

Ramadan in the Classroom

By: Sarah Malik

Science Connection - Health

Arabic classroom – Debate the following question:

Should students in grade fast? Why or why not?

هل يجب ان يصوم الطلاب؟ لما ولما لا؟

لا	نعم
<p>الصوم يجعل الطلاب يشعرون بجوع شديد عندما يحاولون التعلم.</p> <p>قد يغمى عليه أو يشعر بالعطش ويشعر بجفاف شديد في فمه.</p>	<p>– الصيام مفيد للصحة.</p> <p>نعم ، ولكن بعد الأيام الأولى يعتاد الطالب على ذلك ولا يشعر بالجوع. الصيام يساعد الطالب على التركيز.</p> <p>الصيام يساعد الطالب على الحفظ والفهم</p>

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التنظيم حفل إفطار - Planning a dinner party

Interpretive

Students listen to menu options and circle their choices from food pictures.

Students write questions about the menu choices.

خيارات القائمة



Interpersonal

Students ask their partner the questions and fill out a chart on food likes and dislikes.

أنا أحب | أنا لا أحب



Process Grid			
Topic	Questions	Answers to Questions	Notes/Comments

Presentational

Friends are coming to dinner. Students read new menus and plan a menu appropriate for different people based on likes/dislikes and special dietary needs:
Vegan
Low Carb
No Dairy
No Rice

قائمة طعام



Can-Do Statements

I can write questions and make choices about food preferences.

I can answer questions and talk about food likes and dislikes with a friend.

I can plan an authentic menu with someone's dietary needs in mind.

أنا أستطيع أن

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Interpretive Task	Interpersonal Task	Presentational Task	Reading and analyzing a menu - تصنيف أنواع الطعام بين صحي وغير صحي
<p>Students examine different seasonal menus and categorize meals as healthy/not healthy and why.</p> <p>I can categorize meals as healthy or not.</p> <p>صحيح غير صحي</p>	<p>Choose with a partner and come to consensus on which foods and meals you would include on healthy, seasonal menus for people with three different dietary needs.</p> <p>I can decide which meals are best for different diets</p> <p>يمكن للطالب اختيار أفضل طعام للصائم على أساس عن نظام الغذائي للصائم</p>	<p>Write a proposal for the Food Network, featuring seasonal meals from Arabic-speaking countries based on different peoples' health needs and lifestyles.</p> <p>I can plan a food show with meals From different Arab countries</p> <p>أنظم معرضاً للإفطار بأطعمة من كل بلدان عربي</p>	

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أطيار رمضان

حلوى التمر

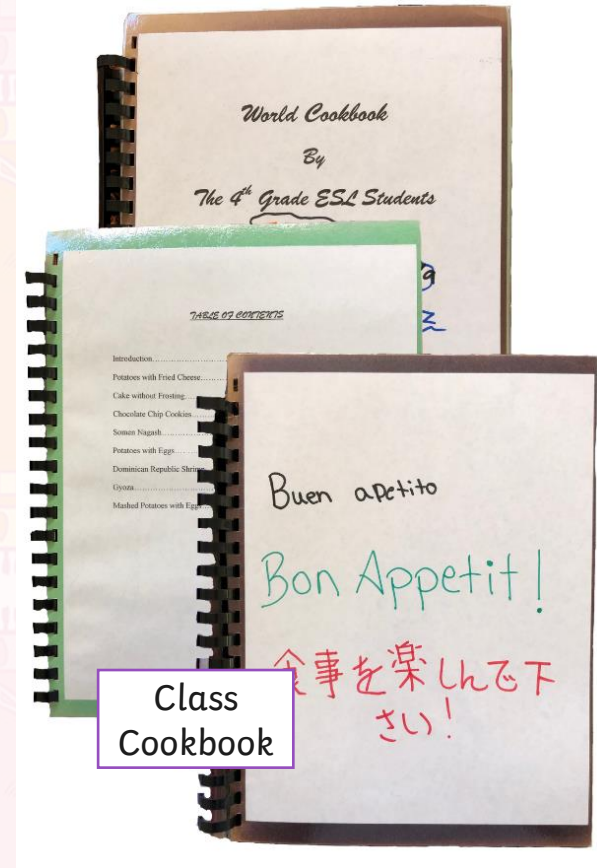
المكونات

- ❖ ١/٢ كيلوغرام تمر مجفف ومنزوع النوى.
- ❖ ١/٤ كوب سمنة.
- ❖ كوبان من الجوز المقطع.
- ❖ ملعقتا طعام بذور سمسم محمصة.

