

LEARNING ABOUT RAMADAN

FASTING RULES

Ramadan is not just about going without food or drink, it means being extra good, not arguing, helping others, and being kind. Younger people, older people and people who are sick do not have to fast.



LUNAR CALENDAR

Ramadan occurs in the 9th month of the Islamic lunar calendar and announced when the new moon is sighted.



FASTING DURATION

Different parts of the world have short or long days based on their geographical location and the time of year.



ACTS OF KINDNESS

Ramadan teaches about being kind and helping others as well as thinking about those in need.



Holy Month of Fasting
Ramadan is a special month for Muslims who fast, which means not eating or drinking from sunrise to sunset

COMMUNITY

Ramadan is a time for being with family and friends for iftar meals, prayers, and other activities, creating a strong sense of community.

REASON FOR FASTING

Muslims fast the month of Ramadan because they believe this to be God's command, and it helps Muslims feel closer to God.

SPIRITUAL REFLECTION

Muslims use this month to strengthen their relationship with God by increasing their prayers and seeking forgiveness for their sins.



SUHOOR AND IFTAR

Muslims have a special meal before sunrise called *Suhoor* (also referred to as *Sehri*), and a meal called iftar when they break their fast at sunset.



THE QURAN

Muslims believe the holy book of Islam, the Quran, was first revealed by God in Ramadan.



NIGHT PRAYERS

Muslims also perform special prayers called *Tarawih* at night during Ramadan.

