

## FESTIVALS &amp; CELEBRATIONS · GRADES 3–5

# Ramadan

The month of fasting

## Quick facts

<b>What</b>	The 9th month of the Islamic calendar — observed by Muslims worldwide as a month of fasting, prayer, and reflection.
<b>When</b>	Date moves each year (the Islamic calendar is lunar) — about 11 days earlier each year on the Western calendar.
<b>How long</b>	29 or 30 days, ending with the festival of Eid al-Fitr.
<b>Number of Muslims</b>	Around 2 billion worldwide.

## What happens during Ramadan

<p><b>Fasting — sawm</b></p> <p>From sunrise to sunset, no food and no water. Children, the elderly, the sick, and pregnant or breastfeeding women are usually exempt.</p>	<p><b>Suhoor</b></p> <p>An early-morning meal eaten BEFORE sunrise — to give energy for the day's fast.</p>
<p><b>Iftar</b></p> <p>The meal that breaks the fast at sunset. Traditionally starts with dates and water. Often a big shared meal with family or community.</p>	<p><b>Extra prayer + reflection</b></p> <p>Many Muslims spend more time in prayer, reading the Quran, and giving to charity (zakat) during Ramadan.</p>
<p><b>Eid al-Fitr</b></p> <p>The festival that ENDS Ramadan. Big celebration meal, gifts, new clothes for children. (See our Eid al-Fitr resource.)</p>	



## If your classmates are fasting

Children fasting may be more tired in the afternoon. Be kind. Don't make a big deal of eating around them, but don't exclude them either — they're choosing this and it's a meaningful part of their faith. The end of Ramadan (Eid) is a joyful celebration — wishing them 'Eid Mubarak!' is a kind thing to do.

