Ra'idah's fun and easy

Ramadhan Book

Learn about Ramadhan and do lots of fun activities and projects

By Haadiyah Sajid
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Rai'dah's fun and easy

Ramadan Book

Rai’dah
Salahuddin
PART ONE

Reading and Understanding

• Understand Ramadhan
• Learn about things to do in Ramadhan
Ramadhan is here!

You all probably know Ramadhan is here. Well, do you know how we know Ramadhan is here? Well, we see a crescent moon! This is how a crescent moon looks like: 😊

When we see the crescent moon, or if we hear Ramadhan is here, we usually greet each other, saying, “Ramadhan Mubarik!”.

Let’s read a short story!

“I can’t see the moon YET,” groaned Nabiha. “Me neither,” sighed Rai’ dah. They were both on Rai’dah’s high terrace, searching for the new crescent moon. Nabiha was Rai’dah’s neighbor and best friend. “Maybe I should call my brother, Zain,” suggested Nabiha. “He’s younger, but he’s got a sharp eye!” “Sure,” said Rai’dah. Nabiha walked over to the edge of the terrace and called Zain. He came running. “Have you seen the moon?” he yelled. “NO!” Nabiha yelled back, “come on up here and help us find it!”

Zain came up the stairs and stared at the sky for a minute. Just then, Rai’dah moaned, “Oh, we’ll never find it!” “Well,” said Zain, “What’s that, then?” Nabiha looked where he was pointing…

And they all laughed together.

“Ramadhan Mubarik!!”
What is fasting?
In Ramadhan, Muslims fast from Fajr time till Maghrib time, that is, from dawn till sunset. They can’t eat or drink anything in the time between that. When you fast, you aren’t only keeping away from food and drink, you must keep away from sins. You must also not say bad things, lie or backbite, for example. That will break your fast! Taking injection and taking medicine will break your fast too. You should not fast if it is not possible for you to! And of course you must not eat anything on purpose – it’s a great sin to break your fast on purpose. But if you forget and eat, that does not break your fast. If you HAVE to eat, for example, if you faint / get sick due to the heat, and you need some medicine, then it’s OK. However, you should make up for this broken fast later by fasting on a day after Ramadhan.

Before Fajr, we eat a meal called “Suhoor” to prepare us for the day’s fast. Try eating nutritious foods at this time! And after Maghrib, we eat a meal called “Iftaar”. You’ll probably eat a lot if it’s your first fast!
Good Niyyah (intention)

Ramadhan is time for gathering good deeds. But your Niyyah will make or break what you’re doing in Ramadhan (and otherwise)! This is how:

When you do ANYTHING, make a good intention for it. For example:

NOT: You are helping your mother so that she will let you play outside.

BUT: You are helping your mother so that she will be pleased with you, which will earn you good deeds.

NOT: You are fasting so that everyone will say, “Wow, look at that child, she is such a good Muslim!”

BUT: You are fasting so that Allah will be happy with you and you will earn good deeds.

NOT: You are playing with your pet because it’s fun.

BUT: You are playing with your pet because Allah ordered us to be kind to animals, and you are taking care of it and keeping it active by playing with it.
In this way, you can earn many easy rewards just by using a good intention. You can do very normal things with an Islamic Niyyah, and good deeds are added in your book of deeds. And in Ramadhan, good deeds are multiplied many times, so you will have even more deeds than usual. But there’s one important thing. If your intention is wrong, you will earn bad deeds instead! If you are praying / fasting for show-off, you earn bad deeds as your deed is not for Allah.

So what kind of intentions are you keeping this Ramadhan?
Tips for Ramadhan

Of course, the best thing to do in Ramadhan is fast. If you’re little you can do it for half a day, or even a few hours, like Asr to Maghrib. But there are various other things that you can do, whose reward will be multiplied as it’s Ramadhan! Here are some easy and fun ways for you to earn lots of good deeds:

- Help your mother set the table for Iftaar.
- Remind your sisters or brothers to be polite when they get rude, or be calm when they get angry.
- Recite / memorize du’as for everyday tasks.
- Remember to say “Bismillah” before starting anything.
- Decide on a good Islamic book/s you want to read and finish in Ramadhan.
- Memorize short surahs with meanings.
- Make du’a for your family, friends and Ummah.
- Advise your friends to do the good deeds you have been doing (without a showing off niyyah!)

It’s also a good idea to try making a tasty surprise dish for your fasting family’s Iftar! They’ll be surprised and pleased – and making your parents pleased is a great good deed! In activity six, there are some easy recipes for you to try.

