

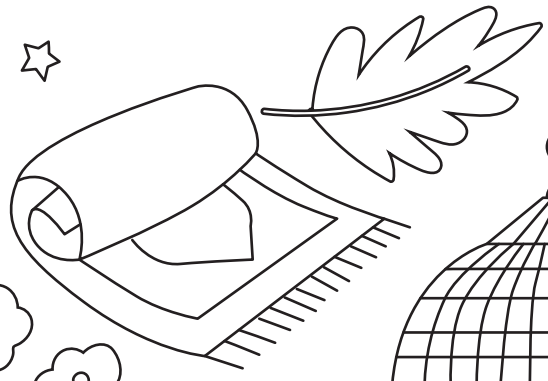
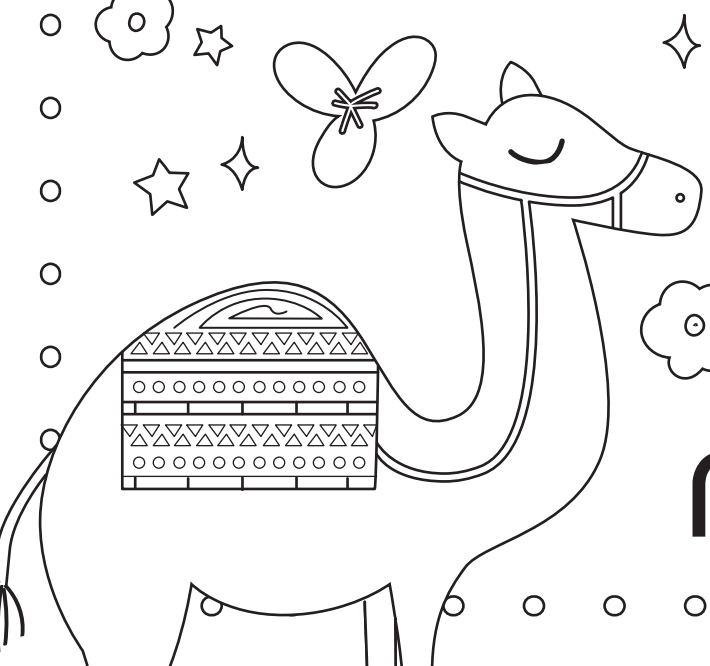


FASTING

MY

RAMADAN


CAPSULE





You are living through history.

Take a moment to fill these pages for your future self to look back (ie. photos, newspaper clippings, any artwork etc.)



RAMADAN BUCKETLIST

Write a wishlist of items you wished to achieve this Ramadan.

ALL ABOUT ME

I am _____

_____ years old

My _____

_____ birthday

height _____

weight _____

My besties

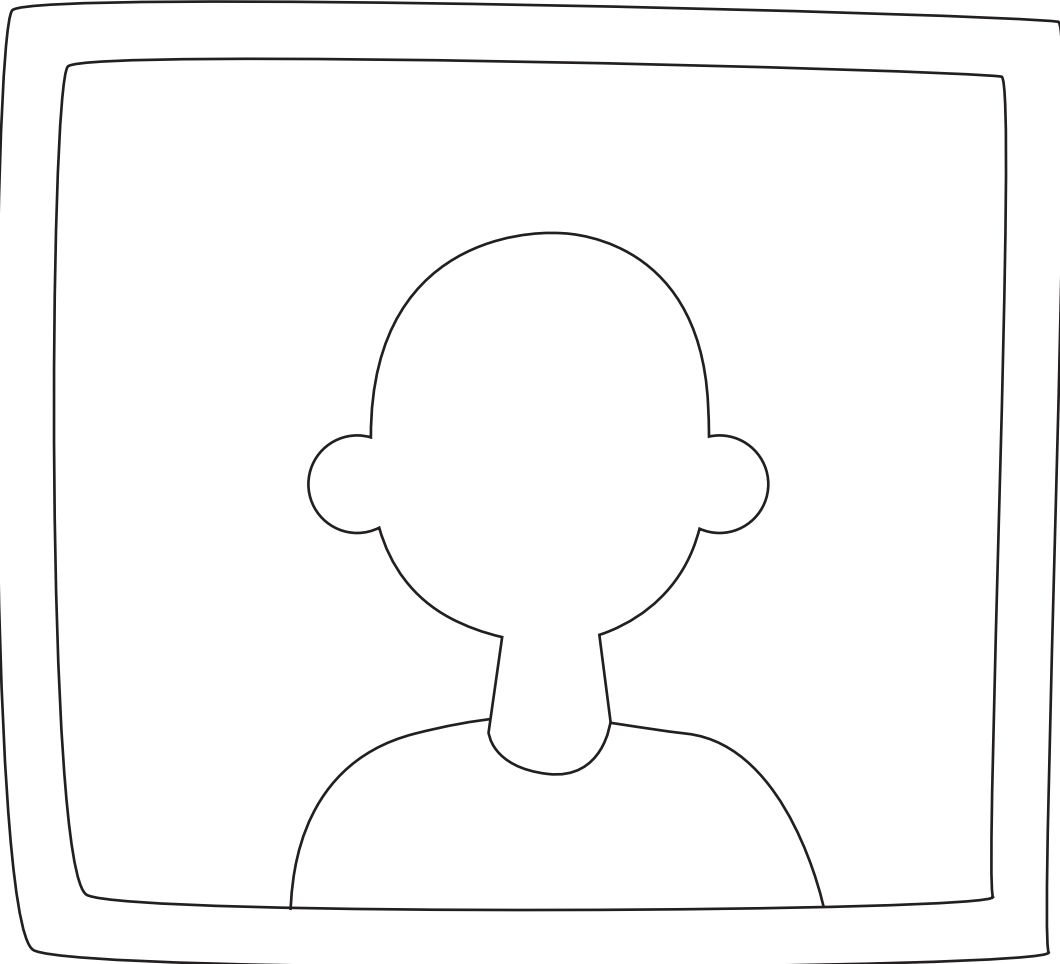
When I grow up,
I want to be....

