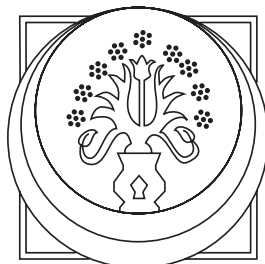


Ramadan Treasure Fun with Imam Al-Ghazali

27 Days Exploring The Book of Fasting for Children



FONS VITAE

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The Fons Vitae Book of Fasting, which accompanies this Ramadan gift as a reader, does not include its Workbook or Teachers Manual. It is normally intended to be read in the order of the Series, so the story line will not be completely clear without a person having read the previous Series books.

With gratitude to the Ghazali family of teachers and parents, who created this Ramadan gift: Enabah Seda, Anna Maidi, Mariam Hussain, Amira and Ithar Abusheikha, Adeeba Ahmed, and Lubna Hoque.

Please frequent www.ghazalichildren.org which offers many fun things to do, including a library of flip books and the chance to enjoy films sent in and made by children from the world over. There is a parent/teacher Resource Section as well.

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A Note to Parents

In the Name of God ﷻ, the All Compassionate, the All Merciful.

Welcome and thank you for choosing *Ramadan Treasure Fun with Imam Al-Ghazali* to use with your children! We hope both you and your children get a lot out of the reading and activities. May God ﷻ bless you and your families and bring you great success this Ramadan!

First, please begin this program with attempting to sight the moon on the eve of the potential first day of Ramadan. (Day 1 “We’re Off to See the Ramadan Moon” is for the Eve of Ramadan.) You may begin the rest of the activities as you wish. Besides sighting the moon, the other 26 days are not aligned to specific, special days of Ramadan.

Second, we think it best to enjoy the audiobook in its entirety early on so that children hear the full message of inward and outward fasting, especially those found in Chapter Three. Of course, full or half-day fasting can be initiated right away even though it is a later activity for younger children. Please see page 58 in the appendix for a beautiful calendar to keep track of fasting or counting the days of Ramadan.

We recommend that you start each lesson by performing *wudu* together, either actually or by going through all of the motions with your child without water while explaining the inner and outer purpose). Besides being a beautiful and quieting opening activity, this helps the child learn proper *wudu* etiquette over time and also shows the child how beneficial it is to have *wudu* while studying about Islam or even just throughout the day as we do our normal tasks.

This curriculum is designed to be done with a “student-constructed journal.” Basically, this means that the children will be using a blank notebook or journal and filling it with their own ideas, writings, art, and projects. Each day they will be asked to add a small entry to their journal, related to the concepts introduced from that day. This will help reinforce the concepts and give children a creative outlet for expressing their understanding about them.

We recommend that all drawings be completed on a separate page then cut

and pasted into the journal. This allows for multiple attempts at something if a child isn't satisfied with their first try and wants to start over. This also creates a more pleasing visual aesthetic and consistency across the whole journal. Any writing may be done directly on the pages or cut and pasted as you see fit (remember to use a pencil for easy erasing!).

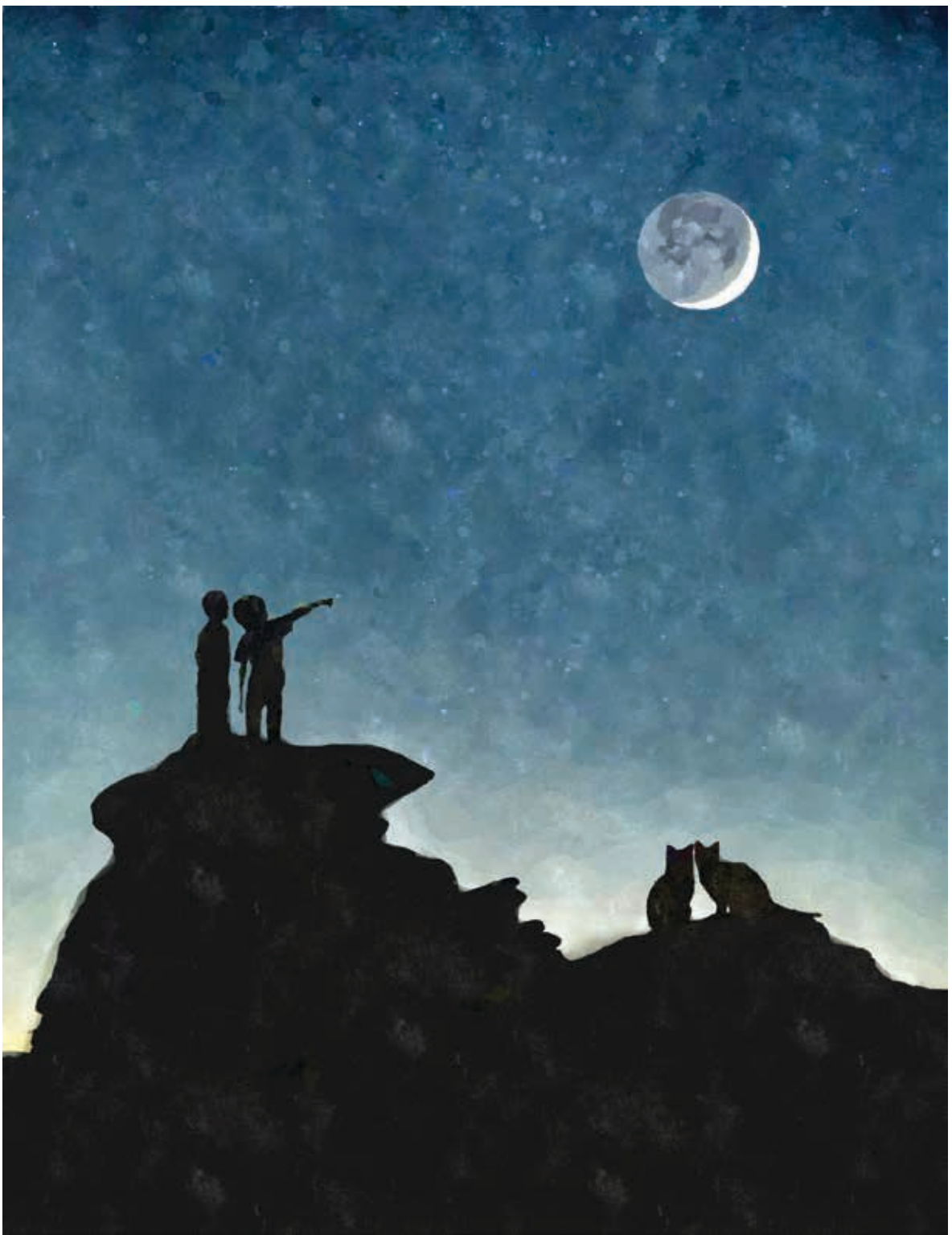
We have provided prompts and directions for each day, but feel free to extend or adjust activities for your family! Children often have their own opinions or ideas about how their journals should look and what they want to put inside. Follow their lead! This will allow children to create a “keepsake,” or as we lovingly call it, a “Treasure Chest,” from this Ramadan that they truly have created themselves and feel is their own! Record what you do, and share on <https://ghazalichildren.org/>

Finally, we recognize that things may be a bit different this year due to sheltering-in-place restrictions. Please see the below list of suggestions for Day 5 and Day 23 on ways to volunteer during this time. You may of course come up with your own ideas as well:

- Sew face masks for at-risk medical personnel,
- Together, make a grocery list of items to donate to a local food pantry or homeless shelter (then mom or dad can go out to buy and children can help organize and drop off),
- Design and create thank you cards to mail to medical personnel or, separately, greeting cards for residents in nursing homes or other similar live-in facilities who cannot currently receive visitors,
- Spread cheer with your neighbors by making a piece of artwork to share or preparing cookie dough that they can bake at home (to avoid spreading germs),
- Call and check on people in your local community (in your neighborhood, at your masjid, friends from school etc.) to see how they are doing and if they need anything, like groceries for example,
- Remember that taking care of the Earth is also an act of service! Try picking up trash from the street, watering plants, feeding birds or planting something new from seed!

We wish you the best as you embark on this journey with your children. May it be a blessed one that brings you the best things in this life and the Next!





The children loved the idea of trying to see the moon for themselves. What an exciting experience – being on Earth looking out into the sky as the Earth turned and the distant sun lit up the tiny crescent of the moon itself. By the middle of the month, the moon would be full and then they would know half of the Ramadan fast is complete.

Day 1

We're Off to See the Ramadan Moon!

Reading: Read the whole of page 17.

Treasure for Today: The first obligatory part of fasting is to watch the night sky for the beginning of the month of Ramadan. It starts when someone sights the new crescent moon. You might be able to see the moon yourselves, but you can also accept the word of an official person or a trusted witness.

Treasure Chest Keepsake: Why do we need to sight the moon before the beginning of Ramadan and other Islamic months? If we are unable to sight the moon ourselves, what other ways do we have to determine whether Ramadan has begun?

For younger children: Draw and cut different moon shapes from construction paper, and paste into Treasure Chest. Another fun option is to make phases of moon Eid cards that you can then mail to your friends or family.