الكمية: ٦-٨ أشخاص

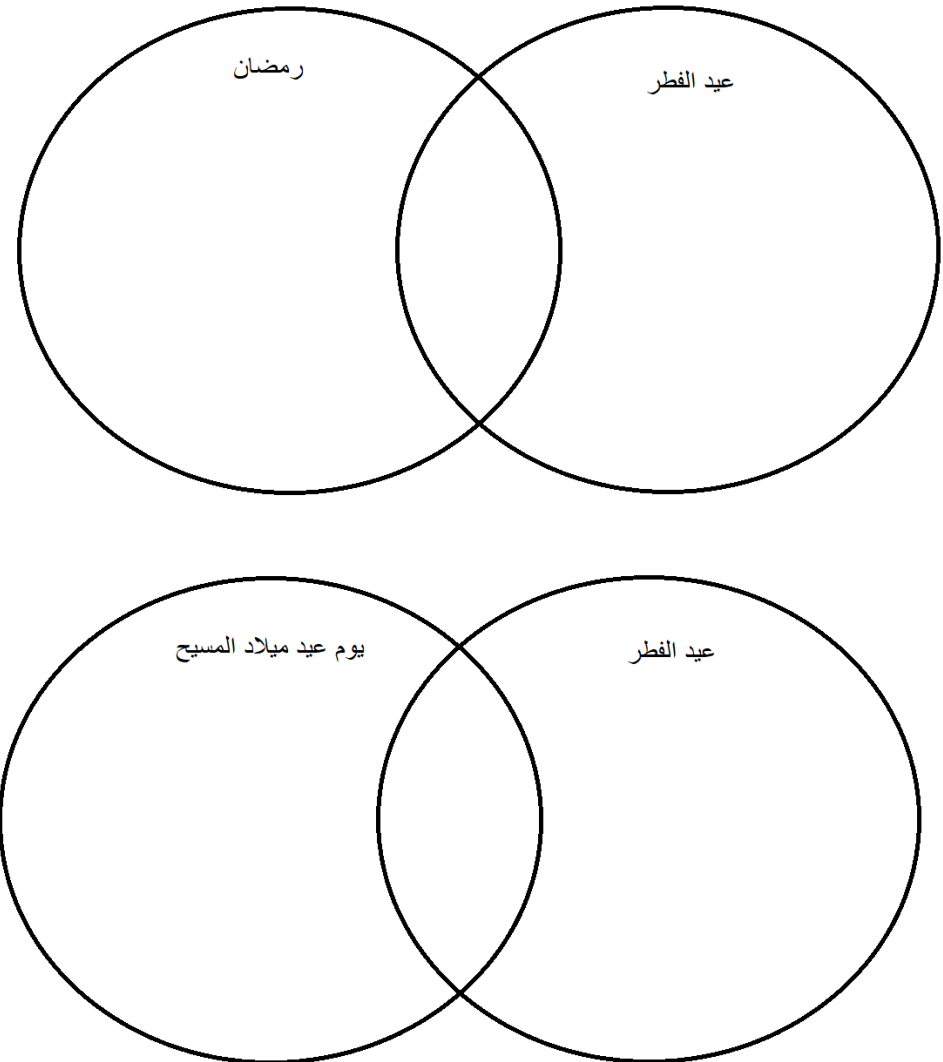
طريقة التحضير

- ١ تُفْرَم حبات التمر خشناً وتوضع في قدر ثقيلة مع السمنة وتطهى على نار متوسطة مع التحريك غالباً حتى تطرى وتمتزج مع السمنة.
- ٢ تُمد نصف كمية التمر المقلي في قالب كيك دائري صغير أو مربع مبطن بورق السلوفان.
- ٣ ترش قلمع الجوز فوق خليط التمر ويضغط عليها قليلاً. بعد ذلك يوضع النصف الباقي من خليط التمر المقلي في الأعلى ويمهد سطحه على نحو متساو.
- ٤ ترش بذور السمسم المحمصة فوق سطح التمر، ويضغط عليها قليلاً.
- ٥ يترك محتوى الصينية ليبرد ثم يقطع إلى مربعات صغيرة أو أشكال ماسية. تُحفظ القطع في وعاء مختوم وتقدم كنوع من الحلوى.