My Favourites

| | |
|--------------|----------------|
| Colour _____ | Activity _____ |
| Food _____ | Sport _____ |
| Movie _____ | Place _____ |
| Book _____ | Song _____ |

HOW AM I FEELING?

Draw a portrait of yourself and show how you feel.



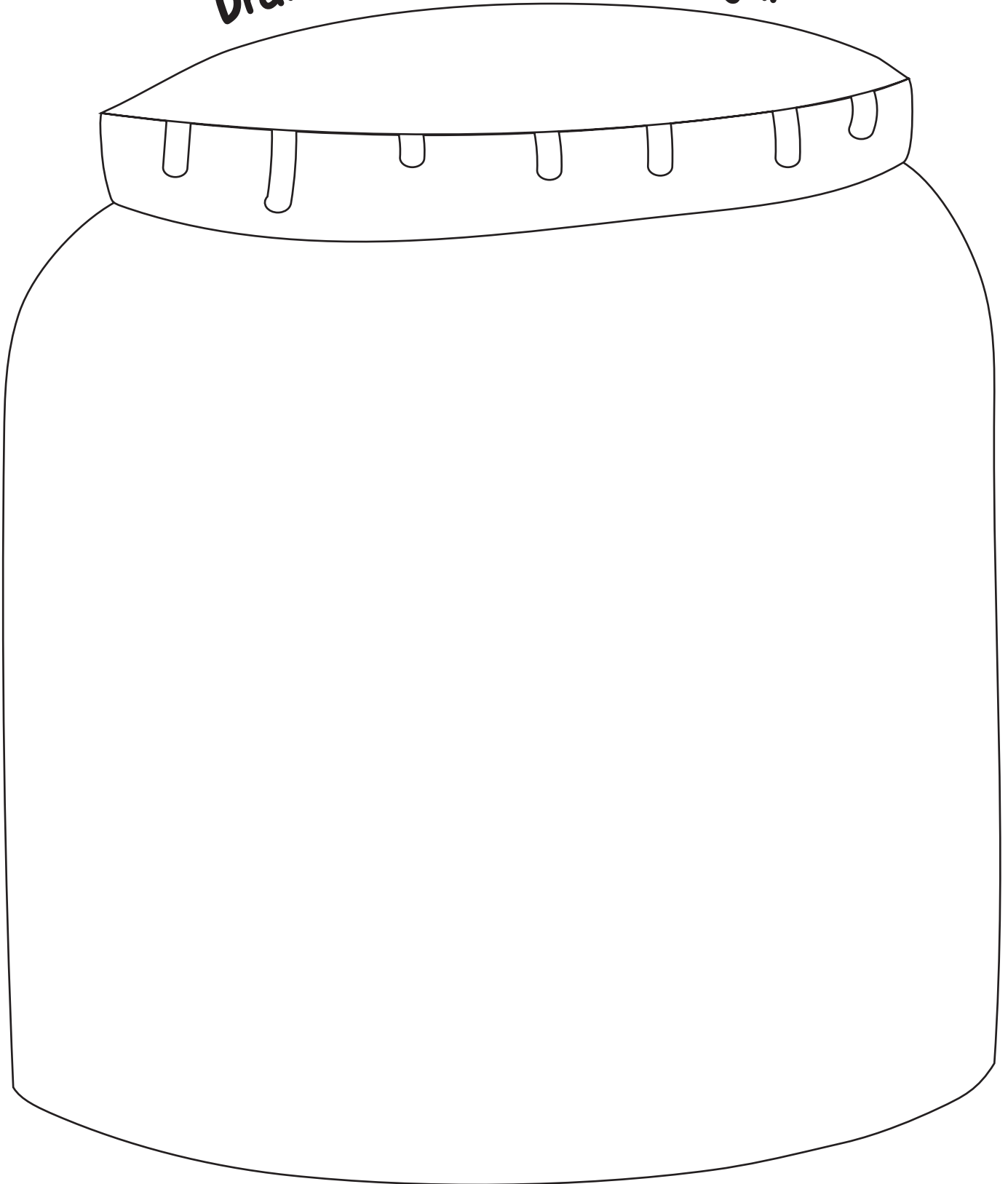
**Words to describe
how I feel...**

**What I have learnt
from this experience...**

**WHAT ARE
YOU MOST**

GRATEFUL FOR?

Draw them in the gratitude jar



YOUR RAMADAN GOALS

The worksheet is designed for goal setting during Ramadan. It features a central circle labeled "Good Deeds" and four surrounding rectangular boxes labeled "Quran", "Fasts", "Salah", and "Laylatul Qadr". Each box is intended for the user to write their specific goals for that category.

