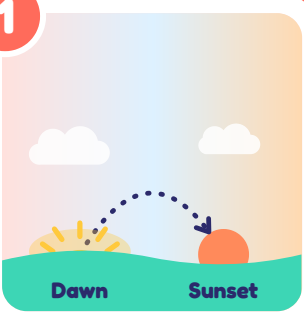


Ramadan: What We Do

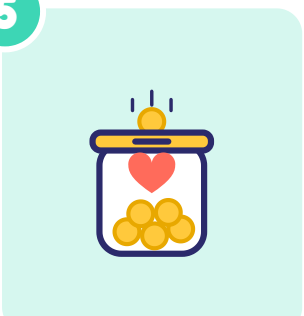
Ramadan Mubarak! Let's fill the month with good deeds.

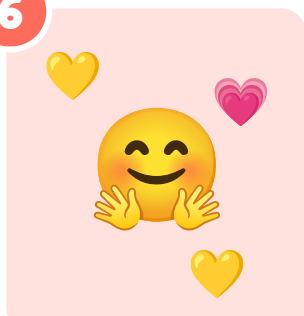
- 

Fasting
Grown-ups and big kids fast. Little ones can practise!
- 

Suhoor
We eat a meal before dawn. It has a blessing!
- 

Iftar
At sunset, we break our fast with dates and water.
- 

Qur'an
It's the month of the Qur'an. Read or listen every day!
- 

Charity
Give to people in need. Share food with neighbours.
- 

Kindness
Be extra kind! Help at home, share, and use kind words.
- 

Taraweeh
Special night prayers, at the masjid or at home.
- 

Laylat al-Qadr
Look for it in the last 10 nights. Better than 1,000 months!



When we break our fast

The Prophet Muhammad (peace be upon him) said this at iftar.

ذَهَبَ الظَّمَا وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabdh-dhama'u wabtallatil-'uruqu wa thabatal-ajru in sha' Allah

Meaning: The thirst is gone, the veins are wet again, and the reward is sure, if Allah wills.

Abu Dawud 2357 · Hisn al-Muslim 176