For Older Children: Research the names of the phases of the moon. With the help of your parents, do research on how official moon sighting is determined in your country. Also find out what differences exist between Muslim and Non-Muslim countries in this regard. Record your findings in your Treasure Chest.

“We’re off to See the Ramadan Moon!” Activity: Go outside with your parents to search for the moon. Whether you find it or not, say this *dua*’a that our beloved Prophet Muhammad ﷺ used to say on sighting the new moon:

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ
لِمَا تُحِبُّ وَتَرْضَى، رَبُّنَا وَرَبُّكَ اللَّهُ

Transliteration: Allaahu ‘Akbar, Allaahumma ‘ahillahu ‘alayna bil’ amni wal’ eemaani, wassalaa-mati wal-’ Islaami, wattawfeeqi limaa tuhibbu Rabbanaa wa tardhaa, Rabbunaa wa Rabbukallaahu.

Translation: Allah is the Most Great. O Allah, bring us the new moon with security and Faith, with peace and in Islam, and in harmony with what our Lord loves and what pleases Him. Our Lord and your Lord is Allah. (At-Tirmidhi 5/504, Ad-Darimi 1/336. See also Al-Albani, Sahih At-Tirmidhi 3/157.)

Afterwards, act out Yusuf Islam’s Ramadan Moon Song and have some family fun together! <https://www.youtube.com/watch?v=fm7DrLOc9U4>



Fasting is like a protective fortress. Once inside, notice that when you are not full, but feel a bit weak, you feel more spiritual. When you are slowed down and don't feel exactly like your everyday busy self, it is easier to be aware of your spiritual Heart.

Day 2

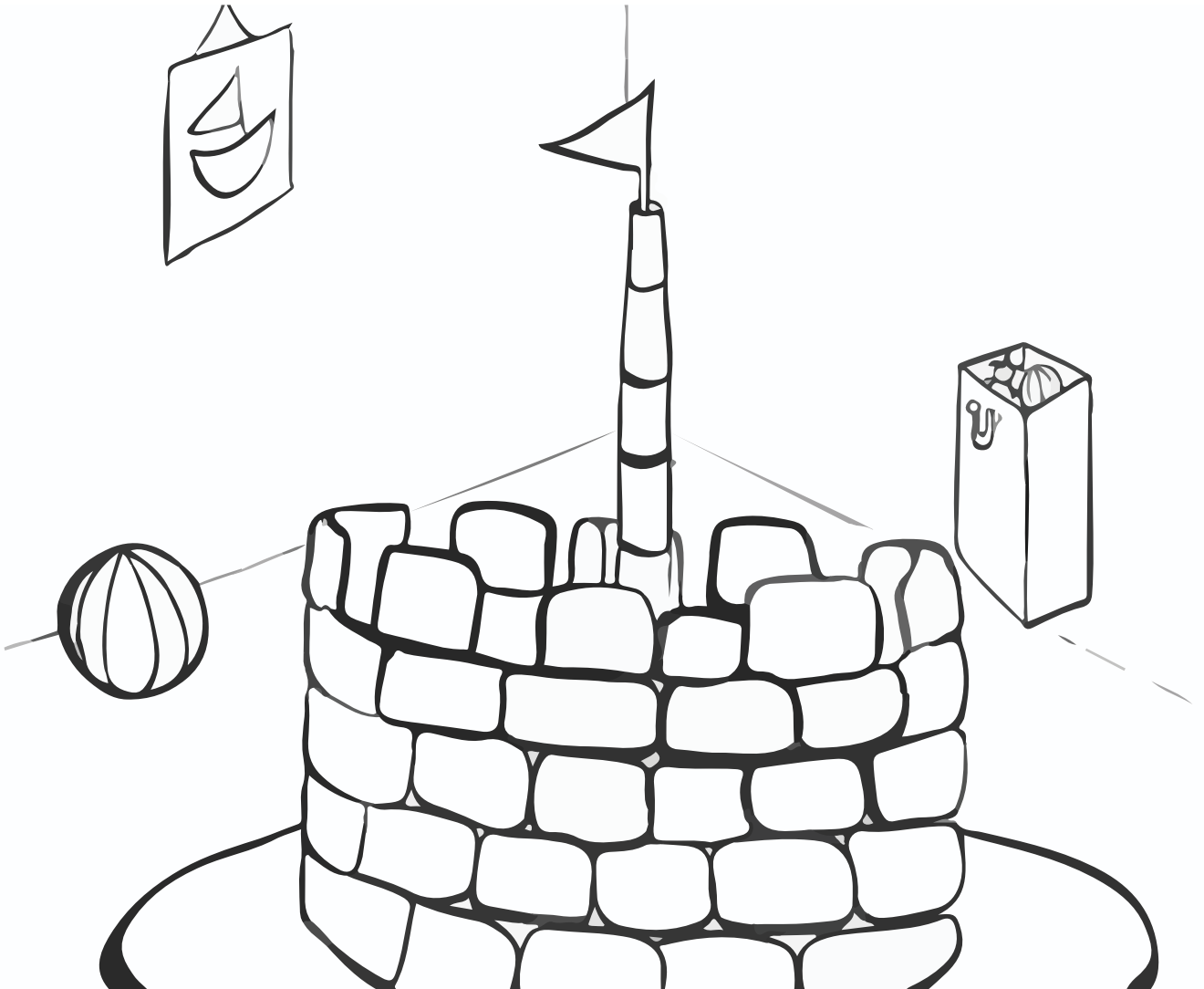
Enter Your Safe Fortress

Reading: Begin reading at Chapter One “What Makes Fasting So Very Special?” pages 7 and 8 until the top of page 9.

Treasure for Today: Fasting is like a safe fortress. It’s a place we can go to learn how to be less attached to our worldly desires and appetites. You get to make an invisible retreat while going about your daily life. Besides having an appetite for delicious food, we could have desires for other things like money, fashion, games, or being popular--these kinds of things that fill so much of our lives. Fasting is a path to reach a greater state of peace in our hearts and think less about worldly desires in our lives. The month of Ramadan is a time when the doors of Paradise open wide.

Treasure Chest Keepsake: Draw yourself in the fort on the following page. Why do we need to be safe from such things as desire for too much food, clothing, toys, money, popularity, and other material desires? What harm could they bring us if we think they are the source of our happiness? Is there a certain amount of these things that we must have? What is the bare minimum we need to survive? Write down a few examples of harm on the *outside* of the fort. After coloring or painting, paste into Treasure Chest.

Build a “Fortress of Fasting” Activity: Now demonstrate this metaphor by making a pretend fort together. Use basic materials such as tables, cardboard boxes, and blankets. Even using a group of several children holding hands could work. Take turns going inside the fortress and taking time to think of something negative or useless that is easier to let go of while being protected by the walls of the fort. Examples include being unkind to a sibling, not helping mother, being overly busy or wasting time in regular daily life.



Day 3

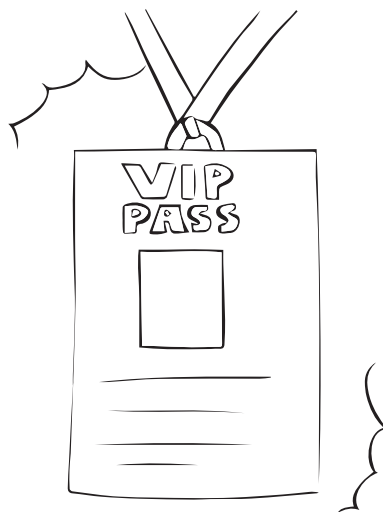
Looking for the Gate of Rayyan — VIP (Very Important People) Only!

Reading: Read the hadith which teaches about the Gate of Rayyan on page 9.

Treasure for Today: The Prophet ﷺ said that Paradise has a special gate called Rayyan, which may be entered only by those who fast.

Treasure Chest Keepsake: What is a VIP pass? Draw yourself on a VIP Pass that you can design. Write a few examples on it of what you hope to find when you use your VIP pass to enter the Gate of Rayyan into Paradise. Paste into Treasure Chest.

“Entering the Gate of Rayyan” Activity: Artistically create the Gate of Rayyan either by re-using the “Fortress of Fasting” craft or developing a new drawing, craft, or make-shift gate with household items. Over the gate, hang or write, “Only those who fasted may enter.” Have the children make up a game where they fast, and then are given VIP passes to enter this gate. Once inside, ask them to tell you about all the happiness and delights they found in *Jannah*. Older children could decorate a doorway, or place signage “Gate of *Rayyan*” on their bedroom door and then make VIP tickets for family members to enter.



Day 4

What is the Inner Fast?

Reading: Begin reading at the third paragraph on page 9 until the bottom of page 11.

Treasure for Today: “Imam Al-Ghazali explained that fasting has both an inner and outer part. The outer part is what we do with our bodies, like giving up food and drink during the day. Now, can any of you think of what should be happening *inside us*, which can’t be seen?” Khadija suggested, “Like Abdullah said, he can hardly wait for the fast to end – like most people. So maybe it has to do with being patient?” “That’s right!” said Ustaz Ali. “God ﷻ says, *The patient ones shall be granted their reward without measure (39:10)*. That means a vast reward!”

