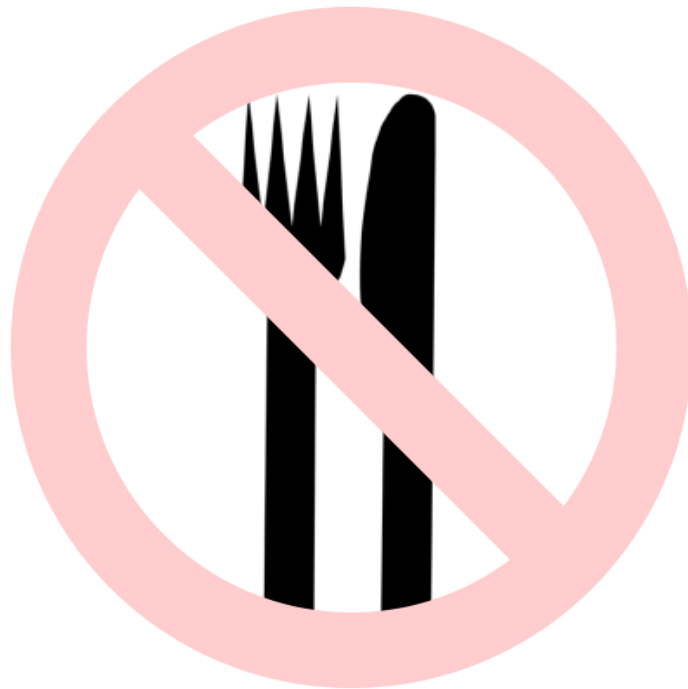


Figure 1



# Ramadan - Sawm

Fasting is going without food and water. Muslims every day from sunrise to sunset in Ramadan are required (a duty) to refrain from consuming food, drink and undertaking negative actions or thoughts.

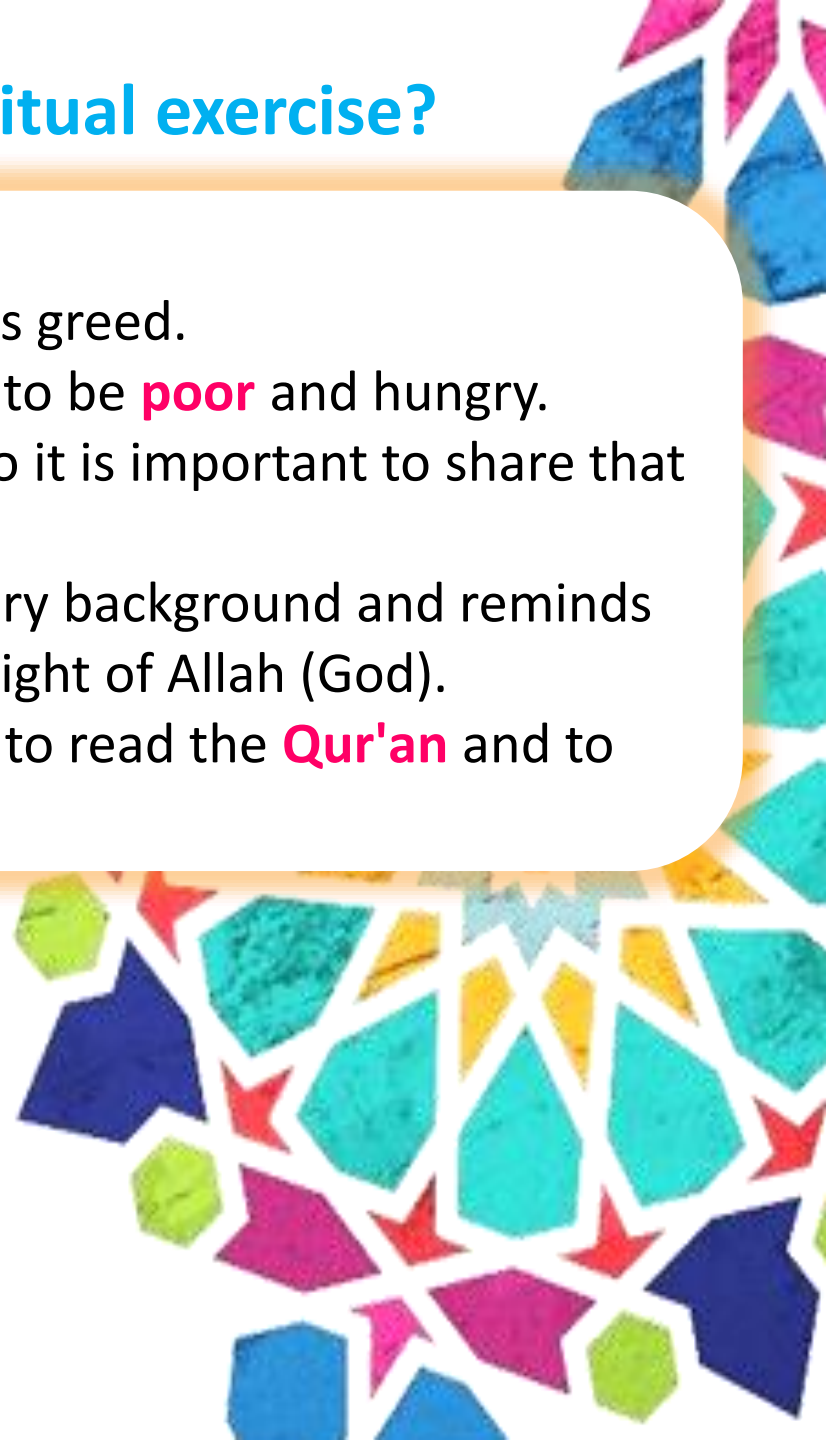


## Q: Do you think fasting is a spiritual exercise?

There several reasons why Muslims fast.

1. It builds up **self control** and prevents greed.
2. It reminds Muslims of what it is like to be **poor** and hungry. Hunger is the same for everybody so it is important to share that experience.
3. It brings together Muslims from every background and reminds them to be united in the sight of Allah (God).
4. It helps Muslims to pray, to read the **Qur'an** and to help

**Why is fasting an important religious act?**



**A Yemeni man reads verses of the Qur'an - Islam's holy book.**

**A Muslim woman reads the Qur'an because she is seeking spiritual guidance and strength from Mohammad's (pbuh) example.**







**Worshippers attend the afternoon prayers at the mosque.**

**A Kashmiri Muslim woman offers prayers to Allah**







**Men greet each other after offering prayers**



**Chinese Muslim sisters preparing food.**



**A Muslim girl arranges plates before iftar (breaking fast) meal on the first day of the holy month of Ramadan in India.**



**A Pakistani Muslim arranges fruit at a mosque.**



## Looking back - Lesson aim:

What is Ramadan and why is it important?

Q: What challenging questions could you ask your partner to check they have learnt about Ramadan?

