

## My Ramadan

# Inspiration Bank

Science shows that a child's experiences from conception through their first five years will go on to shape their next 50.<sup>1</sup> Brain development in the first 18 months of life happens faster than any other time in their life.<sup>2</sup> With this in mind, the wisdom of Hazrat Musleh Maud<sup>ra</sup> that tarbiyyat begins before birth is essential.<sup>3</sup> A child's senses are the gateway to their development, even for babies there are easy things we can do to contribute to their positive tarbiyyat and upbringing.

All children are different, they learn at different paces and in various ways. Learning can broadly be categorised in 4 ways, VARK explained below:<sup>4</sup>

**V- Visual:** [maps, spider diagrams, charts, graphs, flow charts, labelled diagrams]

**A-Aural:** [lectures, group discussion, radio, email, using mobile phones, speaking, web-chat and talking things through]

**R- Read/Write:** [PowerPoint, the Internet, lists, diaries, dictionaries, thesauri, quotations and words]

**K- Kinesthetic:** [demonstrations, simulations, videos and movies of "real" things, as well as case studies, practice and applications]

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<sup>1</sup><https://mk0royalfoundatcnhl0.kinstacdn.com/wp-content/uploads/2020/11/STRICTLY-EMBARGOED-UNTIL-0001-HRS-FRIDAY-27-NOVEMBER-2020-IPSOS-MORI-ROYAL-FOUNDATION-EXECUTIVE-SUMMARY.pdf>

<sup>2</sup> <https://www.gov.uk/government/publications/healthy-child-programme-pregnancy-and-the-first-5-years-of-life>

<sup>3</sup> Way of the Seekers Hazrat Mirza Bashir-ud-Din Mahmood Ahmad Khalifatul Masih II

<https://www.alislam.org/library/books/Way-of-Seekers.pdf> page 48

<sup>4</sup> <https://vark-learn.com/introduction-to-vark/the-vark-modalities/>

With this in mind, Mother's Hub have developed a: **Ramadan activity planner**, and **Good deeds tracker** to facilitate your child's spiritual and moral learning journey using a variety of skills which can be continued beyond the holy month. Please do not feel you must try these. They are here if you want them.

The lists below are provided as inspirational ideas of kind acts and activities you may wish to try with your child aged 0-7 (many activities can be done with older children too). You can choose activities and good deeds from the list below, write them on to your wall planner and good deeds chart therefore creating your own customised Ramadan suitable for your family.

If you have any ideas and wish to help other parents, please send us your ideas and thoughts through our Google form on our Instagram page @Laj naukmothershub.

## Good deeds

### **How to choose what to do today?**

Have a Ramadan treasure hunt and create a map to find good deeds written around your home or cut out the good deeds/activities and fold them and put them in to a bowl for a lucky dip:

- Assign responsibility according to ability/age e.g. a prayer mat monitor to lay out and pack away the prayer mats. You can keep a basket/storage container for scarf, topi, prayer mats in an accessible place for children and they can give you a scarf or lay the prayer mat out.
- Record yourself reciting prayer and play the audio for children at bedtime (this may aid their memory when they become of age to memorise it)
- Display the salat times down in a place for your child to see, ask them to remind your family when it is time to pray (you can also set phone alarms so they get used to praying at a specific time)

- Bowl of water to show wudhu (if weather permits, this is a nice outdoor activity, if inside place a towel down!)
- Read Arabic letters, a portion of Qaidah Yassarnal Qur'an/ Holy Qur'an
- Play the audio of Holy Qur'an around the home- Read Qur'an app (Alislam.org/quran/app)
- Learning Asma-ul-Husna -can write them on cards and stick up or create a memory matching game (english translation with the arabic name) - listening to Asma-ul-Husna on MTA
- Create a Hadith deck of cards which can be placed on the table for Iftar time to read and reflect upon each day
- Planting seeds
- Plant a tree
- Feed the birds
- Observing and glorifying Allah with a walk in nature (you can note/discuss all the different plants and animals you can see)
- Simple Iftar cooking tasks (mixing, rolling, pressing, stirring) - to partake in the blessings of feeding those who are fasting.
- Help parents with household chores (e.g. folding clothes, pouring water at the dinner table etc)
- Place *Sadqah* (charity) in box/jar
- Smiling as a sunnah, making a special effort to smile at those you see
- Practice your Arabic phrases at the right time e.g. *Bismillah*, *Alhamdolillah* and *Astaghfiruallah*. Also try to learn the meanings
- Seek knowledge - Visit the Nasirat/Atfal website and learn one new thing
- Litter picking in local area
- Choose 1 thing to contribute in family *dars* (lecture)