Treasure Chest Keepsake: In preparation for the comic strip, discuss the following. The Qur’an states, *God U is with those who are patient*.

If you are not happy with something or someone in your life:

- a. Is it easy to complain? Does it help the situation or ever make you feel better?
- b. What if you knew that God ﷻ was going to teach you many good things through unhappy times and even reward you for your patience? What would you do differently?

“Diary of an Impatient Kid Comic Strip” Activity: Make up a funny comic strip story about a child who is very impatient and makes more problems for him/herself by acting in this way. Paste it into the treasure chest for keeping!

“Patience Challenge”: Just once a day, challenge yourself to respond nicely to something you might have complained about. For example, rather than moaning about not having time on an electronic device, physically show you have been patient by adding a button or another object to a ‘Cup of Good Deeds’ that can be weighed at the end of the month.

Day 5

Who Does God ﷻ Boast About?

Reading: Begin at the *hadith qudsi* at the bottom of page 11 and finish at the last line below the second paragraph on page 12.

Treasure for Today: Ustaz Ali was very pleased with the children for learning about the inner fasting. He related a *hadith qudsi* in which the Prophet ﷺ said that God ﷻ says, “Truly, God ﷻ boasts to His angels about a young person who has devoted himself to God’s worship and service, saying ‘Oh, young person, you who have given up your desires and sacrificed this time of health and strength for My sake, to Me you are like one of My angels.’”

Treasure Chest Keepsake:

For young children: Color the angel wings on the next page and write in ways you can be more like an angel. Paste into your Treasure Chest.

For older children: What are three beautiful character habits and/or worship habits I want to acquire in order to be like an angel of God ﷻ in my youth?

- A.
- B.
- C.

For each goal, what must I do to achieve it? What things must I give up or reduce?

- A.
- B.
- C.

Who will be good companions for me? Who or what could be a negative influence(s)?

- A.
- B.
- C.

“Serve Like an Angel” Activity: Brainstorm with your parents to determine a way to help someone in your family or neighborhood. Take pictures, print, and paste into your treasure chest.



Day 6

What is Honored in the Sight of God ﷻ Among All Forms of Worship?

Reading: Begin at the third paragraph on page 12 and finish the page.

Treasure for Today: Imam Al-Ghazali explains that just as the *Ka'ba* and the sacred sanctuary that surrounds it are especially honored by God ﷻ, even though the whole earth is sacred and belongs to Him, fasting is special to God ﷻ among all the ways we are asked to worship.

Treasure Chest Keepsake: Make lists of different groups of people and material items in your life. For example, adults who care about you, friends, toys, or extracurricular activities. Now, circle the top three or four from each group that are most important to you. Why? Draw the *Ka'ba* on the earth on the next page. Color or paint and paste into your Treasure Chest.

“Virtually Visit the *Ka'ba* on Google Earth and Makkah Live” Activity: Visit Google Earth and explore different views of the *Masjid al-Haram*. Makkah Live allows you to see what is happening in real time at the *Ka'ba*. You must scroll down and click on the sideways play triangle to enter the live footage of the *Ka'ba*.

- <https://earth.google.com/web/@21.4224779,39.82627755,0a,460.25997679d,35y,0h,0t,0r>
- <https://makkahlive.net/makkahlive.aspx>



Day 7

Discover Your Secret with God ﷻ

Reading: Begin reading at the top of page 13 and finish at the end of the third paragraph.

Treasure for Today: Fasting is an inner struggle, and learning to be patient makes it easier. It's true that only God ﷻ can see this. If we hid and sneaked a cookie or had a sip of water while fasting, no one would know but Him ﷻ! So fasting *is* just between Him ﷻ and us.

Treasure Chest Keepsake: Tell a story through pictures or words of a time when you couldn't bear to wait. Now tell a story through pictures or words of a time when you wanted something very much, but were able to be patient. In which situation did you like yourself better and why? Who among your beloved elders shows patience and contentment with whatever situation they are in? Now think of an example in which someone was showing impatience. Which person and behavior do you prefer and love to be around? Draw yourself next to the person you love and admire, being content together while waiting for something.

“Hide and Seek Blessings” Activity: For younger children, play a modified version of Hide and Seek in which the goal is for the hiders to do a quick good deed in private before they are found. Brainstorm with your parents examples of quick good deeds you could do such as making *dhikr*, praying for someone else, or pretending you are fasting while tempted with food in your hands. Keep your good deed a secret between you and God ﷻ, and reflect upon the feeling of hiding a secret only with God ﷻ. Does it feel powerful or give you a special sense of inner pleasure?

“The Padlock Patience Game”: For older children, choose two players or two teams. Gather two combination padlocks, sticky notes or scraps of paper, and colored dot stickers or any sticker.

1. Write down the correct padlock combinations on a piece of paper and place it in your pocket.

2. Place a sticker on the back of each padlock.
3. Next write the combination numbers on separate pieces of paper and place the same colored sticker (or otherwise identified sticker) that corresponds to the padlock.
4. Hide the papers throughout the room. Not only do the children have to find the padlocks and the 3 pieces of paper containing the combination numbers, they also have to figure out which order to put the numbers in order to unlock the padlock.
5. Tell the teams that they will race each other in finding the padlocks and combinations.
6. The first team to open their padlock is the winner.

This game can show us that we need to be patient in order to achieve what we want. Sometimes you can feel frustrated when you want something to happen right away, however with patience and a calm approach, you can achieve your goal in the best way.

Day 8

Have You Ever Met a Naughty Goat?

Reading: Begin at the fourth paragraph on page 13 and read until the end of page 14.

Treasure for Today: Imam Al-Ghazali explains that as the things we want in *this* world increase, there are more chances for us to do the wrong thing. All the things we have can cause us to be greedy or to show off. He says that having so many worldly things is like having an alluring and lush pasture, which attracts our lower desires and bad deeds like bragging, greed for more, selfishness, and not sharing. Those desires are like hungry goats which will keep returning to that lush pasture because there is so much there for them to play with and enjoy.

Treasure Chest Keepsake: In preparation for the “Pruning our Pastures” illustration, discuss Imam Al-Ghazali’s metaphor of a richly growing pasture attracting hungry goats. What material and worldly desires are represented by the plants in the pasture? What poor character traits are represented by the hungry goats?

“Pruning Our Pastures Illustration”: Draw a picture of a green field. Now add pictures or magazine clippings of material items or activities like shows and video games in our everyday life. Are there any that can be distracting or that tempt us into bragging, always wanting more, and not sharing? Circle the ones you could give less time to, donate to others, or share with people around you.

Day 9

The Knight's Shield

Reading: Read the first paragraph on page 15.

Treasure for Today: The virtues that come with fasting are like a shield that protects us. They are also a door to Paradise and help us to get closer to God ﷺ. So, it's very important for us to learn all about fasting: its outer and inner parts. That means, the obligatory and recommended things we must do – the *fard* and *sunna*. But we also need to learn about a special way to be inside of ourselves, our inner state of being when we fast – just like what we learned to do when we pray.

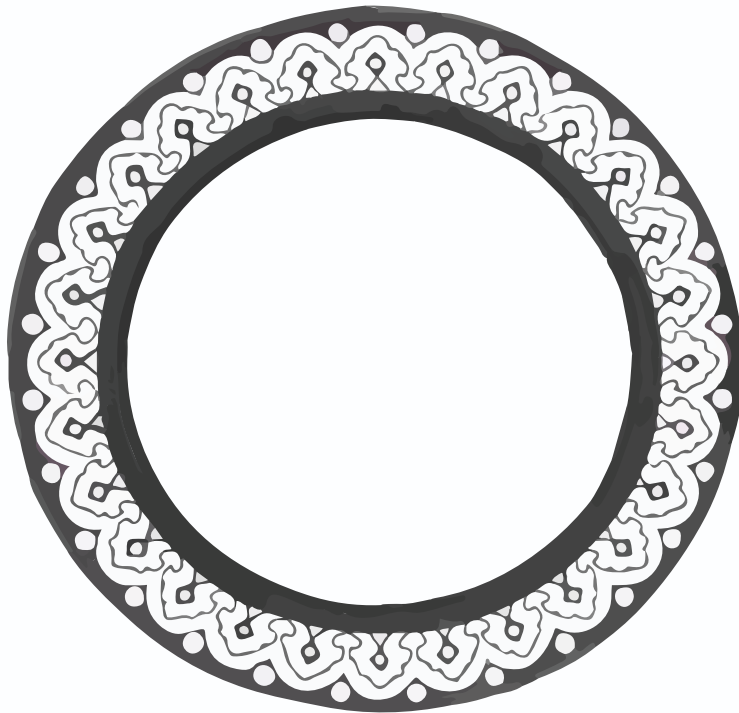
Treasure Chest Keepsake: In preparation for the activity, discuss the following question. What are some of the things fasting (which includes its inner virtues and outside actions) protects us from?

