



# Public Schools Teacher's Resource for Muslim Students and Their Holidays

**Grades K – 4<sup>th</sup>**

# Terminology for Teachers

## **Misconceptions**

Muslims do NOT worship the Sun or the Moon but pay careful attention to the cycles of the moon. Long before watches were invented, humans tracked the hours by watching the moon, the sun and the stars. Before the creation of paper calendars, humans used the moon to figure out the days of the month. Islamic holidays continue to follow a lunar calendar. The lunar calendar moves each year by roughly 10 days. As a result Islamic holidays also move each year.

## **Ramadan**

Ramadan is the Islamic Holy month of fasting, giving charity, praying, and reflection. Muslim children may choose to fast from dawn to sunset but it is not required until adulthood (puberty). The fast is an abstention from all food, candy, gum, drinks, even water. Ramadan typically lasts 29 - 30 days and is based on a lunar calendar. The celebration at the end of Ramadan is called Eid.

Muslim children who are fasting will feel more comfortable spending their lunch hour in the library or sitting quietly in a classroom.

## **Hajj also known as Pilgrimage**

A Muslim pilgrims journey to Mecca in Saudi Arabia is called Hajj. Muslims are required to go, if financially feasible, once in a lifetime. Those Muslims who stay behind celebrate the completion of the Hajj/Pilgrimage on the day of Eid (a festival day).

## **Eid**

There are two eids or festival days in Islam. One following the end of Ramadan, Eid al-Fitr, and the other during the month of Hajj, Eid-al-Adha. Muslim students will take both days off from class. Eid Mubarak means happy or blessed festival. (Pronounced "eed")

**Fasting**

Fasting during Ramadan lasts from dawn till sunset. It is a complete abstinence from all food, water, drink, gum or any snack. Children may start fasting at an early age - 7 or 8 years - for part of the day. Others may choose to fast the entire day. Fasting is not a requirement until one reaches puberty.

**Kabah**

A square building in Mecca, where pilgrims go during the hajj. The word Kabah means square. It was built by Abraham and Ismael. (Pronounced kaw - bah)

**Ihram**

Ihram are the clothes worn by a pilgrim. For men it is two white sheets, for women it is whatever they prefer. (Pronounced ih - ram)

For additional information visit these sites:

<http://www.islamicity.com/>

<http://www.islam101.org>

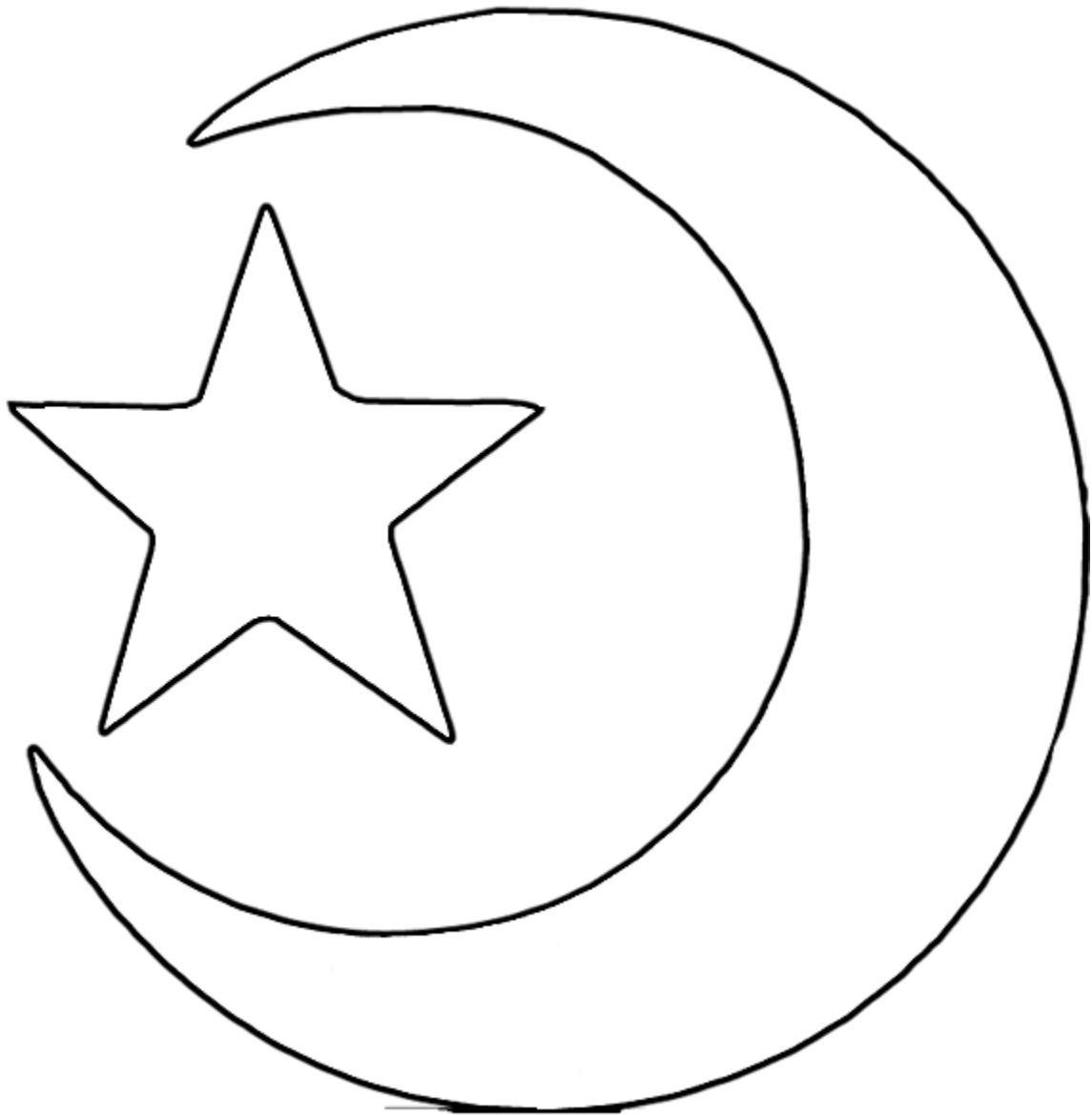


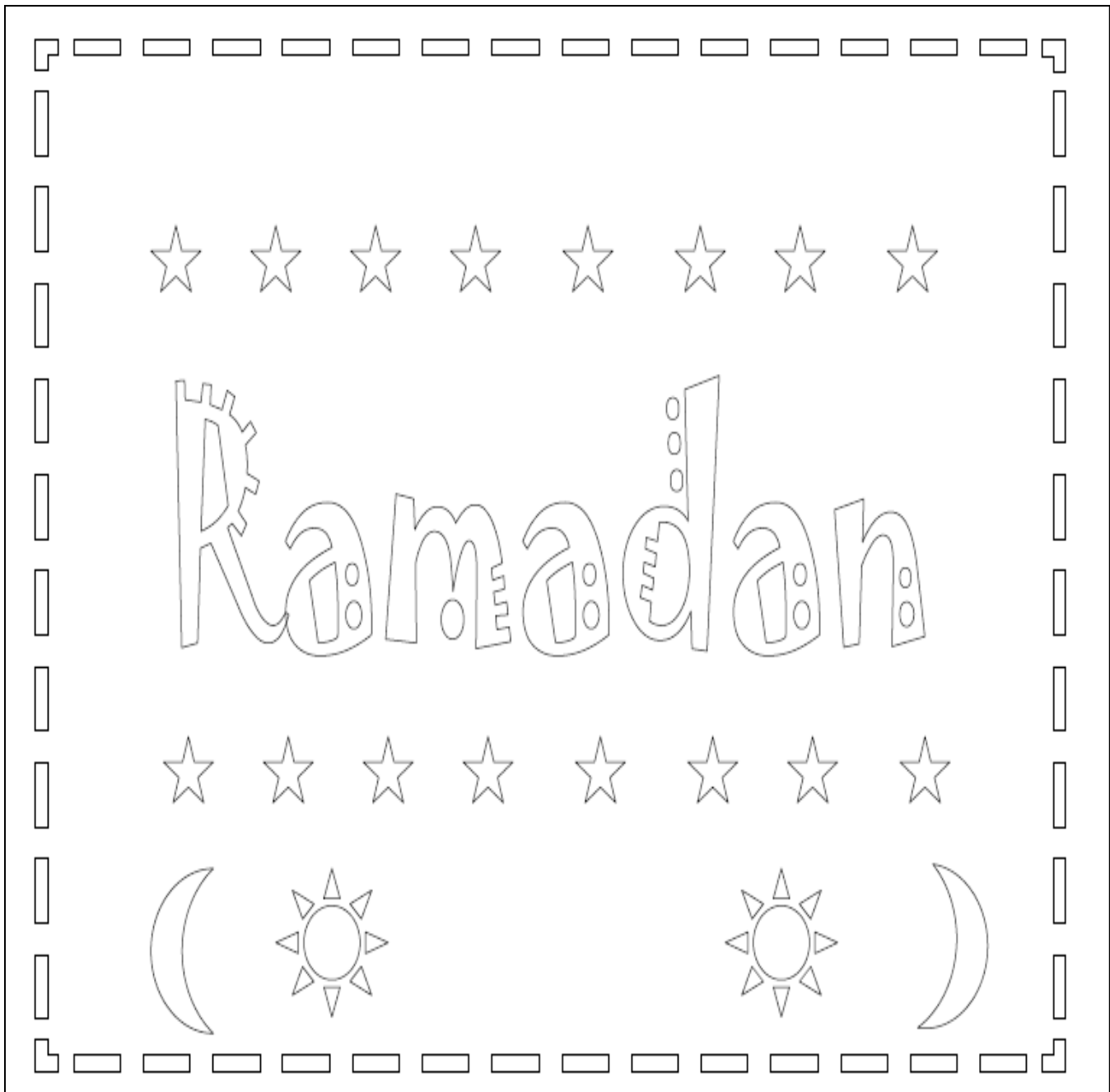
# Outline

- Ramadan – Islam’s Holy Month
- Ramadan Song
- Eid – A celebration after Ramadan and after the Pilgrimage
- Social Studies – A Trip to Mecca
- Recommended Books
- Classroom Decorations
- Science of the Moon

# The Crescent Moon

The Islamic calendar goes by the lunar month. Ramadan starts when Muslims see the crescent moon. Muslims know it's Eid when they see the crescent again after 29 - 30 days. Eid is a celebration at the end of Ramadan. Ramadan is either 29 or 30 days long, depending on the cycle of the moon.





My Ramadan begins with the sighting of the crescent moon. For the next month, we have family and community dinners with dates and decorations. I get to see all my friends and we have fun!



# Ramadan



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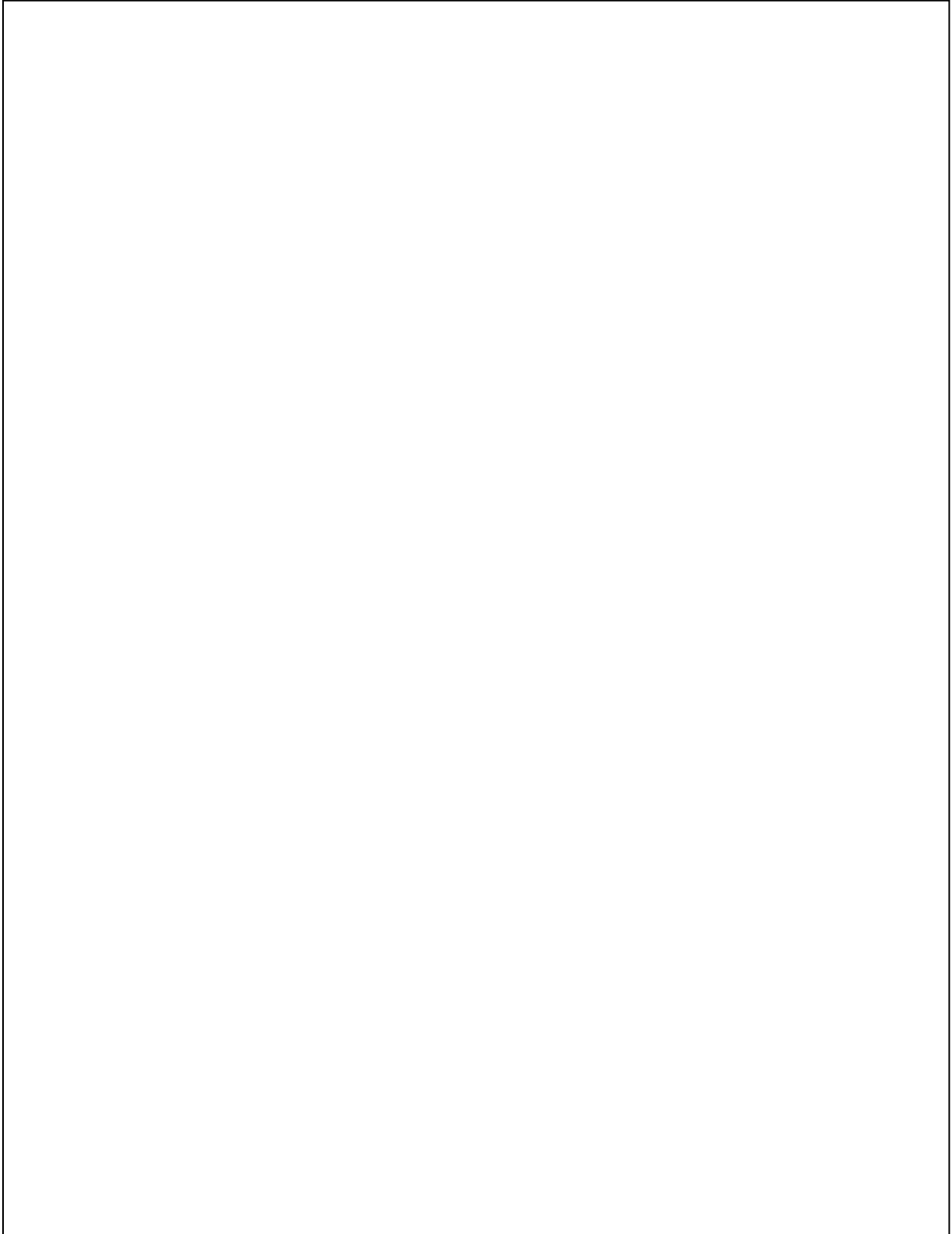
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# Geometric Designs



When We Say Hi We Say “Salam”

Salam means Peace

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# Ramadan



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Ramadan Begins When  
We See the  
Crescent Moon

# Music

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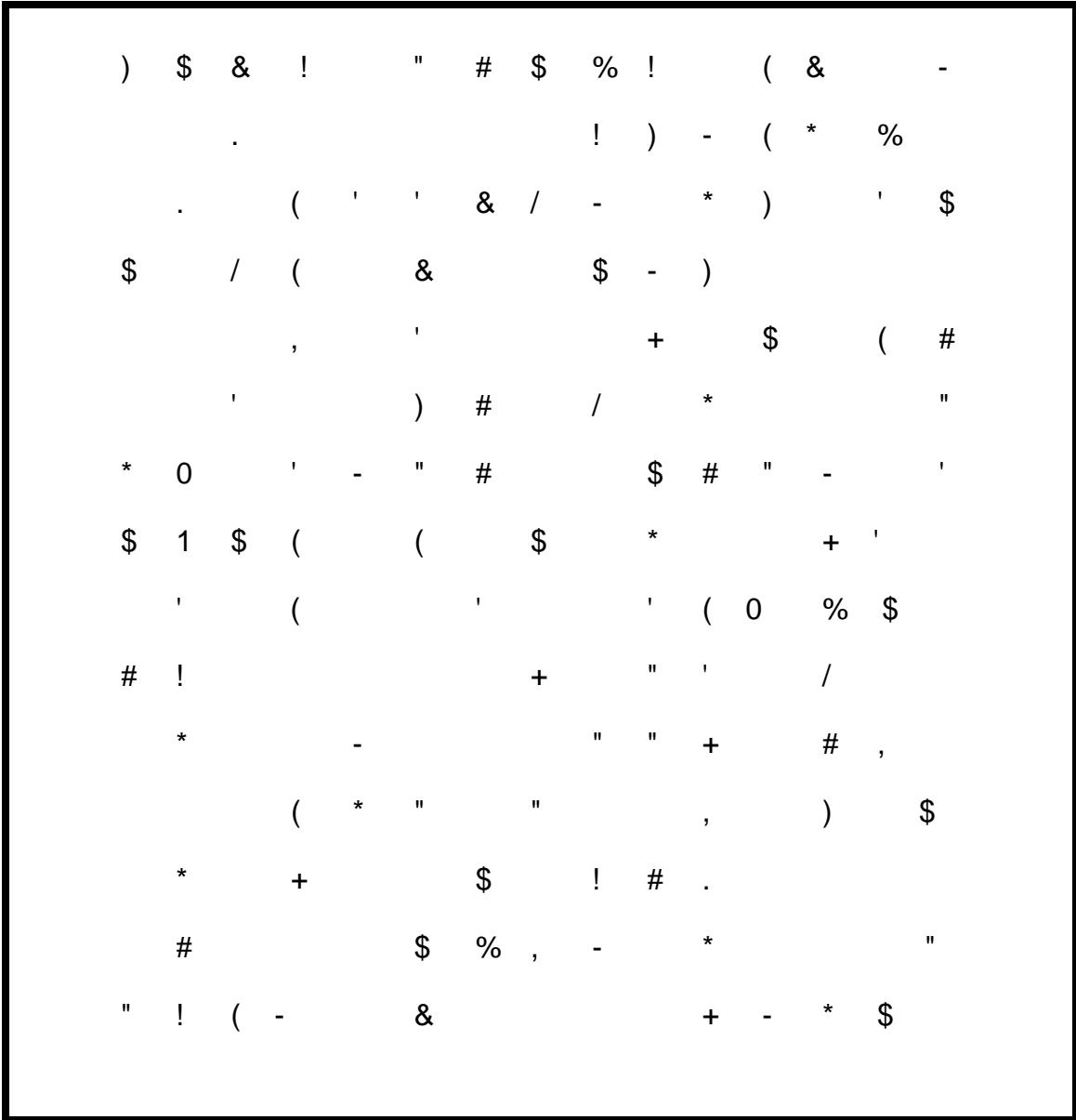
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Eid Mubarak