- Learn a prayer/surah/hadith
- Taking food to a neighbour
- Listen and recite the Eid *takbiraat*
- Drop some non-perishable food to the food bank
- Choose an item of clothing to donate to charity
- Go to feed the ducks at the local pond/park
- Speak on the phone with an elderly relative to see how they are
- Help sort out your toys and take out some toys for charity

# Activity bank

- Write a letter to beloved Huzoor<sup>atba</sup>
- Blessing jar - write/draw what you are grateful to Allah for and place in jar to read before prayers (this can be emptied and read out on Eid)
- Moon stages activity
- Make a telescope to sight the moon and decorate
- Create different stages of the moon (biscuits)
- Design your own prayer mat
- Create your own *Sadqah* (charity) pot and decorate
- Create your own Cave Hira in your home (opportunity to explain Itikaf and the Prophet Muhammad<sup>saw</sup> receiving his first revelation)
- Research how the Holy Qur'an was revealed? (Opportunity to explain angels, their function and role of Angel Jibrael)
- Build your own Mosque (using spare cardboard boxes/ bed linen. You can create this with blocks, lego, magnetic tiles etc)
- Can use a [free printable](#) to label parts of a mosque
- Arabic alphabet treasure hunt - draw a treasure map and hide letters around your home (for younger ones this can be done with a few letters)
- Draw the *Kaaba* and stick it on the wall of the direction of prayer - opportunity to explain what is the *Qibla* and why it is important
- Post a letter or drawing to another child in your local jamaat and post it (ask you local tajneed secretary to help you)
- Learn some facts of the life of the Holy Prophet<sup>saw</sup> (you can use the [Nasirat](#)/[Atfal](#) websites to help)

- World map exercise - where is Makkah and Medina - explain the significance
- Draw a diagram explaining the events/ steps of Hajj
- Print/ draw the Nasirat and Atfal flags. What is on it and the significance of them?
- Build your own minarat ul-Masih (Minaret of the Messiah<sup>as</sup>) and draw a poster with some facts (what is it, when was it built, who built it, why is it special, where can we find it?)
- Think of some special mosques - Masjid al Haram in Makkah, Masjid al-Nabawi in Medina, Masjid Mubarak in Qadian and create their special features with playdough (using pictures online to help)
- Look at photos of the Promised Messiah<sup>as</sup> and the Khulafa<sup>ra</sup> - can we learn their names?
- Make a drawing or painting for your grandparents, elderly relatives or elderly neighbours
- Create a Ramadhan [bunting](#) decoration
- Help sort out the recycling (perhaps some of this can be re-used for arts and crafts)
- Help carry the grocery shopping and put it away
- Help to create a date based snack or milkshake
- Help create a fruit salad for pudding
- Draw/paint a family tree (thumb prints for each member)
- Learn about another world religion
- Choose an inspirational Muslim figure and make a [storyboard](#) on them
- Make some Eid decorations
- Draw around your own (or paint handprint) and label the 5 pillars of Islam to stick on the wall

- Make your own *tasbeeh*
- Create your own bookmark for reading Qa'idah/Holy Qur'an
- Reflection exercise - What went well today, what could have gone better, one thing to improve for tomorrow



# Simple Sunnah:

## Being generous in Ramadan:

- Narrated Ibn `Abbas (may Allah be pleased with him): The Prophet (Peace and blessings of Allah be upon him) was the most generous of all the people, and he used to become more generous in Ramadan when Gabriel met him. Gabriel used to meet him every night during Ramadan to revise the Qur'an with him. Allah's Messenger (Peace and blessings of Allah be upon him) then used to be more generous than the fast wind.

(Sahih Al-Bukhari 3554)

- Anas (may Allah be pleased with him) narrated that: The Prophet (Peace and blessings of Allah be upon him) was asked which fast was most virtuous after Ramadan? He said: "Sha'ban in honor of Ramadan" He said: "Which charity is best?" He (Peace and blessings of Allah be upon him) said: "Charity in Ramadan."

(Tirmidhi 663)