

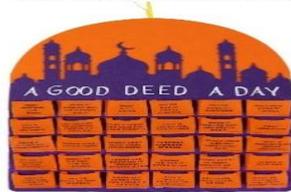
Ramadan Preparation



Ramadan is the best month of the year and deserves to be prepared for.

Prepare for Ramadan

Allow students to think about all the good deeds that they will try and perform throughout the month of Ramadan. Students can create a Ramadan Calendar and write a good deed that they will perform each day.



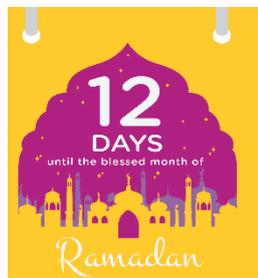
Change the Home Environment

Get the house ready for Ramadan by decorating and doing a spring clean. This will create a change in atmosphere and environment and will have a positive effect on student's attitude towards Ramadan.



Create a Ramadan Countdown

Create a Ramadan countdown in your home and allow students to get involved by allowing them to change the number each day. This will build excitement around Ramadan.



Old and New Habits

Allow students to think about three new habits they want to start doing during Ramadan and how they plan to maintain them throughout the month. Students are to also think about three bad habits they intend to stop in Ramadan and how they plan to break these habits.



Set Achievable Goals

Students write a list of goals that they would like to achieve during the month of Ramadan. This will help motivate students and give them a sense of purpose as well as promote perseverance.



Display Good Character Traits

Discuss with students the beautiful character of the Prophet Muhammad (saw) and how he was the perfect role model for us. Inform students that having good character is an important quality of a Muslim.



Read Stories From the Quran



Research and write about Ramadan

Educate yourself about the month of Ramadan. Students can design a creative poster on Ramadan or write a newspaper article.



Read Hadith Relating to Ramadan

To help students get into the spirit of Ramadan, as a family, read Hadiths relating to Ramadan.



Healthy Living

Students need to have balanced meals and maintain regular exercise to keep their bodies healthy and fit.



Fix your Sleeping Habits

Students need to start sleeping early so they can wake up for Tahajjud and Suhoor during Ramadan.



Limit Screen Time

Students should start reducing the time spent in front of a screen in order to make time for their daily good deeds.