# Eid Word Search



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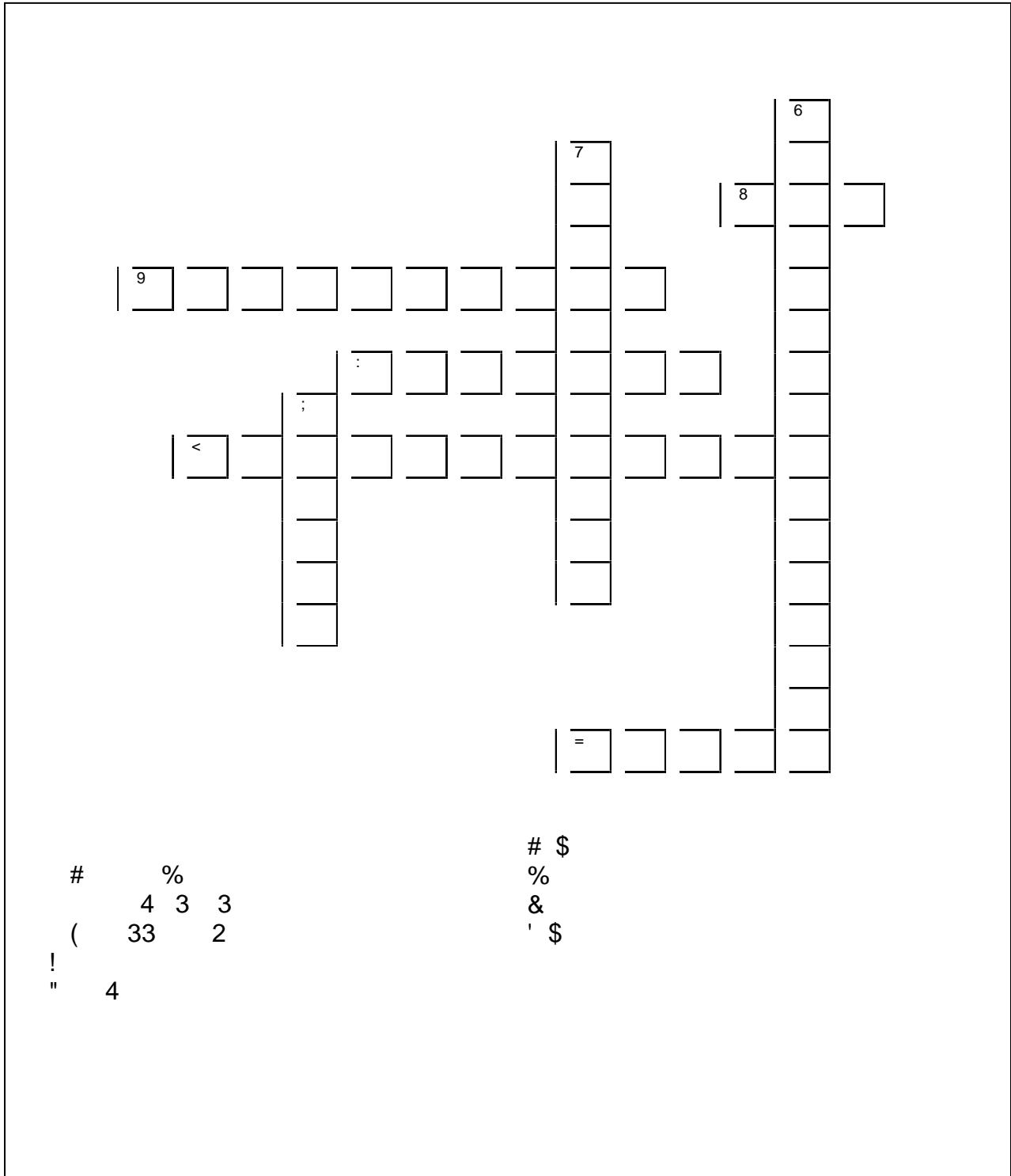
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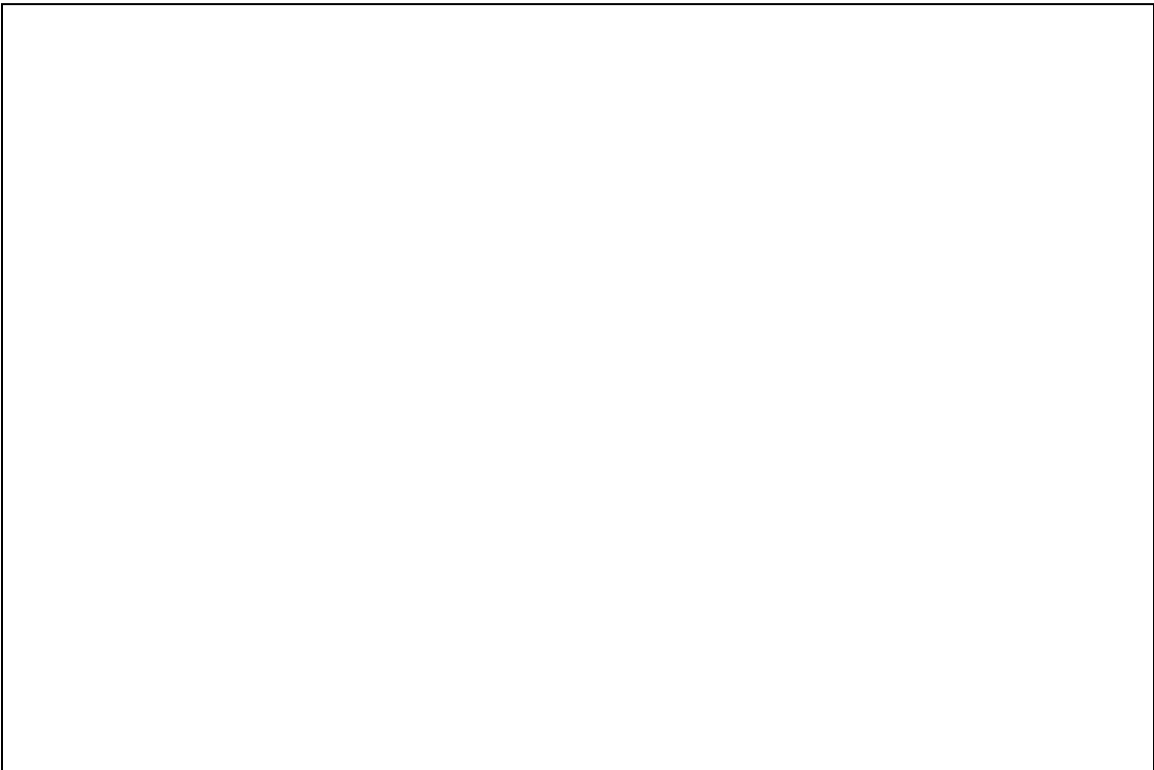
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# Hennah Hands

