

Musalla Kidz

# رمضان

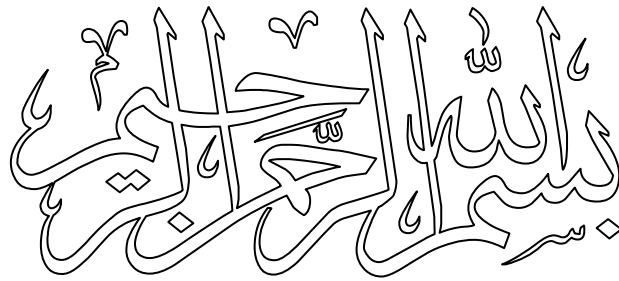
Ramadhan

WORKBOOK

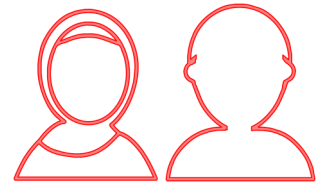


Contact Maulana Jabir for Madrasah Orders whatsapp on 07846 189 560

① Always start in the name of Allah



In the name of Allah, the Most Merciful, the Most Kind



Learn all about Ramadhan with Fatima & Zayd!



A journey of a thousand miles starts with a single step. Make sure that first step starts with Bismillah!

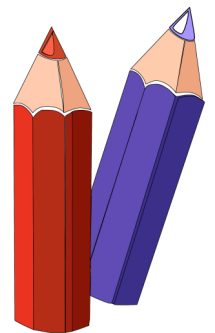
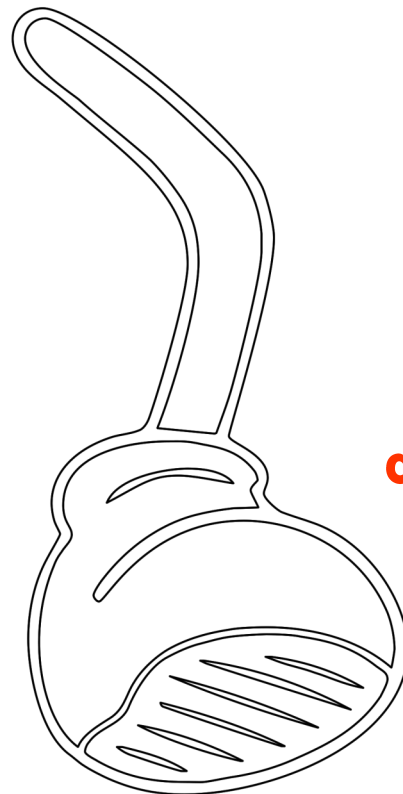
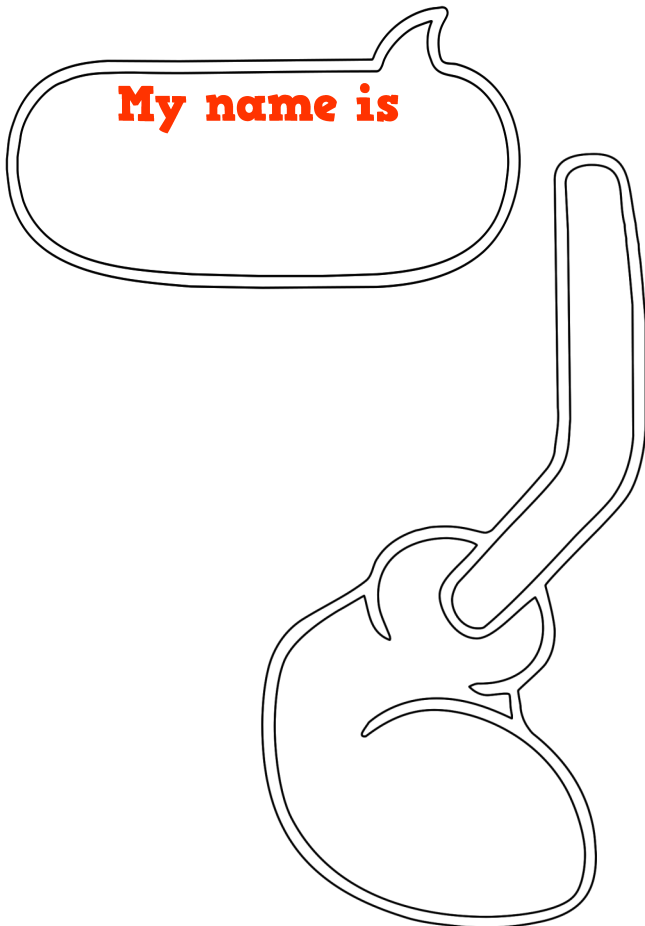


② Get the best out of learning with this du'a



My Lord, increase me in knowledge

My name is



Colour in

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# Ramadhan Targets

**My targets  
and goals this  
Ramadhan**

A grid of ten empty hexagonal boxes with orange outlines, arranged in three rows: two in the top row, three in the middle row, and five in the bottom row. A yellow pencil with a red eraser and a sharp lead tip is positioned to the left of the middle row.

Set yourselves some targets and goals. Try your best to meet all of them.

Break the bigger targets down into smaller bits to make them more manageable.

**Measure your progress against these targets using the tracker on the back page**





# Ramadhan Moon

The sighting of the new moon  
is the beginning of  
the month of Ramadhan!

As I look searchingly into the sky,  
I look for a sign from Allah the Most High.  
People think I'm crazy sitting in this cold,  
But I quest for something more precious than gold.

“ Ramadhan is the month in which the Qur'an was revealed to our Prophet Muhammad ﷺ. Muslims are commanded to fast during this month and increase good deeds.

It is such a special month that if we do a good deed, we will be rewarded many times more for it.

To make it easier, Allah has chained up the **shayateen** (devils/evil jinn) so that they can't influence us into bad deeds.

In this month, Allah widens the doors of mercy and forgiveness. Allah invites us to repent so that He may forgive us all.

At night time, we have special prayers — **tarawih** — which are exclusive to Ramadhan.

In this month, there is also a special night called **Lailatul Qadr** which is more superior than a thousand months.

## Fatima

Assalamu alaykum!

I'm so excited, and it's all because of my mum.

She was in the kitchen throughout the weekend, cooking mince and making samosas. No not just five or six samosas. but what looked like hundreds of them!

I asked my mum what the special occasion was. Mum said, "Ramadhan is coming very soon and I am making preparations for it."

Zayd asked, "Who is Ramadhan?" Mum just laughed.

She said, "Ramadhan is a special month in which we Muslims don't eat and drink during the day. We do this fasting for a whole month!"

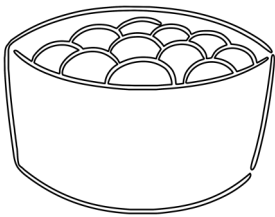
Zayd and I were so excited and decided that we were going to fast as well. Mum said, "You will need to make preparations as well, only then you can fast."

It sounds so much fun; I hope you will be able to fast with us.

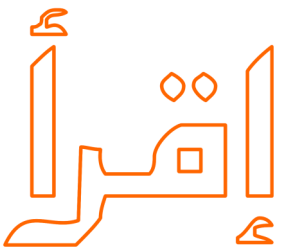
# The First Verses



Prophet Muhammad ﷺ was forty years old. He would often go away for a few days to the mountains near Makkah and spend time alone. He would think about the world around him.



His wife, Khadija رضي الله عنها would prepare some food for the few days he was away.



One night, the Prophet ﷺ was in a cave (Hira) near the outskirts of Makkah. The angel Jibra'il عليه السلام

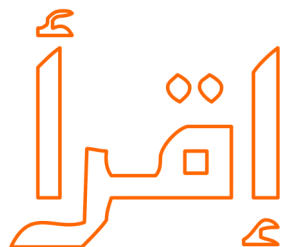
appeared to him and commanded him "Iqra!" which means "Read!"



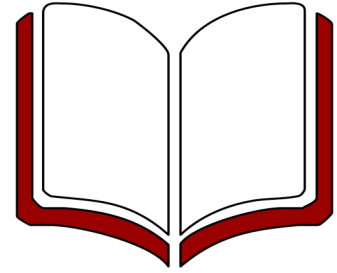
The Prophet ﷺ was shocked to see this person in the cave.



Muhammad ﷺ was unlettered, which means he could not read or write, so he replied, "I cannot read."

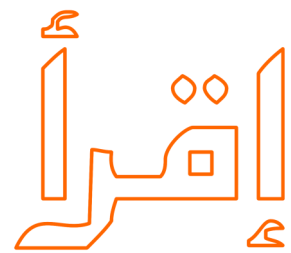


The angel squeezed our Prophet ﷺ very hard and again commanded "Iqra!"

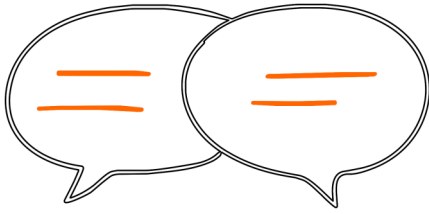


Our Prophet ﷺ again replied to the angel, "I cannot read".

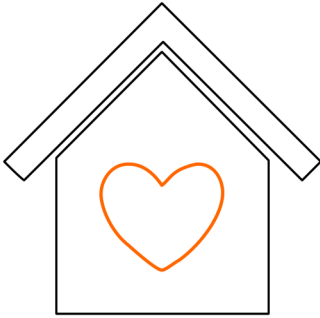
The angel squeezed him very hard a second time and commanded him, "Iqra!" Again, our Prophet ﷺ gave the same reply.



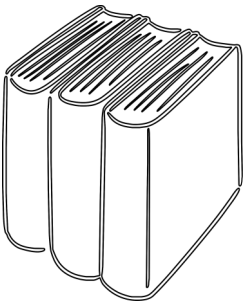
The angel squeezed the Prophet ﷺ for a third time and this time recited five verses, which were the first verses of the Holy Qur'an to be revealed.



The Prophet ﷺ repeated the words after the angel.



Our Nabi Muhammad ﷺ was terrified and he hurried home and told his wife, Khadija



ﷺ.

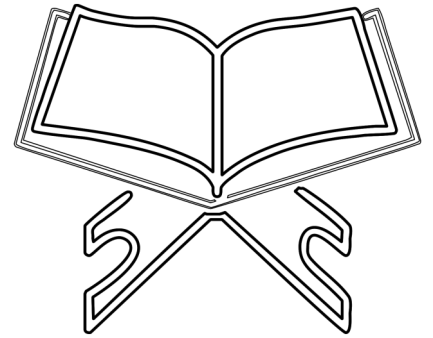
After that they went to Waraqah ibn Nawfal, a man with knowledge of previous religious books, who confirmed that this was an angel that had brought a divine message to Muhammad ﷺ.



It was on this night in Ramadhan that the Prophet ﷺ received revelation. It was also the first time he had seen the angel Jibra'il ﷺ.

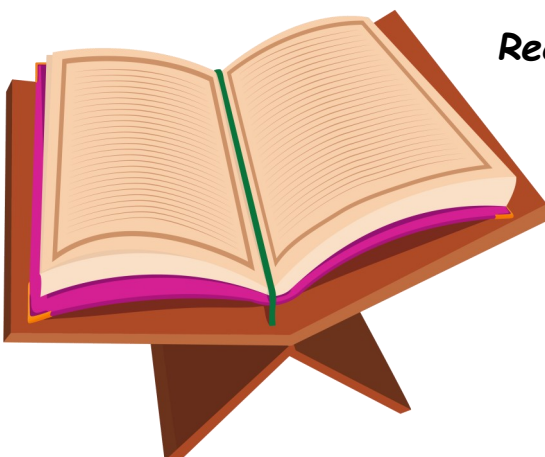


The Prophet ﷺ continued to receive verses from Allah over the next twenty-three years.



These verses are the Qur'an which we have with us today.

## The First Verses



*Recite in the name of your Lord who created -  
Created man from a clinging substance  
Recite, and your Lord is the most Generous -  
Who taught by the pen -  
Taught man that which he knew not.*

**Translation of Surah  
Al-Alaq, 96:1-5**

# Lunar

The Islamic calendar is based on the lunar calendar.

One lunar month is the time taken for the moon to orbit the Earth once.

One lunar month takes 29 to 30 days to complete.

