

RAMADAN

WHAT IS RAMADAN?

Ramadan is a time when Muslims don't eat or drink from sunrise to sunset. It helps them think about how lucky they are to have food and water. It's also about spending time with family and friends, being kind and giving to others.

WHEN DOES RAMADAN HAPPEN?

Ramadan starts when the new moon is seen in the sky. It lasts for about a month, ending with a big celebration called Eid al-Fitr.

WHO DOESN'T FAST DURING RAMADAN?

- Children: They start fasting when they're older.
- Elderly individuals: Fasting may be difficult for them.
- Travelers and women on their period: They make up for missed days later.
- Those who are ill: Fasting could worsen their condition.

WHAT DO YOU SAY DURING RAMADAN?

During Ramadan, Muslims often greet each other with special phrases to wish each other well.

Some common greetings are:

"Ramadan Mubarak": This means "Blessed Ramadan" and is a way to wish someone a happy and blessed month.

"Ramadan Kareem": This means "Generous Ramadan" and is another way to wish someone a happy and generous month.

HOW CAN YOU BE RESPECTFUL?

- Be understanding if your Muslim friends are fasting and may be feeling tired.
- If you're curious, ask questions about Ramadan in a friendly way.
- Remember to be respectful because everybody practices their religion in their own personal way.