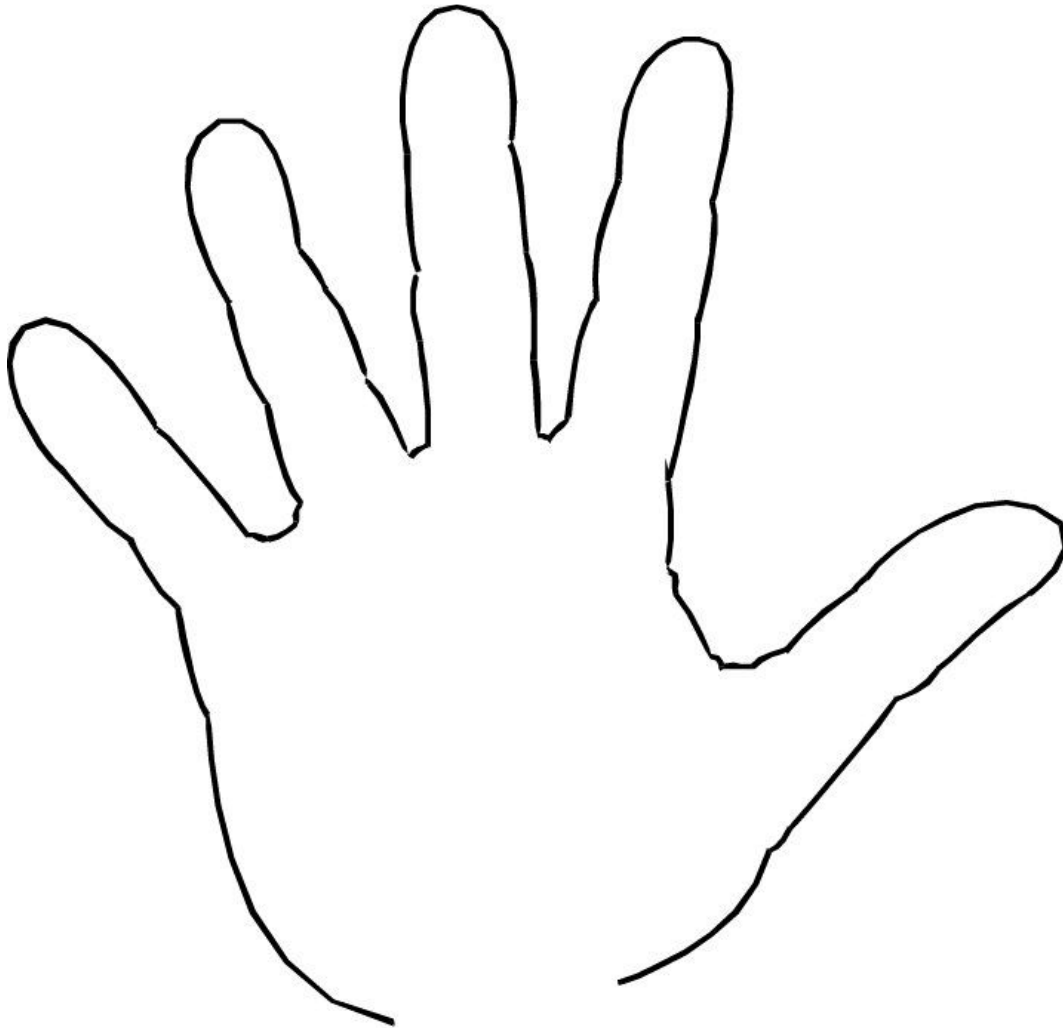
In preparation for Eid festivities, Muslim women and children have parties to decorate their hands and feet with hennah. Hennah is a dye that is applied and may last several days after application. The design is up to the imagination of the artist.





# Hennah Hands

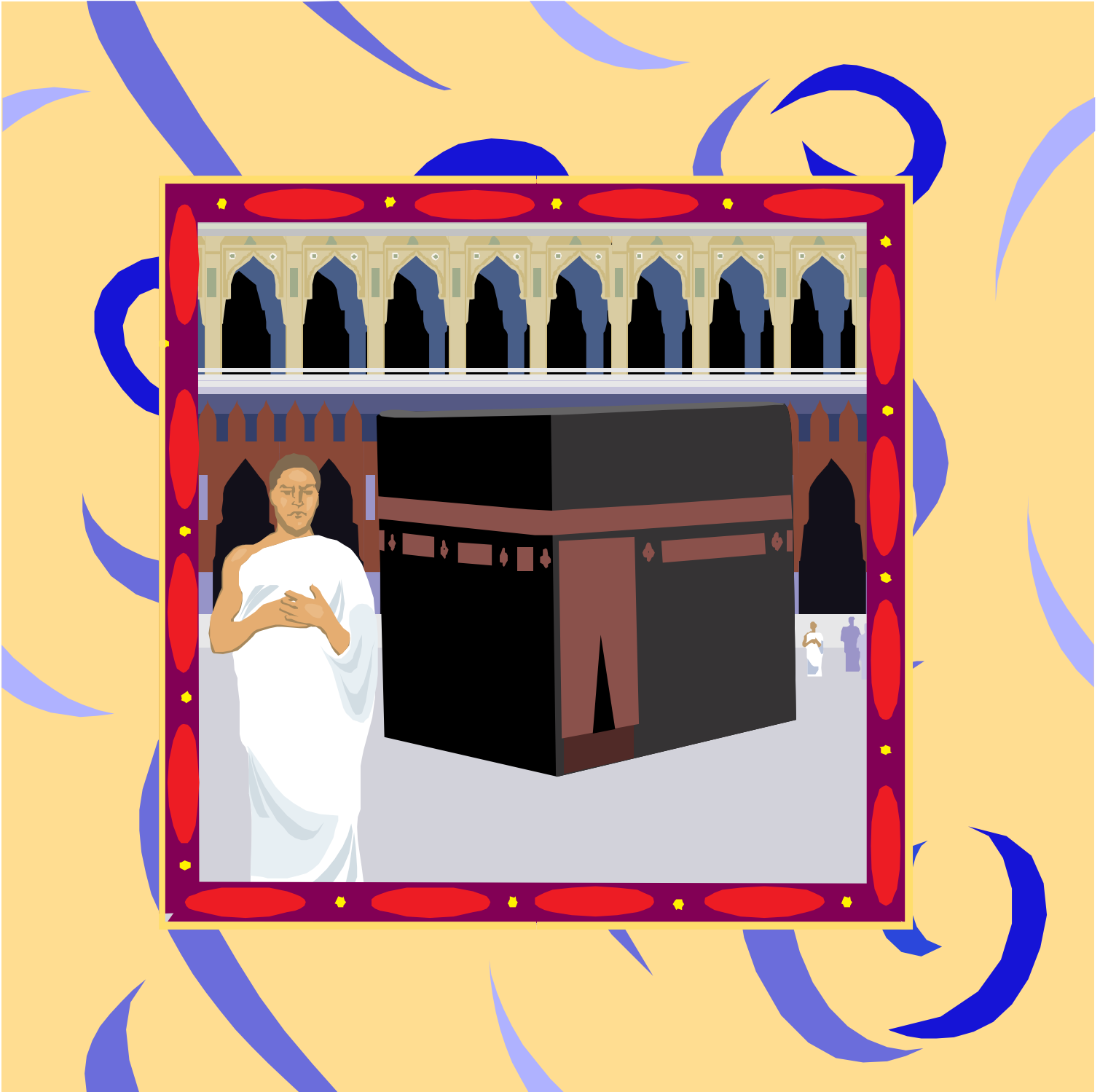
Decorate your hand with a fun and creative hennah design.





Social  
Studies and  
Science  
Activities

# A Trip To Hajj



# Hajj

Hajj is a pilgrimage or trip that Muslims make once in a lifetime. People from all over the world get on planes, trains, and in their cars and go to Mecca, a city, in Saudi Arabia to make the special trip. Can you find the city of Mecca on the map?