Quran

Fasts

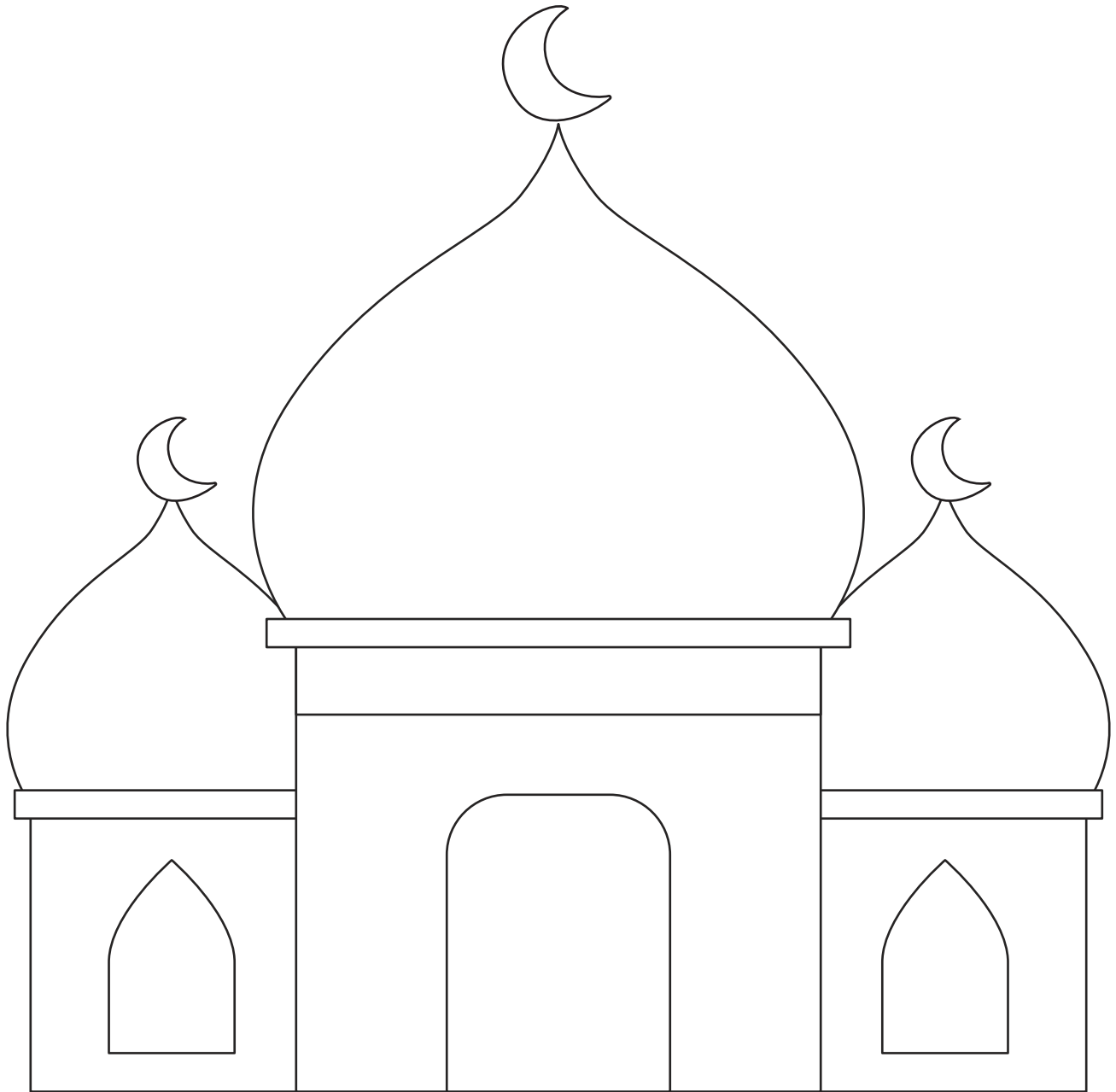
Good Deeds

Salah

Laylatul Qadr

YOUR MASJID

Do you miss going to the masjid with your friends?
Draw the people you've missed the most and colour them in.