The sun and moon helps us keep track of time. The sun helps us through the day and the moon help us through the month.

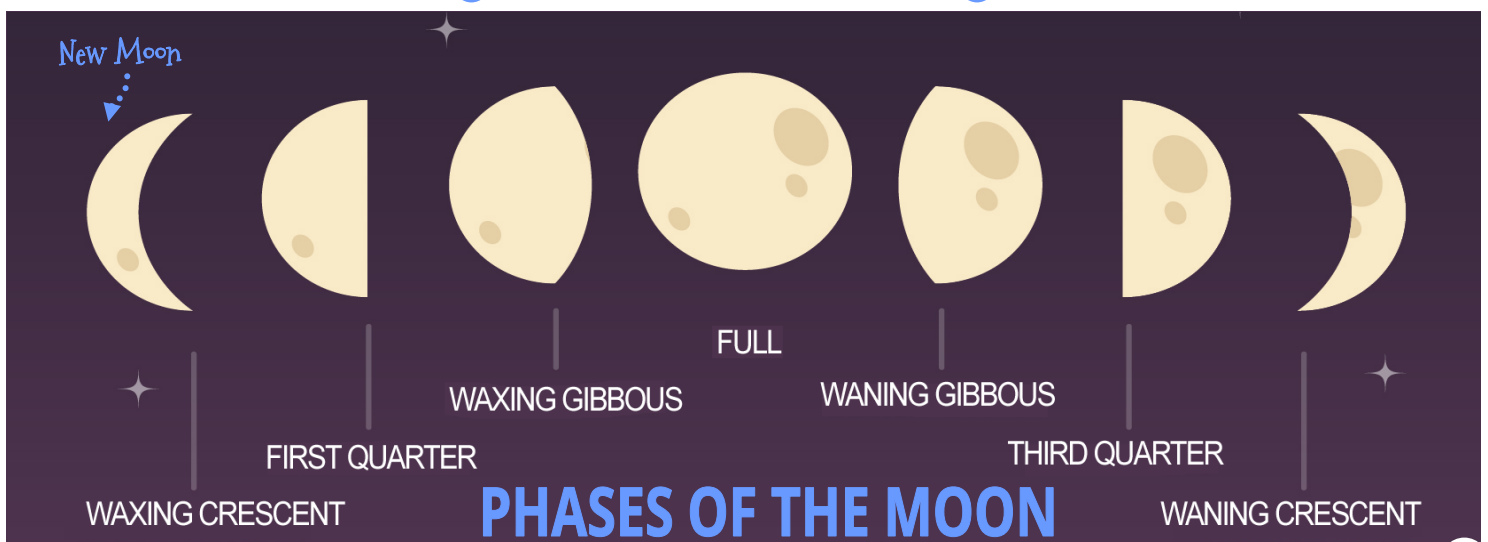
The Islamic month starts with the sighting of the new moon.

The lunar year is shorter than the solar year by around ten days.

The first year of the **Hijri** calendar is when the Prophet ﷺ did the Hijra from Makkah to Madinah.

One solar year is equal to one orbit of the Earth around the sun, which takes about 365 days.

The Islamic calendar has 12 lunar months.





# Islamic Months

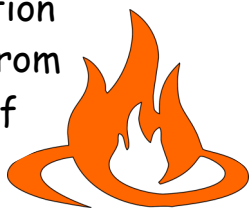


## THE HIJRI CALENDAR

1. MUHARRAM
2. SAFAR
3. RABI' AL AWWAL
4. RABI' ATH-THANI
5. JUMADAL ULA
6. JUMADAL UKHRA
7. RAJAB
8. SHA'BAN
9. RAMADHAN
10. SHAWWAL
11. DHUL QA'DAH
12. DHUL HIJJAH

# Virtues of Ramadhan

The first part of the month is linked to mercy, the second to forgiveness and the third to salvation (freedom from the fire of hell).



In one narration it is mentioned that Allah sets free many thousands of people from the Fire of Hell. He does this on every night of Ramadhan.



The smell from the mouth of a fasting person is more fragrant in the eyes of Allah than the smell of musk (perfume).



When we perform a nafil act in Ramadhan we are rewarded with that of a fardh. When we perform a fardh act, the

reward is multiplied seventy times.

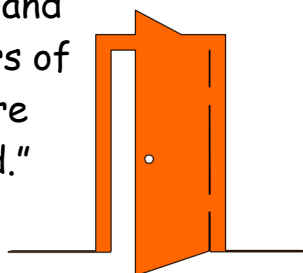


Whoever gives food to a fasting person to break the fast, his sins will be forgiven and he will be saved from the fire.

Even if it's just a sip of water, milk or a date.



Abu Hurairah رضي الله عنه narrates: "When the month of Ramadhan begins, the shayateen are chained, the doors of paradise are opened and the doors of hell are locked."



"Each deed of the son of Adam is multiplied. One

deed is multiplied between 10 and 700 times." Allah says, "Except for fasting because this is for me and I will give the reward myself."



Qur'an and fasting will intercede for a servant. Fasting will say, "O Lord! I stopped him from drink, food and desires during the day.

So grant me the opportunity to intercede for him."

Whoever fills the stomach of a fasting person, Allah will give him water from the fountain of Kawthar.



Whoever drinks from this water will never feel thirsty again.

**GET THE BEST OUT OF RAMADHAN**

# Screen Time to Deen Time

It's time to get in the Ramadhan Zone,  
Switch off the tech, switch off the phone.  
Do some dhikr, read some Qur'an,  
Pray some nafl, build your iman.

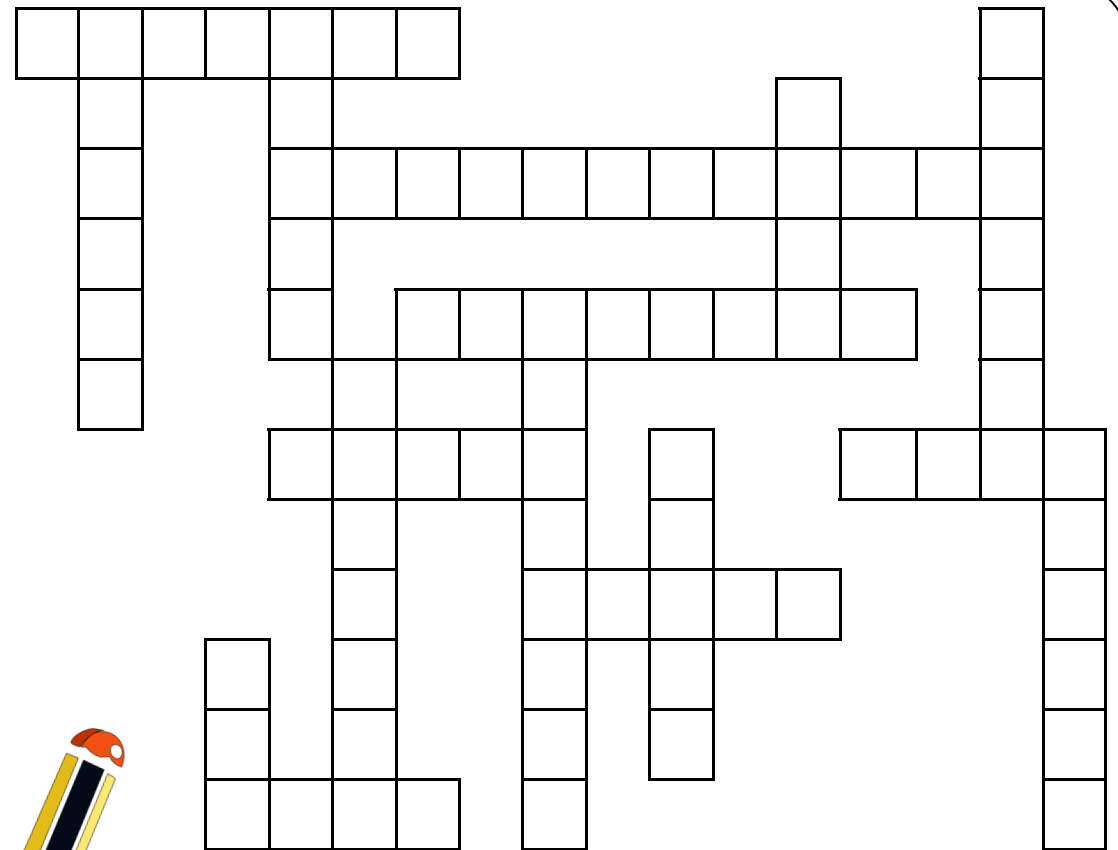
The phone is really just a distraction,  
So switch it off, it's time for action!  
Honour your parents, please take heed,  
Respect and kindness, it's all they need.

Pray salah and tarawih, every day,  
Be kind and just— it's the only way.  
Stop all bad things and do good deeds,  
Ask for forgiveness and remove the 'weeds'.

It's time for charity, yes give it away,  
For the sick and needy, we need to pray.  
Have you the guts, to ban the phone,  
and always be in the Ramadhan Zone?



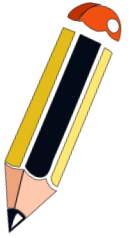
- Allah
- Ramadhan
- Month
- Quran
- Forgive
- Mercy
- Lailatul Qadr
- Muhammad ﷺ
- Eid
- Jibra'il ﷺ
- Iqra
- Ibadah
- Wahi
- Tarawih
- Itikaf



**W O R D F I T**

# WELCOMING RAMADHAN

Ahlan wa Sahlan Ya Ramadhan



Muslims all over the world welcome Ramadhan. The special month that brings us blessings and happiness.

*I'm so excited that it's Ramadhan because...*



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

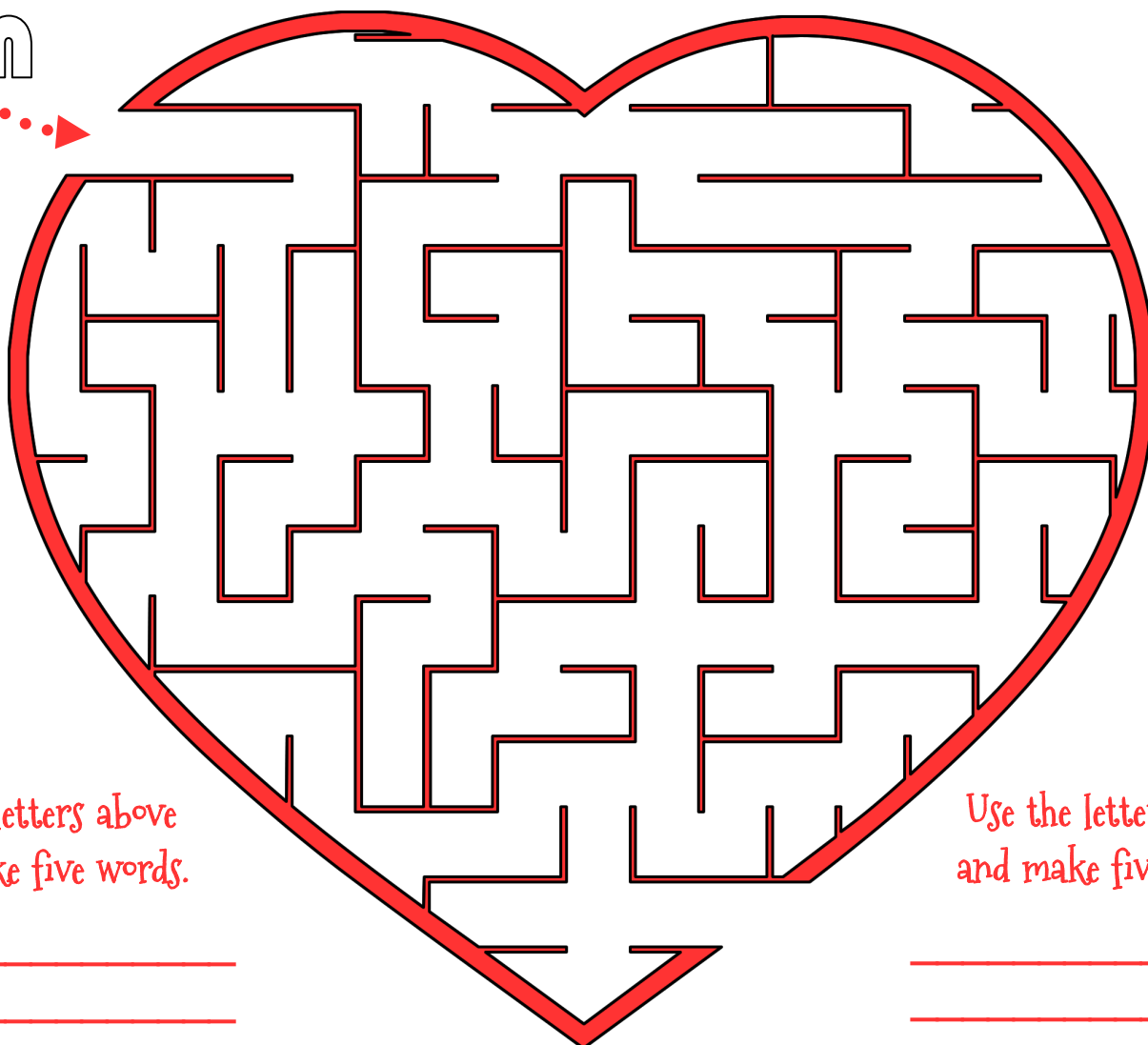


# Take Ramadhan as a chance to refresh your iman and clean your heart of all evils

in

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Use the letters above and make five words.