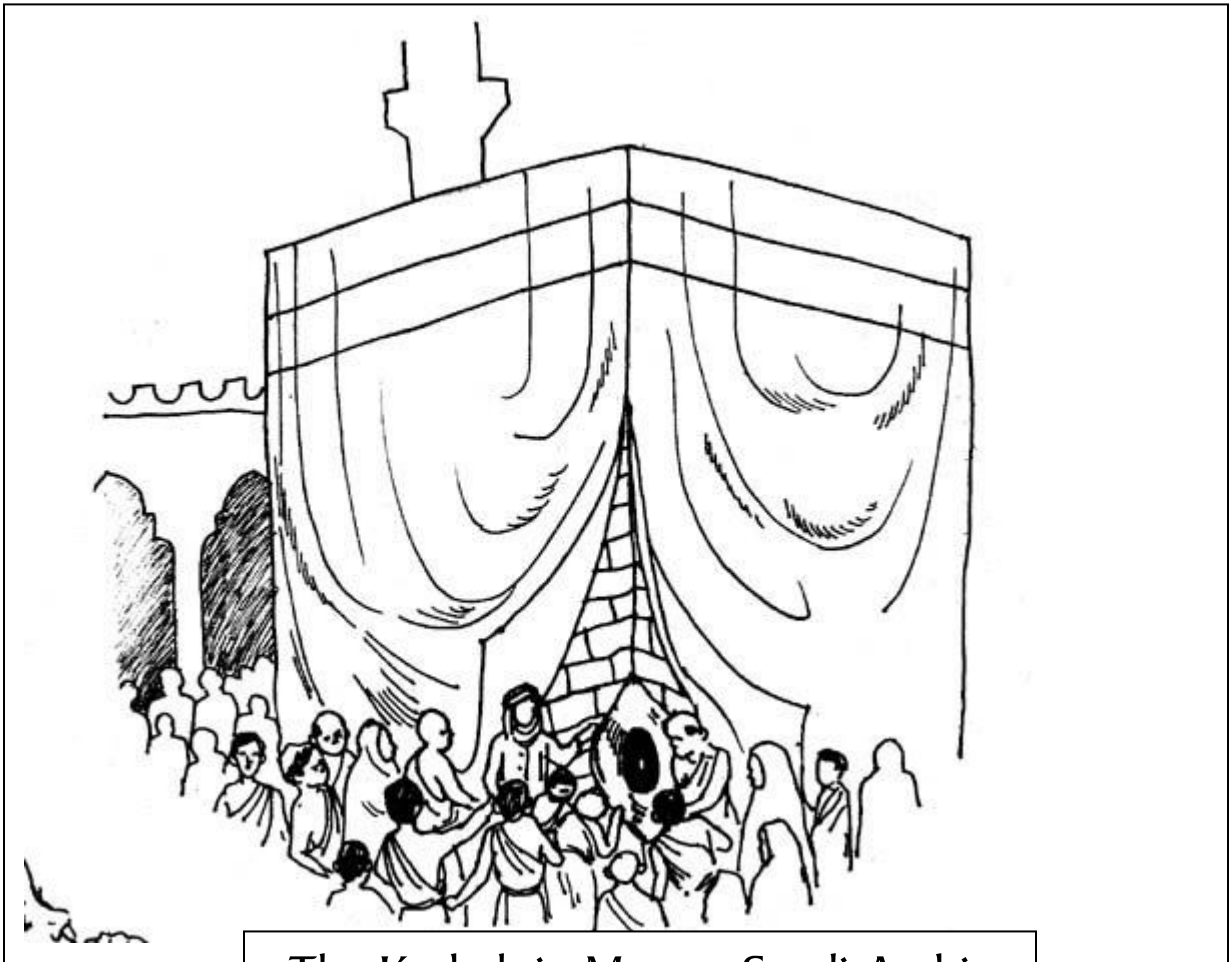






When people arrive in Mecca they change their clothes and put on special clothes. Men wear white sheets called **Ihram**. This way no one can tell if they are rich or poor. Everyone is the same. Women can wear what ever they want to.

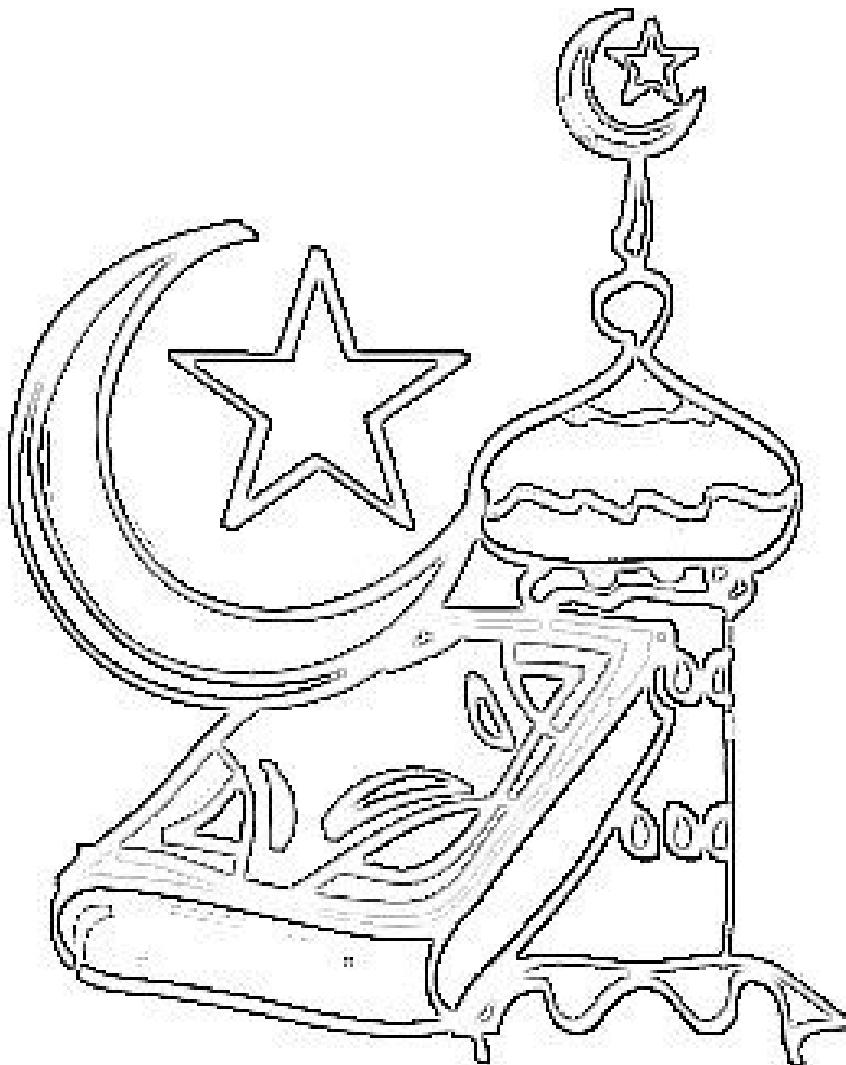
Most people stay for 10 to 20 days performing various activities but everyone goes to the Kaabah (kawbah). Kaabah means cube in Arabic. It is a special place for Muslims.