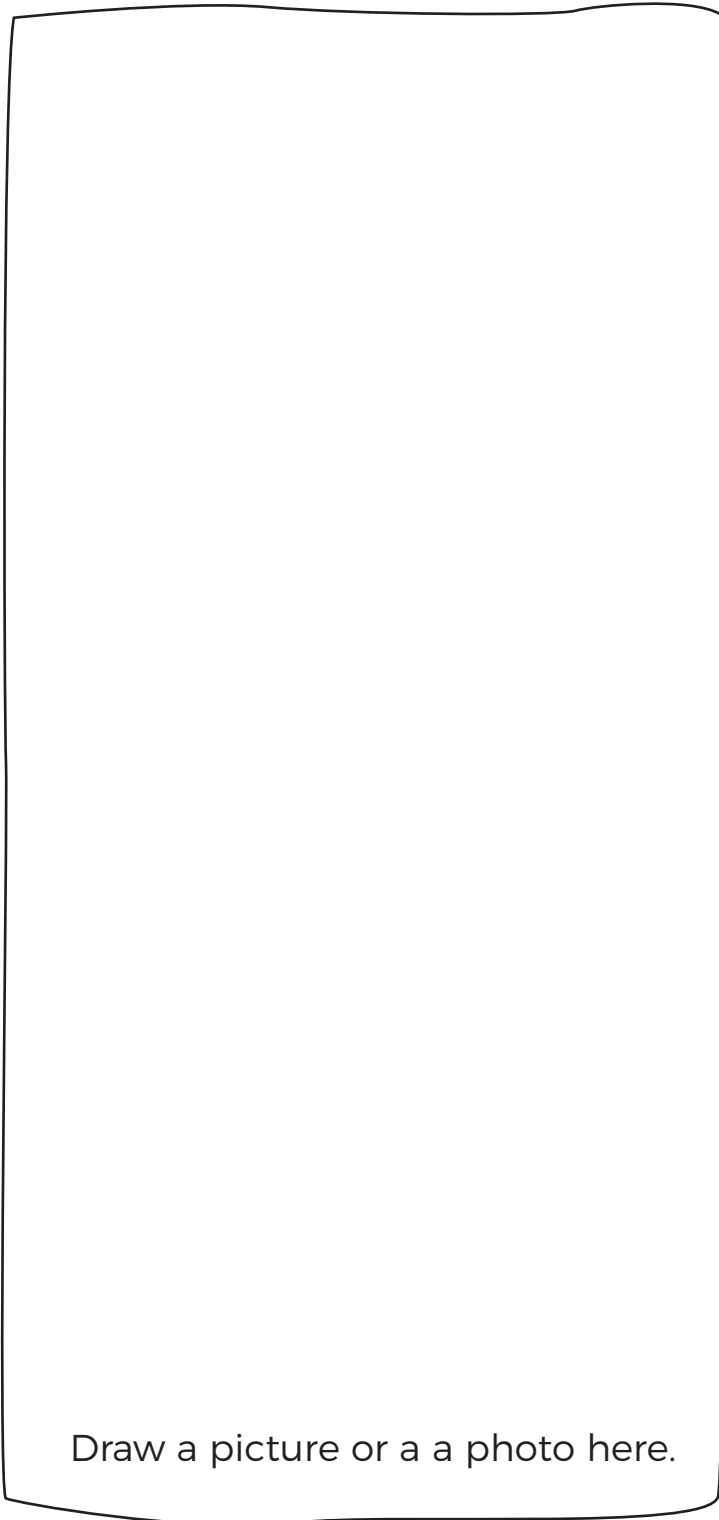
Name of Masjid:

A DAY IN RAMADAN TO REMEMBER

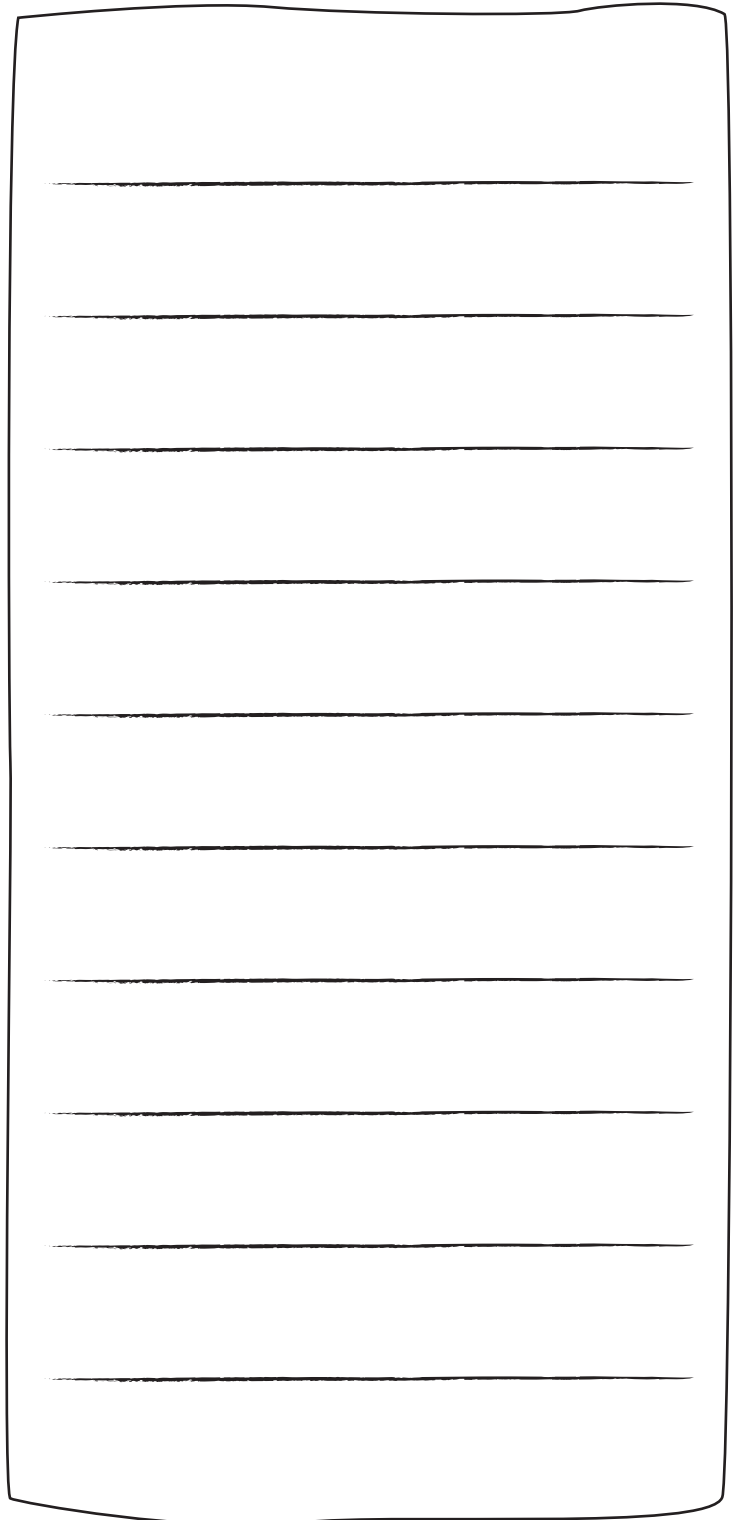
Use this page to write a story about a day in Ramadan you want to remember.

