

# Building habits in Ramadan and beyond



## In this lesson:

We will be looking at; why we fail to stick to new habits, how we can **successfully** implement new habits, and how we should approach Ramadan.

## Lesson objectives:

- We are learning about how to successfully build habits in Ramadan and beyond.

## Lesson Outcomes:

- Explain what a habit is
- Understand why we fail to stick to new habits
- Understand how we can successfully implement new habits
- Differentiate between creating habits and exerting ourselves in Ramadan



## Resources:

- Building habits in Ramadan and beyond powerpoint
- Activity 1 (1 per pupil)
- Activity 2 (1 per pupil)
- Activity 3 - optional

## Baseline assessment



### Habits- 5 minutes

*The baseline assessment will allow you to assess the prior knowledge of the students and give you a chance to clear misconceptions and adapt your lesson accordingly. At this stage you should avoid giving students any prompts*

[Refer to slide 2]

Ask student about a habit they do daily. Ask them to share their ideas in pairs or small groups for 2-3 minutes. Bring everyone together and ask pairs/groups to share their thoughts.

## Main lesson



### Why we fail to stick to habits - 10 minutes

[Refer to slide 3] - Define what a habit is. Highlight the the three main things that make something a habit: (1) routine of behaviour (2) repeated regularly (3) can occurs subconsciously. Remind students that habits can be good and bad but once they're created they're hard to break.

[Refer to slides 4- 10] - Go through the slides discussing "why we fail to stick to habits." As you go through the slides discuss Ahmed's scenario and encourage students to give their feedback.



### Advice for Ahmed - 10 minutes

Ask students to complete activity 1 based on the scenario given throughout the slides. Encourage them to think about what Ahmed is doing right, what he's doing wrong and how he could approach his habit differently.

*Their answers to this part will give you an insight into how your students approach habits. This will help inform your next part of the lesson which is: "**How to successfully build habits**"*



## How to successfully build habits - 10 minutes

[Refer to slide 12-17] - Discuss the hadith, "The acts most pleasing to Allah are those which are done continuously, even if they are small." This hadith should act as the anchor to the whole lesson. (Highlight that, our role model, Hadhrat Aisha (R.A) practiced upon this sunnah. ) Tell students that we will now look at how we can practically implement this beautiful advice of the Prophet (S.AW)

*Note: You should be clear to students that when we talk about building habits in relation to Islamic matters we are talking about Sunnah and Mustahab act. Fardh act such as praying Salah should be of utmost priority and should be implemented with haste (i.e an incremental approach will not be sufficient). However, one may work on improving their fardh act, such as bringing more kushu' into their salah.*

Continue on to the next slides discussing the 5 practical tips given to successfully build a habit. Remind students that although, implementing a habit may initially may be difficult, with time you will start doing it subconsciously and leaving it out will be difficult.



## Advice for Ahmed - part 2 - 5 minutes

Ask students to reflect on the advice that they gave to Ahmed in Part 1. Ask them if they would like to change, add or remove any of the advice based on what they have just learnt. Ask them to write this down in "part 2."



## Creating my own habit - 5 minutes

Using worksheet 2 ask students to think of one habit they want to develop in Ramadan and continue after. Remind them their habit should be specific, achievable, small and they should build on it slowly.

*You may want to make this a class activity whereby everyone keeps everyone accountable. Students can bring their trackers into class and reflect on how well they've been doing and any hurdles they may have faced.*



## **Exerting yourself in Ramadan - 10 minutes**

[Refer to slide 20-22] - Remind students that whereas Ramadan is a good opportunity to build habits, we should be exerting ourselves in this month. This means trying our very best spiritually even though we know we cannot sustain this during the rest of the Year.

Read the Ahadith showing how the Prophet (S.A.W) would do even more this month.

Encourage students to create some goals and routines for the month of Ramadan alongside the habit that they want to continue beyond Ramadan

## **Plenary**



## **How to approach Ramadan - 5 minutes**

Summarise the lesson by discussing our approach to Ramadan in terms of habits and exerting ourselves.

Ask students one new thing they learnt about, "successfully creating new habits," and one thing they want to know more about, relating to habits.

# Advice for Ahmed

## Activity 1

### PART 1

**Ahmed does no exercise but decides he wants to get fit. He makes a plan to exercise half an hour everyday, play sports three times a week and go to the gym on the weekends.**

Do you think Ahmed's habit is sustainable? Are there any changes you suggest he makes?

---

---

---

---

**Ahmed feels tired, lethargic and doesn't feel he's getting any fitter after completing his exercise routine for two weeks. Slowly he starts to lose motivation and he begins to exercise less and less**

How do you think Ahmed expected to feel at this point? What advice would you give him?

---

---

---

---

**Ahmed and his family are going to his Grandma's house over the holidays. There's no room in her house to complete his fitness routine so he decides to miss it for the holidays. When he gets back from his Grandma's house he's feeling tired and lazy. He promises himself that he will continue his habit for Monday.**

Do you think Ahmed should have paused his habit during his trip to his Grandma's house? How could he solve the problem of a lack of space in her house?

---

---

---

---

**Ahmed has had a long day at school and is feeling tired. He also has a lot of homework to complete and knows he will get a detention for not completing it. He is meant to exercise straight after school but decides to skip it.**

Ahmed knows that there is a consequence for not doing his homework but there is no obvious consequence for missing his exercise routine. What could he do to ensure that he also sticks to his exercise routine?

---

---

---

---

## PART 2

**Based on the new information you have just learnt about how to successfully implement a habit consider the following:**

- **Would you change any of the advice you gave to Ahmed?**
- **What additional advice would you give him?**
- **Is there any advice that you would take back**

**Make a note of any changes to your advice below.**

---

---

---

---

---

# Creating my own habit

## Activity 2

My new habit is....

---

---

The reason I want to implement this habit is....

---

---

---

---

<p><b>How often will I be carrying out my new habit?</b></p> <p>e.g. everyday, every other day</p>	
<p><b>How long do I aim to do it for?</b></p> <p>e.g. 2 minutes</p>	
<p><b>What time of the day will you be doing it?</b> <b>What will you habit stack it with?</b></p> <p>e.g. in the morning after I have brushed my teeth</p>	
<p><b>How will I prepare my environment?</b></p> <p>e.g. placing my Qur'an where it is easily accessible in my room</p>	
<p><b>How will I hold myself accountable?</b></p> <p>e.g. I will have an accountability partner</p>	

# Creating my own habit

## Activity 2

My new habit is....

---

---

The reason I want to implement this habit is....

---

---

---

<p><b>How often will I be carrying out my new habit?</b></p> <p>e.g. everyday, every other day</p>	
<p><b>How long do I aim to do it for?</b></p> <p>e.g. 2 minutes</p>	
<p><b>What time of the day will you be doing it?</b> <b>What will you habit stack it with?</b></p> <p>e.g. in the morning after I have brushed my teeth</p>	
<p><b>How will I prepare my environment?</b></p> <p>e.g. placing my Qur'an where it is easily accessible in my room</p>	
<p><b>How will I hold myself accountable?</b></p> <p>e.g. I will have an accountability partner</p>	

Messenger of Allah (ﷺ) was asked about the act most pleasing to Allah. He replied:  
That which is done continuously, even if it is small.

# Habit Tracker

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

# Ramadan Goals

Write three daily goals in here

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

1 2 3