

# Ramadan

## Calendar for children

Ramadan is a special time for Muslims. It is the month when Prophet Muhammad (peace be upon him and his family) received the first revelation of the Qur'an. Muslims from different communities use this month as a time to reconnect with their faith, engage in more prayer and practice extra acts of kindness, so that we can keep Allah in our hearts.

### Guidance for parents:

#### *Caring for Allah's creation*

The Ramadan calendar for 2020 explores the ideas of love and compassion, as well as our responsibility as human beings to look after Allah's creation. All human beings have been created by Allah and given the responsibility of caring for ourselves, each other, and the world around us. The activities suggested in the 2020 Ramadan calendar aim to encourage children to respond to Allah's presence within and around themselves - through prayer and remembrance; and also through the values of being caring, helpful, kind and respectful.

#### *Preparing for Ramadan*

We suggest that you prepare your home for the month of Ramadan so that children understand that an important period of time is approaching. Decorate the home with them as a reminder of a special time. Ask your children to start thinking about how they will be more mindful of Allah's presence? What commitments can they make? What changes in behaviour and in attitude would they like to adopt?

#### *The activities*

Engaging the whole family is important in supporting and motivating children in their journey through the month of Ramadan. As a parent, you may wish to speak with your child for ten minutes every day about the activities in the calendar. You could explore the significance of the activities, or talk about the experience of performing them. The activities can be adapted for children of different ages, and you may tailor them for your child. For example, if you have a young child, you can ask them to draw instead of writing. Or, if you have an older child, you can inspire them to keep a Ramadan diary to think about the values reflected in the activities.

Participating in the activities of the Ramadan calendar can become an opportunity to create new habits that will help your child to understand that faith can be expressed in the way we choose to live our lives. We hope this calendar will inspire your family to support the spiritual growth of your child. After Ramadan, continue to encourage your child to be helpful and kind, to reflect on Allah's presence and to feel grateful for the blessings in life.