

c e l e b r a t e

**RAMADAN**  
*Kareem*  
**ACTIVITY BOOKLET**

## ABOUT RAMADAN

In the modern, fast-paced world, Ramadan is a time for Muslims to put the breaks on — and to fully develop a kind regard for others.

That means fasting, introspection, and developing compassion for those less fortunate.

As quoted in the Koran, “O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may acquire self-restraint.” (Qur’an 2:183)

### Observing Ramadan

Ramadan is never a set date, but based on sightings of the moon, as well as other astronomical calculations. In Canada and the United States, most communities follow the decision of the Islamic Society of North America for the highly-anticipated start of Ramadan.

While charitable works are encouraged, fasting is the more familiar component of Ramadan. Daily fasting begins at dawn (just before sunrise) or *Fajr*, and ends at sunset or *Maghrib*. But not everyone is required to fast during Ramadan. Those exempted include children, pregnant women, women who are breastfeeding, and those who suffer from ill health.

As temperatures rise during the day, religious leaders and health officials advise properly keeping body-and-soul together by consuming fruits, carbohydrates, and lots of water when breaking fast.

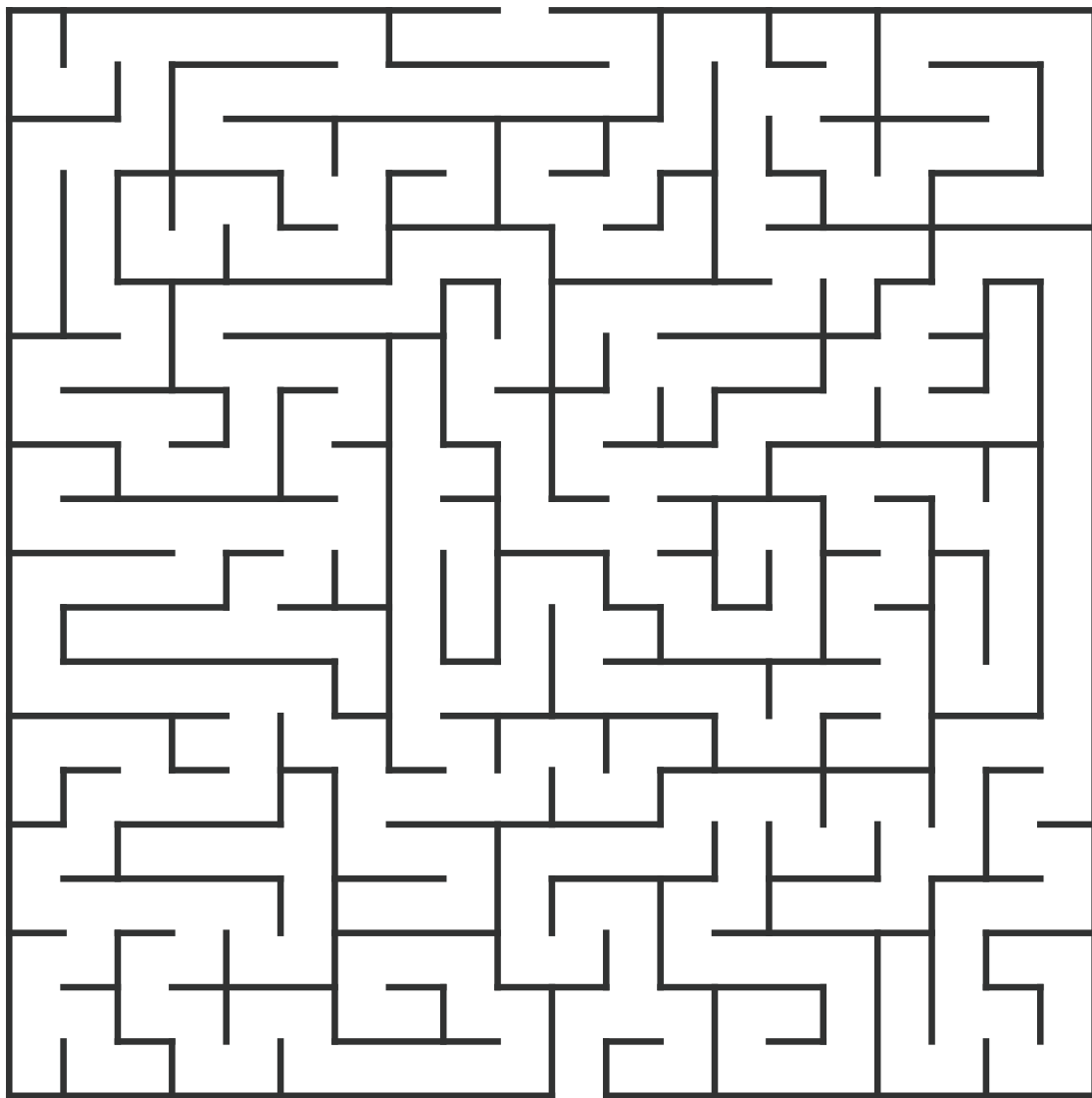
