A Fasting Day

Print cycle pages on cardstock and match the parts together insha Allah

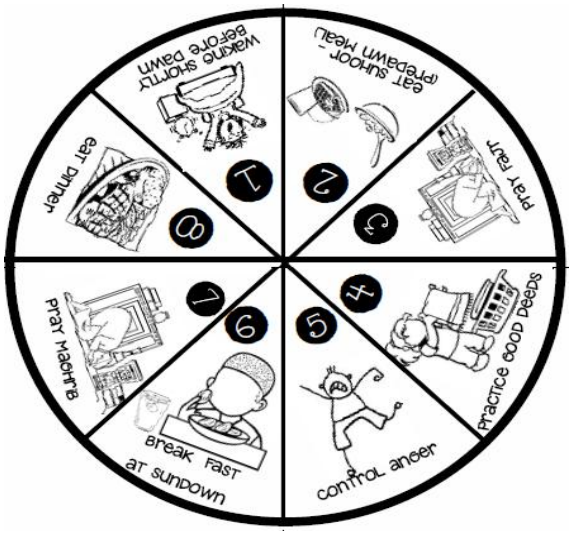
Fasting cycle for bulletin board display or general display for younger children to have some participation in Ramadan activities, even if they don't fast. Have them color the fasting cycle pictures and even decorate the front of the cycle, it has been left blank for that purpose.

Steps:

1. wake up before dawn
2. eat suhoor
3. Pray fajr
4. Practice Good deeds
5. Control Anger
6. Break Fast
7. Pray Maghrib
8. Eat Dinner

These are <u>Some</u> of the actions a fasting Muslim does during a Ramadan day. This does not exclude other actions that a Muslim does during Ramadan.

What the cycle will look like assembled
Below:



