



RAMADAN CROSS-CURRICULAR IDEAS

Knowledge and understanding of the world

Early Learning Goal

Observe, find out about and identify features in the place they live and the natural world.

Talk About

During Ramadan, Muslims observe the moon and wait for the first viewing of the new moon. They then know that the month of Ramadan is over and they can begin their Eid celebrations.

MOON WATCHING

What you need

Letters to families; paper to send home; long strips of paper for each child; glue; display area.

What to do

- Before Ramadan begins, write to families and ask adults to work with the children to observe the moon weekly and keep a record.
- Explain that you would like families to observe the shape and

position of the moon, and draw this on the paper provided. (If the moon is not visible by bedtime, the adults can make the observation and discuss this with the child.)

- Keep your own record for children whose families are not taking part. Prepare a display area and use it to record progress. When the drawings are brought in, ask the children to stick them on to their strip of paper. Talk about the changes that the children observe.



FAST TALK!

What you need

Circle-time object, such as a soft toy; large circle of paper to represent a plate; drawing and writing materials.

What to do

- Ask the children to sit in a circle to discuss healthy lifestyles, especially eating, drinking and sleeping. Pass the object around the group and invite each child to contribute. Talk about the requirements for growth and energy, and the need for water.
- Introduce the paper circle and ask the children to take turns to draw or write their suggestions about a healthy lifestyle on it.
- Explain the difference for adults who are no longer growing taller. Can their bodies cope with fasting? Do the children think it would be a good idea for children to fast?
- Discuss the benefits that fasting for religious purposes may bring, for example, helps people to understand the needs of the poor, gives an opportunity to share a difficult challenge, provides a chance to thank God for good things and so on.

Early Learning Goal

Begin to know about their own cultures and beliefs and those of other people.

Talk About

Islam is not the only religion that includes fasting – Judaism, Hinduism and Christianity also encourage it. Explain that Muslim children usually start to fast for Ramadan at about age 12, although many will have fasted for short periods beforehand.

Further Ideas

- Organise a visit to a Mosque.
- Use reference books to find out about the moon and list any facts the children discover.
- Make a book about Ramadan.