

All Key  
Stages



**LET'S  
TALK ABOUT...**

Ramadan

The aim of this LTA is to be aware of why and how the period of Ramadan is followed by Muslims, how this might impact Muslims in the UK and how we can support our peers.

There are likely to be different views in the class. You are expected to be respectful in all comments and discussions.

Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year. This is because Islam uses a calendar based on the cycles of the Moon.

In 2023 in the UK, Ramadan will probably begin today on Thursday **23rd March** and will probably end on **Friday 21st April**.

# Talk Task 1

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Who takes part in Ramadan?

What do they do?

Why do they do it?



# Who takes part in Ramadan?

Followers of the religion **Islam** take part in **Ramadan**.

Followers of Islam are called **Muslims**.

Muslim means **submission** and Muslims submit themselves to God. E.g. they try to follow the rules they believe **Allah** (Muslims use the word Allah for God) gave them.

## What Happens During Ramadan?

During the month of Ramadan, **Muslims won't eat or drink during the hours of daylight**. This is called **fasting**. Fasting or **sawm** is one of the **five pillars** (requirements) of Islam. Children are not expected to fast until they reach puberty, usually around the age of 14 although some may try to do some or all of the fast at an earlier age.

Think back to the last time you were hungry or thirsty? How did it feel?

## Why do Muslims take part in Ramadan?

Fasting allows Muslims to devote themselves to their faith and concentrate on their relationship with Allah (God).

Fasting is thought to teach self-discipline (being able to control ourselves and our actions) and it reminds Muslims of the suffering of the poor and to appreciate what they have.

# Isn't Fasting difficult?

Fasting can be difficult, it is especially hard in very hot countries or during the summer where the daylight hours are very long. If fasting is done sensibly where the person eats a balanced diet when they are able and doesn't push themselves too hard it won't harm them and there is increasing scientific evidence to suggest if done in a sensible way, fasting can be good for us. If a person is not well they should not fast during Ramadan and make the time up if they are able to when they are healthy.

Fasting is common in many religions and cultures across the world.

In Islam fasting ([sawm](#)) is one of the [5 Pillars](#) (core beliefs) of Islam so it is very important to Muslims and many see taking part in Ramadan as an honour so are pleased to be able to fast.



# Talk Task 2



How might fasting allow Muslims to concentrate more on their relationship with God?

When might Muslims not be expected to fast during Ramadan?

# Does everyone Fast during Ramadan?

You do not have to fast if you are -

- Not at the age of puberty (although many children will decide to do some or all of the fasting before this)
- Pregnant or breastfeeding
- Sick
- Menstruating (girls having a period)
- Travelling



Sometimes Muslims will complete or make up the fast at a later time.

Watch this clip and consider answers answers to the following questions -

<https://www.youtube.com/watch?v=Qa2f7gdP4vw&t=3s>

When do Muslims fast?

What is the name of the meal before dawn?

What do Muslims use to break their fast?



First time they have had Ramadan lights in Piccadilly Circus. Funded & organised by a non-profit Islamic charity who raised the money via donations.

Sometimes during Ramadan Muslims will try to give up bad habits such as swearing, lying or being unkind to others.

Muslims will often attend the Mosque (their place of worship) for special services.

Muslims will often try to spend time reading the Qur'an.

Muslims will often try to spend time with their family and friends.

Sometimes Muslims will try to help people in need during Ramadan. It is believed that a good deed holds more value during this time.

Some Muslims may not listen to music or watch television however this depends on how a particular section of text in the Qur'an is interpreted so may not be the same for all Muslims.



# Talk Task 3

## How might you be a good friend or classmate during Ramadan?

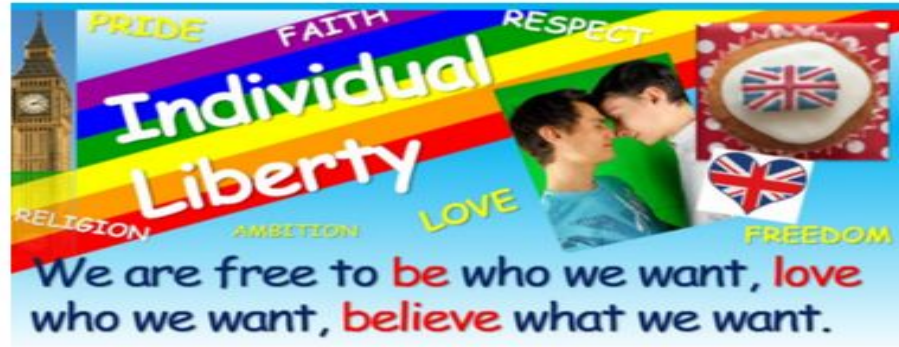
- Try not to tempt your friends with food or drink.
- Remember that they have to avoid behaviour such as swearing, gossip or being mean so try not to involve them in this.
- Be aware that they may not have the energy to run around as much as normal.
- Be aware that they may be busy during their free time during this period.
- Be aware that they might be tired as they have to get up early and go to bed late in order to eat and pray.
- If you are worried that they are not well let a teacher know.





These are the British Values – How do they relate to the discussions we have had regarding Ramadan?

# Talk Task 4





*Ramadan Mubarak*  
to all, wish you all a happy,  
safe and blessed Ramadan.