Ramadan Day:

Today's Date:



Draw a picture or a a photo here.



**MY TOP
PICKS FOR**

★ ★ ★ ★ ★ RAMADAN YEAR

Place a favourite moment here

Favourite Surah _____

Ramadan Treats _____

Ramadan Book _____

Ramadan Activity _____

Ramadan Food _____

**Best Thing
About Ramadan** _____

OLD/NEW TRADITIONS **R**★**A**★**M**★**A**★**D**★**A**★**N** YEAR

Ramadan traditions that you weren't able to continue due to restrictions:

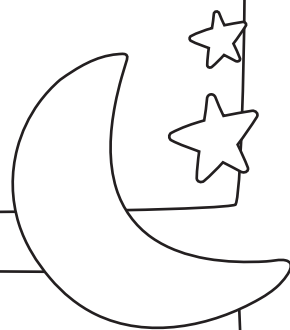
New Ramadan traditions that you started this year:

This Ramadan, I am thankful for...

RAMADAN YEAR

How I normally spend my Ramadan.

How I spend Ramadan in



My top 3 moments from Ramadan







DRAW JANNAH

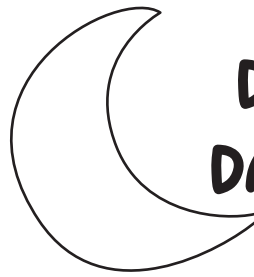
Think about what you want in Jannah. Draw a picture and use this to remind you to be good.

ONE DUA A DAY

Write your dua in the boxes below. Then cut up the pieces of paper, fold and put them in a jar. Take out one dua for you to read daily. The goal is to make one Dua or more for each day of Ramadan. Print as many sheets as you need.

A large rectangular area with a dashed border, divided into three horizontal sections by two horizontal dashed lines, intended for writing a dua.

RAMADAN



DAY _____
DATE _____

Use this page to track your daily activities. Print as many as you like.

Today's Goals



Did you read Quran today?

Yes

No

Write 3 good deeds that you did







Did you fast today?

1/4 Day

1/2 Day

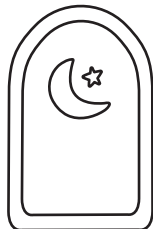
3/4 Day

Full Day

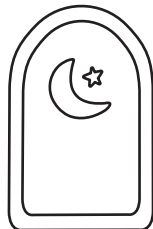
Your Salah



Fajr



Dhuhr



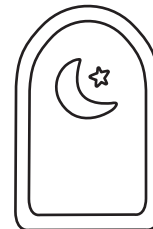
Asr



Maghrib



Isha

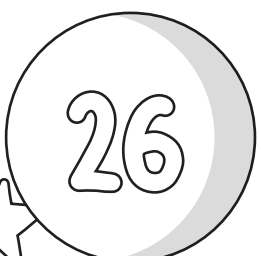
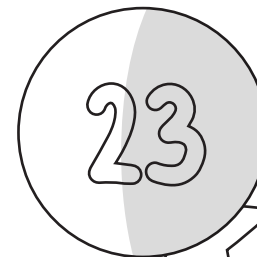
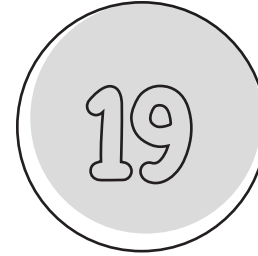
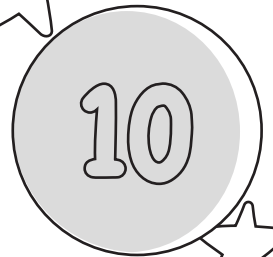
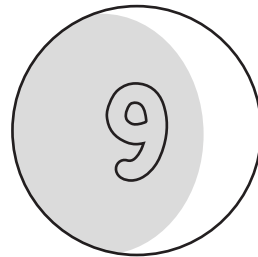
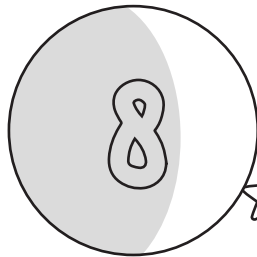
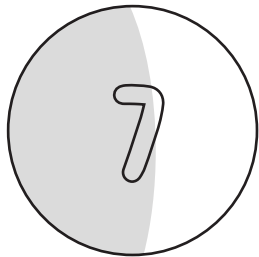
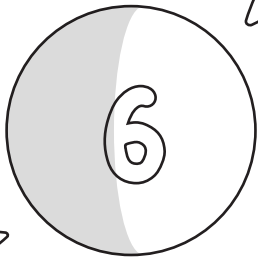
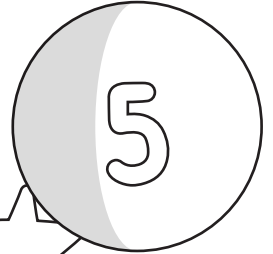
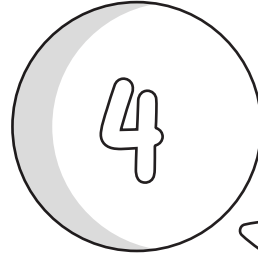