### The End of Ramadan

As you might imagine, the end of Ramadan is a big reason ... to party!

The official end of Ramadan begins with the first sighting of a crescent following a new moon, marking the Festival of Fast-Breaking or Eid-ul-Fitr. In Arabic, Eid means «festival» while Fitr means «to break the fast». But most modern Muslims simple refer to it as the Eid.

With a long month of fasting completed, work is suspended and children are given the day off from school as families come together to worship and mark the end of Ramadan in a new-found appreciation of life’s many bounties. Following morning services, people dress in their finest clothes and tables groan with the weight of holiday dishes and delicacies in celebration.

# RAMADAN MAZE



# RAMADAN PHRASES

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Impress your Muslim colleagues and friends or simply learn something new by using a few of these (reasonably) easy to use phrases during Ramadan:

**Ramadan mubarak = Blessed Ramadan**

**Ramadan kareem = Happy / generous Ramadan**

**Iftar shahy = Have a good iftar**

**Mubarak aleik al shahr = May you get the blessings of the month**

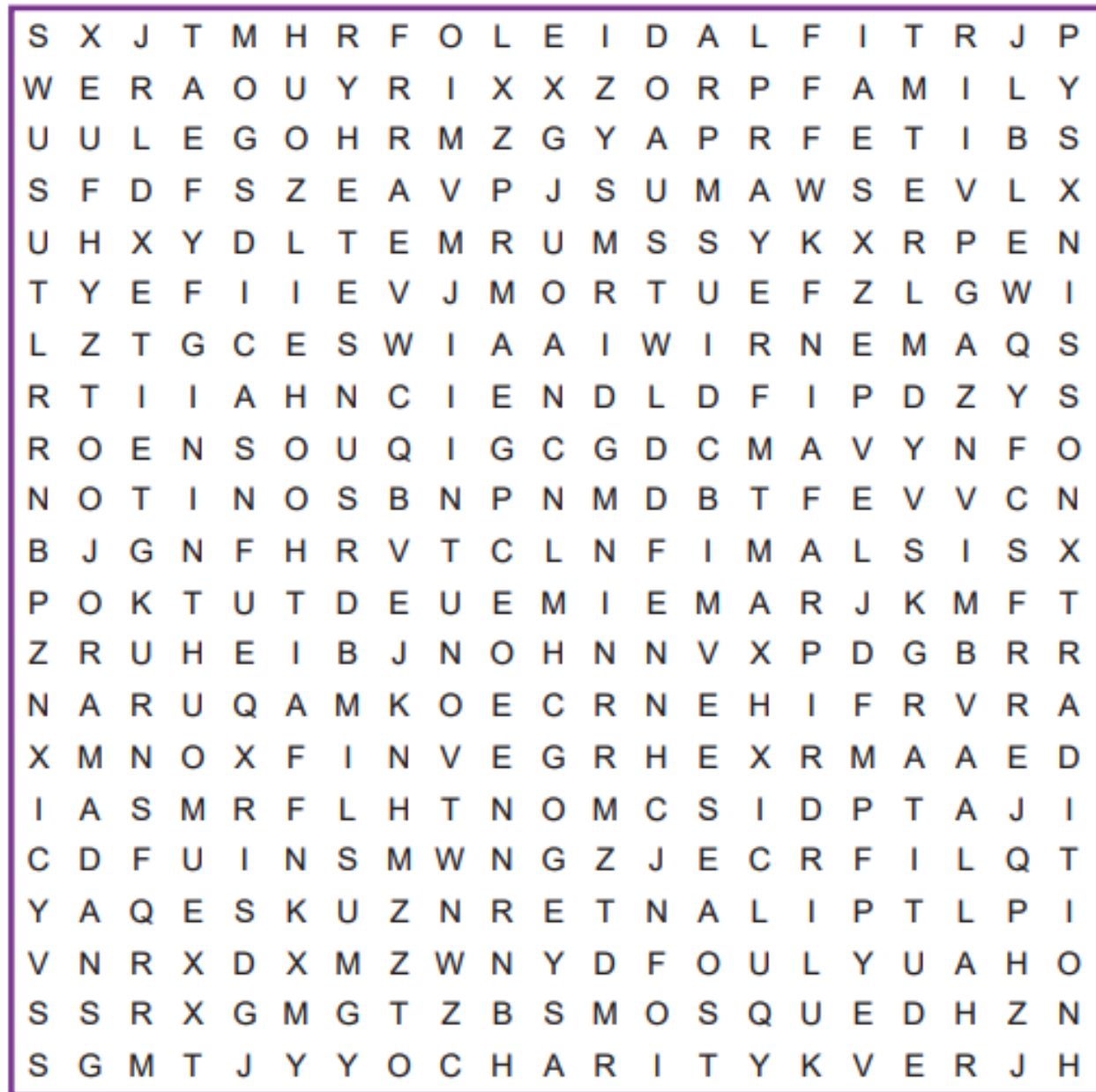
**Kil aam wa inta fee kheir = May each year pass and you be well**



