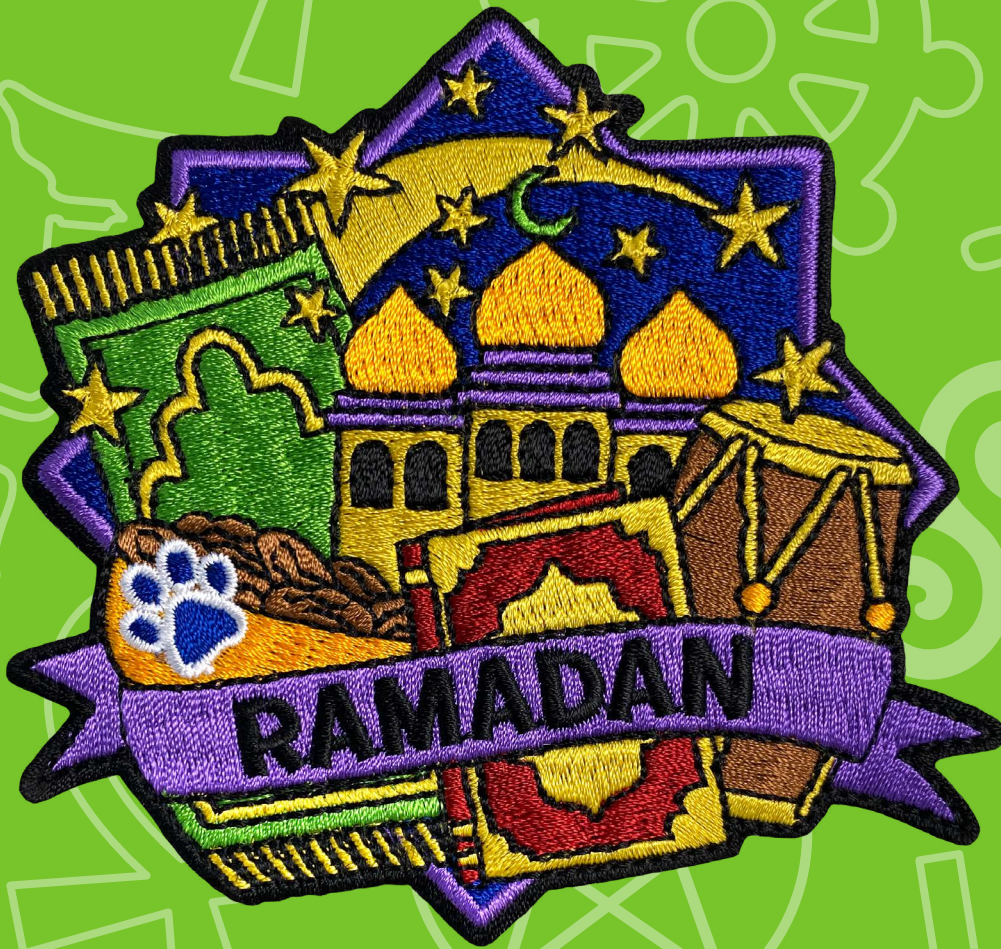


Ramadan Challenge



A time for fasting, reflection and helping others...

Ramadan is the ninth month of the Islamic calendar and one of the Five Pillars of Islam (known as sawm). Lasting 29 or 30 days, let's explore together!

For even more programme ideas check out our 'Ramadan' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



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PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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- ★ Make an Eid countdown calendar, you could include acts of kindness in each of your pockets or a small gift, message or activity idea.
- ★ Grow your own 'Good Deeds Tree' using our free resource.

What/Why?

Aside from fasting, Muslims observing Ramadan also do more to help others through giving to charity and volunteering. Using a small branch, add it to a plant pot with some pebbles for support. Each time you complete a good deed/act of kindness during the month of Ramadan, add a paper leaf. You can find leaf templates in our resource.

- ★ Create some small gifts or kindness notes and hide them in your local area. Perhaps you could write some inspirational quotes to help give strength to those fasting during Ramadan.
- ★ Make a money box to gather your spare change and then donate the contents to charity.

Why?

One of the Five Pillars of Islam is Zakat, giving to charity based on your wealth. Donations made during Ramadan often hold greater reward as it is believed that giving charity does not diminish wealth, rather multiplies it. Sadaqa is charity given voluntarily and can include charitable acts as well as monetary donations.

- ★ String your own Tasbeeh (Misbaha) beads. Generally consisting of 33 or 99 beads they are counted (three times/once respectively) during the reciting of the 99 names of Allah and in meditation.
- ★ Make a moon phase slider or paper plate spinner to help you understand the lunar cycle. The date of Ramadan changes each year because the Islamic calendar is based on the cycles of the moon.
- ★ Use recycled materials to make a Ramadan drum.

What?

The Ramadan drummer is a tradition spanning centuries and continues today in countries including Turkey, Egypt and Pakistan. The drummer walks the streets playing music and singing to wake residents for their suhoor meal (the pre-dawn meal eaten before fasting).

- ★ Look at differences and then design your own prayer mat.
- ★ Create your own 'Ramadan Kareem' or 'Ramadan Mubarak' decorations.



Food

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- ★ If you are not already and not exempt, try fasting from sunrise to sunset.

Why?

Fasting is one of the Five Pillars of Islam and one of its main aims is to increase taqwa (closeness to God). Fasting encourages Muslims to understand how the poor across the world who have little or no food may feel while iftar (the breaking of fast meal at sunset) encourages families and communities to share their meal together.