Younger children: Cut and color/paint the shield on the next page. Write “fasting”, “*sawm*” or “Ramadan” on the shield and list some of the things fasting protects you from. After completing the activity below, paste it into your Treasure Chest. (Fun fact: Shields used in Muslim Civilizations were often round as depicted below.)

Older Children: Enhance your shield drawing with “lift the flaps” before sticking into your Treasure Chest. The outside of the shield says Ramadan or Fasting, and under the flap can be the vices we are protected from such as anger or backbiting, etc. Below is an example of “lift the flap” that could be added to a shield.



“The Powerful Fasting Knight Fantasy Story” Activity: Temporarily tape the shield to a piece of cardboard. Pretend to be a fasting knight who holds up the shield while someone else pretends to be vices that try to come near, but then fly backwards, defeated by “fasting.” The villains whisper bad ideas to the fasting knight, who then easily rejects the whisperer with his/her powerful shield. Take turns.



Day 10

Gaze Upon Heaven

Reading: Begin reading at the second paragraph on page 15 and finish the page.

Treasure for Today: According to the Prophet ﷺ, all of the children of Adam would be able to gaze on the dominions of the heavens if our Hearts weren't surrounded by low whisperings. Fasting helps to weaken those whisperings, *al-hamdulillah*.

Treasure Chest Keepsake: In preparation for the “Gazing Upon Heaven” Spoken Word project, discuss poetry and how it can be different from prose or simply rhyming. Metaphors, or symbols, which represent some greater idea, are often used in poetry to inspire our imagination about greater realities that we cannot see with our eyes. Here are examples that can help inspire you from poet Barakah Blue.

“Myst” about longing for God ﷻ:

https://www.youtube.com/watch?v=ny012ANKU_4

“Heaven’s Door” about being met in Paradise by Prophet Muhammad’s ﷺ Smile:

<https://www.youtube.com/watch?v=DQXD-LQNEQU>

“Gazing Upon Heaven” Spoken Word Activity: Create a serene environment for yourself. Prepare a poem or a few sentences describing what the experience of “gazing upon heaven” might be like.

If younger children need prompting, try making an acrostic poem using the word HEAVEN or PATIENCE or another you think up yourselves. Alternatively, give them the opening line of a repeated refrain and help them fill in the rest. For example:

“In my dream I see heaven,

(It’s beautiful and green).

In my heart I see heaven,

_____.

In my mind I see heaven

_____.

Etc.”

Day 11

Making Intentions

Reading: Begin reading at the top of page 18 and read until the end of the third last paragraph on the same page.

Treasure for Today: The second obligation of the outer part of fasting is to make an intention. Each night during Ramadan, everyone who plans to fast must make a clear, specific intention to fast the next day. For example, one can say, ‘I intend to fast tomorrow, Tuesday, the fast of Ramadan, made obligatory by God ﷻ.’

Treasure Chest Keepsake: Why is it important to make a specific intention? Do saying the words out loud also help us reiterate and internalize our intention? Will saying the words from our mouth be enough if we don’t truly feel it in our Hearts?

Using construction paper cut and decorate a beautiful heart shape. With the help of your parents, write an exact intention that you can say each night before fasting the next day. The heart shape will remind you that your words should come both from your mouth and heart. Paste this heart into your Treasure Chest. Children who are not yet fasting can pretend that they are for this activity

“Family Circle Time & Sharing Intentions” Activity: Sit with your family in a circle and have each family member say an exact intention for the group to hear. The children can use their heart crafts to read out the intentions. Put your hands on your heart to emphasize that your intention is coming straight from your Heart.

Day 12

Abstaining from Eating and Drinking

Reading: Begin at the second to last paragraph on page 18 and read until the end of third paragraph on page 19. Make adjustments for your own *madhab*, besides *Shafi'i*.

Treasure for Today: The third obligation is to not allow anything to enter your body during the fast. You are not allowed to eat even medicine. If you were sick and needed medicine, you would have to not fast and could make it up on another day. Also, if something enters your body unintentionally, for example you eat or drink by mistake or get water in your throat while making wudu, your fast is not broken. The fourth and fifth obligations have to do with grown-ups; you will learn about those later. The sixth, throwing up and then swallowing some of what you've vomited would break the fast.

Treasure Chest Keepsake: Reflect upon why intentions are so important in fasting. Even if we eat something, as long as we do it unintentionally, our fast is not broken. Are intentions as important in other aspects of our life? Ask your parents to help you find the hadith that talks about the importance of intentions. Record it in your Treasure Chest.

Circle true or false:

1. If you eat medicine while fasting, your fast will not be broken. T or F?
2. If while fasting, you drink water by mistake, your fast will not be broken. T or F?
3. If while fasting, you intentionally refreshed yourself by gargling a lot of water at the back of your throat, your fast is still not broken. T or F?

Activities:

“Modified Fasting Hopscotch” for younger children: Use construction paper to make small cards. Write different actions that might or might not break the fast on each card. Use sidewalk chalk to draw a big hopscotch style rectangle on the sidewalk. Draw 10 rows inside it. The number of columns should be

equal to the number of players. Each player stands outside their designated column. Each player takes turns to draw cards with eyes closed. If the card has an action which breaks the fast unintentionally, then hop two squares forward. If the card has an action that breaks the fast intentionally, then hop one square backwards. Each player keeps taking turns to draw cards and hops either forwards or backwards. Whoever reaches the last row first, wins.

Older children: Create your own quiz to play with the family. A great online resource for this is at kahoot.com

Day 13

Leaving the Fast for a Valid Excuse

Reading: Begin reading from “If the fast gets broken,” on page 19 until right before the beginning of “The *sunna* aspects of fasting” on page 21. This reading will be the same for both days 13 and 14.

Treasure for Today: God ﷻ has given many reasons in the Qur’an explaining why some people might not be able to fast. Children up to a certain age do not need to fast. Some people are too old and weak to fast, some might be sick while others might be travelling. Pregnant or nursing mothers might also want to abstain from fasting for the fear of harming their child. Depending on the situation these fasts can be made up in different ways by either fasting at a later date or feeding the poor or both.

Treasure Chest Keepsake: The fact that God ﷻ has made concessions for people who cannot fast is a reflection of His ﷻ immense compassion, mercy, and love. Also the fact that these missed fasts have to be made up in various ways is testimony to the importance of the fasts of Ramadan.

For younger Children: Take a paper and draw a horizontal line to divide in half. On the upper half, draw a picture of any elderly person who cannot fast because of old age and health issues. On the bottom half show him/her feeding a poor person as a means of making up for not being able to fast. Color your drawing and place it in your Treasure Chest.

For older children:

1. _____ is the Arabic word referring to extra fasting days done outside the month of Ramadan.
2. _____ is the Arabic word referring to “expiation” for days missed in fasting with a valid excuse. The expiation is carried out by feeding the poor.
3. _____ is the Arabic word referring to the attainment of maturity (or puberty) by a boy or girl. The boy or girl is now responsible for fasting during Ramadan.

4. If one is traveling more than _____ miles, then one could choose not to fast but make it up on another day.

“Mom, You’re Live!” Activity: Interview your mother. Ask her how she felt when she was pregnant with you or nursing you and couldn’t keep her fasts. You can either record the interview on your mom’s phone or write her answers on a piece of paper. Use the following questions as guidelines for this little interview:

1. When you were pregnant with me or nursing me and couldn’t fast how did that make you feel?
2. How did you make up for the fasts that you had left?
3. What things did you do during that Ramadan to help you feel close to God ﷻ and still reap the benefits of the blessed month?
4. Did you feel grateful for God’s ﷻ love that He ﷻ allowed you to leave fasting when you had a valid reason?

In the end, give your mom a little hug and thanks for making that big sacrifice for you.

Day 14

Leaving or Breaking the Fast Without a Valid Excuse

Reading: The same reading that was used for Day 13.

Treasure for Today: Once boys or girls have become *baligh*, or reached puberty, if they *intentionally* don't fast, or break their fast without a valid excuse, they have to make amends (*kaffara*). Grownups, who break their fast in certain serious ways, would have to fast for two months in a row for each broken fast day. Or, if they are unable to do that, they would need to feed 60 poor people an amount of grain or dates (two meals' worth) for each day missed.

Treasure Chest Keepsake:

For younger children: Take a paper and draw a horizontal line to divide in half. On the upper half, draw a picture of a person who is responsible for fasting because he/she is old enough and healthy. On the bottom half, show what he or she would need to do if he/she left his/her fast without a valid excuse. Color your drawing and place it in your Treasure Chest. (Note: The younger children can also play the Race to the Ramadan Moon game by changing the questions to simple true or false on the index cards.)

For older children: In preparation for the activity listed below, make index cards with different questions about breaking the fast intentionally and unintentionally. Reflect on those questions and discuss them with parents. Some potential questions are listed below:

1. How many poor people will you have to feed if you broke your fast without a valid excuse?
2. How many continuous fasts will you need to keep if you broke your fast without a valid reason and cannot afford to feed 60 people?
3. What is *kaffara*?
4. Can a pregnant woman leave a fast if she feels that it will harm her baby?
5. What do elderly people need to do if they can't fast?

