My Ramadan Daily Journal

Do not upload these materials to other sites – please simply share the link.

Here is something I started last year with my kiddos.
It started out small – and this year I added more pages as I want them to reflect more on the meaning of Ramadan and the different aspects of Ramadan.

How does it work?

- Print off all these pages and put them in a binder – you can also use a three-prong folder.

- Each day of Ramadan, have the kids fill out the main page (in order to make this download smaller, I only put one page – print one for each day of the month).

- Each day have your child check off of the checklist what acts they have done to the best of their ability. There is a page for each day of the month.

- I have provided on that same page a writing prompt. If you child is writing age – this would be a great way to get them to practice handwriting and writing skills. If your child is still young – you can still do this activity with them – ask them the questions – research it together (if needed) and write down what they tell you. This will be especially nice if you do it again next year – you can see the difference in answers.

- I expect that the writing prompts will require research sometimes – and other times it will require deep thought. I thought that instead of telling the answers and expecting the kids to remember them – it might be more fun to ask the question and have them discover it on their own. Insha'Allah they will like this method.

- I have also provided an extra blank writing page in case you need them. Print them off as you need them, insha'Allah or print one for each writing prompt.

May these resources be beneficial for you and your family.

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My Ramadan Daily Journal

Date: _____

When I broke my fast:

How was fasting?

Something new I learned today:

Good deeds I did today:

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My Checklist:

Prayed Fajr		Memorized Qur'an	
Prayed Dhuhoor		Read Qur'an	
Prayed 'Asr		Learned Arabic	
Prayed Maghrib		Learned about Islam	
Prayed 'Isha		Prayed Tarawih	

Write about your day of fasting.
How does a Muslim determine when Ramadan starts?
How did the Prophet (saw) determine Ramadan?

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Write about your day of fasting.
For whom is fasting mandatory during Ramadan?
Note: there are some conditions in which a person can not fast.

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Write about your day of fasting.
Who is excused from fasting during Ramadan? For what reasons?
Do they have to make up the missed fasting days?

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Write about your day of fasting.
What does a person do if they are not able to fast?
Note: their requirements depend on the reason they cannot fast

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Write about your day of fasting.
What are some things that make a person's fasting invalid?

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What are important things to know about fasting?
Is fasting only about not eating and drinking?
Why is it also important to think about how you behave?

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What are important things to know about fasting?
What are some sunnahs of fasting? How do they benefit a fasting person and the rest of the community?

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Write about your day of fasting.
What did you eat for suhoor today?
Why is it a blessing to have suhoor? Don't only think about it giving you strength to fast, find some hadith that speak about its blessing.

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Write about your day of fasting.
What did you eat for ifar today?
What are some sunnahs of eating iftar?

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Write about your day of fasting.
Did you feel hungry today? What are some benefits of a fasting person feeling hungry? Should this help a Muslim learn how to deal with the poor? Should this help a Muslim learn how to be thankful? Why?

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Write about your day of fasting.
Did you learn anything new today? What did you learn?
How do you intend to use that information to help you be a better Muslim?

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Write about your day of fasting.
Write about what fasting means to you, your family and in Islam.

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Write about your day of fasting.
Why is it good to give charity in Islam? Charity is important for a Muslim all the time. However, why is Rammadan an especially good time to be charitable?

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Write about your day of fasting.
During Ramadan it is important to do more acts of charity.
Write down different ways a Muslim can be charitable.

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Write about your day of fasting.
Ramadan is a time for reciting the Qur'an and reflecting on its message.
Why do you think this is good for you and good for the Muslim community?

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Write about your day of fasting.
Sometimes we neglect the Qur'an. We forget to read it and it sits on a shelf unused. However, during Ramadan we are reminded about its importance. What should this teach us about how we should treat the Qur'an after Ramadan?

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Write about your day of fasting.
Fasting should teach us to control our desires. There are things that people do outside of Ramadan – but they try to stay away from them during Ramadan. How should this be a lesson about those things we do or spend our time on after Ramadan?

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Write about your day of fasting.
Fasting should teach us to improve our behavior. List some things you would like to change about yourself. How will you go about trying to change them? What things would you like to continue? How are you going to do that? How will this benefit you and how will this benefit others?

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Write about your day of fasting.
During Ramadan, if we are fasting properly, we should learn to eat less.
How does fasting help you learn healthy habits?

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Write about your day of fasting.
During Ramadan, we should learn healthy habits. What are some sunnahs related to eating and drinking that we should reflect on during Ramadan? What lesson should this teach us outside of Ramadan?

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Write about your day of fasting.
During Ramadan, we should learn to have patience. In fact, many of the different aspects of fasting require a lesson in patience. How is that?

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Write about your day of fasting.
During Ramadan, people often invite others to their home to break fast or they have iftar in the masjid and bring food. What are the rewards for a person to feed another person who is fasting? What should this teach us?

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Write about your day of fasting.
The Tarawih prayer is something that many Muslims try to do during Ramadan. Did you know that this prayer can also be done outside of Ramadan? It is called Qiyam al-Layl. What are the blessings of these night prayers? Should we also try to do them outside of Ramadan?

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Write about your day of fasting.
What do you know about Laylatul Qadr? Why should Muslims try to seek out this night? What is the benefit? Is there benefit in not knowing the exact day that Laylatul Qadr falls on? Why?

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Write about your day of fasting.
During Ramadan we should be more aware of the things that we say.
What different ways can our tongue cause us harm? What different ways
Can our tongue cause us blessings? What things can you do or
not do during Ramadan to make sure your speech is blessed?

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Write about your day of fasting.
A Muslim should try to stay away from being angry during Ramadan.
What are some ways they can do this? How does fasting
itself help a Muslim keep from being angry to begin with?

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Write about your day of fasting.
During Ramadan, a Muslim tries to make more dua and dhikr. Why is that important during the month of Ramadan? What lesson should this important habit during Ramadan teach a person how to act outside of Ramadan?

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Write about your day of fasting.
Zakat-ul-fitr is required for any Muslim who is able to pay it. How does this benefit the Muslim himself and others in Muslim society?

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Write about your day of fasting.
How does Ramadan and fasting benefit a Muslim? Think about all the different aspects of fasting and how it benefits the Muslim.
How has Ramadan and fasting benefitted you?

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Write about your day of fasting.
How does Ramadan and fasting benefit a society? Think about and compare how other societies work that are non-Muslim. How should Ramadan improve a society and how should it benefit the people in that society?

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