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Use the letters above and make five words.

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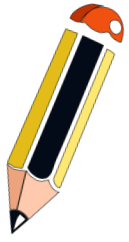
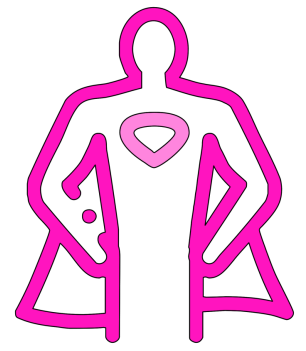
Allah has filled our hearts with the light of iman (faith).

When we keep our hearts clean, the light of iman shines through and helps us to see the correct path. It helps us make the right choices and makes obeying Allah easier.

When we sin and do bad things our heart becomes dirty. This stops the light of iman shining through. We find it harder to do good and easier to do bad.

We can keep our hearts clean by repenting, always choosing to do good and helping others.

# My Good Deeds



# Week 1

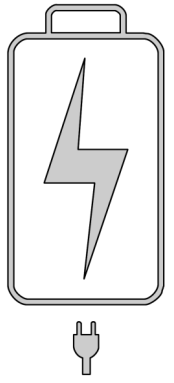
1	2	3	4
5	6	7	

## This week

1. Focus on salah. Pray on time and also take your time. Say the words well and don't rush.
2. Every morning or evening: Think of 5 blessings you are grateful for, e.g. your health (many people are suffering from illnesses and diseases of which many are terminal.)
3. Have a mega happy week, don't let anyone or anything take that happiness from your heart. Share this happiness with everyone.

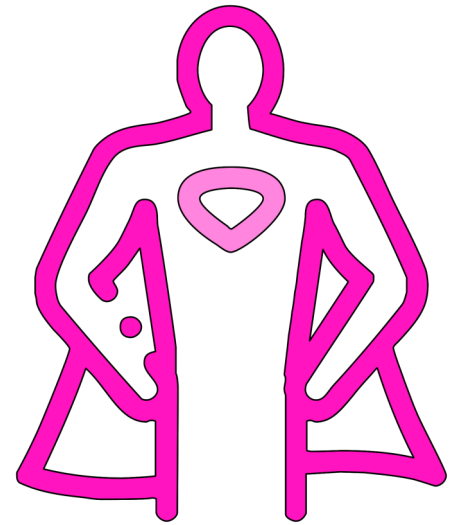


# Week 1



REAL SUPERHEROES DON'T WEAR CAPES,  
THEY WEAR THE SUNNAH!

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Maghrib							
Prayed Isha & Tarawih							
Jammed my day with good deeds							
Helped mum and dad							
Been polite and respectful all day							
Read loads of Qur'an							
Asked for forgiveness from Allah							
Made Du'a for your family & Ummah							
Kicked out bad habits							
Worked hard at masjid/school							
Be super kind & respectful to ALL							
Learned a new story or Hadith							
High quality behaviour mode all day							
Personal goals and targets:	1	2	3	4	5	6	7



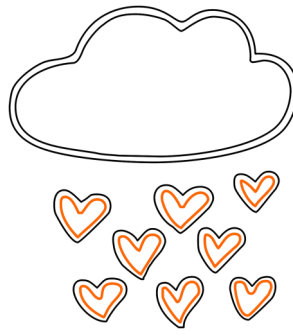
**Power Boost!**

When you are tired, lacking energy and motivation...

...put 20 mins on your stopwatch and give it 100% effort for that time.

This will give you a turbo boost and a pleasant surprise.

Allah's mercy  
rains down



## Thirds of Ramadhan

1

### Mercy

The first third of Ramadhan (first 10 days) is mercy.

2

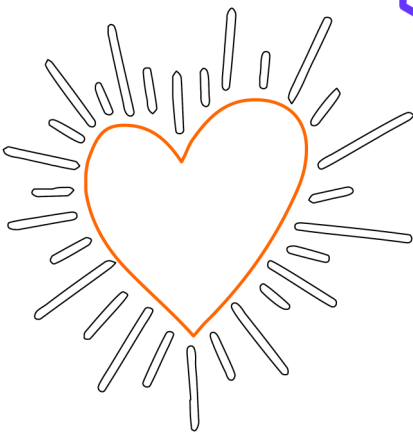
### Forgiveness

The second third of Ramadhan is forgiveness. We seek Allah's forgiveness and repent for our bad deeds.

3

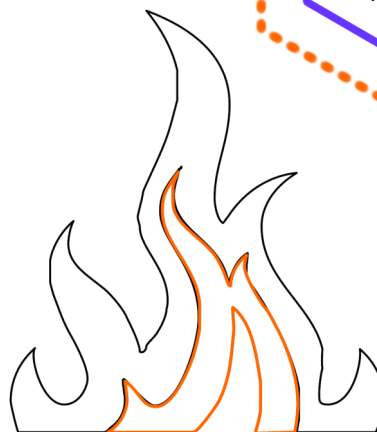
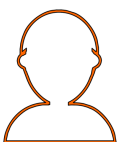
### Salvation

The final third of Ramadhan is freedom from the fire of hell.



Sins are  
forgiven

May Allah  
protect us all from  
Jahannam.  
Ameen.



Freedom from the  
Fire



# Fasting (Sawm)

## Hard Questions with Easy Answers

Fasting in the month of Ramadhan is the fourth pillar of Islam. It is an important part of Islam and compulsory upon all Muslims to fast

### WHAT IS FASTING?

No eating or drinking during the hours of daylight (before Fajr until Maghrib).

To refrain from all sins during this same time such as lying, cheating, swearing, backbiting and fighting.

### ACTIONS TO AVOID

To avoid all bad and negative behaviour. Getting angry, arguing and bad language should be avoided.

### WHY DO WE FAST?

There are many benefits of fasting for our health and wellbeing. The reason we fast is so that we gain taqwa and patience. We become better, sincere and pious Muslims.

### WHAT BREAKS THE FAST?

The fast is broken if we eat or drink whilst we are fasting.

(If we forgetfully or accidentally eat or drink our fast does not break.)

### WHO SHOULD FAST?

**All mature Muslims, male and female, must fast.**

Some people are exempt from fasting:

- (1) Sick people
- (2) Travellers
- (3) Very old people who can't fast
- (4) Young children (should practice fasting as soon as they can)

### SOME BENEFITS OF FASTING ARE:

- \* Whilst fasting, we appreciate food and drink more and understand how people with no food feel.
- \* Our stomach gets a well-needed rest!
- \* Improves patience and willpower.
- \* Reminds us that Allah is always watching.
- \* Gives us reward and takes us towards Jannah.

### ACTIONS IN RAMADHAN:

Whilst fasting we should do as many good deeds as we can. We should read more Qur'an and be regular in our prayers. We should be kind and helpful to our parents, elder teachers and neighbours.

# Zayd

Assalamu Alaykum, my friends. It's Zayd here.

Fatima was so excited last night that she couldn't get to sleep. She asked mum to tell us a bedtime story.

Instead, mum sent dad upstairs to talk to us. He told us stories about when he was a little boy.

**Dad said, "My brothers and sisters used to stay awake all night awaiting news of the new moon.**

"Once, we saw something strange in the sky. It couldn't be a star! We quickly shouted to grandma to ask her what it was.

**"Grandma just replied, 'Happy Ramadhan!' and told us to go to sleep so we could wake up for Suhoor tomorrow.**

"The strange sight in the sky was in fact the faint sliver of the new moon, which signified the start of Ramadhan."

Fatima and I slept soundly, dreaming of moons and samosas.

# Suhoor



The Prophet ﷺ Said:  
**"Do suhoor because in suhoor there are blessings"**

Bukhari and Muslim



**Suhoor** - or 'sehri' - is the meal before we start our fast. It is the blessed time before fajr, the light meal we have also has great blessing.

The Prophet ﷺ said that we should partake in suhoor, even if it is a glass of water. Allah sends his mercy on those people who partake in suhoor and the angels ask Allah for forgiveness on their behalf.

**Tahajjud** is a special optional prayer which can be performed all year round. Our Prophet ﷺ never missed this prayer.

Tahajjud should be prayed in the last portion of the night before Fajr start time. We should all make tahajjud a part of our 'sehri routine'. Du'as that are made after tahajjud are accepted.

If you think you won't wake up for suhoor, then eat a little while before you go to sleep. We must stop eating before the time of Fajr begins because that is the starting time for fasting.

# Fajr & Suhoor

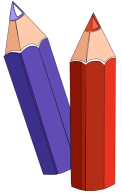
Suhoor Du'a

Learn the  
Suhoor Du'a

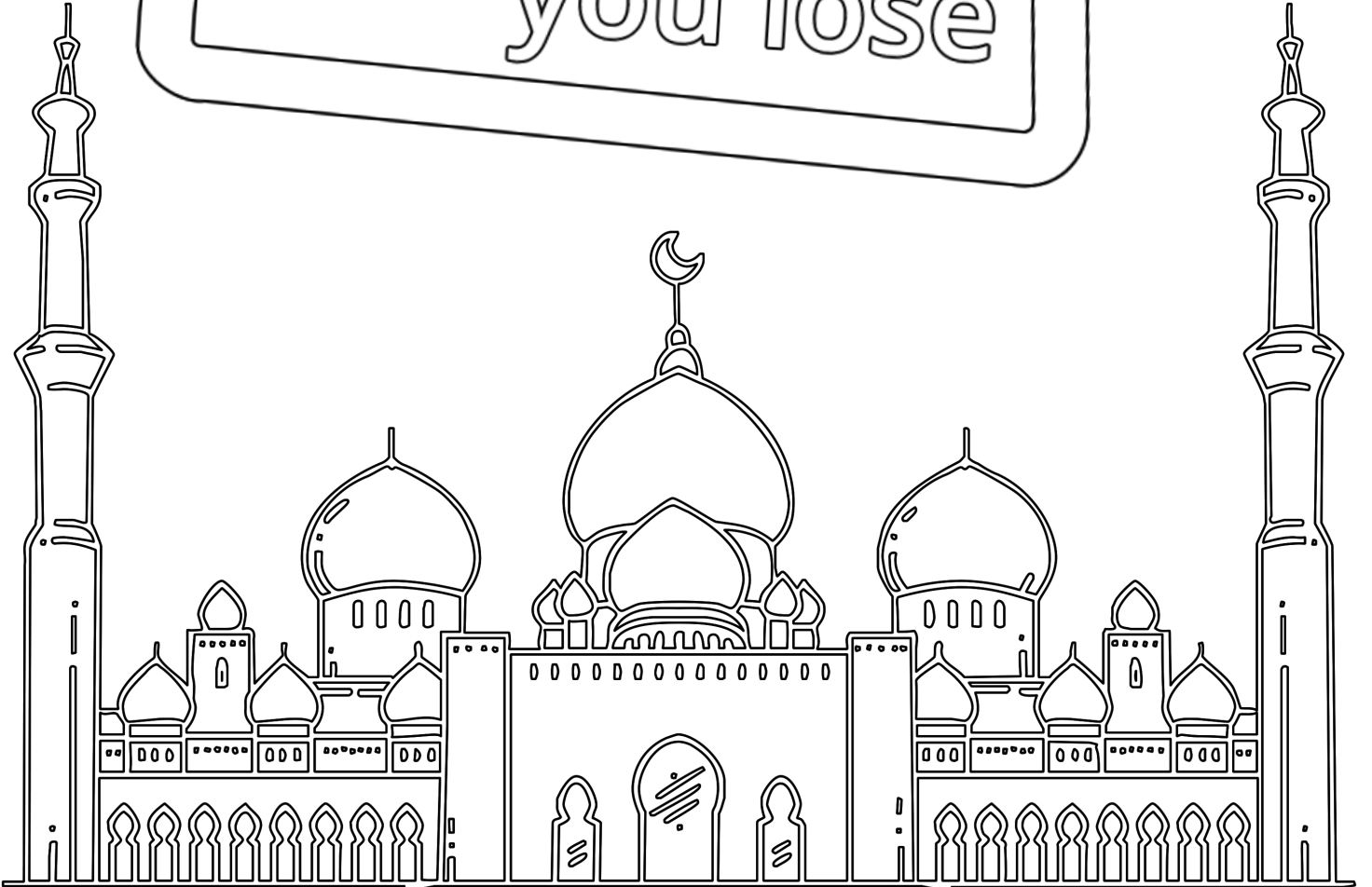
بِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