Social Connection - Community

High School students will read on Ramadan and Eid holidays in the Arab world and compare those celebrated in the United States (Christmas/Easter/Hannukah or ANY holiday). Students can use a Venn diagram to compare the two cultures. They can also use a Venn diagram to compare Ramadan with Eid.



Social Connection - Community

Helping others and doing good deeds is an important part of Ramadan. Sometimes, this means giving money to charities or people that need help. It can also mean being kind, giving your time and sharing what you have. Some Muslim children will have a Ramadan advent calendar.

The calendar is usually made from fabric or cardboard and will have 29 or 30 doors or pockets to open, each with a number to 30 on.

Inside each one is an action to complete. These are usually ways you can help other people and treat them with kindness.

سوف أطبخ الطعام وأحضره إلى أحد جاري



Spiritual Connection

28 GOOD DEEDS FOR 28 DAYS OF RAMADAN

Earn a thousand good deeds in minutes. Recite 15 Salawaat today	Remember all those who may have hurt you. Forgive them today and make peace	Treat others the way you want Allah to treat you	Read the meaning of Surah Ma'aun and do a simple kind act. e.g. help prepare iftar
Visit a sick muslim and spend time with them. Perhaps cook for them or recite a surah in their presence	Recite the Qur'an after Fajr prayer to see immediate internal benefits such as willpower and stillness	Read the meaning of any surah you'd like and pick a verse to reflect upon today	Read or listen to a lecture that enhances the relationship between you and the Qur'an
Learn 5 names of Allah today and try to implement those qualities this year	Engage in dhikr and find peace and tranquility e.g. Allahu Akber, Alhamdulillah, SubhanAllah	Reflect on your habits and pick one to work on this month. It could be very simple e.g. backbiting, procrastination, etc	Make a du'a list for Laylatul Qadr i.e. everything you want to overcome, everyone you know, where you want to be, etc
Share what you've learnt this month with somebody today	Double the joy of fasting by sharing your iftar with somebody	Complain less today	Learn 3 supplications from the Qur'an, memorize and share them with friends and family
Be extra kind and generous today	Look around you. Notice the little blessings and thank Allah for them e.g. a bed to sleep in, the plants, a house etc	Read the first 15 verses of Surah Mu'minoon to achieve success	Stop eating when you're getting full up upon breaking your fast
Make du'a before breaking your fast. It's the softest moment of the day for the heart	Donate an amount to a charitable cause to make a contribution to the world	Recite 2 units to thank Allah for the grand opportunity to see Ramadan again. Not everybody gets to	Declutter this month and give away everything you don't need. End the month clean and free of clutter
Recite 70 Istighfar today. This is the month of forgiveness and reformation	Make a prayer for the person that sends you something, smiles at you or even walks by	Make that phone call to a family member you haven't spoken to in a while	Share Eid gifts and cards with neighbours and friends, muslim or non-muslim

الصيام والذكر والدعاء
والتضرع إلى الله وقراءة
القرآن الكريم والصدقة
وقضاء حوائج الضعفاء
وصلة الرحم والتضامن
الاجتماعي ومضاغة
الأجر في الشهر الكريم
وتذليل سبل الطاعة.

Spiritual Connection – The Masjid

Going to the masjid is an important part of both Ramadan and Eid.

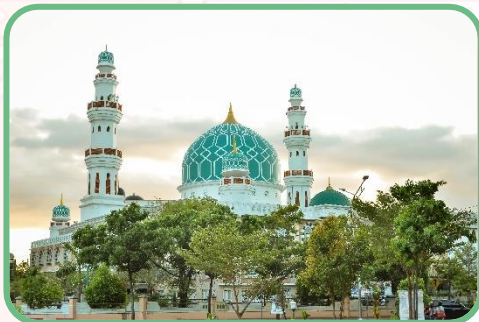
Muslims will pray in a big open prayer space/hall. The carpet usually has a pattern with spaces for each person to sit. Everyone must take off their shoes before entering the prayer area. The special prayer during Ramadan is called the 'Taraweeh'.