- ★ Feed those who have little/no food by helping at a soup kitchen or donate to your local food bank.
- ★ Create meal plans for Ramadan. By planning suhoor and iftar meals carefully Muslims can ensure they still get all the vital nutrients to stay healthy.
- ★ Make an edible moon cycle and discover more about why the dates of Ramadan change each year.
- ★ Find out which groups are exempt from fasting during Ramadan.
- ★ Plan and make your own suhoor meal. Eaten before dawn it needs to provide energy and nutrients to last the day. Why not share your meal too?
- ★ In Tunisia, Egg Brik is a popular suhoor meal made with pastry similar to filo. Have a go at making and trying it.
- ★ Try dates or make a recipe using them.

Why?

3 dates are eaten by many Muslims to break the fast of Ramadan, eaten before iftar. It is believed that the Prophet Muhammad's broke his fast in this way.

- ★ Soups are a common starter for an iftar meal as they are a light way to start the meal and rehydrate after a day of fasting. Make your own soup.
- ★ Cook your own maqluba, a traditional dish from Palestine and Lebanon enjoyed for iftar. Maqluba is made with a variety of ingredients in a pot which is then flipped upside down to serve.
- ★ Help someone observing the fast to acquire adequate iftar to break their fast. In Islam this is considered an act of great kindness and many Muslims open their doors to friends and neighbours to share iftar meals.
- ★ Blend your own Qamar al-Din juice from apricots, popular during Ramadan.



Games

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- ★ Create a board game based on the rituals of Ramadan.
- ★ Make your own Ramadan pairs, memory matching game.
- ★ Test your knowledge and have a quiz about Ramadan and its rituals.
- ★ In a group, play a game of corners with phases of the moon. Use our free 'Phases of the Moon' resource to help.

How?

Print out the Phases of the Moon resource and stick them up around your meeting space. A caller shouts a phase of the moon and the last player to reach the correct sign is out.

- ★ Use our Good Deed Dice resource for a fun way to decide your next act of charity. Create your own version and use it each day of Ramadan.
- ★ Create your own Roll a Mosque or Roll a Prayer Mat game in the style of a Beetle Drive.
- ★ Play Suhoor or Iftar.

How?

Based on the game of Port/Starboard. Name one end of the room Suhoor (the pre-dawn meal before fasting) and the other Iftar (the breaking of fast meal at sunset). The caller should say a statement indicating the time of day, i.e. "I've just woken up". Players run to the end of the room they think is correct with the last one/any incorrect players being out.

- ★ Ramadan is a time for gathering together. Play a group game of your choice and remember that lying/cheating should be avoided during Ramadan.
- ★ Have a game of "What time is it Angel Jibreel?"

How?

Based on *What time is it Mr. Wolf?* Players begin on the start line (sunrise) and step closer to Angel Jibrael (who, in Islam, revealed the Quran to the Prophet Muhammad) stood at the opposite end of the room, based on the time, i.e. 1 step for 1 o'clock. When Jibreel replies with, "It's iftar time!" players run back to the start trying not to be caught. The player that is caught becomes the Angel Jibreel.

- ★ How many of the 99 Names of Allah (Al-Asma-ul-Husna) can you remember? Challenge yourself to see how many you can list either individually or as a group. You can find a list at: 99namesofallah.name The Prophet Muhammed taught if you can know all 99 names you will go to Paradise.



Other

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- ★ Give your time and volunteer for a local charity or for a community project.
- ★ Clean your room or home. Cleanliness is very much part of Islam and Ramadan is seen as a time to cleanse the body and the mind; having clean and tidy surroundings is believed to help with this.
- ★ Set some goals for the month of Ramadan (and beyond if you like). Many Muslims set resolutions for the next year, similar to New Year's resolutions. With a clear and focused mind what can you achieve?
- ★ Ramadan is a time to focus on faith; what are your beliefs? Take time to think and discuss them with others.
- ★ Meet with someone from your local Muslim community and discuss their beliefs with them.
- ★ Ramadan remembers the month the Quran was revealed to the Prophet Muhammad. Read some of the Quran yourself.
- ★ Watch for the new moon and the start of Ramadan.
- ★ Do a Random Act of Kindness each day for 30 days (or for the month of Ramadan). Many Muslims increase their acts of charity during Ramadan, the Prophet Muhammad said that even a smile is charity.
- ★ Discover the 99 Names of Allah. Each of the names has different blessings and benefits to offer the person who recites it.
- ★ Read a book about Ramadan such as *Ramadan Around the World* by Ndaa Hassan and Azra Momin, *R is for Ramadan* by Gred Paprocki or *Ramadan* by Hannah Eliot and Rashin Kheiriyeh.
- ★ Visit your local Mosque and find out about preparations for Ramadan and any community iftars being held in your area; perhaps you could attend one?
- ★ The end of Ramadan is celebrated by Eid al-Fitr. Discover more and celebrate Eid with the Eid Challenge.
- ★ Lailat al Qadr (the Night of Power) marks the night the Quran was revealed to the Prophet Muhammad. It is believed to have been in the last 10 days of Ramadan, seen by many as a good time for prayer. Write a prayer.
- ★ Create your own 'Guide to Ramadan' with some of the things you've learnt and the key terms you've discovered.

Adventure Complete?

Reward your young adventurers with their Ramadan Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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