I intend to keep the fast tomorrow  
in the month of Ramadhan

Fajr



you snooze  
you lose



# PUZZLED?

Ramadhan

Suhoor

Fast

Angel

Qur'an

Pillar

Sehri

Lunar

Prepare

Moon

Meal

Shaytan

Blessing

Fajr

Mercy

Tahajjud

Iqra

Deeds

Help Zayd  
find these  
Words

What is suhoor?

How many days  
in a lunar month?

Who did our Nabi  
Muhammad ﷺ meet in  
the cave?

Why is doing good  
easier in Ramadhan?

Why should we  
eat the suhoor meal?

What did the angel  
bring to our Prophet  
Muhammad ﷺ ?

F	A	J	R	B	P	M	P	H	Q	C
K	L	H	F	Q	M	E	R	C	Y	X
Q	U	R	A	N	S	X	E	X	Q	F
G	N	S	S	K	S	B	P	Q	P	X
N	A	N	T	D	P	S	A	G	I	C
J	R	C	J	E	D	M	R	P	L	Y
D	V	M	G	E	V	M	E	A	L	M
N	B	C	F	D	R	T	L	T	A	F
R	L	K	Q	S	U	H	O	O	R	T
A	E	J	I	Q	R	A	L	P	V	D
M	S	L	N	R	R	S	J	G	V	E
A	S	D	A	N	G	E	L	B	T	E
D	I	Q	N	K	S	H	S	J	M	D
H	N	B	C	R	R	R	F	T	O	S
A	G	R	F	L	G	I	N	D	O	Y
N	F	H	S	H	A	Y	T	A	N	T
H	T	A	H	A	J	J	U	D	T	J

If you are fasting, you should not speak vulgarly or act indecently. If someone swears at you or wants to fight you, you should reply, "I am fasting!"

When Ramadhan comes, the shayateen are chained so they can't influence you. It's your nafs that makes you do bad.

Whoever does not quit false speech (lying, cheating, swearing, slandering, backbiting...) and acts upon it, Allah does not have any need for him leaving his food and drink.



# Who Must Fast?

O YOU WHO BELIEVE, FASTING HAS BEEN ENJOINED UPON YOU AS IT WAS ENJOINED UPON THOSE BEFORE YOU SO THAT YOU MAY BECOME RIGHTEOUS. (HOLY QURAN 2:183)

1

Fasting is obligatory on all adult Muslims, male and female, who are sane and mature.

2

A person who is sick (and fasting will make it worse) does not need to fast.

3

A person on a journey (musaafir) does not need to fast.

4

If a doctor advises a person not to fast then that person should not fast.

5

A woman who does not need to pray does not need to fast during that same time.

Allah has commanded Muslims to fast for the month of Ramadhan.

Although it is compulsory for Muslims to fast, there are certain people who are exempt from fasting.

If a person might die or become extremely ill because of the fast, they can break it.



# Iftar



Salman ibn 'Aamir narrated that the Messenger of Allah ﷺ said:

"When one of you breaks his fast, let him break it with dates. If he cannot find dates, let him break it with water, for it is a means of purification."



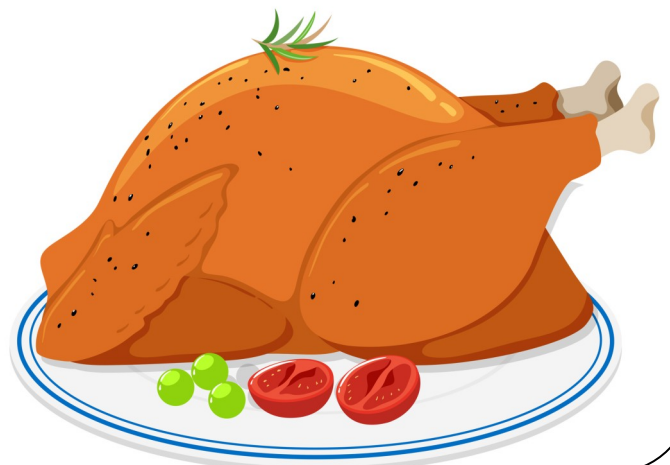
Tirmidhi



Draw a picture of what you would like to eat for iftar:

At the end of the day when the fast is over and we are allowed to eat again, our beloved Prophet ﷺ advised us to break our fast with dates and water.

If we don't have dates and water, any food and drink can be used to open the fast.



# Du'a when Breaking Fast

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ  
وَعَلَى رِزْقِكَ أَفْطَرْتُ

O Allah, I fasted for You and I believe in You and I break my fast with Your sustenance.

Allah accepts the du'a or gives you something better in return or removes some future calamity or gives you recompense on the Day of Judgement..

**HADITH:** Whatever is prayed for at the time of breaking the fast is granted and never refused.

## Fatima

My grandad came to visit us yesterday. I told him all about the new game that I want for Eid.

"Why don't you ask Allah for it just before you open your fast?" he replied, "the time just before the fast opens is a very blessed time, my child, a time when du'as are accepted!

"Take this time to sit down and make du'a to Allah. You can ask Allah for your new game, but also think about the important things, like our friends and family, people who are sick, or poor, or need help, people who have passed away before us...

"My child, will you pray for your old grandfather when he has gone?!"

I felt sad to think of my grandad passing away, but at the same time I knew that death will come to all of us, so I nodded.

*I always seem to forget a lot of things, and sometimes I even forget to make du'a!*

*Why don't we both have a good think about all the things we will ask for and all the things we need to thank Allah for!*

# Ramadhan

A special time of the year



Special things about  
Ramadhan



# Good Deeds

“ Our Prophet Muhammad ﷺ reminded us of the importance of Ramadhan:

O people! The month of Allah has come with His mercy and blessings. This is the month that is the best of months according to Allah. It's days are amongst the best of days. Its nights are amongst the best of nights.

Subhanallah! What an amazing month Ramadhan is!

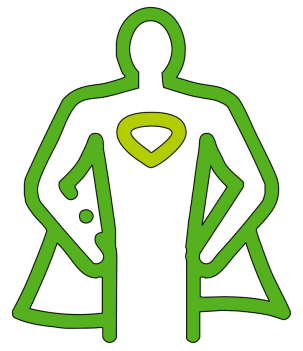
The rewards and virtues of this month are so vast that no other month can match it!

“Whoever does any good in Ramadhan, he will get the reward of doing a fardh act outside the month of Ramadhan, and whoever does a fardh act in Ramadhan, he will get the reward of doing 70 fardh acts.” (Mishkat)





# My Good Deeds



## Week 2

1

2

3

4

5

6

7

### This week

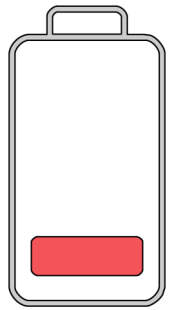
1. Before bed, make du'a for everyone and make a special du'a for those who are ill or suffering hardships.

2. Cram in some 'dhikr walks'. Go for a walk (or whilst walking to school) repeatedly doing dhikr.

3. Read extra Qur'an this week. Read your regular Qur'an and add a page or two extra each time.



# Week 2

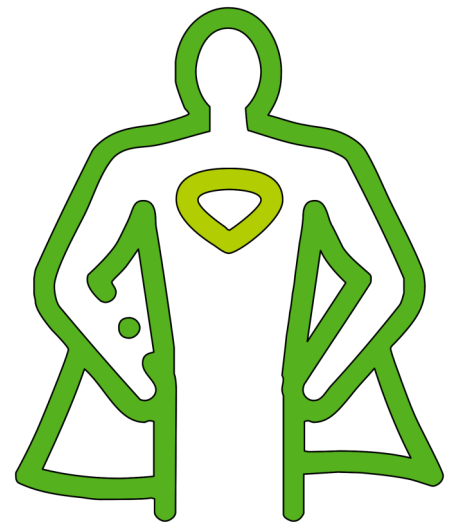


25%



REAL HEROES DON'T NEED TO GO FAST,  
BECAUSE THEY ARE ALREADY FASTING!

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Maghrib							
Prayed Isha & Tarawih							
Jammed my day with good deeds							
Helped mum and dad							
Been polite and respectful all day							
Read loads of Qur'an							
Asked for forgiveness from Allah							
Made Du'a for your family & Ummah							
Kicked out bad habits							
Worked hard at masjid/school							
Be super kind & respectful to ALL							
Learned a new story or Hadith							
High quality behaviour mode all day							
Personal goals and targets:	1	2	3	4	5	6	7



## Dhikr Boost!

Take a break, go for a high-powered dhikr walk!

With each step say one dhikr (e.g. 'SUB-HAN-AL-LAH' will be 4 steps). Try different dhikr.

This will recharge your physical, mental and spiritual batteries.

# “DU'A”

is a communication  
with Allah

“ Muslims turn to Allah at times of happiness and sadness. Through our du'as, we praise Allah, we thank Him for all His blessings, we ask for His help, we share our troubles, we seek His forgiveness for our sins and we pray for everyone. ”

“ Du'a means to ask Allah directly for anything. ”

“ Our Prophet Muhammad ﷺ used to turn to Allah for every matter in his life, be it big or small. ”

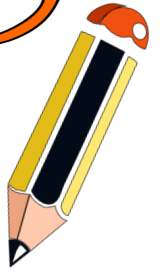
“ Allah loves us remembering Him and asking Him for help. By making du'a to Allah we can have success in this world and the hereafter. ”



# ibadah

## Types of Ibadah

How many different types of ibadah can you think of?



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We worship Allah in many different ways.

The act of worship is called **ibadah**. Ibadah is very important because it is through ibadah that we serve Allah, we praise Him and thank Him for all the wonderful blessings we have.