Taraweeh



RAMADAN CALENDAR

Colour in the phases of the moon as they go by to keep track of when Eid will be here!



RAMADAN DAILY GOALS

Cut these goals and put them in a jar. Take out one goal for you to complete daily. The goal is to complete a goal for each day of Ramadan.

Memorize a surah or a dua.

Read a page of the Quran today.

Give charity.
Give a little more to the needy.

Make dua.
Ask Allah(SWT) for anything,
HE always hears you.

Pray Taraweeh at night as much
as you can. Don't forget to end
it with Witr.

Don't delay your iftar.
Eat as soon as you hear the
maghrib athan.

Try fasting today.
If you are still small, try fasting
an hour or two even!

Give out dates to friends and
family. You can get the reward
of their fast too.

Help a family member.
You can get lots of rewards.

Moist your tongue with the re-
memberance of Allah(SWT).
Subhanallah, Alhamdulillah,
Allahu Akbar

Help your mom around the
house today. You can get lots of
rewards.

Clean your room. A nice, clean
smelling room can make you
and your mom really happy.

Do the morning and evening
dhikir. Earn more reward in
Ramadan.

Read an Islamic book.
Learn something new about
Islam.

Watch or listen to an Islamic show for children. Learn something new about Islam.

Think about the bad habits you want to change. Start being the better you!

Learn a hadith today. Hadiths help us understand the Quran and the dos and don'ts in Islam.

Learn a short surah today, or a few verses of the Quran.

Pick a short surah and find out what it means in English. Understanding the Quran is important.

Give to charity: clothes that don't fit you anymore, or old toys you don't play with anymore.

If you have siblings, spend time teaching and playing with them.

Learn some Arabic today. Use a website or an activity book. Arabic helps us to understand the Quran.

Read a book or watch a video about our prophet Muhammad(SAW).

Think about how our Prophet Muhammad (SAW) behaved and try to act the same.

Learn some sunnah acts - things the Prophet Muhammad(SAW) did - that we should copy.

Always be thankful.
Say Alhamdulillah.

Learn 5 or more of Allah's(SWT) names. If you memorize all 99 of them, you will enter Jannah.

Watch a video or read a book about the caliphs of Islam. Who do you want to be like?

Do as many good deeds as you can today. Try and fast, pray, read lot of Quran, dua and dhkir.

Memorize any of the quranic dua.



GOOD DEEDS BINGO



How many good deeds you can do a day? Draw a star around each good deed you do. Print this everyday in Ramadan to help you do more good deeds.



