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# Eid al-Fitr — End of Ramadan

A Muslim festival lesson

## About this lesson

Eid al-Fitr is one of two major Islamic festivals. It falls at the end of Ramadan — the Muslim holy month of fasting. The date changes each year because the Islamic calendar follows the moon. This lesson covers what Ramadan means to Muslims, why Muslims fast, and how Muslim families celebrate Eid. Designed for a 45-60 minute lesson.

## What is Ramadan?

Ramadan is the ninth month of the Islamic calendar. Muslims believe this is the month when the Qur'an was first revealed to the Prophet Muhammad (peace be upon him). For 29 or 30 days, Muslims who are healthy adults fast from dawn until sunset — they eat and drink nothing during daylight hours. They wake before dawn for a small meal called suhur, and break the fast after sunset with a meal called iftar (often starting with dates and water, like the Prophet did). Ramadan is not just about not eating — it is also about extra prayer, reading the Qur'an, giving to charity (zakat), and trying to be a better person. Children, sick people, pregnant women and travellers are not required to fast.

## Families celebrate Eid al-Fitr

The day fasting ends

- Eid begins with a special early morning prayer at the mosque or outdoors
- Wearing new or best clothes
- Saying 'Eid Mubarak!' (meaning 'Blessed Eid')
- Visiting family and friends, often three days of celebration



- Special meals — biryani, sweets, baklava, dates
- Giving Zakat al-Fitr — a charity gift to those in need, before Eid prayer
- Giving children gifts and money (Eidi)
- Decorating the home with lights and flowers
- Forgiving old grievances and making peace
- Phoning relatives in other countries

### Why Eid matters

Eid al-Fitr means 'festival of breaking the fast'. After a month of self-discipline and reflection, Muslims celebrate completing Ramadan. The festival is about gratitude — being thankful for food, family, faith and the strength to fast. It is also about community — sharing what you have, giving to those less fortunate, and remembering that you are part of the worldwide Muslim community (the ummah). For Muslim children in the UK, Eid is often as exciting as Christmas — new clothes, gifts, family gatherings and special food. There is also a second Eid called Eid al-Adha later in the year, which celebrates the prophet Ibrahim's faithfulness to God.

### Reflection

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