6. If a person falls sick and misses some fasts during Ramadan, how will they make up for it?

Note: Please save the index cards for the game below!

“Race to Ramadan Moon” Game: Refer to the appendix for print out and rules.

Day 15

Fasting Like the Prophet ﷺ: The *Sunna* Aspects of Fasting

Reading: Start at “The *sunna* aspects of fasting” on page 21 and read until the end of page 22.

Treasure for Today: Imam Al-Ghazali has taught us about 6 practices of our beloved Prophet ﷺ during Ramadan that make fasting an even more beautiful experience. These include:

1. Delaying the pre-dawn meal, and eating as close to dawn as you can.
2. Hurrying in breaking the fast at sunset with a date or water before doing the *maghrib* prayer.
3. Avoiding brushing one’s teeth or using a refreshing tooth stick (*miswak*) after noon.
4. Being generous during the month.
5. Reciting and studying the Qur’an even more than usual.
6. Making retreat in the mosque during the last 10 nights. This is called *i’tikaf*.

Treasure Chest Keepsake: Reflect on how the above practices make our fasts not only physically easier, but also spiritually more fulfilling. For example, the day is long so eating as close to dawn as possible can help us to keep our strength intact during the day. Being more generous and charitable can make fasting easier for those around us. Similarly reading more Qur’an can help us understand our deen better and become closer to God ﷻ.

Make index cards in preparation of the “Charades” Or “pictionary” activity given below. Write all 6 *sunna* elements of fasting on 6 different cards. Paste into your Treasure Chest after playing the game.

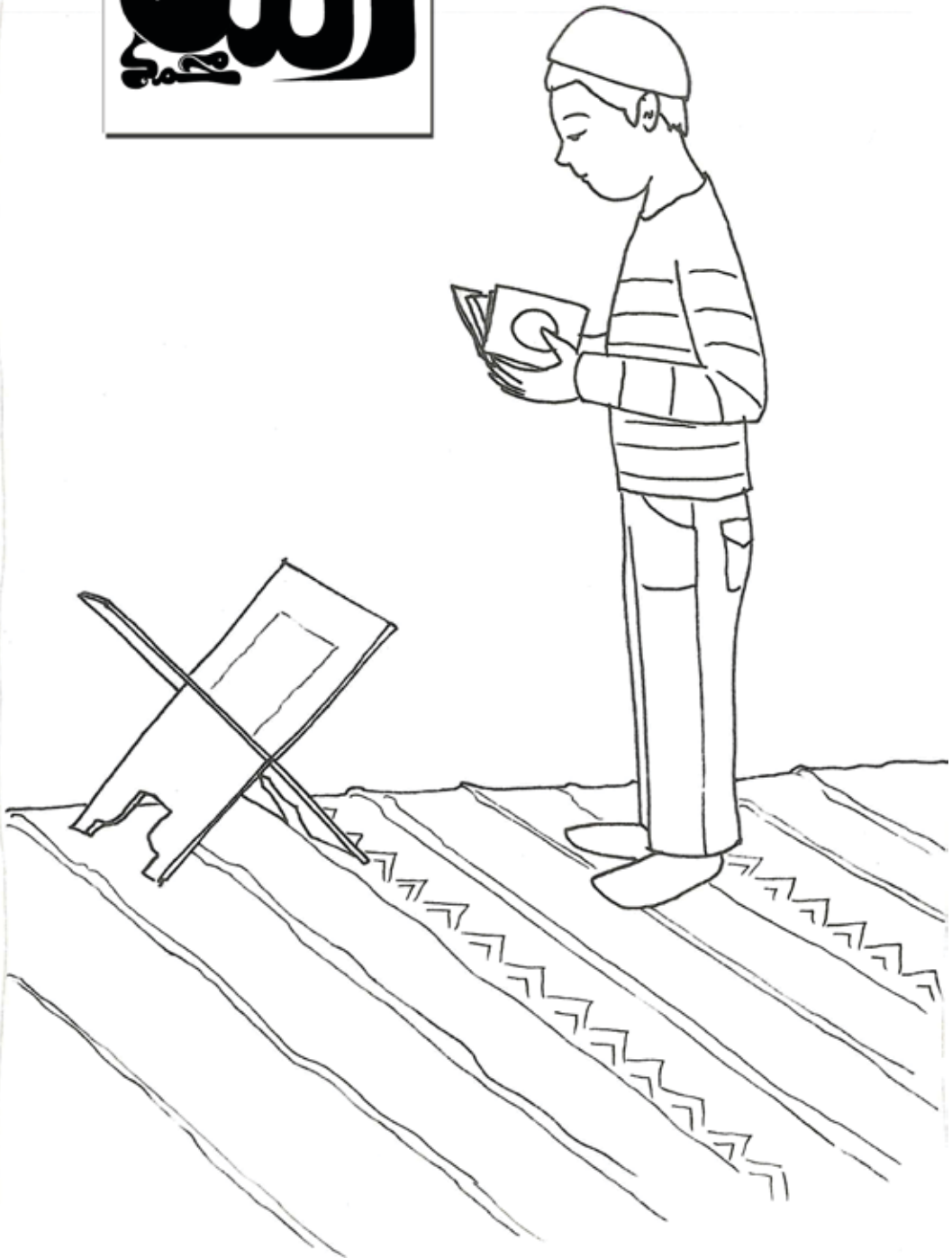
“Sunnas of Fasting Charades/Pictionary” Activity: Get together with your family and play a game! Turn the index cards that you prepared upside down and have one member of the family draw a card. The family member must either act out what is on the card or make a drawing to depict it. The other participants

must guess which sunna element of fasting is being demonstrated through the acting/drawing. You can decide if you want to play charades, pictionary or a mix of both.

In the coming days, we will look at some of these beautiful *sunnas* of fasting in detail.



The Prophet ﷺ broke his fast at sunset with a date or water. To do this is one of the sunna aspects of fasting.



*Color the room and rug where Abid often prays
and LISTENS to recordings of the Qur'an.*

Day 16

Making Qur'an your Best Friend & Charity your Best Deed

Reading: Read the third paragraph on page 22.

Treasure for Today: It is a very important *sunna* to read as much Qur'an as possible during Ramadan. It's recommended to recite one part (*juz'*) – one thirtieth of the Qur'an every day. That way you will finish reading God's ﷻ Book once during this month of fasting.

Also it is extremely important to be as charitable in Ramadan as possible because that is the *sunna* of our Prophet ﷺ. Ibn 'Abbas narrated:

“The Prophet ﷺ was the most generous amongst the people, and he used to be more so in the month of Ramadan when Gabriel visited him; Gabriel used to meet him on every night of Ramadan until the end of the month. The Prophet ﷺ used to recite the Holy Qur'an to Gabriel, and when Gabriel met him, he used to be more generous than a fast wind (which causes rain and welfare).” (*Sahih-al-Bukhari*).

Treasure Chest Keepsake: Reflect upon the importance of the Qur'an in the lives of Muslims. Imagine that God ﷻ is speaking directly to you through this beautiful book. With the help of your parents, choose a few verses from the Qur'an that talk about charity. Record their translation in your Treasure Chest and draw a beautiful drawing to depict the verses.

“Making a Bookmark for Your Qur'an” Activity: Use cardstock or some other sturdy paper to create a beautiful bookmark for your Qur'an. You can also search for ideas online or come up with your own. Next time when you read the Qur'an, don't forget to put your bookmark on the page where you left so that when you come to this beautiful book next time, you remember where you left off.

Note: Younger children who cannot read the Qur'an should sit down with their parents for a few minutes each day and read a verse or two from the Qur'an. Older children who can read themselves, should read as much as they easily can each day.

Day 17

What is *I'tikaf*?

Reading: Begin at the last paragraph of page 22 and read until the end of page 24.

Treasure for Today: It is a *sunna* to retreat to the mosque for the last 10 days of Ramadan and worship God ﷻ as much as possible.

Treasure Chest Keepsake: Reflect upon how *i'tikaf* can help you become closer to God ﷻ. If you spent 10 days and nights with only one friend, won't you become really close to them and know them a lot more than you did previously? Similarly, spending the last 10 days and nights worshipping God ﷻ will help us get close to Him ﷻ.

For Younger Children: Cut and color/paint the boy praying/studying in the above picture. Choose a *surah* of the *Qur'an* for him to recite. Paste into Treasure Chest.

For Older Children: Do research on how Prophet ﷺ and the *sahaba* spent time in *i'tikaf*, what their daily activities were, if there was anything at all that they left the masjid for, what were their favorite *dua*'as and forms of worship during this time. Record your findings in your Treasure Chest.

