

Teaching Ramadan

Let's explore some ways to teach the significance of Ramadan .

- Ramadan is the 9th and holiest month in the Islamic calendar
- Muslims fast from dawn to dusk, meaning they abstain from consumption of any food and water during daylight hours

- **Suhoor:** the pre-dawn meal
- **Iftar:** the sunset meal that breaks the fast
- **Taraweeh:** voluntary night prayers exclusive to Ramadan
- **Eid al-Fitr:** the holiday marking the end of Ramadan

Useful Vocabulary

- As an educator you should be mindful that students during this month may have decreased energy levels.
- Fasting becomes mandatory for Muslims following puberty, and there are exceptions regarding who is required to fasting. Exemptions included women on their menstrual cycle, expectant mothers, travelers, and individuals with medical conditions.

What should you know

Helpful accommodations for fasting students include:

- exemption from physical education
- prayer spaces
- an alternative space for students to sit during lunch or snack time

Helpful Accommodations

What is Ramadan?