Do Activities Five and Six!
Food in Ramadhan

Does Ramadhan remind you of pakoras and samoseh, or does it remind you of reading Qur’an and praying?

Well, it should remind you of reading Qur’an and praying! You see, Ramadhan is not the month of food, it’s the month of Qur’an! Of course, you have to take Suhoor and Iftaar. But we must not eat excessively. It’s unfair for your mom to be making piles and piles of pakoras and samoseh, staying busy in the kitchen, when so much special time is passing by. Instead, if everyone agrees, she can make some simple, quick salads, or prop up some healthy fruit on the table. But make sure whatever you’re eating is healthy and above all halal!

Remember that those yummy sweet dates are the best Suhoor and Iftar. Our beloved Prophet mostly ate them only to start /break his fast!

Draw your favourite food in this box!

Do Activities Seven and Eight!
Taraweeh

Did you know, that in Ramadhan, we not only pray our regular 5 prayers (Fajr, Dhuhr, Asr, Maghrib and ‘Isha), but we also pray the special Taraweeh prayers! Taraweeh prayers are performed after ‘Isha. We pray 10 - 20 rak’aats every night. The men and boys go to the masjid for Taraweeh, and the women and girls stay at home and pray. In the masjid, the imam reads the Qur’an in the Taraweeh prayers in such a way, that he has completed Qur’an once by the end of Ramadhan – and so has everyone else with him! This means that the imam reads about one juz, or paraa, everyday. Taraweeh brings a lot of reward and gets you in the habit of standing up in prayer at night. You can pray Taraweeh this Ramadhan too – it’s not that difficult, as Satans are chained and are not disturbing you!

Do Activity Nine!
Layla tul-Qadr

Ramadhan is a special month – it’s the month in which the Qur’an started to be revealed! On the night, which is called Layla tul-Qadr, lots of angels descend from the sky, and there is peace till dawn! But we don’t know exactly which night of Ramadhan this is. It can be any of the last ten nights of Ramadhan. It is most probably one of the Taaq (odd) nights: 21, 23, 25, 27 and 29. On all of the Taaq nights, we pray a lot, all through the night. We worship Allah, making dhikr, reading the Qur’an, making du’a, praying Taraweeh, etc. If we get do this on Layla tul-Qadr, we will get reward as if we’ve prayed through one thousand months, that is, thirty thousand nights!

You can also grab a tasbeeh and do some dhikr with your family. Try setting up a special room for night prayers. Put some dates and water on a table, and arrange Mushafs, Tasbeehs, and Musallahs on another table. You can call it the “Ibadah Room”!

Do Activity Ten!
**Eid ul-Fitr**

After Ramadhan is over, we have a celebration to mark our happiness at fasting and doing *Ibadah* throughout Ramadhan. This celebration is called *Eid ul-Fitr*! For *Eid ul-Fitr*, we buy new clothes and shoes, and we meet up with family and friends. *Eid* is always a great time. You might get some *Eidi* (special *Eid* money) from older relatives, and you will probably go to the masjid early for the *Eid Salah*. Do *Eid* shopping before Ramadhan, because the last days of Ramadhan should be spent in *Ibadah*, remember? Also, we must remember not to waste too much money on preparing for *Eid*. Examples are: we should not buy very expensive clothes and shoes, we should not look down on others because their *Eid* dresses are not so good, etc. The special du’ā for greeting any Muslim on *Eid ul-Fitr* is: *Taqabballahu Minna wa minkum*. It means, “May Allah accept from us and from you, too”. That means may Allah accept our fasting and *Ibadah* we did in Ramadhan!

Enjoy your *Eid*!
Gather O’ Muslims for the Eid prayer,  
Ramadhan is gone and Eid is here!  
*Taqabballahu minna wa minkum,*  
*Taqabballahu minna wa minkum!*  

We fasted, we prayed, we studied the Qur’an;  
We helped the needy, we increased our Imaan!  
Celebrate Eid with family and friends;  
But be watchful, don’t overspend!  

*Taqabballahu minna wa minkum,*  
*Taqabballahu minna wa minkum!*  
May Allah accept from us,  
May Allah accept from you,  
May Allah accept all our good deeds!
PART TWO

Fun Activities

• Write, colour and draw
• Develop thinking and solving skills
• Learn more about Ramadhan
Activity One
Write, in big, colourful letters, “Ramadhan Mubarik” in the provided box. Write a short Islamic message on the lines. Add the date and your name, and finally, cut it out on the black dotted lines and hand it over to anyone you’d want to: your friend, sister, brother, mother or father!

Date: __________ Name:_______________
Activity Two
Help Rai’dah find the moon.
Activity Three

Help these children decide if their fast is broken or not. Write a few lines, explaining them what to do and why.