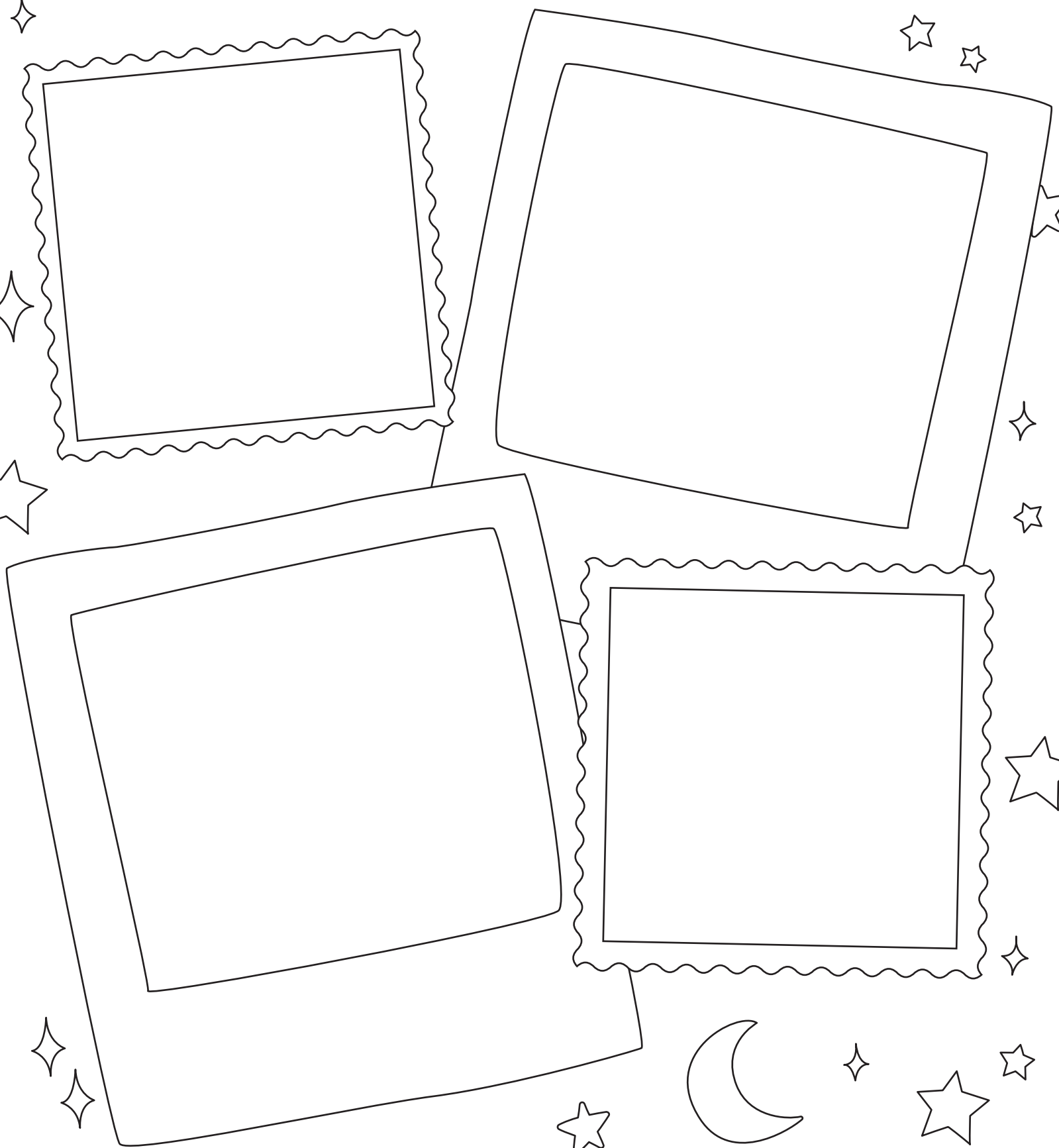
Ramadan Day:

Today's Date:

| | | | | |
|---|------------------------------------|---|--|--------------------------------|
| Recite Quran | Pray Fard Prayers | Make Dua | Fast a full day | Clean your room |
| Call or spend time with your grandparents | Pray Taraweeh | Memorize a Surah | Help make iftar | Help do the dishes after iftar |
| Say something nice to someone | Give everyone in your family a hug |  | Do something nice for your parents without being asked | Pray Together in congregation |
| Donate to charity/ masjid | Pray Nawafil Prayers | Tell everyone in your family you love them | Learn a hadith | Remove the rubbish |
| Give a gift to someone | Make Dhikir | Pick a short surah and understand it in English | Help your parents around the house | Help your siblings |