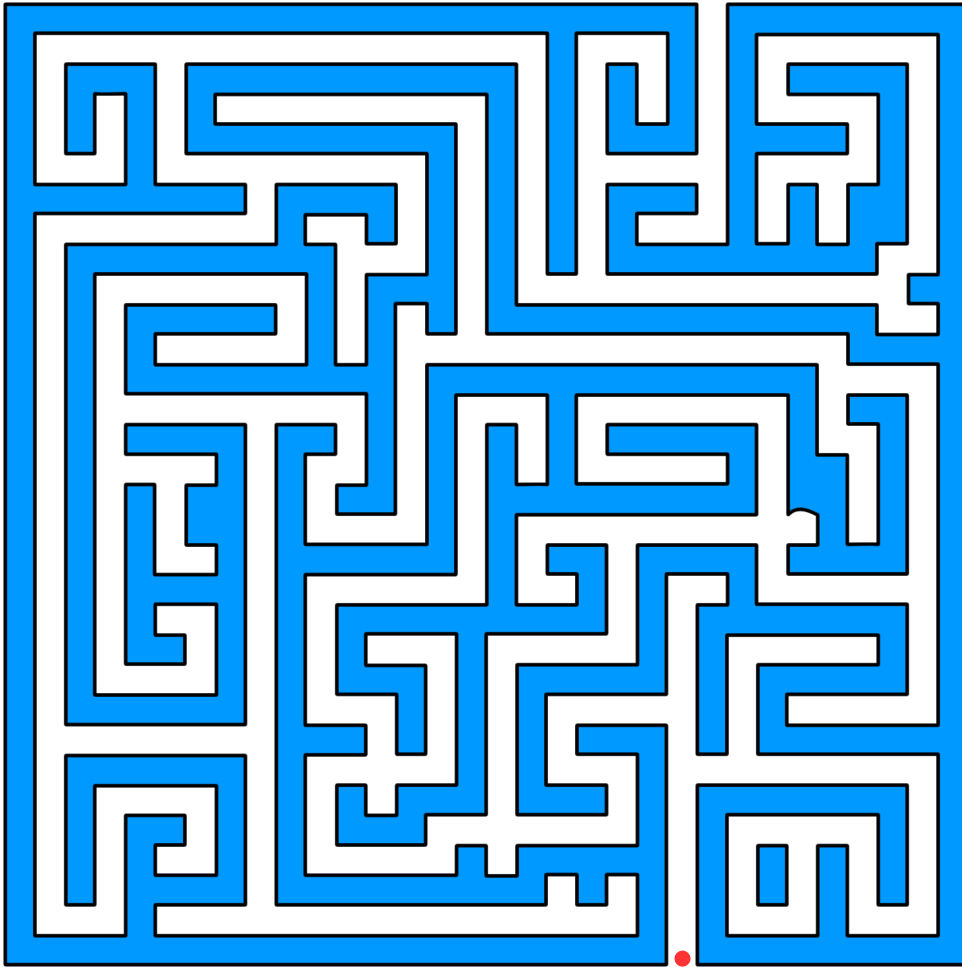
Allah has promised us great rewards for ibadah during Ramadhan.





# Fasting is a Shield

Zayd is fasting, so help him keep away from bad things



safety



The Messenger of Allah ﷺ said,

"Fasting is a shield from the hellfire, just like a shield of yours in battle."

Ibn Mājah

## Zayd

In the olden days, people used arrows and swords to fight.

They used shields to protect themselves.

The shield would stop swords and arrows from hurting them in battle. It would protect them and save their lives.

*In the same way, fasting is a shield that protects us from the fire of Hell.*

When we fast, it is easier to keep away from bad and negative actions.

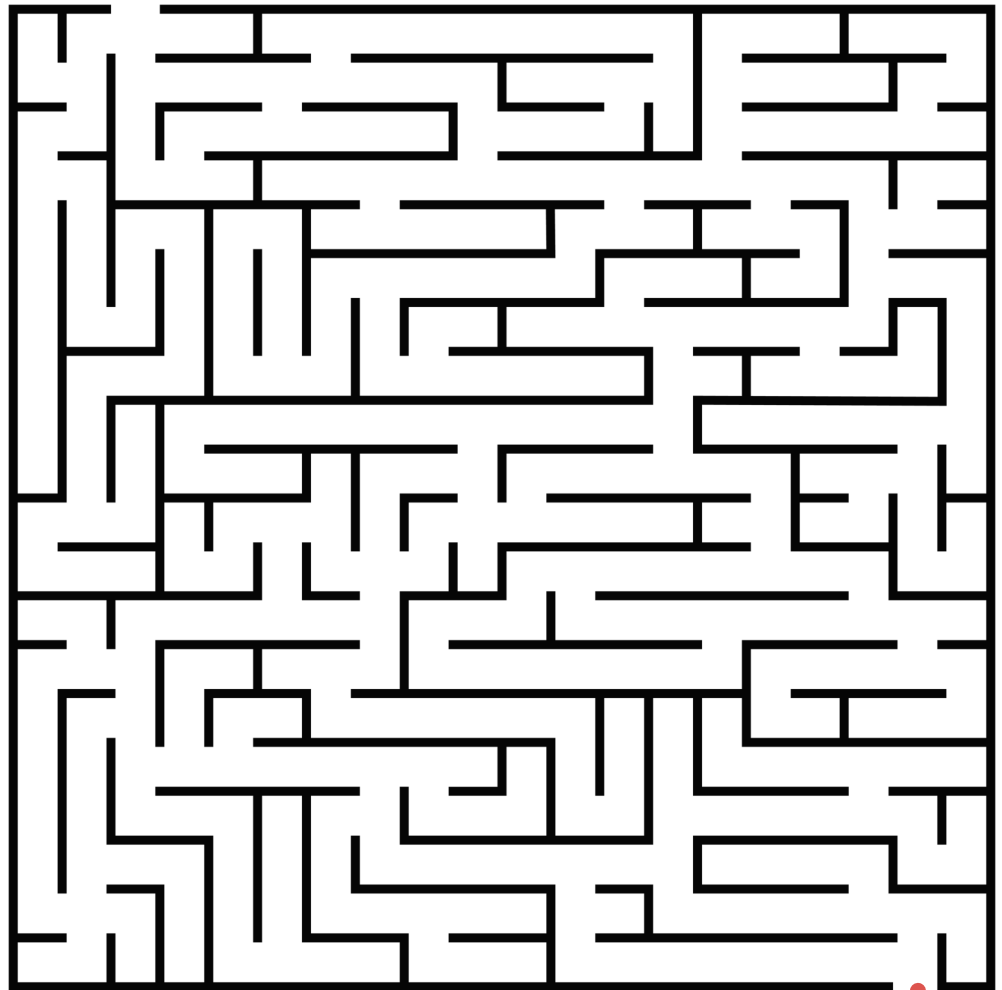
When we fast, we should be the best we can and perform as many good deeds as we can.

When we fast, we are protected from Jahannam.

*Let's not weaken our shields by committing sins like lying, backbiting and hurting others!*

# PUZZLED?

It's almost Iftar time; can you help Zayd get to the Masjid to open his fast?



What are the five pillars of Islam?

What breaks the fast?

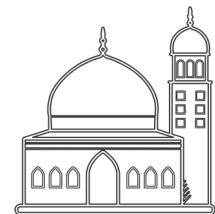
Some benefits of fasting:

How is fasting a shield?

What is backbiting?

What and when is iftar?

Fatima needs to fix up this mix up. Can you help?



Mixed	Fixed	Meaning
IKAFIT		
HORUSO		
WAITRAH		
DAHMARAN		
TARIF		
RUQAN		
STAF		

# Character

## ROLE MODEL

Our Prophet Muhammad ﷺ is the most excellent role model for us.

## CHARACTER

His character was so beautiful that anyone who met him once would long to be with him again.

## PERFECT

Prophet Muhammad ﷺ was sent to perfect good character. He had the best character, so we should try and be like him.

## BEST PEOPLE

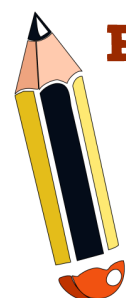
"The best of people are those with the most excellent character." Tabarani

**WE SHOULD TRY AND ADOPT THE CHARACTER OF THE PROPHET ﷺ. HAVING GOOD CHARACTER IS A VERY IMPORTANT QUALITY OF A MUSLIM.**



# Good Character

Good manners  
and character  
we want in  
our lives.



**Fill in  
the  
boxes**

A collection of 12 empty hexagonal boxes arranged in a honeycomb pattern, intended for students to write their answers.

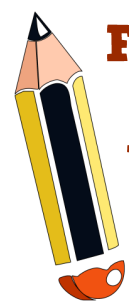


A large grid of 12 empty hexagonal boxes arranged in four rows: the first row has two boxes, the second row has one box on the left, the third row has two boxes, and the fourth row has three boxes. These boxes are intended for students to write examples of bad manners and character.

# Bad

## Character

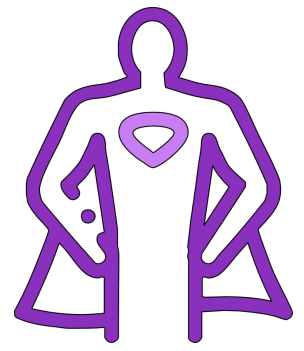
Bad manners  
and character  
we must get  
rid of.



**Fill in  
the  
boxes**



# My Good Deeds



## Week 3

1

2

3

4

5

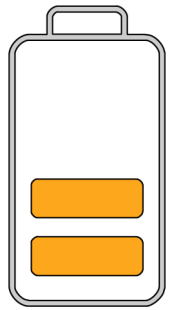
6

7

### This week

1. Food waste—make sure no food gets wasted, not even a grain of rice. Think about the people who are hungry because they don't have any food to eat.
2. Think about friends and family that you have lost contact with or don't speak to anymore. Give them a call or visit them.
3. Do a dhikr session after each salah. Remember to do lots of 'Astaghfirullah', asking Allah for forgiveness.

# Week 3

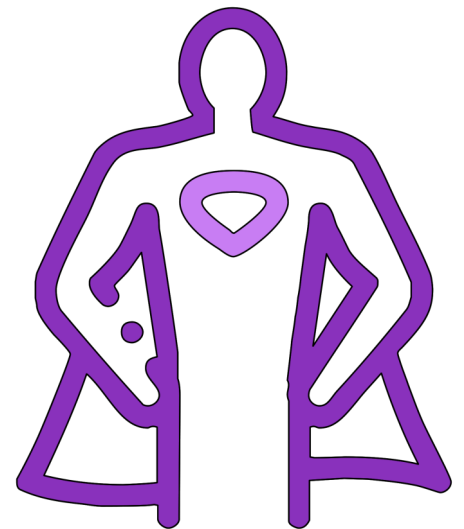


50%



X-RAY VISION IS COOL,  
HAVING SABR IS EVEN COOLER

Prayed Isha & Tarawih & Tarawih	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Maghrib							
Prayed Isha & Tarawih							
Jammed my day with good deeds							
Helped mum and dad							
Been polite and respectful all day							
Read loads of Qur'an							
Asked for forgiveness from Allah							
Made Du'a for your family & Ummah							
Kicked out bad habits							
Worked hard at masjid/school							
Be super kind & respectful to ALL							
Learned a new story or Hadith							
High quality behaviour mode all day							
Personal goals and targets:	1	2	3	4	5	6	7



## Break Down!

How is eating a chapatti similar to a big task?

If you break it down into smaller bits, it's very easy to finish.

Sounds funny, but try it. Take a big task and break into manageable bits.

## History

During Ramadhan, Muslims perform a special night prayer called tarawih.

Muslims have been praying tarawih from the time of our Prophet ﷺ until today.

In the time of Umar رضي الله عنه, he saw the people praying tarawih in the masjid and at home. They were praying on their own or in small groups.

He advised the people to come to the masjid and pray together in one big group (jama'ah). He also fixed the number of raka'at to twenty.

After every 4 raka'at, they used to rest and do dhikr, tasbih, or recite Qur'an, etc.

Since then, Muslims pray the tarawih together after Isha, but before the witr prayer.

Muslims try and complete the whole Qur'an during Ramadhan by reciting in the Tarawih prayers.

Tarawih has great blessings and is only performed in Ramadhan.

This  
dua, or  
any  
other  
dhikr,  
can be  
read  
after  
every 4  
raka'at

### Tarawih Du'a

سُبْحَانَ ذِي الْمُلْكِ وَالْمَلَكُوتِ سُبْحَانَ  
ذِي الْعِزَّةِ وَالْعُظْمَةِ وَالْهَيْبَةِ وَالْقُدْرَةِ  
وَالْكِبْرِيَاءِ وَالْجَبْرُوتِ سُبْحَانَ الْمَلِكِ  
الْحَيِّ الَّذِي لَا يَنَامُ وَلَا يَمُوتُ سُبُّوحٌ  
قُدُّوسٌ رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ  
اللَّهُمَّ اجْرِنَا مِنَ النَّارِ يَا مُجِيرُ يَا مُجِيرُ  
(Shami) يَا مُجِيرُ

Tarawih is performed after the fardh and sunnahs of Isha, just before the witr.

During this month, even the Witr salah is performed in Jama'ah.