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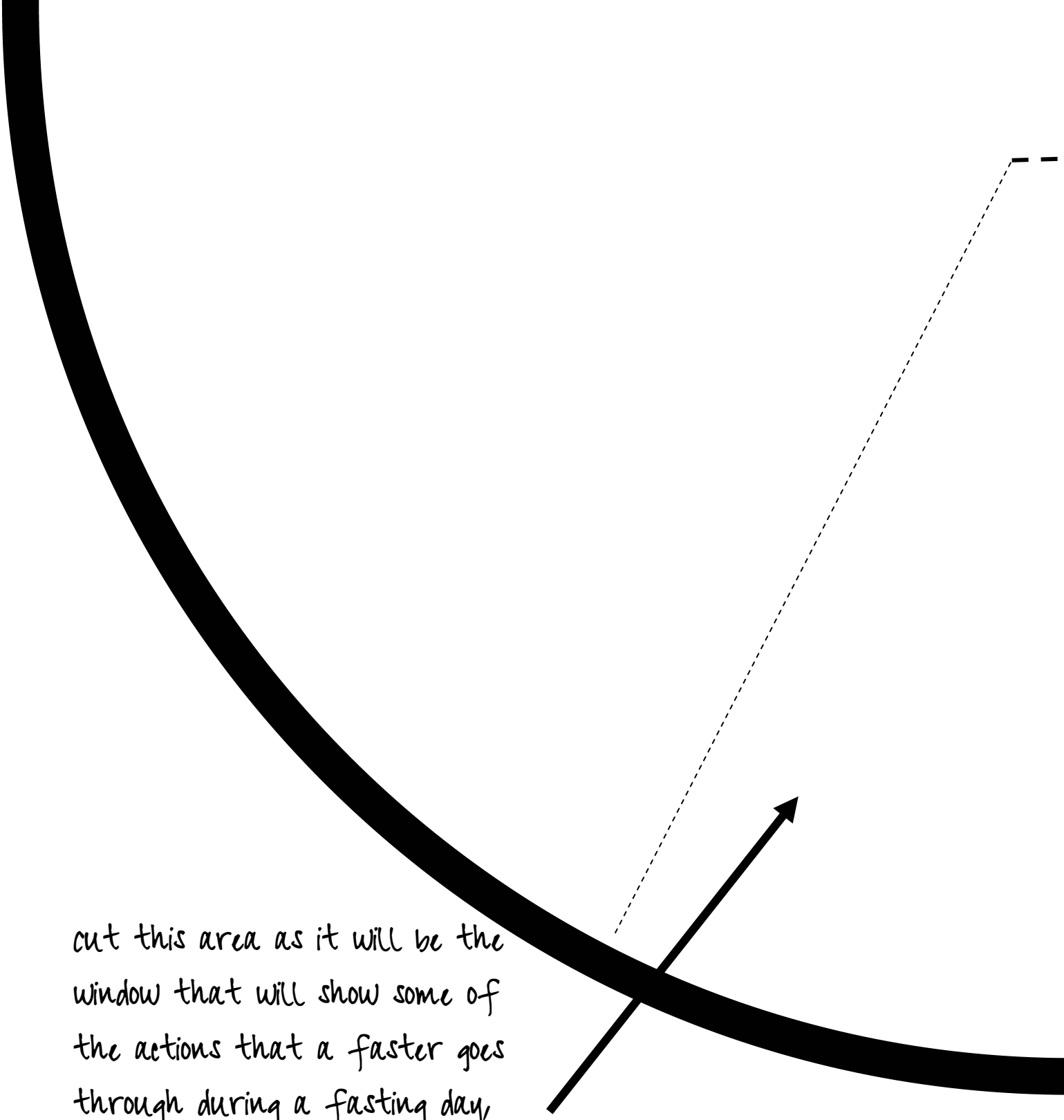
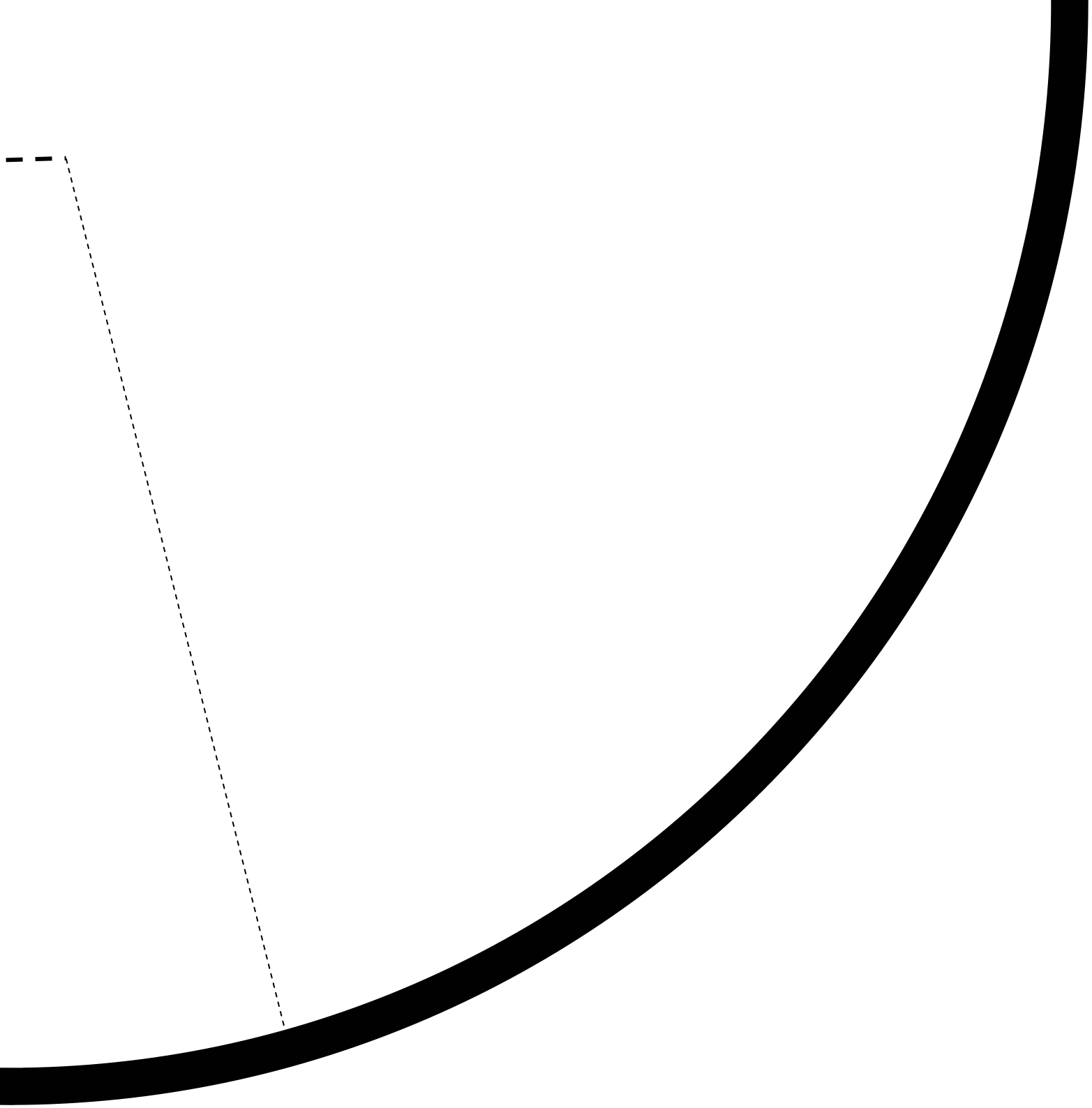


cut this area as it will be the window that will show some of the actions that a faster goes through during a fasting day, insha Allah



Waking shortly
before dawn

7

8

Eat Dinner

Eat Suhoor -
(predawn meal)
Pray Fajr
2
3

6

7

Break fast at sundown

Pray Maghrib

5

4

Practice Good Deeds

Control Anger