The Kaabah in Mecca, Saudi Arabia

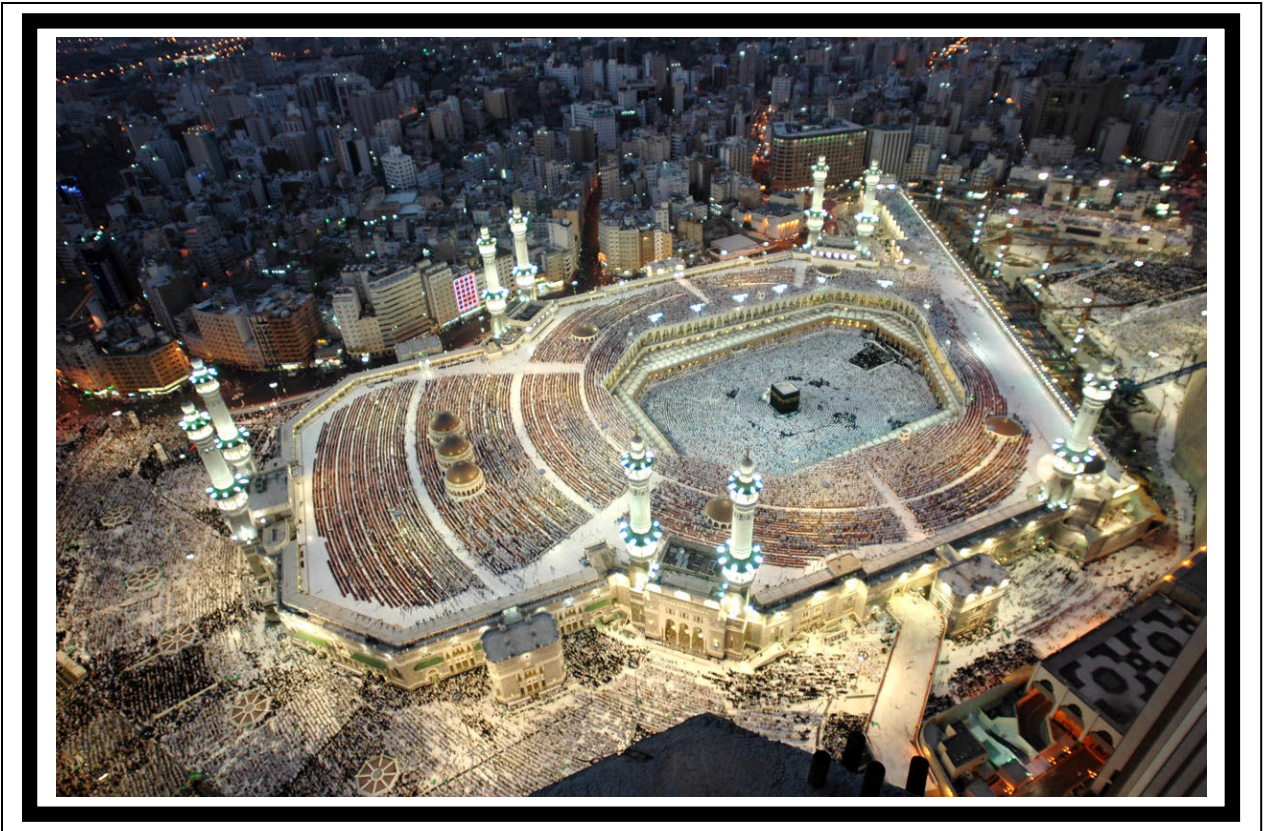
# Eid

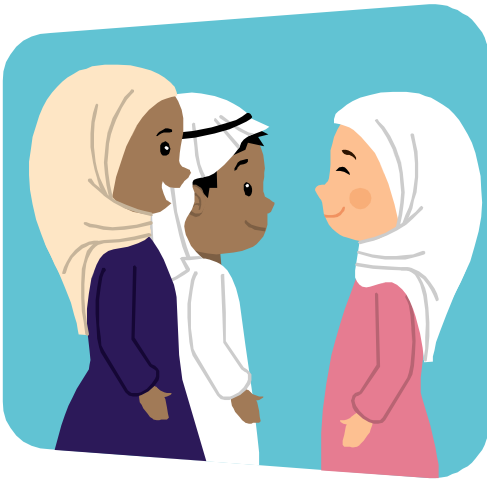
The end of Hajj occurs when the new moon or crescent appears. The next day everyone offers a gift of food (meat) to the poor and celebrates. The day of celebration is called "EID," said (eed) which means festival or party.



Happy Eid

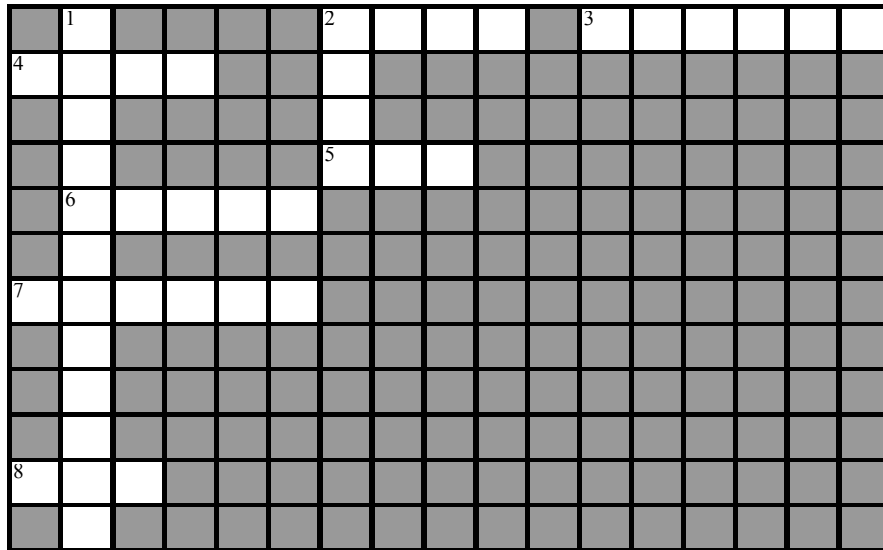
This year over 2 million people will make the trip to Mecca. Below is a picture of Mecca, can you find the Kaabah?





# Cross Word Puzzle!

Test Your Knowledge



## ACROSS

- Hajj is over when the new \_\_\_\_\_ is seen.
- A person from the U.S. would get to Mecca by \_\_\_\_\_ on a plane.
- A trip to Mecca is called?
- \_\_\_\_\_ million people will go on hajj this year.
- Men wear white sheets on the hajj called?
- What is the word for cube in Arabic?
- The celebration at the end of the hajj/trip is called?

## DOWN

- Where is the city of Mecca?
- On Eid, everyone offers a gift of \_\_\_\_\_ to the poor.

# Cross Word Answers:

## Across

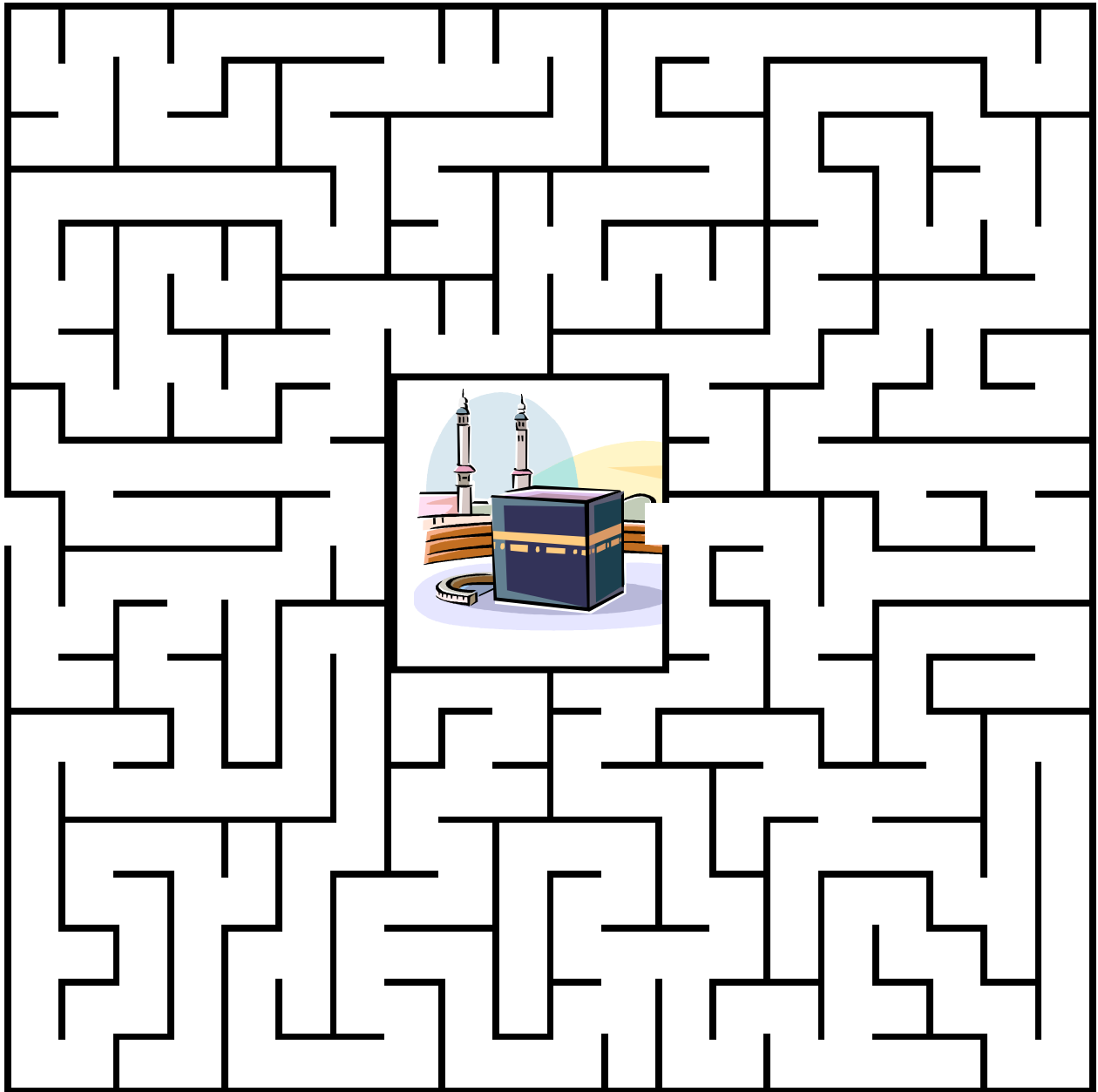
2. moon
3. flying
4. hajj
5. two
6. ihram
7. kaabah
8. Eid

## Down

1. Saudi\_Arabia
2. meat

# Find the Kabah!

Kabah means square in Arabic



# The Arabic Alphabet

Arabic is written right to left...that's BACKWARDS! Find the letters that make your name and practice writing your name in the blank below. But don't forget to start on the right side of the page and move left.