“Kid's' Fast and *I'tikaf*” Activity: Turn a room in your house into a pretend mosque, you can also build a pretend *i'tikaf* tent within that room, using household things like cushions and bed sheets. Determine an amount of time in which you and your siblings will not eat or drink anything. Have everyone practice being in *i'tikaf* by remaining silent, reading the *Qur'an*, writing in their treasure chests and doing *dhikr*. Then one of the children calls the *adhan*, and everyone breaks their fast with a date and water.

Note: Older children can practice being in *i'tikaf* longer than the younger ones and if they are fasting then they can just pretend to break the fast when the *adhan* is called.

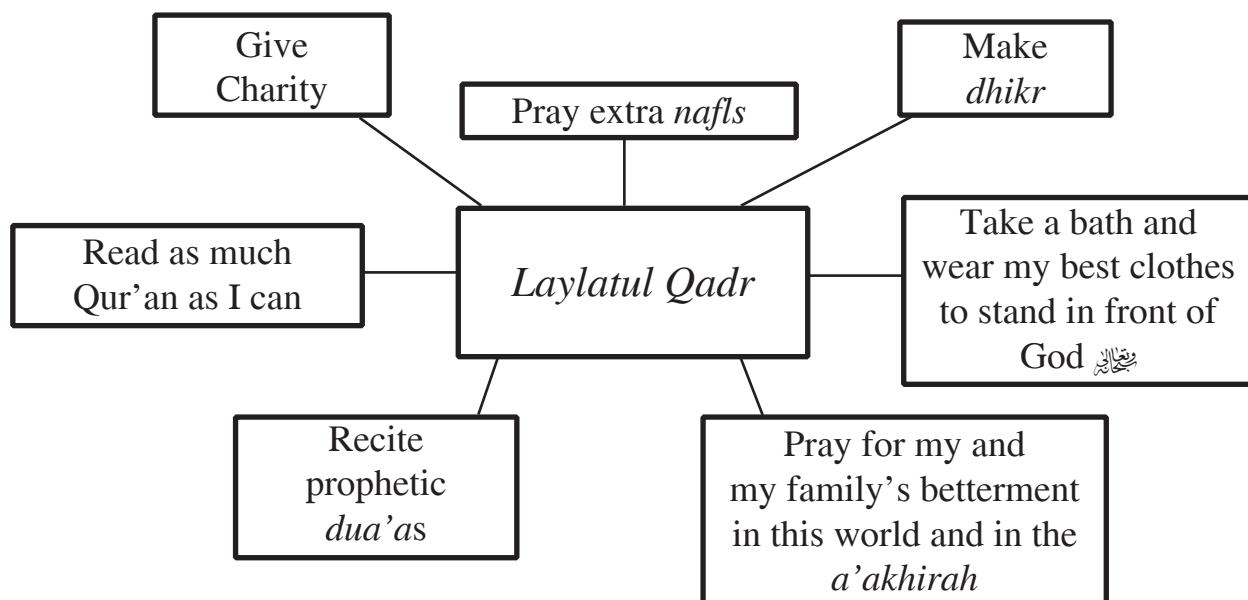
Day 18

The Night of Power! (*Laylatul Qadr*)

Reading: Read the last paragraph on page 22.

Treasure for Today: It is *sunna* to worship as steadily as possible during the last ten days of Ramadan, since the Night of Power (*Laylatul Qadr*) comes during one of them. This *special* Night, on which the Qur'an was first revealed, happens on an odd-numbered night. That means, either on the 21st, 23rd, 25th or 27th of the sacred month. Worship during that one night is better than a thousand months!

Treasure Chest Keepsake: Just imagine how lucky you will be if you can find *Laylatul Qadr*! Every good deed that you do on that day will be counted as if you had done it for a 1000 months! You must try your very best to find this night in the last 10 odd nights of Ramadan and prepare in advance to try and do maximum *ibadah* on that night. In preparation of the activity given below, prepare an idea map where you can write down all the good deeds that you can do on Laylatul Qadr and different ways of doing these good deeds. Your idea map might look like the one given below. You can add as many things to it as you want.



“My Special Place to Worship” Activity: Make a beautiful poster and put all your plans for worship, *dua’as* and acts of charity on it. You can write any specific *dua’a* or *dhikr* that you love. Make it as personal as you like and think of it as not only worship but direct communication that you would like to do with God ﷻ. Put the poster on a wall in the room where you plan to pray on *Laylatul Qadr*!

Day 19

Three Levels of Fasting

Reading: Begin Chapter Three “On the Mysteries of Fasting and Its *Inner Practices*.” Read pages 27-29 and stop after finishing the first paragraph on page 29.

Treasure for Today: There are three levels of fasting. The first is what most people do, giving up food and drink. The second special way to fast has six inner practices which you can begin to use now, whereby each part of your body has its own special way to fast. The third is the fast of the prophets and saintly people.

Treasure Chest Keepsake: Imam Al-Ghazali reminds us that every act of worship has an inner and an outer part, like a piece of wheat or grain has an outer husk and an inner kernel. Draw a picture of a wheat grain with its inner and outer parts and cut and paste it into your Treasure Chest. Write some ways in which you can fast outwardly and some ways in which you can fast inwardly on the page with your picture.

“Family Fasting of the Special People” Activity: Hold a family meeting to encourage everyone in your household to practice being of the second group of special people during Ramadan or any time of the year. Print and post the inner conditions discussed in Chapter Three. For the next six days, the activities focus on each of these inner conditions in turn.



Family Halqa

Day 20

The Fast of the Eyes

Reading: Read page 29 starting at the second paragraph and ending right before the final paragraph begins.

Treasure for Today: In prayer we learn to lower our gaze so that we won't be distracted from being present before God ﷻ. Even when we're not praying, we must be careful not to let our eyes look at anything that may take us far from God ﷻ, and in the same way, looking at good and beautiful things can bring us closer to God ﷻ. This is especially true when we are fasting.

Treasure Chest Keepsake: What is something beautiful or good we can look at that reminds us of God ﷻ? How does thinking about what we saw help clean our hearts and bring us closer to God ﷻ? What is something distracting or ugly that could take us away from God ﷻ if we look at it? How does thinking about what we saw make it harder for us to connect with God ﷻ? Draw a picture or write a description of a beautiful scene for your fasting eyes to see and add it to your Treasure Chest.

“Ramadan Video Blog” Activity: Pretend that you are on a video series about fasting during Ramadan. Act out scenarios which demonstrate virtuous and non-virtuous decision making and its consequences. Focus on situations that involve your eyes and sense of sight: Below are some examples:

- While fasting, the children tell their parents they are too tired and sluggish for prayers and watch TV instead.
- A group of children meet together to read the Qur'an before iftar.
- The children go for a walk with their parents after eating suhoor and praying fajr to see the sun rise.
- The children spend all day playing games on their phones.



What beautiful things are the children SEEING that remind them of Paradise?

Day 21

The Fast of the Mouth

Reading: Read page 29 starting with the last paragraph through the end of page 31.

Treasure for Today: The tongue needs to fast along with the rest of the body. It would be better to be silent, repeating God's ﷻ names or reciting the Qur'an than to say ugly things. The Prophet ﷺ said that fasting is like a protective shield. We shouldn't say low things or be foolish. If someone wishes to pick a fight with you or speaks badly, you must say, "I am fasting" (Bukhari, Muslim).

Treasure Chest Keepsake: In preparation for the artwork, discuss how gossiping or saying something bad about someone who is not there is one of the worst things we can do. The Qur'an says it's just like eating the dead flesh of the person about whom we gossip. What is something you could do or say if you hear someone else speaking badly about someone else? What other kinds of things could we say or do that would break the fast of our tongue? What are some beautiful deeds we could do with our mouths or speech instead? How does keeping or breaking the fast of the mouth affect our relationship with God ﷻ?

"Backbiting is Worse Than This..." Public Health Education Campaign Artwork: Pretend that you work for the Department of Public Health and need to educate the general public about the dangers of backbiting. Look at examples of other public health campaign material related to smoking or illegal drugs (as age appropriate). Use art materials to design a campaign warning of the dangers of backbiting with a clever slogan and paste it in Your Treasure Chest.

"No Backbiting Campaign" Activity: Present your Public Health Education entries to family or friends.

"Words are Like Sand": Drop a cup of sand on the ground and try to clean it up. How easy is it to pick up every single piece of sand? Although we can apologise for our bad words, can they ever be erased from the listener's memory?



The beautiful sounds in nature like the singing of birds or the waves breaking on the shore reminded them of heaven.

Day 22

The Fast of the Ears

Reading: Read the first two paragraphs of page 32.

Treasure for Today: Whatever you are forbidden to say with your tongue is also forbidden for you to hear or listen to with your ears.

Treasure Chest Keepsake: Gossiping or backbiting is the sin not only of the speaker, but also of the listener. Besides gossip and backbiting, what are some other ugly things you might want to avoid hearing? What are some beautiful things you could listen to instead that might bring you closer to God ﷻ? After listening to the Barakah Blue song below, write your own short *dua*'a for someone you love in your Treasure Chest.