Assalamu Alaykum! My name is Faizah, and I need your help. I was fasting... and I went into the kitchen and drank some water! I forgot it was Ramadhan!! Is my fast broken? Can I go on fasting now? Should I make up for my fast, after Ramadhan?

Reply: ___________________________________________

_________________________________________________________________________________

Assalamu Alaykum. My name is Ayan. Could you lend me a hand? Well, the problem is, I’m in big trouble. I’m still new to fasting and going hungry all day!! I was in the kitchen, and when no one was looking I quickly opened the fridge, and took a bite of my chocolate, but just then Mama came in! She was angry, and now I am not allowed to eat the rest of the chocolate! She says my fast is broken, is it? Will I have to make up this fast too?

Reply: ___________________________________________

_________________________________________________________________________________
Activity Four
Are these Niyyahs correct? Circle “correct” or “incorrect” in the box, and then explain a bit why / why not.

Layla is wearing a hijab so that everyone will admire her, saying, “Wow, that girl is such a good Muslimah!

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<tr>
<th>Correct</th>
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Nuruddin is fasting in Ramadhan so that he can collect lots of good deeds.

<table>
<thead>
<tr>
<th>Correct</th>
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Now, on the next page, write down three things you did, or will do, in Ramadhan, and your intentions for doing them.
Deed number one
Deed: _________________________________________
Intention: _______________________________________

Deed number two
Deed: _________________________________________
Intention: _______________________________________

Deed number three
Deed: _________________________________________
Intention: _______________________________________

Colour!

Niyyah

MATTERS!
Activity Five

Think of seven easy good deeds for you to do regularly in Ramadhan. Insha-Allah, after Ramadhan you’ll notice that they’ve become a habit. Just make du’a and be consistent! Make a list here. You can take out this page and stick it on a noticable spot in your home.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
**Activity Six**

Here are some surprise recipes for you to make for your family in Iftar!

**Crispy Salad**

Things needed: A medium-sized bowl, a spoon, small serving bowls, small spoons.

Ingredients: A packet each of popcorn, potato crisps, and cheese balls.

Instructions:

1. Break the potato crisps and cheese balls into medium-sized pieces.
2. Add the popcorn.
3. Mix them up well, using your spoon.
4. Put them in small serving bowls. Put a small spoon into each bowl.
5. Put the bowls on the Iftaar table and… SURPRISE!

**ANOTHER RECIPE!**
Yummy sandwhiches (ADULT SUPERVISION REQUIRED)

Things needed: A large plate, butterknife, big serving plate.

Ingredients: 12 slices of bread*, Cheese balls packet, 6 slices of cheese.

Instructions:

1. Cut all the bread slices in half diagonally. Use adult supervision.
2. Cut all the slices of cheese in half diagonally as well.
3. Place a slice of the half cheese on the slice of the half bread.
4. Put some cheese balls on top.
5. Place another bread piece on top of the cheese balls.
6. Repeat with all other bread pieces until you have 6 sandwiches.
7. Put on the big serving plate and toss it onto the table!

*Use any even number of slices of bread. The sandwiches made will be half of the slices of bread. This recipe will make 6 sandwiches.

Recipes created exclusively by Aymun Sajid, 8 years, Homeschooler.
**Activity Seven**

In the box, write down five *sunnahs* of eating. Colour in the title provided. Write your name in the corner and cut it out. Lastly, tape it to your *iftaar* table, your chair, or prop it up beside something on the table so everyone will remember the sunnahs of eating and get good deeds. You, of course, will get the most good deeds as you’re the one who reminded everyone in the first place!

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**Sunnahs of eating**

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

By ________________________________
You can also cut out this strip to make your “Sunnahs of eating” card stand up. Just follow the steps shown!

GLUE HERE

Fold up, apply glue on shown part and glue onto the back of the card.

This bit must be slanting backwards from the card.

Fold down. This part will be flat on the ground.

This is what your finished card should look like.
Activity Eight
Cut out the poster and stick it up!

Allah wants you to take care of yourself!

Eat what Allah has created!
Activity Nine

Help Rai’dah’s brother Khalid reach the mosque in time for Taraweeh!
Activity Ten

Stay up with your family on one of the Taaq nights. Then write down about everything you did that night. You can look at Rai’ dah’s diary on the next page, and see what she wrote about her Taaq night Ibadah.