خ	ح	ج	ث	ت	ب	ا
kha	haa	jiim	thaa	taa	baa	alif
ص	ش	س	ز	ر	ذ	د
saad	shiin	siin	zaay	raa	thaal	daal
ق	ف	غ	ع	ظ	ط	ض
qaaf	faa	ghayn	ayn	thaa	taa	daad
ي	و	ه	ن	م	ل	ك
yaa	waaw	ha	nuun	miim	laam	kaaf



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# Recommended Books



# Book Recommendations For Public Schools

## Multi Faiths

Many Ways How Families Practice Their Beliefs and Religions  
Authors: Shelley Rotner and Sheila M. Kelly Ed.D.  
ISBN: 0-7613-2873-4

A Faith Like Mine - A Celebration of the World's Religions Through the Eyes of Children". It covers Hinduism, Buddhism, Judaism, Christianity, Sikhism, Islam, and other faiths.  
>It is published by DK Publishing and the ISBN #'s are ISBN-10: 0-7566-1177-6 and ISBN-13: 978-0-7566-1177-4

Religion, Discover the teachings of the world's religions – the history, beliefs, and practices of different faiths  
Author: Dorling Kindersley  
ISBN: 0-7894-6617-1

## Islam

Celebrating Ramadan  
Author: Diane Hoyt-Goldsmith  
ISBN: 0-8234-1581-3

Celebrate Ramadan  
Author: Laura S. Jeffrey  
ISBN-13: 978-0-7660-2774-9

Ramadan  
Author: Susan L. Douglass  
ISBN: 0-87614-932-8

Ramadan  
Author: Carol Gnojewski  
ISBN: 0-7660-2275-7

Celebrate Ramadan and Eid Al-Fitr with Praying, Fasting, and Charity  
Author: Deborah Heiligman  
ISBN: 0-7922-5927-0

What Makes me a Muslim?

Author: Catherine M. Petrini

ISBN: 0-7377-2265-7

Ramadan, Islamic Holy Month

Author: Terri Sievert

ISBN: 0-7368-5392-8

Sacred Texts the Qur'an and Islam

Author: Anita Ganeri

ISBN: 1-58340-241-1

Muslim Child, Understanding Islam through Stories and Poems

Author: Rukhsana Khan

ISBN: 0-8075-5307-7

Celebrate Ramadan

Author: Laura S. Jeffrey, from the Celebrate Holidays

>series, Enslow Publishers (enslow.com), ISBN-13: 978-0-7660-2774-9, ISBN-10: 0-7660-2774-0.

Other books in the Celebrate series include:

Christmas, Diwali, Cinco de Mayo, Tet, and Kwanzaa.

Muslim Festivals Throughout the Year", Smart Apple Media Publisher

ISBN: 1-58340-371-X.

Other books in the Festivals series include: Buddhist, Christian, Hindu, Jewish, and Sikh.

Sacred Texts - The Quran and Islam" by Anita Ganeri, Smart Apple

Media Publisher, ISBN: 1-58340-241-1. Other books in the Sacred Texts

series include The Ramayana and Hinduism, The Bible and Christianity, The Torah and Judaism, The Guru Granth Sahib and Sikhism, and The Tipitaka and Buddhism.

"Celebrate Ramadan and Eid Al-Fitr" by Deborah Heiligman, from the National Geographic, ISBN-10: 0-7922-5927-0, ISBN-13: 978-0-7922-5927-5.

"Islamic Stories" by Anita Ganeri, from the Traditional Religious Tales

series, ISBN: 1-4048-1313-6. Other books in the series include:

Buddist Stories, Christian Stories, Hindu Stories, Jewish Stories, and Sikh Stories.



# Ramadan Classroom Decorations

## Holiday Class Room Decoration

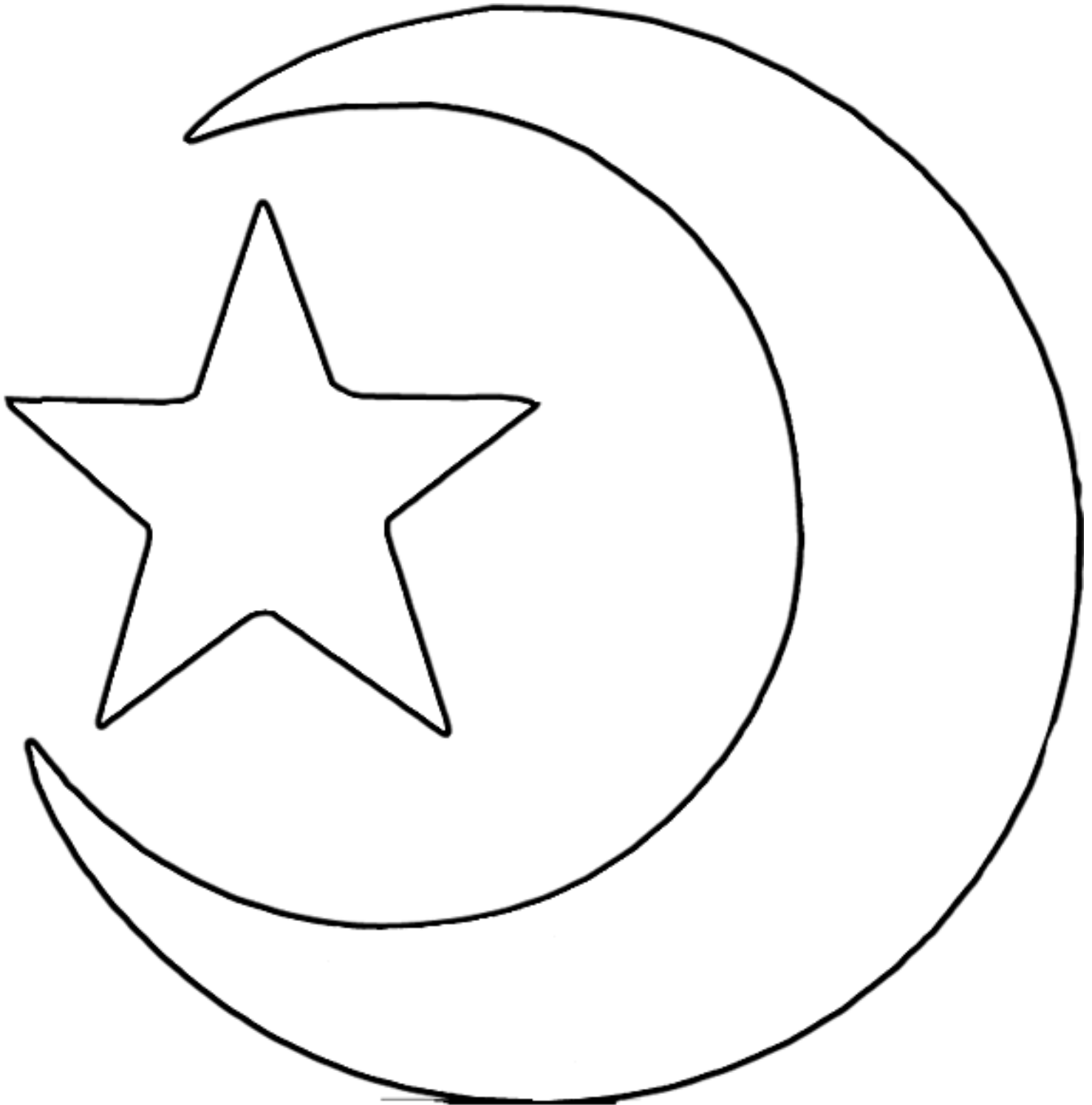
Color the crescent moon and stars on both sides. Punch out holes, tie a sting through the holes and hang from the ceiling.