“The Right Speech Song, ‘Love & Light’ by Barakah Blue” Activity: Play the below song for children as an example of the way we should speak with and about each other – both when we are in front of each other and behind each other’s backs. Notice that listening to recitation of Qur’an, *dua*’as, or *nasheeds* can have a beautiful effect on our ears and also our hearts. Read the lyrics along with the song: <https://www.youtube.com/watch?v=JQJvsK203DQ>

Lyrics:

(“Ameen” will be repeated many times. It may be easier just to recite “Ameen” to every *dua*’a made by Barakah Blue.)

Bismillah may your day be filled with love and light
May your rhymes be right
May your songs be tight
May your words give sight
May your nour shine bright
May you always be on the righteous side of the fight
May your lovers be loyal
May your soil be fertile
May your khakis stay creased

May your lock stay oiled
 May your plans never get foiled
 May your plot thicken
 May your chicken be halal
 May your style be sufficient
 May your soul be free of its prison
 May Allah ﷻ increase you and your vision
 May you find everything you've been missin'
 May you wake for prayer before the sun has risen
 When you speak may your audience listen
 May you never feel trapped in the system
 May you sight many righteous children
 Who will act on prophetic tradition
 May you always have food on your plate
 May you learn from every mistake
 May you rise above all that
 May Allah ﷻ increase you in your state
 May you never pretend that you are what you ain't
 May your friends be real and never be fake
 May your rent never have to be late
 May your health always be great
 May Allah ﷻ forgive every sin
 Now and forever if you falter again
 May you always stay closer to your kin
 May He ﷻ make all your enemies friends
 May He ﷻ make reality of your plans
 May your present be pleasant may you have a good end
 May your Heart be purified of its flaws
 May you act according to the laws
 That were revealed in the book of Allah ﷻ
 May He ﷻ catch you whenever you fall
 May the One ﷻ guide you to the truth
 When you doubt may He show you the proof
 May you be like the *Ahla soof*

With the wisdom of the elders, the energy of the youth
May He ﷻ accept your prayer and your fast
The very first all the way to the last
And remove obstacles that you have
And may you receive everything that you ask
May you never have regret for your past
And receive mercy not the wrath
And as you travel your personal path
May you always have a reason to laugh.

Day 23

The Fast of the Hands and Feet

Reading: Read the third paragraph on page 32.

Treasure for Today: Even our hands and feet have a responsibility to fast. We want our hands to do good deeds that bring us closer to God ﷻ. We also want our feet to carry us to good places that we can be proud of.

Treasure Chest Keepsake: Your hands assist in the kinds of things you do. What kinds of things might you do that would break the fast of the hands? What good works could you use your hands for instead? Your feet take you different places. Which places would break the fast of your feet if you went there? What are some more beautiful places you could visit instead? Trace your hands and feet onto colorful paper and paste them into your Treasure Chest. Draw or write some of the beautiful things you can do with your hands and feet this Ramadan inside the outlines.

“Giving with Your Hands and Feet” Activity: Find a local charity where you can volunteer as a family. Try looking up local food banks, homeless shelters, nursing homes, masajid, etc. to find out what kind of volunteers they are looking for and how you can help. Helping others is one of the best things you can do with your hands and feet, especially during Ramadan. (For suggestions on what you can do during sheltering-at-home, please see “A Note to Parents”.)

Day 24

The Fast of the Stomach

Reading: Start at the fourth paragraph on page 32 and read until the end of the first paragraph on page 34.

Treasure for Today: We should try not to eat too much when we break our fast. If you make up all the food you missed during the day, and then add all kinds of special desserts and extra nice foods, how can fasting help you overcome the whisperings of the lower self? The goal of fasting is to become empty. We curb our bodily desires in order to help our souls improve. But if we only think about what special treats we might enjoy at the iftar, this is exactly the opposite of becoming empty.

Treasure Chest Keepsake: If you don't feel full, but feel a bit empty and your body is a bit weak, it helps to remind you of your invisible golden Heart. You feel more spiritual because you don't feel exactly like your everyday busy self with the body wanting to do so many different things. If you are slowed down a bit, what good things will it be easier to do? If your stomach is too full, how could that affect your behavior and decision-making?

“The Horse and his Feedbag” Artwork: Look up some images of a horse wearing a feedbag. Draw a picture of this and cut and paste it into your Chest. Discuss Imam Al-Ghazali's metaphor of these bags being like stomachs which separate us from our Hearts.

“Feeling Too Heavy” Activity:

Younger children: Take turns wearing something appropriately heavy around your neck/shoulders/face as a pretend feedbag. While galloping around munching loudly, discuss how the weight of the bag and the focus on eating can distance us from remembering God ﷻ and polishing our Hearts.

Older children: Experience extra weight by helping unpack heavy shopping bags from the back of the car into the house, fill your backpacks with cans, or carrying apples in your sweatshirt pocket for an extended time. Is it easy to worship this way?



The fifth special inner practice is not to break one's fast with lots and lots of food and sweets, which only increase the body's pleasure and strength. The spirit of fasting is to weaken the body's energy by taking in less food, which helps us feel our spiritual nature.

Day 25

The Fast of the Heart

Reading: Read the second two paragraphs on page 34.

Treasure for Today: When we are fasting, we should keep our Hearts in a state between fear and hope. This is because even if we've tried to do the five practices of the special elect people, we cannot be sure that our fast has been accepted by God ﷻ so we shouldn't be arrogant. We don't know if our actions have brought us nearer to Him ﷻ. Arrogance in our Hearts could erase the other good deeds we have done. Our Heart being in a state between fear and hope is the sixth inner practice.

Treasure Chest Keepsake: Imam Al-Ghazali says that the sixth inner practice is to be in a state of both fear and hope when we break our fast. What should we be afraid of? What should we hope for? Draw a Shining Heart and paste it into your Treasure Chest. Draw a line down the center and write "Fear" at the top of one side and "Hope" at the top of the other. Write some of your ideas in the appropriate columns.

"Consulting My Heart" Interactive Skit Activity: Write out the six body parts that must be guarded during fasting onto one side of a note card:

1. Eyes
2. Ears
3. Mouth
4. Hands/Feet
5. Stomach
6. Heart

Have everyone draw a Shining Heart on paper, cut it out, and pin it to their shirts. Break the children up into three teams. Team One picks up a card and devises a quick skit to show how they could "break the fast" of that body part by using it for something bad.

Examples:

Heart: “Let’s make a mess and leave it for Mother to clean up!” Team Two first needs to guess which body part is in compromise or needs to be redirected to help the situation. Team Two then shouts, “Consult Your Heart” and describes how they would feel about that deep down in their conscience. Everyone should ask themselves, “Does that suggestion make my Heart feel Comfortable?” Team Two then re-directs the actors of Team One to make the right decision such as “Let’s clean up our rooms!”

Eyes: One actor says “Let’s spy through this keyhole!” Team Two says, “Eyes!” and suggests that one actor tells the other, “My eyes are fasting, let’s do something else.”

Feet: One actor suggests that the pair run away and leave out another child. Team Two says “Feet!” and suggests that one actor tells the other, “Let’s run over and include that little boy in our game! Our feet are fasting.”

This game should be played out multiple times to give the children a chance to see how this can apply to every aspect of their daily lives and NOT just when fasting but as a way of polishing their Hearts continuously.

“Body Outlines”: Help each other draw outlines of your bodies using a large piece of paper or chalk On the pavement/ drive outside. Label how you can break the fast of different parts of the body. Another outline could be drawn to label how the temptations to break the fast of the eyes, ears, heart, hands, and feet can be resisted.

Day 26

The Goal of Fasting

Reading: Start on page 34 after the asterisks and continue until the end of the second paragraph on page 36.

Treasure for Today: Imam Al-Ghazali explained that for any act of worship to be truly valid and accepted, it must be able to achieve its goal. He says, “The goal of fasting is for a human being to realize some attribute of God ﷻ in his own character. In the case of fasting, this is God’s Attribute of Everlasting Independence (*As-Samad*). God ﷻ is in need of nothing. When a person fasts, they imitate the angels as much as possible, who are beyond wanting or needing anything.”

Treasure Chest Keepsake: Angels who are near to God ﷻ don’t want or need anything. They are completely satisfied and content. Fasting is one way we humans can practice being independent from needs other than God ﷻ. When we fast, what are we becoming independent from? Remember to think about both the outer and inner parts of the fast. Write or draw some of these ideas in your Treasure Chest.

“Ready, Set, Fast!” Activity: Try out fasting for part of the day today. You can try fasting from *Asr* to *Maghrib* or *Dhuhr* to *Maghrib*, or if you’re a bit older, even the whole day! (If you are a very young child, maybe just fast from one meal time to the next!) Make a *tasbeih* using string and beads or an alternative that you find at home. If you feel hungry or tired during your fast, use the beads to invoke the name of *As-Samad* and ask for independence from material needs and strength from God ﷻ.

Younger children



Older children



Day 27

Fasting is a Trust from God ﷻ

Reading: Start at the third paragraph on page 36 and read until the end of the chapter on page 38.