During the month of Ramadhan, the Prophet ﷺ would recite the entire Qur'an to Angel Jibra'il عليه السلام. The angel would also recite the whole Qur'an to Prophet Muhammad ﷺ.

We read 20 raka'at—two raka'at at a time. Each time we complete 4 raka'at, we take a short break. The entire Qur'an is completed within the tarawih prayers in this month.

# Al Qur'an

Indeed, this Qur'an guides to that which is right, and gives glad tidings to the believers who do righteous deeds, that they will have a great reward.

(Holy Qur'an 17:9)

The first verses of the Qur'an came to our Prophet ﷺ in the Cave Hira near Makkah.

There are 114 Surah in the Qur'an and it is divided in 30 sections (para).

The Qur'an is the word of Allah and is not authored by any person.

The Qur'an was revealed over a period of 23 years.

The Qur'an contains 6236 verses.

A hafiz is a person who knows the whole Qur'an by heart.

Allah has protected the Qur'an from changes.

The Qur'an is a guidance for all mankind until the Day of Judgement.

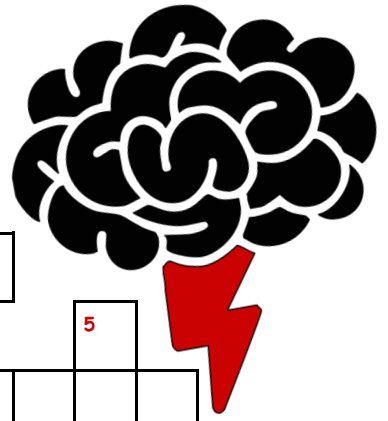
Allah will not reveal any more books after the Qur'an. It is the last revelation.



Our Prophet ﷺ knew the Qur'an by heart and followed all its teachings

# PUZZLED?

Help Zayd and Fatima  
Fill in this crossword



What is the fountain  
of Kawthar?

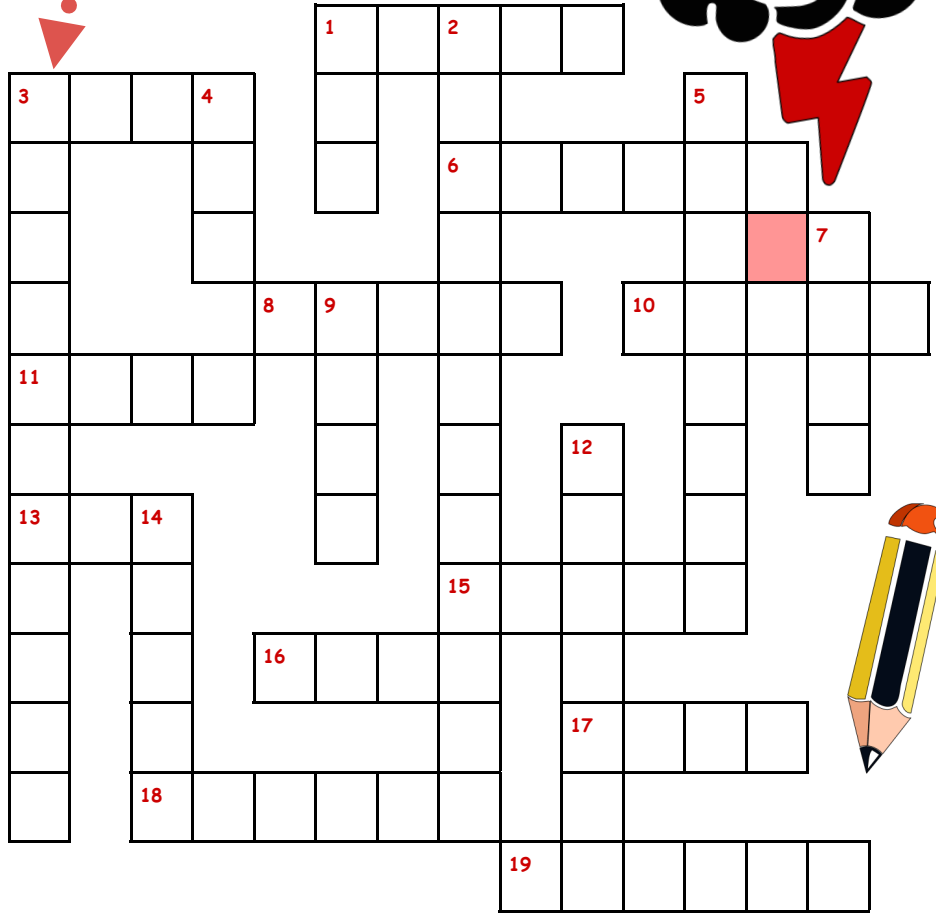
How many surahs are  
in the Qur'an?

On which night was  
the Qur'an revealed?

Where were the first  
verses revealed?

What is Tarawih?

How many times  
are good deeds  
multiplied in  
Ramadhan?



## CROSSWORD CLUES

1. We must keep away from \_\_\_\_\_ and do good instead.
2. This is found in the last ten days of Ramadhan and on an odd night.
3. Ramadhan is a month of \_\_\_\_\_ so we should repent.
4. In Ramadhan, \_\_\_\_\_s are accepted.
5. The ninth month of the Islamic calendar.
7. To abstain from eating and drinking during the hours of daylight.
9. \_\_\_\_\_ asked the people to perform the Tarawih together
12. This salah is only performed in Ramadhan.
14. We must do as many good \_\_\_\_\_ as we can.

1. The \_\_\_\_\_ calendar has 365 days.
3. We leave \_\_\_\_\_ and drink during daylight.
6. It is Sunnah to do \_\_\_\_\_ in the last ten days.
8. The Islamic Calendar is based on \_\_\_\_\_ months.
10. We must perform this five times a day.
11. This salah is prayed at night.
13. We have two of these a year.
15. The last and final Book of Allah.
16. The first word revealed to Muhammad ﷺ.
17. This is performed after the Tarawih Salah.
18. This meal has a special blessing.
19. In Ramadhan, the shaytans are put in \_\_\_\_\_.



# Zayd

Assalamu Alaykum. This is an extremely special time for our family; my dad is going to do **i'tikaf** for the last ten days of Ramadhan.

I really wanted to join him but I have to go to school. Dad said that I have to be the 'man of the house'.

Being the 'man of the house' sounds like hard work - I have to remember to put the bin out, go to the shops for my mum, help with the cleaning, and look after my sister Fatima.

I've decided to do iftar at the masjid everyday. I'm going to stay with my dad after Maghrib and do dhikr all the way till Isha.

Dad said I can do i'tikaf with him every weekend.

Mum has already got his blanket, pillow and clothes ready for the ten days. She said that Fatima and I can go to help my dad set up his bed in the masjid.

Straight after school, we will quickly help Mum with all the chores so we can go to the masjid on time.

I can't wait!

# I'tikaf

I'tikaf is to stay inside the masjid and worship Allah. Women do i'tikaf in a designated area of their home.

It is sunnah to do i'tikaf in the last 10 days of Ramadhan. The mu'takif (person doing i'tikaf) dedicates all their time to ibadah. They can only leave the masjid/i'tikaf area for taking a bath, making wudhu or going to the toilet.

## Things I do and think about whilst in I'tikaf



- 1** The purpose of i'tikaf is to devote oneself to the worship of Allah without any worldly distractions.
- 2** I'tikaf in the last ten days of Ramadhan is sunnah.
- 3** Whoever does I'tikaf for the last ten days of Ramadhan, he will attain reward as if they have performed 2 Hajj and 2 Umrahs. (Bayhaqi)
- 4** At least one person from the Muslim community must perform the sunnah i'tikaf.

# Lailatul Qadr

1

During the month of Ramadhan, there is one special night called Lailatul Qadr (the night of Power).

This one night is greater than a thousand months.

2

When we do a good deed on this night, we get the same reward as doing that deed every night for a thousand months.

On this night, the Qur'an was brought down to the lowest heaven from the Lawh-e-Mahfooz.

From here, the Qur'an was revealed to our Prophet ﷺ over a period of 23 years.

3

We should dedicate this night to worshipping Allah, reciting the Qur'an, performing optional salah, doing dhikr and doing as many good deeds as possible.

4

If we can't stay awake during Lailatul Qadr, we should pray Isha with jama'ah. We should then wake up and perform Fajr with jama'ah.

We will be rewarded for a full night of worship.

5

We don't know the exact date when this night takes place. What we do know is that it is likely to occur during one of the odd nights in the last 10 days of Ramadhan (21st, 23rd, 25th, 27th or 29th).

6

# We should also...

## IMPORTANT ACTIONS DURING RAMADHAN

### RECITE

During Ramadhan, Prophet Muhammad ﷺ used to recite the Qur'an to angel Jibra'il ﷺ. The angel used to recite the Qur'an back to our Prophet ﷺ as well.

**We too should recite the Qur'an in abundance during Ramadhan.**

### SADAQAQAH

The Prophet ﷺ was most generous during the month of Ramadhan. Many people pay their zakah in Ramadhan.

**We too should be very charitable and generous in Ramadhan.**

### SALAH

There is a special prayer called tarawih which we perform every night in Ramadhan.

**We should pray our Tarawih every night and never miss any of our five salah.**

### CHANGE

Ramadhan is a month of change, a month of goodness and a month of peace.

**Take this opportunity to change our lives and develop good manners, habits and character.**

### NIGHT

The Prophet ﷺ told us to look out for Lailatul Qadr - it has immense reward and blessing.

**Let's take advantage of Lailatul Qadr and spend the whole night in worship, du'a and prayer.**

## REPENT

Ramadhan is a time to have our sins forgiven.

We should ask Allah for forgiveness and make a firm intention to avoid these sins.

We should also ask forgiveness for our shortcomings in our good actions - for not doing these actions as good as we should have.



Repentance is the first step towards change.

**It's never too late to change!**



# Driving Test

Test Your knowledge!



1. What is the name of the special salah read during Ramadhan only?

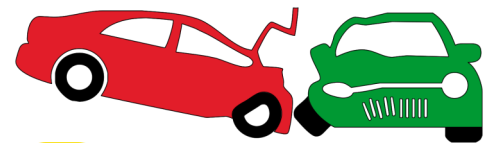
2. How many raka'at do we normally read in this special salah?



3. How many fasts are there in Ramadhan?



4. Which night is very special, and why?



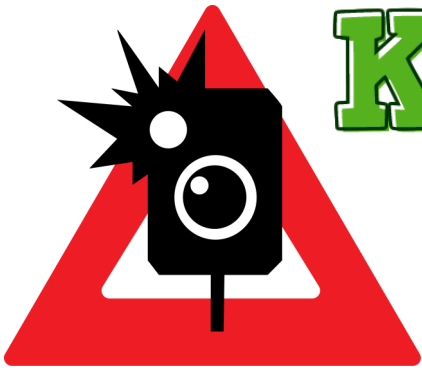
5. Why do people do i'tikaf?



# You Made it!

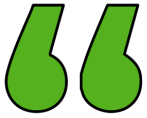






# Keep it Moving

When Ramadhan is almost over, it's time to think about keeping it going... Don't worry you can go at super hero speed, without any limits.



In Ramadhan, we become more punctual in salah; we are less selfish and think about other people; we read more Qur'an, and do more good deeds; we leave all our bad habits such as lying, cheating, bullying and fighting behind. We become good Muslims and become closer to Allah.

Keep up all the goodness until next Ramadhan!



## Ways to improve in my life

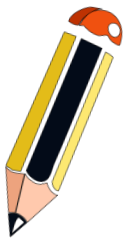
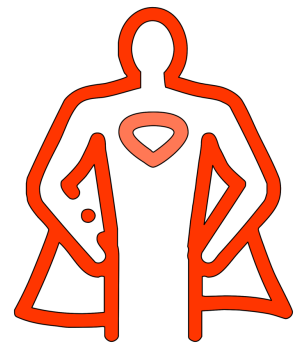


My mission until next Ramadhan		me
Pray 5 times a day	*	
Always speak the truth		
Always keep my promises		
Always greet with 'Assalamu Alaykum..'		
Speak politely to parents and others.		
Control my anger and keep a cool head		
Read the Qur'an daily		
Study very hard at masjid & school		
Respect my parents, elders & teachers		
Learn & follow as many sunnah as possible		
Look after my parents & keep them happy		
Look after myself & not give up		

## Things to bin from my life



# My Good Deeds



## Week 4

1

2

3

4

5

6

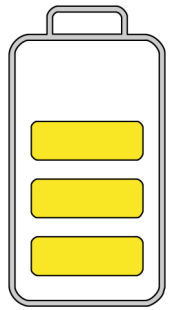
7

### This week

1. Spend some time on your own or doing i'tikaf. Have a plan of worship before hand, like a mini game plan: dhikr, salah, Qur'an, du'a and study.
2. Help mum as often as you can in all parts of her day. Every time you go into a room, imagine there are 10 things that need tidying and quickly tidy them up.
3. Reflect on bad deeds and qualities in your life and how to lose them permanently.