# Ramadan Crescent

## Holiday Class Room Decoration

Color the crescent moon and stars on both sides. Punch out holes, tie string through the holes and hang from the ceiling.





# Teachers Resources

Two great websites for 3<sup>rd</sup> or 4<sup>th</sup> graders showing how the moon phases work.

After showing the phases of the moon to the students, use the simulation website and assign each student their very own moon phase exercises calendar to track the moon phases.

Website with Calendar of Moon Phases

<http://www.stardate.org/nightsky/moon/>

Moon phase simulation – very cool

[http://aspire.cosmic-ray.org/labs/moon/lunar\\_phase3.swf](http://aspire.cosmic-ray.org/labs/moon/lunar_phase3.swf)

# Understanding the Moon and the Islamic Calendar

Muslims follow a lunar calendar. Each month begins with the sighting of the crescent moon.

Ramadan is the 9th month on the Islamic calendar. The month of Ramadan begins with the sighting of the crescent moon and ends with the sighting of the new moon (which is also a new month). The moon cycle is typically 10 days shorter each year and does not normally follow the Gregorian calendar. When the new moon is seen (a tiny sliver or crescent) it is the end of Ramadan and a Day of Celebration called Eid!

On the following pages are activities designed to educate children about the phases of the moon.

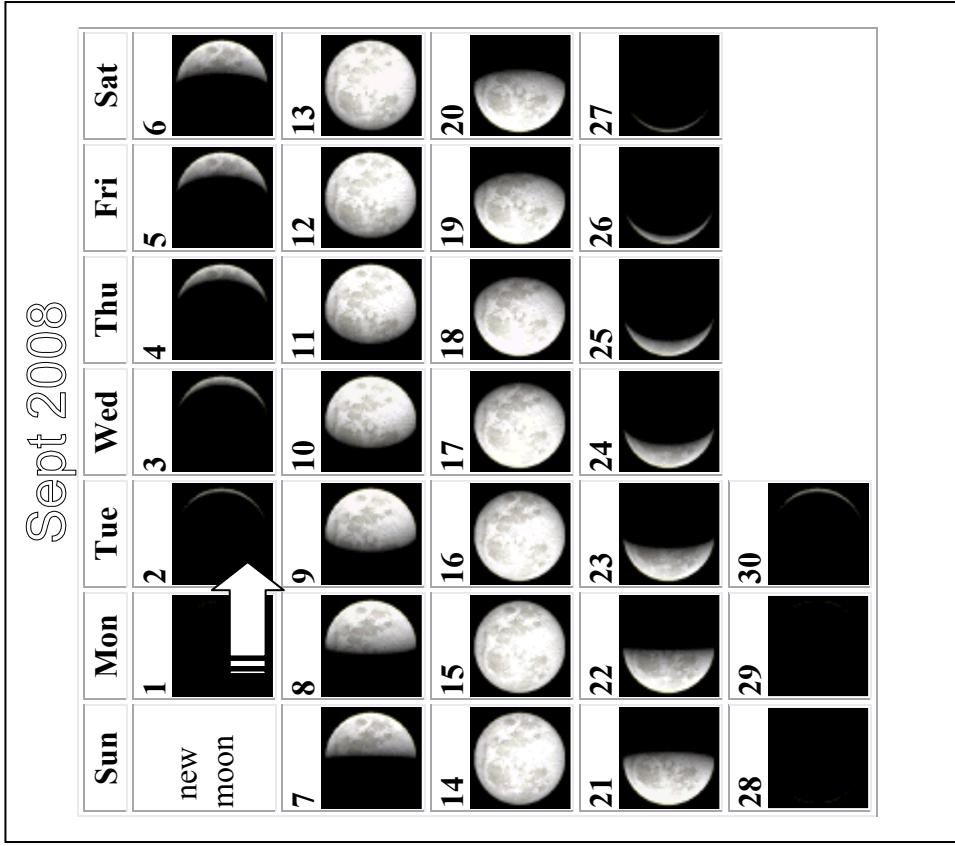
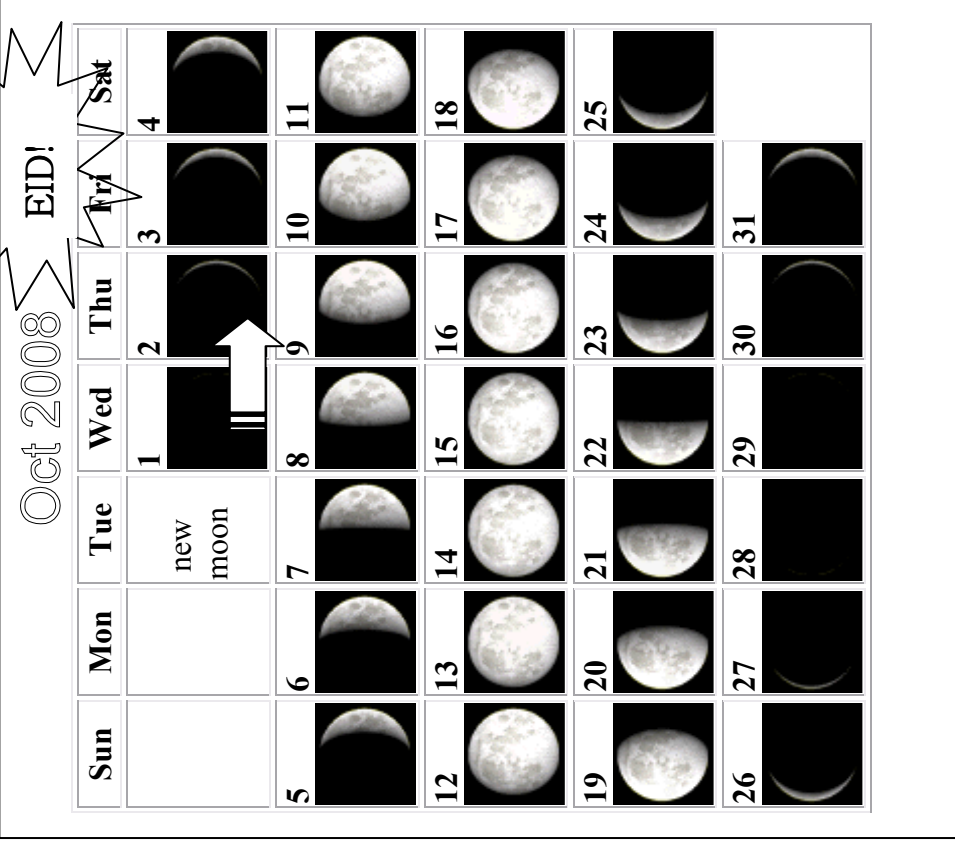


Moon phase cycle, from 1 day to 28 days old (totally dark)



# Ramadan 2008

Ramadan is the 9<sup>th</sup> month on the Islamic calendar. The month of Ramadan begins with the sighting of the crescent moon in September (around the 2<sup>nd</sup>) and ends with the sighting of the new moon (which is also a new month) around October 2<sup>nd</sup>. The moon cycle is typically 10 days short each year and does not normally follow the calendar. When the new moon is seen (a tiny sliver or crescent) it is the end of Ramadan and a Day of Celebration called Eid!



# Track the Moon Exercise

Assignment: Each night before bed try to find the moon in the sky. When you see it, draw its shape on the day of the month below.

Sept 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Oct 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

<http://sciencespot.net/Media/moonphases.pdf>

[http://www.ioncmaste.ca/homepage/resources/web\\_resources/CSA\\_Astro9/files/html/module3/lessons/lesson4/phases\\_handout.pdf](http://www.ioncmaste.ca/homepage/resources/web_resources/CSA_Astro9/files/html/module3/lessons/lesson4/phases_handout.pdf)

[http://www.sciencenetlinks.com/interactives/moon/moon\\_worksheet/moon\\_worksheet.html](http://www.sciencenetlinks.com/interactives/moon/moon_worksheet/moon_worksheet.html)



If you would like to submit an exercise, song, or activity please email your submission to

Allison Moore  
[okmuslim@cox.net](mailto:okmuslim@cox.net)

Or if you have a question, we look forward to answering it.

Much thanks!