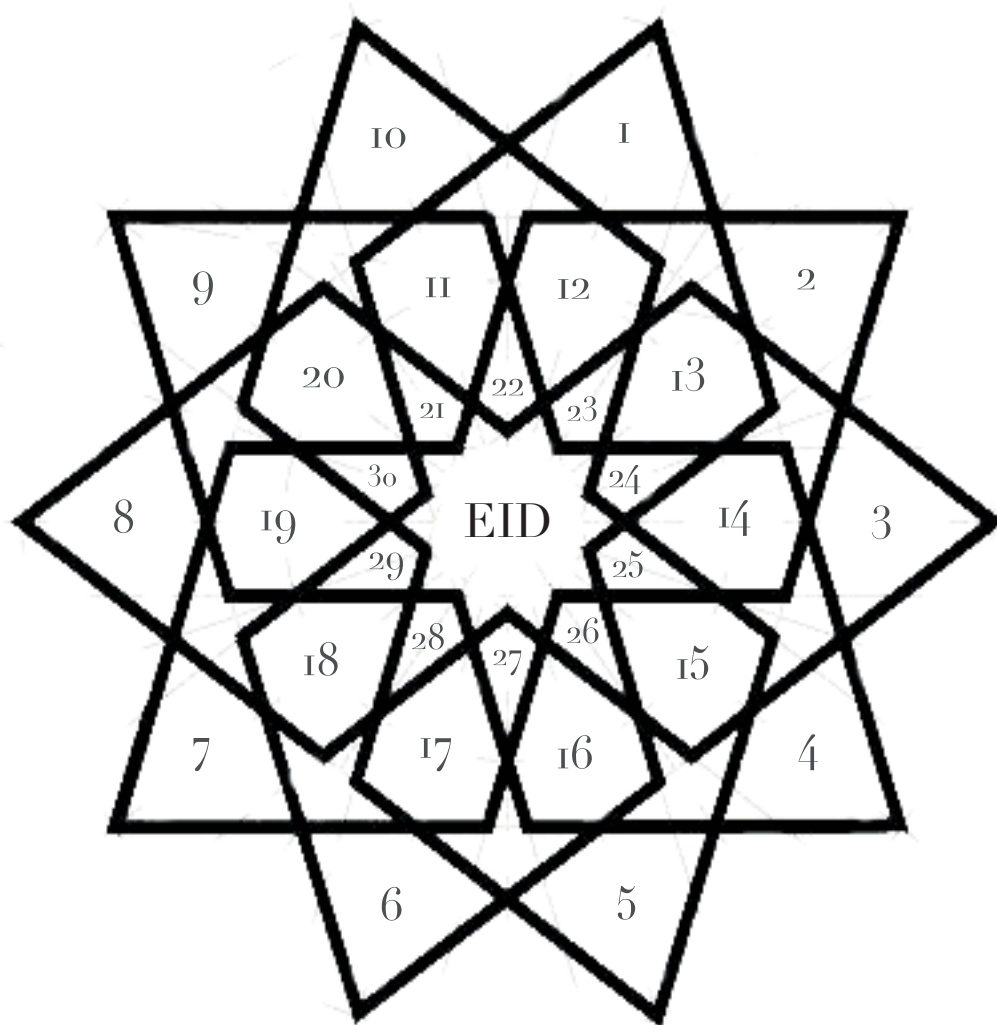
Treasure for Today: The Prophet Muhammad ﷺ said: “Fasting is a trust and so each one of you should guard his trust.” God ﷻ says in *Ayat 58 of Surah an-Nisaa*: “God ﷻ does indeed command you all to render back the trusts to Whom they are due.” When the Prophet ﷺ read the above verse, he placed his hands on his ears and eyes and said, “The hearing is a trust and the sight is a trust.”

Treasure Chest Keepsake: In what way are our abilities to see and to hear “trusts” that are on loan to us? Does true fasting include the trusts of sight, hearing, and speech or is it just abstaining from food and drink? By looking in a mirror, draw your eyes and ears. Write next to your drawing at least two practical ways to guard and care for each of these special trusts. Color/paint as you wish. Paste the image into your Treasure Chest.

“How Do We Take Care of Something Entrusted to Us?” Activity: Think about your favorite toy or article of clothing or game. Pretend a parent or friend is asking to borrow this item. Go and get it for them and explain to them what they should and shouldn’t do with it and how to take care of it. After this activity, describe how God ﷻ has done the same thing for us by giving us fasting, hearing, sight etc. How does He want us to take care of these gifts?

Appendix

RAMADAN 2020



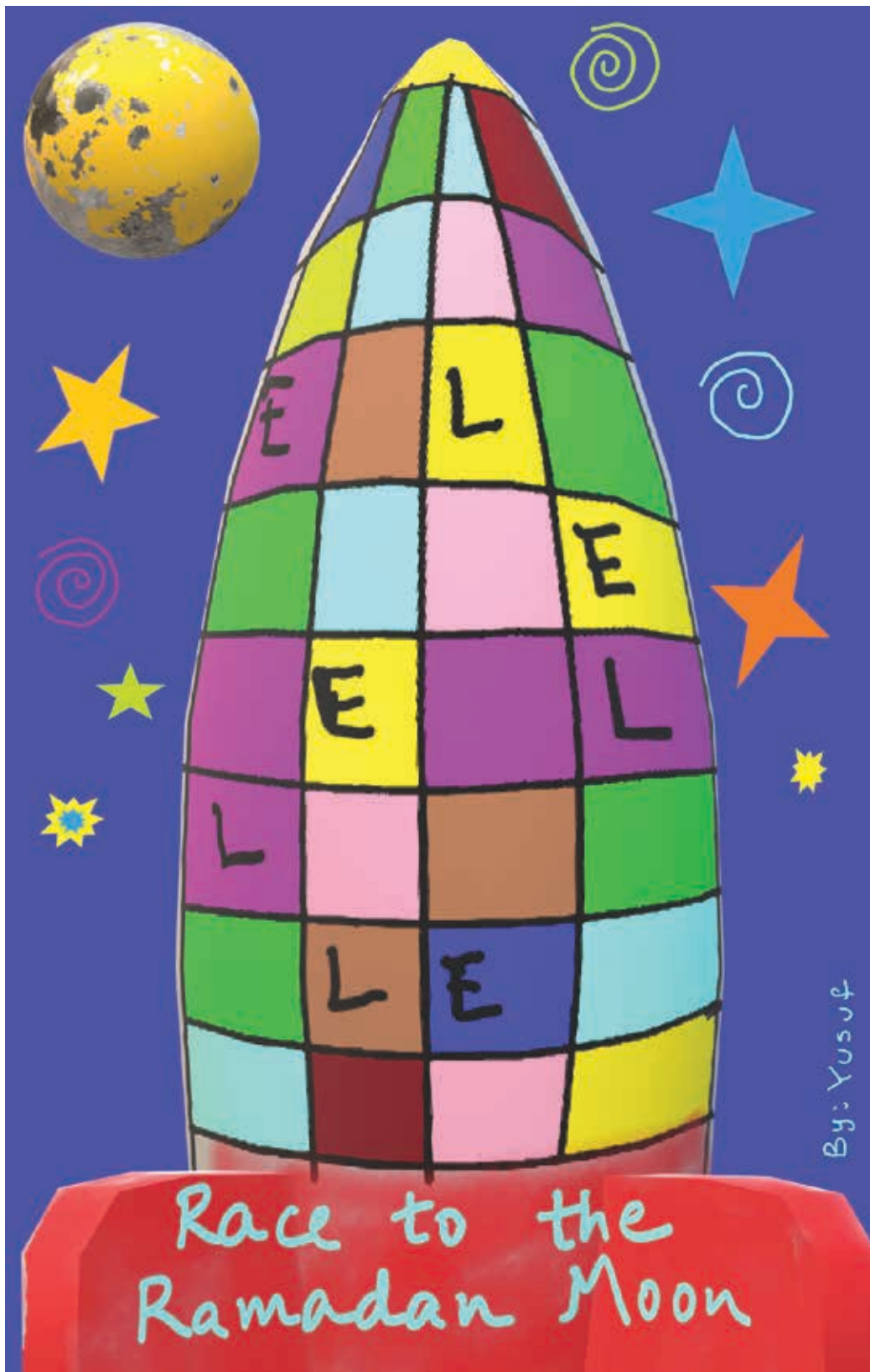
Rules of The “Race to Ramadan Moon” Game

Materials Needed:

1. A die
2. Index cards with questions that you made
3. A pawn for every player (Use any that you have at home: tiny action figures, pennies etc.)
4. A print out of the game board

Rules:

1. Between 2 to 4 players can play the game. Each player chooses a column at the bottom of the rocket to start at.
2. Player 1 picks an index card from the stack with eyes closed. If he/she answers the question on the card correctly, he/she rolls the die and goes ahead by as many squares as the number on the die. All the players take turns doing the same.
3. If a player lands on E, he/she gets an extra turn, or if on L, he/she loses a turn.
4. The player who reaches the top first, wins.
5. If you need a certain number to win, but get a number bigger than that on your die, you’ve won!



By: Yusuf