Date: _______________ Name:____________________

My Taaq Night of Ibadah

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
My Ibadah Night   by Rai’dah Salahuddin

I stayed up with my family this night. It was the 27th of Ramadhan, so it was a Taaq night. First we prayed Taraweeh. Then we all sat down and I brought a bag of tasbeehs. We all took one, and then we did dhikr: we read “subhanallah”, “alhamdulillah”, “Allahu akbar”, “la ilaha ill-allah” and “Astaghfirullah”. After that, Mumma got a book with Qur’anic du’as in it, and we all read them together. Next we recited some Qur’an. Mumma put on tilawah for a while as well. After that we all made du’aa together, for everything and everyone we could think of. That took a long while, but I liked it as I could ask Allah for anything I ever wanted. Finally, Mumma opened the Qur’an again. She said they were going to stay up much longer, and since I was little I could go to bed now. I was feeling sleepy! I decided to just write this page. Now I’m going to bed! Allah Hafiz!
Activity Eleven
Cut out these Eid cards and give them to your friends after signing your name on the back!

This is the longer version of Taqqaballahu Minna wa minkum. It is: Taqabballahu Minna wa Minkum siyamu Shahr Ramadhan, meaning, “May Allah accept from you and from us the fasting of the month of Ramadhan”.

Add your name in the white box to complete this message.

NOTE: Be careful in cutting this card as it has rounded edges!

In this card you can add a short message all of your own! You can easily add your receiver’s name this time!

Try making your very own Eid cards as well! Use your best craft materials for them!
Ramadhan Quiz

Think honestly about what you would do in these situations, specially if it were Ramadhan. Circle the letter, and then look at the bottom of the next page to see how well you did.

1. Your mom said if you clean up the books on the table, she will give you a chocolate. What are you doing it for?
   A. For the chocolate, of course!
   B. So that your mom will be happy.
   C. Say, “Oh, I have to play, I can’t do this right now.”

2. Your helper is taking injections while she is fasting. You know that’s wrong – what do you do?
   A. Just stay quiet.
   B. Tell her politely, “Look, you can’t take injections while fasting. It’s okay if you can’t do it this time.”
   C. Say, “My, you really don’t know anything about fasting!”
3. Your friend offers you some tasty crisps. But you are fasting. No one else is around. What do you do?
   A. Say, “Oh, I’m fasting. Aren’t YOU fasting?”
   B. Just say, “No, thanks, you can have them.”
   C. Eat some – your friend doesn’t know you’re fasting!

4. After half a Taaq night of Ibadah your mom says, “You can go to bed now or stay up if you want.” What do you do?
   A. Go straight to bed. Ahh!
   B. Stay up – you want more good deeds.
   C. Stay up so that everyone will admire how good a Muslim you are.

5. You’ve just got a great new Eid dress. Then you see a poor child, whose dress is a very tattered one. What do you do?
   A. Ignore her.
   B. Buy her a brand-new, nicer dress.
   C. Say, “Oh, your dress is SO bad! Look at MINE!”

How many times you picked each letter?

A  B  C
What letter did you mostly pick?

**A**
Not very good. Try harder! You need to work on your habits. They’re not horrid, but they’re not awesome, either!

**B**
*Masha-Allah! You are a truly good Muslim! May Allah reward you the best of rewards!*

**C**
Oh, no! You are making your Ramadhan go for the worse! You must try your very best to improve yourself!
What we learn from Ramadhan

Here is a fun project for you to do!

First, cut out the large shape below on the dotted lines. Fill in your name and the Hijri year. Punch holes where indicated by circles.

Second, cut out all the smaller shapes on the next page which are the things we learn in this sacred month. Next, punch a hole where indicated by the circle in all the small shapes.

Finally, thread some string through the holes, joining the smaller shapes with the big shape. Now, hang it up in your room!

What we learn from Ramadhan

By ________________________________

Ramadhan, _______ Hijri
We learn to be generous by feeling how poor people feel.

We learn to control our tongue because we cannot say bad words while fasting.

We learn to be thankful for Allah’s ni’mahs.

We learn patience by avoiding food, even if we really want it.
Ramadhan Diary

Write about any day in Ramadhan when something interesting happens to you. There are 6 pages; you can write on these, using any of the following topics or your own ideas:

- The first day of Ramadhan
- Iftaar and Suhoor
- Your good deeds
- What you did in this book
- How you felt in Ramadhan
- Why you felt like that
- How your home changed in Ramadhan
- What you love about Ramadhan
- What you learnt in Ramadhan
- What special / unusual things happened in Ramadhan
- Shopping for Eid
- Eid!

On every page, there are boxes and shapes to draw in pictures about your experiences. You can colour in your pictures as well!

Assalamu Alaykum!
It’s me, Rai’dah!
Jazakallah for spending Ramadhan with me! I learnt a lot, and so did you!