Virtual field trip to the masjid

[Sheikh Zayed](#)

[Nearpod](#)

[Sultan Ahmet](#)



زيارة المسجد في رمضان



Spiritual Connection –The Masjid

Manners of Visiting a Masjid

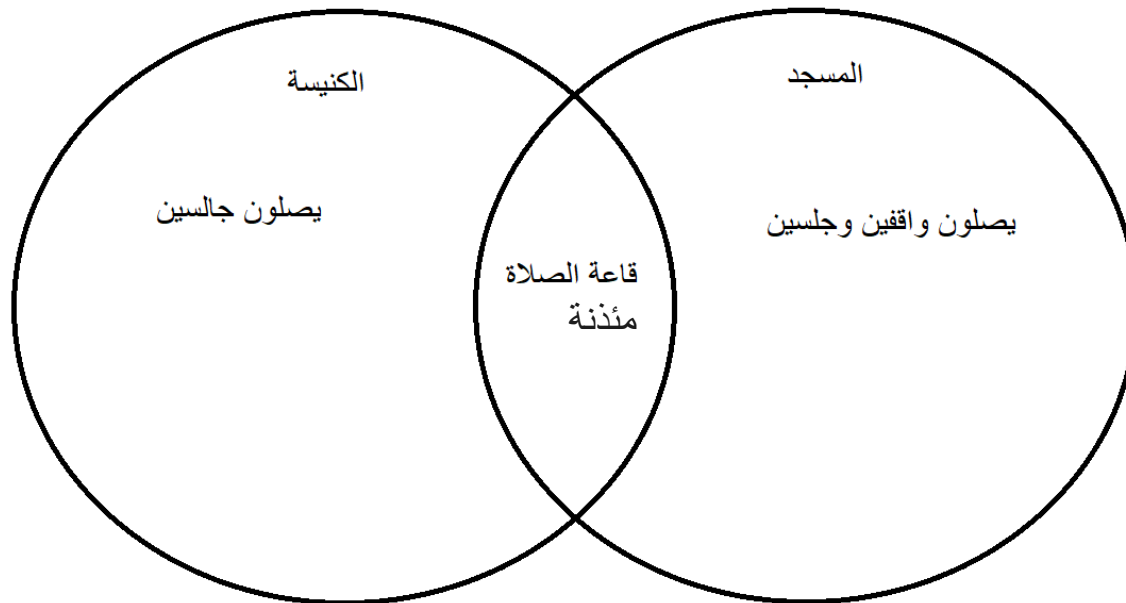
آداب زيارة المسجد

نلبس ملابس مغطاة.

نغطي الرأس (حتى أن معظم الرجال يغطون رؤوسهم).

نزيل أحذيتنا.

Venn Diagram comparing the Masjid with another place of worship



Spiritual Connection –The Quran

O you who believe, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.

(2:183)

But to fast is better for you, if you only knew.
Allah intends for you ease, and does not intend for you hardship.

(2:184)

(2:185)

RAMADAN

The month of Ramadan is that in which was revealed the Quran, a guidance for the people and clear proofs of guidance and criterion.

(2:185)

And fear Allah, and know that Allah is with those that fear Him

(2:194)

And fear Allah, and know that Allah is severe in penalty

(2:196)

"O you who believe! Fasting is prescribed to you as it was prescribed to those before you. So that you may learn self-restraint." Quran 2:183



What is Ramadan?

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَ بَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ

"The month of **Ramadan** is that in which was revealed the **Quran**, a guidance for the people and clear proofs of guidance and criterion."

(Al-Quran 02 : 185)

The Prophet ﷺ said:

"When Ramadan comes, the **gates of Paradise** are opened and the gates of the Fire are closed and the devils are chained..."

(Sahih al-Bukhari)

Art Connection – Calligraphy and Poetry

Ramadan is a sacred month,
A time for reflection and spiritual growth,
A time to fast from dawn until dusk,
To purify the soul and increase our trust.

It's a month of mercy and forgiveness,
Of charity and acts of kindness,
A time to seek Allah's blessings,
And to deepen our connection with the Divine.

It's a time to read the holy Quran,
To pray and seek forgiveness for our sins,
To offer gratitude for all we have,
And to remember those in need.

Ramadan is a time of unity,
A time to come together as a community,
To break our fasts with family and friends,
And to share in the blessings that Allah sends.

- Poem By A.I. "ChatGPT"

Wordart and other "**wordcloud**" generators, the use of adobe photoshop and illustrator, and handmade calligraphy, are all ways to connect Ramadan to art.

