

It's Ramadan!

Daily Activities for Ramadan

Ramadan 6

Examining/Improving our Choices for Suhoor



Today's Quote:

Amr bin al as reported Allah's Messenger (salla Allahu alayhi WA sallam) as saying:
"The difference between our fasting and that of the people of the Book is eating shortly before dawn."
(Muslim #2413)

Goal:

- To evaluate our suhoor meals so far;
- To use what we have learned to plan healthy suhoor meals for our family

Overview of Today's Activities:

Activity 1: Examining our Suhoor Meals
Activity 2: Plan suhoor meals
Activity 3: Make an illustrated suhoor menu
Activity 4: Copywork
Activity 5: Daily Journal
Activity 6: Quraan Reading

Activity 1: Examining our Suhoor Meals

Look back at the suhoor meals you have recorded so far in your journal. Have they been good choices based upon what you learned yesterday? Why or why not? Write about it in your journal for Ramadan 6.

Daily Journal Ramadan 6

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan06.pdf

Activity 2: Plan Suhoor meals for your family

Plan a week of suhoor meals with your family.

Use the Ramadan Weekly Meal Planner:

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanWeeklyMealPlanner.pdf> to record your choices.

Refer to yesterday's reading and your collage to get ideas.

Discuss the choices you have made—Why they are good, what benefits do they have?

Try to help prepare some or all of the suhoor meals for the week.

Activity 3: Make an illustrated suhoor menu

Make an illustrated menu of your suhoor plans for a restaurant that only serves suhoor meals. Older kids can make a fancy professional restaurant style menu with prices or you can use this menu: http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/SuhoorMenu_Ramadan6.pdf



- Math Extension. Use the prices on the menu and tally how much any two items would cost, any three items, etc
- Play restaurant. Take turns being the customer and waiter/waitress. Order from the suhoor menu. (Guided activity for younger children)

Look up/use Arabic words to use during your play (foods, expressions, etc)

Activity 4: Copywork

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copy work Stationery](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm):
http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm

*See TJ Ramadan's "[Ramadan Quotes](#)" book or the daily quotes in larger print:
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf>

Other ideas:

- Give students dictation on randomly selected words from the
- If student misses the spelling of words, keep a list and give dictation again later in the week.
- Have students write selected words in sentences.

See [Talibiddeen Jr's Language Arts Spelling web page](#) for ideas for practicing the spelling of words.

Activity 5: Daily Journal

Complete [today's Daily Journal page](#)

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan06.pdf

Activity 6: Quraan Reading

Read from Juz 6: An Nisaa 148 - Al Ma'idah 81