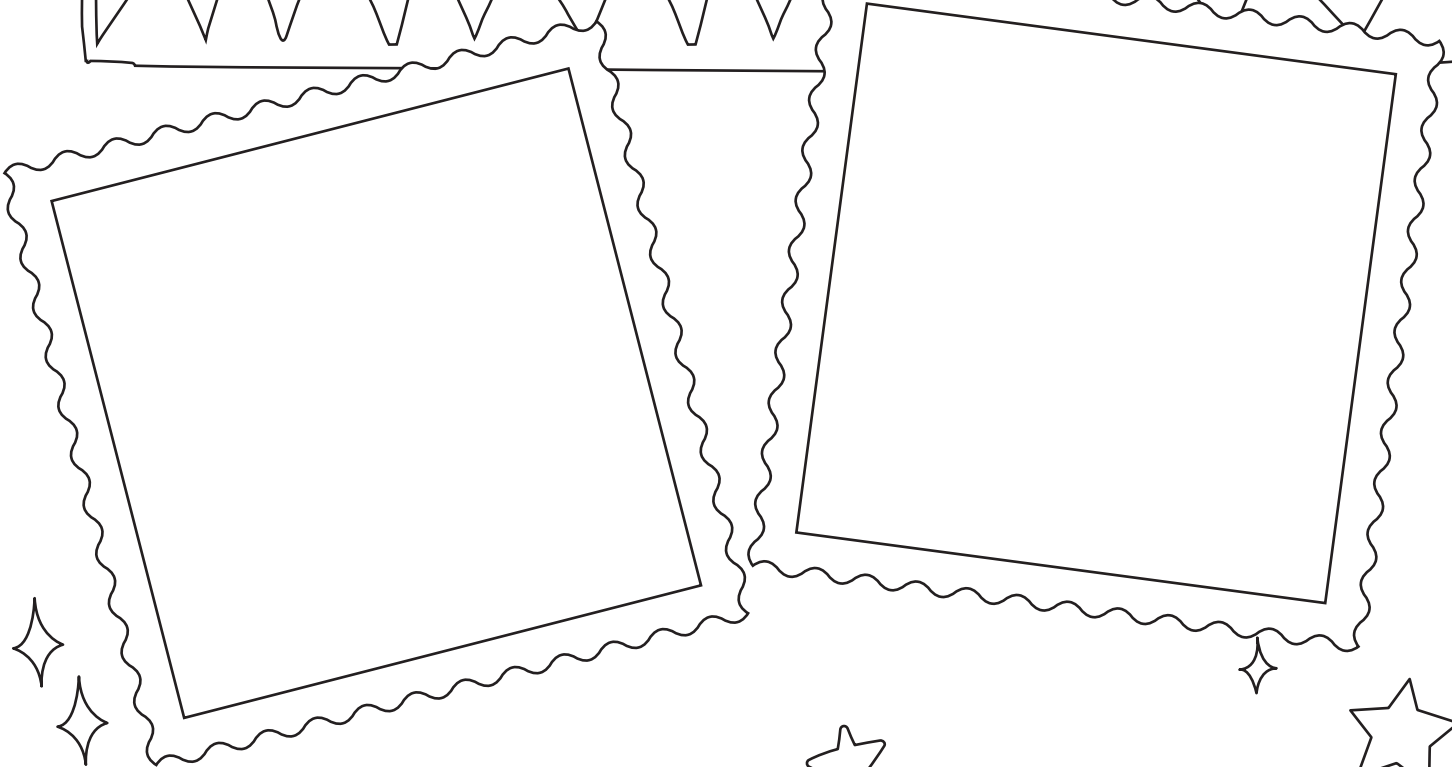
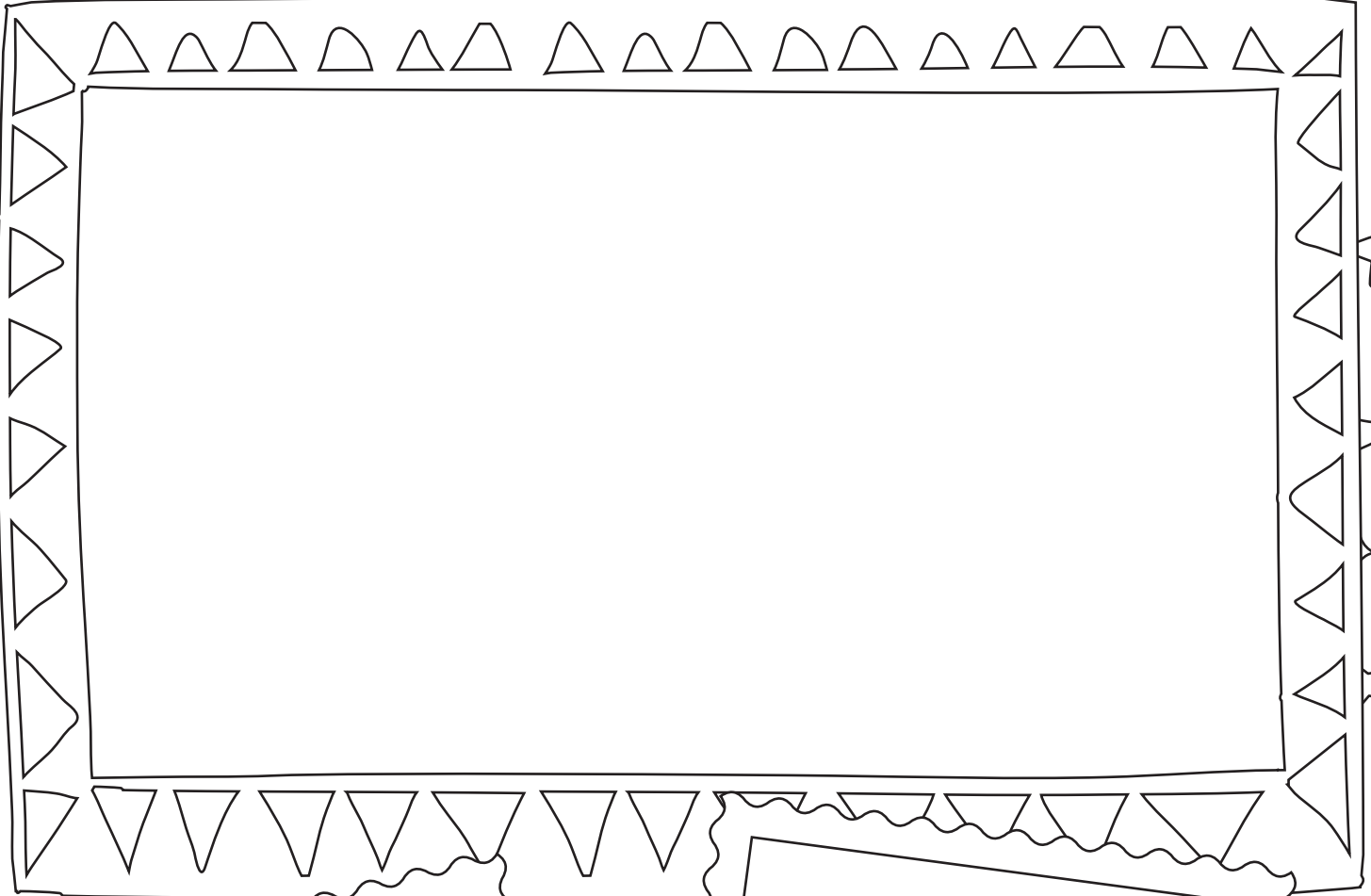
RAMADAN MOMENTS

Add photos or draw them in the frames below. Print as many as you like.



RAMADAN MOMENTS

Add photos or draw them in the frames below. Print as many as you like.





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