# Week 4

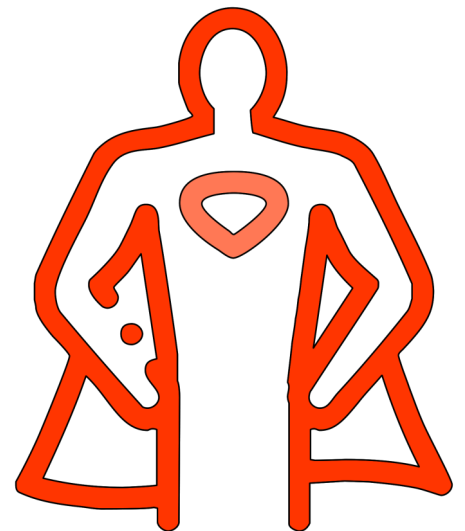


75%



YOU DON'T NEED LASERS FROM YOUR EYES,  
WHEN YOU HAVE IMAN SHINING IN YOUR HEART

MY SUPER POWERS	1	2	3	4	5	6	7
Prayed Fajr							
Prayed Zuhr							
Prayed Asr							
Prayed Maghrib							
Prayed Isha & Tarawih							
Jammed my day with good deeds							
Helped mum and dad							
Been polite and respectful all day							
Read loads of Qur'an							
Asked for forgiveness from Allah							
Made Du'a for your family & Ummah							
Kicked out bad habits							
Worked hard at masjid/school							
Be super kind & respectful to ALL							
Learned a new story or Hadith							
High quality behaviour mode all day							
Personal goals and targets:	1	2	3	4	5	6	7



## Zoned in!

Get into your learning zone and don't ever log out!

Whatever you do, do it to the best of your ability, always looking to improve!

Don't let your phones and the rest of your screens zone you out.

# Eid ul Fitr

**REMEMBER EID SALAH IS WAJIB SO DON'T MISS IT!**



**Sadaqat ul Fitr** is a special gift for the poor people so that they can also celebrate Eid. Every person who pays Zakah needs to give this money

Before the Eid Prayer a grown up in the family usually gives Sadaqat ul Fitr on behalf of the family



## EID DAY *sunnah*

- ♥ Stay up and worship on the night before Eid.
- ♥ Trim your hair (boys/men) and clip your nails
- ♥ Have a bath (ghusl).
- ♥ Wear your best clothes (they don't have to be new).
- ♥ Applying itr (perfume) - for boys and men.
- ♥ Eat a date or something sweet.
- ♥ Walk to the place of prayer.
- ♥ Recite takbeer until Eid Salah.
- ♥ Happily meet fellow Muslims.

## Fatima

Assalamu Alaykum. Hooray! I mean Masha-Allah! I came second in the Ramadhan Competition!

Today was results day, the last day of fasting. We all brought our 'Fast Track' sheet to the masjid.

I was so excited as we were adding up the scores. We didn't let each other see our results.

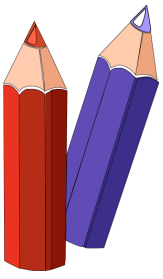
My number one fan was Zayd. He knew that I worked really hard this Ramadhan to keep on top of my fasts, prayers, Qur'an recitation and good deeds.

I was really nervous as the results were being called out. It was down to the final few names and there were only three people left, including me!

I was a bit gutted when I never came first, but when Zayd shouted excitedly, "My sister came second!" I felt great.

The truth is that we are all winners, and so are you, because we fasted and worshipped for Allah.

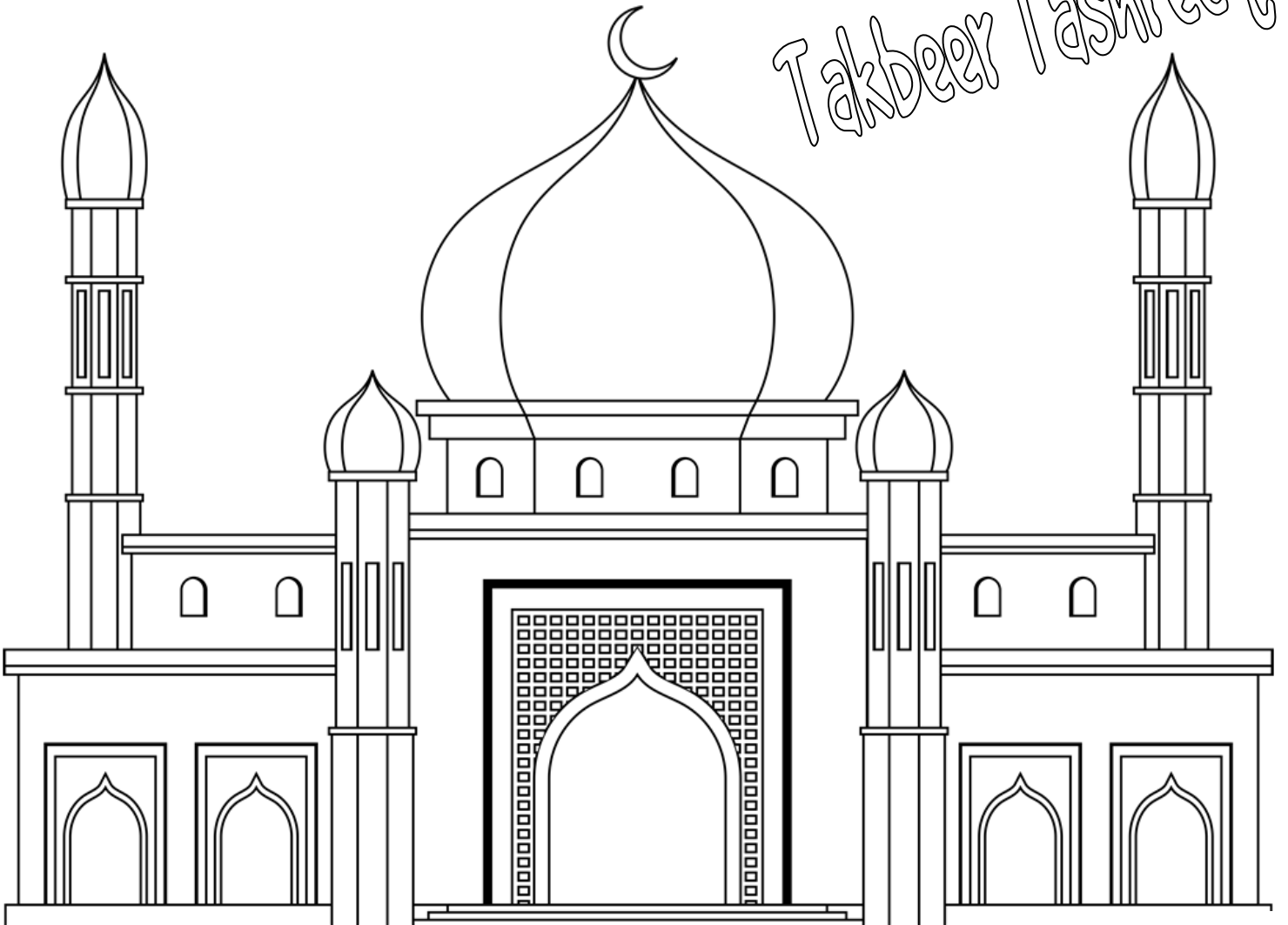
My teacher congratulated us all and said that the real reward lies with Allah, and that Allah will reward each and every person, not just the top three!



# Eid-ul-Fitr

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ  
لَا إِلَهَ إِلَّا اللَّهُ وَ اللَّهُ أَكْبَرُ  
اللَّهُ أَكْبَرُ، وَ لِلَّهِ الْحَمْدُ

Takbeer Tashreeq





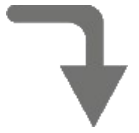
# EID DAY



THE FIRST OF SHAWWAL (ALSO AN IMPORTANT NIGHT OF WORSHIP)



SUNNAH: BEFORE SETTING OFF,  
HAVE A DATE (OR 3) TO EAT



RECITE THE  
TAKBEER  
TASHREEQ  
ON THE WAY  
BACK

EID SALAH HAS TWO RAKAH AND IS WAJIB  
THE EID KHUTBAH IS SUNNAH AND IS AFTER THE SALAH.

RECITE THE  
TAKBEER  
TASHREEQ  
ON THE WAY  
THERE



## FIRST RAKAH

3 EXTRA TAKBEER BEFORE  
SURAH AL-FATIHA

TAKBEER, RAISE, THEN DROP HANDS  
TAKBEER, RAISE, THEN DROP HANDS  
TAKBEER, RAISE, THEN FOLD HANDS

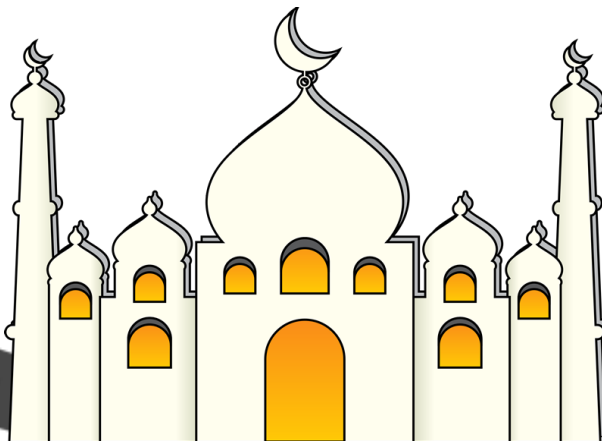
SURAH AL-FATIHA

## SECOND RAKAH

3 EXTRA TAKBEER AFTER SURAH  
AL-FATIHA AND SURAH

TAKBEER, RAISE, THEN DROP HANDS  
TAKBEER, RAISE, THEN DROP HANDS  
TAKBEER, RAISE, THEN DROP HANDS

TAKBEER OF RUKU AND  
PERFORM THE RUKU

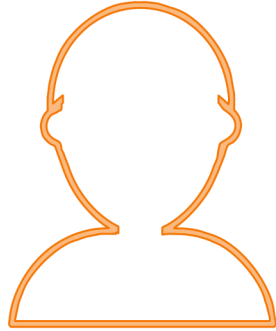


RETURN BY  
A  
DIFFERENT  
ROUTE





# ASK ZAYD



Yo Zayd! Now that Ramadhan is over, can I keep fasting?

Salam, bro! Long time no see! How are you doing?

1

Sorry bro, Assalamu Alaykum! Alhamdulillah, all good...

Wa Alaykumus Salam Warahmatullah :) Did you know that the greeting of the people of Jannah is 'Salam'? Cool, innit!

2

Really? Plus it's a sunnah, that makes it double cool! Our Nabi ﷺ and the Sahabah ؓ were the best!

As for your question, you could always do the 6 fasts of Shawwal which are also sunnah...

3

So...do I need to pray tarawih and do suhoor for them?

No, tarawih prayer is only for Ramadhan. But suhoor is a source of blessings and should be made for all fasts, Ramadhan or not.

4

OK cool. So, can I start straight after Ramadhan?

Yeah, but not on the 1st of Shawwal, OK? We are not allowed to fast on Eid day, which is 1st of Shawwal.

5

Can I fast any other days?

Monday and Thursday fasts are sunnah. And also the 13th, 14th, and 15th of an Islamic month - which are know as the 'Ayyaam al-Beedh' (the 'White Days')

6

Wow, very interesting bro. What about the Day of Arafah (9th Dhul Hijjah)?

The fast of Yawm al-Arafah has many rewards, but did you know that you should fast the first 9 days of Dhul-Hijjah if you can?