# RAMADAN FUN FACTS

- Ramadan isn't limited to fasting and prayers. Positive actions might include giving money or volunteering for a good cause throughout the month.
- Fasting isn't all bad. In fact, eating less may detox the body, lend you more energy, and make you more alert. Professional athletes even report having more stamina during the month of Ramadan.
- Non-Muslims can wish Muslim friends a happy Ramadan with the traditional saying, "Ramadan Mubarak" or "Have a (happy) blessed Ramadan." To mark Eid, at the end of the month, the saying is "Eid Mubarek."
- The end of fasting may be celebrated worldwide, but on different days. In some countries, Ramadan ends when you can see a new crescent moon with the naked eye. Others use exact astronomical calculations. Different time zones also play a part depending on where Eid is celebrated around the world.
- Fasting - Although Muslims fast during other times of the year, Ramadan is intended to increase self-control in all areas, including food, sleeping, sex and the use of time.
- The month's sunrise-to-sunset fasting officially begins on the first night that the new crescent moon is visible. This site has an entire month's worth of Ramadan meals to prepare. Everything from Suhor, pre-dawn dishes to Iftar, dinner delights.
- Taraweeh Prayers - These are long night prayers. Mosques are filled with worshippers who go to attend these prayers, which usually last for one and a half to two hours. These prayers also give Muslims a change to meet at the mosque everyday, and so they also help to improve relationships in the Muslim community.
- I'tikaf refers to going into seclusion during the last ten nights of Ramadan, in order to seek Lailat ul Qadr by praying and reading the Qur'an. Some people live in the mosque during this time for serious reflection and worship. Others spend a few hours at the mosque or home.

# RAMADAN WORD SEARCH



ALLAH  
CHARITY  
DAWN  
EID AL-FITR  
FAITH  
FAMILY  
FASTING

FRIENDS  
GENEROSITY  
GRATITUDE  
IFTAR  
ISLAM  
LANTERN  
MONTH

MOON  
MOSQUE  
MUHAMMAD  
MUSLIM  
MONTH  
PATIENCE  
PRAYER

QURAN  
RAMADAN  
RELIGION  
SELF-DISCIPLINE  
SUNSET  
TRADITION

# SOLUTIONS

