

# RAMADAN

## Journaling prompts

- 1) Write a Ramadan bucket list. What would you like to achieve and do this month?
- 2) Design a new breakfast cereal that you can have at suhoor (you could think of actual nutrition or you could let your imagination run wild!).
- 3) Print out a blank world map and colour in the countries where most people are fasting today. Research: Add up the population of each of those countries to find out how many Muslims are fasting with you.
- 4) Create an iftaar menu: Who would you invite to it? or write down your favourite recipe: Who would you cook it for?
- 5) If you were an engineer, what building would you design to help the Muslim ummah?
- 6) If you could teach anything, what would you teach that would benefit the Muslims?
- 7) If money was no object, what presents would you buy for your family and friends for Eid?
- 8) What did you find difficult today? And how did you overcome that?
- 9) Fasting in Ramadan teaches patience. What can you be patient with today?
- 10) Write a Ramadan acrostic poem.
- 11) Write a Ramadan haiku (a haiku is a traditional Japanese form of poetry. Each haiku only has 3 lines: The first line must have 5 syllables, the second 7 and the third 5. It does not have to rhyme).
- 12) Read some Qur'an. Copy an ayah that you particularly like.
- 13) What is your favourite story of the prophets and why?
- 14) Draw a healthy eating pie-chart and write/draw some of the food you had today to nourish your body.
- 15) Does your family have any Ramadan traditions? What are they and what is your favourite?
- 16) If you could spend a day of Ramadan anywhere in the world, where would it be? What would be different?
- 17) What would you like to do this Ramadan that you didn't do last Ramadan?
- 18) List 3 things you are grateful to Allah for today.

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19) By the mercy of Allah, what did you do well today?

20) How do you think Ramadan makes you stronger?

21) How does Ramadan make you a better Muslim?

22) Name one thing you think could try to do better tomorrow - in sha' Allah.

23) List 3 things you can do to make yourself feel better if the day is getting difficult.

24) What are the two ways in which we can determine the start of Ramadan or when Eid will be? Explain or draw them.

25) Draw what you would like to eat for iftaar. You can add a shopping list with everything you would need to make it. How did Allah make all those ingredients available in your supermarket and home?

26) If you could say something to every Muslim in the world, what would it be?

27) Research: choose a Muslim country and find out what its special Ramadan traditions are (do they have special foods or activities? Are they on holiday from school in Ramadan? Etc.)

28) Prophet Muhammad (salla Allahu 'alayhi wa sallam) was the most generous of people and he was even more generous in Ramadan. List 3 ways in which you can be generous today (with what you have, with what you know, with your time, etc.).

29) Memorise one of the dua' that we can use in our daily life (such as the du'a we say when we enter or leave the house, when we get dressed, when it rains, etc.)

30) The two Eids of the Muslims are celebrations in which – on top of enjoying ourselves – we also thank Allah for allowing us to fulfil one of the pillars of Islam. List 3 ways in which you can celebrate Eid in a way that will please Allah.