7

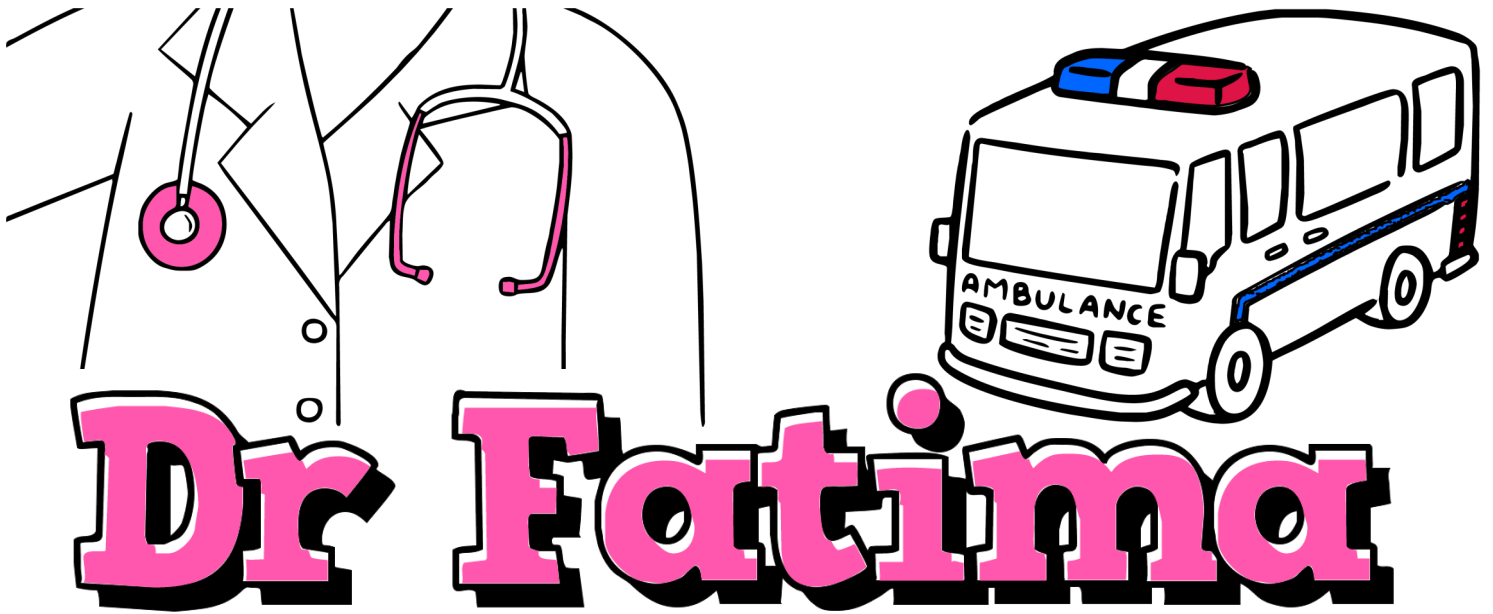
Jazakallah for that...now back to the 6 fasts of Shawwal, can you tell me some hadith or something to motivate me to keep them?

Yeah, but I'll have to look it up or ask a scholar. I have your number bro, I'll text you, Insha Allah.

8







## Fatima Says:

Doctors tell us how to look after our bodies and minds, to stay healthy physically and mentally.

They say we need to have a balanced meal and have regular exercise to keep ourselves healthy and fit.

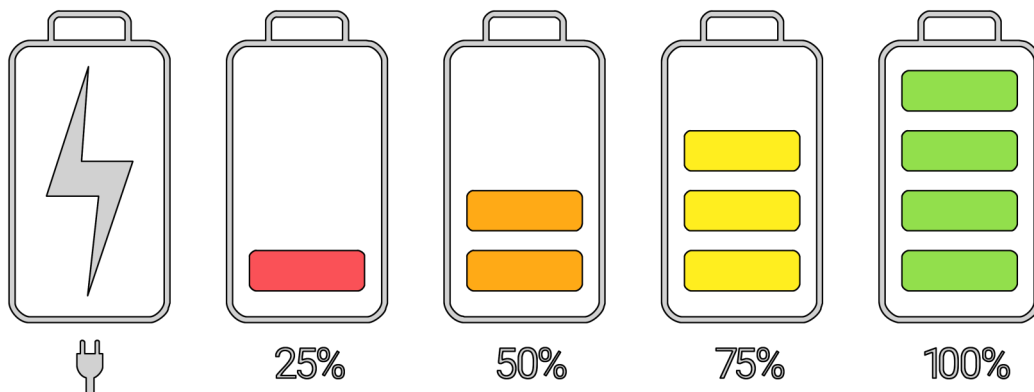
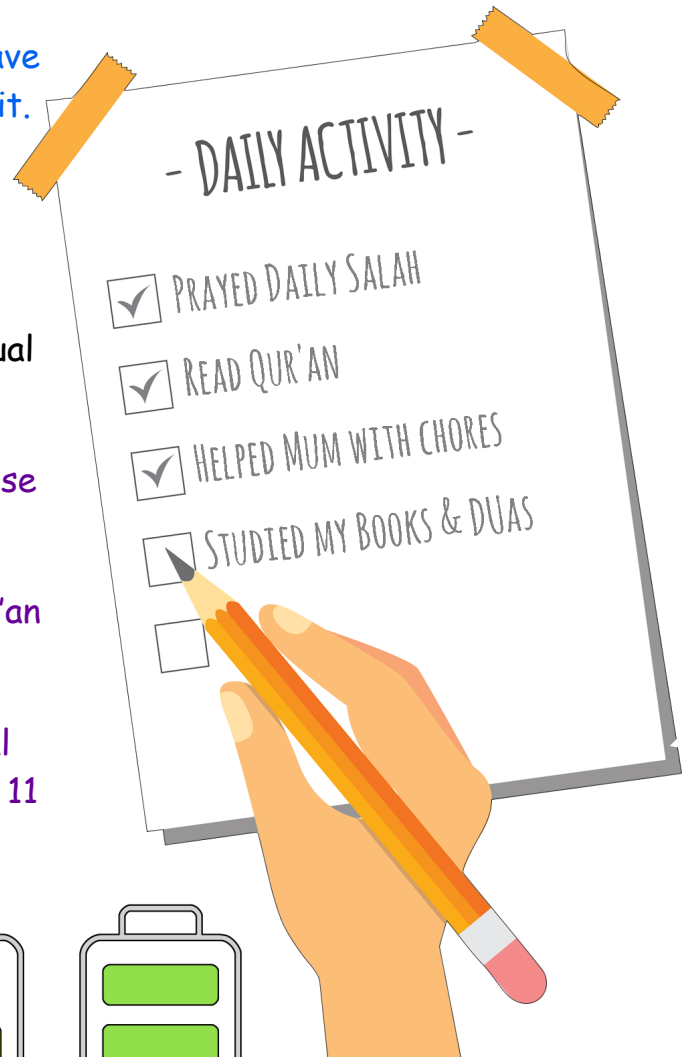
We need a range of hobbies and activities to keep our minds active and allow us to socialise with other humans in a beneficial manner.

But one thing many people neglect is their spiritual health, which is just as important.

Our spiritual self also needs nourishment, exercise and stimulation to keep it active and healthy.

We do this by performing our daily prayers, Qur'an recitation, dhikr, du'as and reflecting deeply.

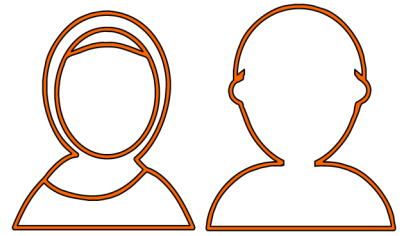
Ramadhan is like a fast charger for your spiritual batteries. Make the most of it because it will be 11 months before you get this chance again...



Together we can get it to 100% and keep it there, In sha Allah.



# Fajr Hero



After Ramadhan we are  
looking for some more  
heroes.

Is that possibly you?



My eyes are drooping, my bed is warm,  
Outside the wind is howling a storm.  
Even the alarm clock has gone to sleep,  
I gather my strength from somewhere deep,  
and jump out of bed with a single leap.

# Word Bank!

<p><b>Dhikr</b></p> <p>The remembrance of Allah. Dhikr is carried out throughout our day. It brings us closer to Allah &amp; strengthens our deen.</p>	<p><b>Du'a</b></p> <p>To ask from Allah. this can be done any time, with or without wudhu. Some times are more blessed/important.</p>	<p><b>Eid ul Fitr</b></p> <p>A day of celebration after the month of Ramadhan in which we are not allowed to fast.</p>
<p><b>Fardh</b></p> <p>A compulsory action. If a person misses out a fardh action, then they will be very sinful.</p>	<p><b>Hijri</b></p> <p>The Islamic calendar is based on 12 lunar months. The first year of the calendar started after the hijra to Madinah.</p>	<p><b>Ibadah</b></p> <p>Worshipping Allah by obeying and remembering Him. To act or behave in a way that Allah has told us to.</p>
<p><b>Iman</b></p> <p>Belief or faith in Allah and in the various aspects of Islam, as highlighted in Iman Mufassal.</p>	<p><b>I'tikaf</b></p> <p>To spend some time in seclusion for the worship of Allah. This is in the masjid for men or an area in the home for women.</p>	<p><b>Jahannam</b></p> <p>The fire in which bad people will be thrown into as punishment on the Day of Judgement. Also know as Hell.</p>
<p><b>Jannah</b></p> <p>A place of happiness and bliss where good people will enter as a reward from Allah. Also known as Paradise.</p>	<p><b>Lailatul Qadr</b></p> <p>The Night of Power, when the first verses of the Qur'an were revealed to our Nabi ﷺ. It's in Ramadhan's last 10 days.</p>	<p><b>Musaafir</b></p> <p>A person on a journey or traveller. The rules for a musaafir start after travelling 48 miles from the home town.</p>
<p><b>Nafil</b></p> <p>An optional action. If a person performs a nafil then they are rewarded. If it is missed then there is no sin.</p>	<p><b>Raka'at</b></p> <p>The number of units in a salah. Each salah has a different number of raka'at.</p>	<p><b>Shaytaan</b></p> <p>The enemy of mankind. Also known as the devil, Iblees, Satan or evil spirit/jinn. (Shayateen = plural)</p>
<p><b>Suhoor &amp; Iftar</b></p> <p>Suhoor is the pre-fast meal which is taken before Fajr time starts. Iftar is the meal taken at the end of a fast.</p>	<p><b>Sunnah</b></p> <p>The actions of our Prophet ﷺ. Also referred to as the way our Prophet ﷺ did things and behaved.</p>	<p><b>Tahajjud</b></p> <p>A prayer performed in the last portion of the night, before Fajr start time. It's an important time for du'a.</p>
<p><b>Takbeer</b></p> <p>When we recite Allahu Akbar. This means 'Allah is the Greatest'. It is also a reminder and a dhikr.</p>	<p><b>Tarawih</b></p> <p>A sunnah prayer which is carried out in Ramadhan only. It consists of 20 raka'at which are prayed 2 at a time.</p>	<p><b>Wahi</b></p> <p>A special communication from Allah to His prophets. The Qur'an is wahi from Allah to Muhammad ﷺ.</p>

# My Ramadhan Tracker

Mark each day with a tick and a small comment.  
Monitor your progress through the month.

Day of Ramadhan	Fast Did you fast?	Salah How many?	Quran How much?	Du'a How often?	Good Actions Helping at home, Sadaqah etc.
E.g.	yes	5 + tarawih	1 Para (juz)	22	charity, shopping, cleaning,...
1					
2					
3					
4					
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30					

Abu Hurairah رضي الله عنه narrates that the Messenger of Allah ﷺ said:

Whoever fasts the month of Ramadhan with belief and seeking reward, his previous sins will be forgiven

And whoever spends Ramadhan standing in prayer, with belief and seeking reward, his previous sins will be forgiven

And whoever spends the Night of Power standing in prayer, with belief and seeking reward, his previous sins will be forgiven.

(Bukhari and Muslim)

Join Fatima & Zayd on a journey to learn more about Ramadhan, and keep track of your own progress through puzzles, activities, and more!

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