

# Ramadan Classroom Activities

**Helpful note for staff:** Some children may be fasting (older kids) or may have family members who fast. Avoid food crafts during fasting hours when possible, and keep participation optional.

## Infants (Birth–12 months)

### 1) Lantern Light Calm Time

**Materials:** flameless LED tea light or small lantern, soft mat/blanket

**Set up:** Dim the room slightly (safe supervision), sit with baby on the mat.

**Steps:**

1. Turn the light on and hold it still 12–18 inches away.
2. Slowly move it left/right for the baby to track.
3. Pause often so the baby can focus.
4. Narrate with 1–2 words: “Light... on... off... slow.”
5. End with cuddles and a calm voice: “All done.”

**Time:** 2–4 minutes

**Skills:** visual attention, calming routine, early language

### 2) “Kind Hands” Gentle Touch Routine

**Materials:** none (optional soft cloth)

**Steps:**

1. Hold the baby comfortably.
2. Gently touch the baby's hands and say: “Kind hands.”
3. Help the baby gently pat your hand (hand-over-hand if needed).
4. Repeat: “Kind hands... gentle.”

**Time:** 1–2 minutes



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**Skills:** bonding, body awareness, early social-emotional language

### 3) Family Together Photo Look

**Materials:** 4–6 laminated photos (families eating together, sharing, helping)

**Steps:**

1. Show one photo at a time.
2. Label simply: “Family... baby... together... smile.”
3. Point to the faces and pause for the baby to look.
4. Repeat favorites daily (infants love repetition).

**Skills:** language, attention, connection

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## Toddlers (1–3 years)

### 1) Good Deeds Helper Jobs

**Materials:** 6 picture cards (wipe table, water plant, stack books, pass napkins, feed class pet if applicable, line helper)

**Set up:** Put cards in a small basket labeled “Kind Helpers.”

**Steps:**

1. At morning circle, say: “During Ramadan, many families practice kindness and helping.”
2. Let each child choose 1 card (or assign 2–3 helpers per day).
3. Do the job together for 30–90 seconds.
4. Praise specifically: “You helped wipe the table. That is kind.”

**Time:** 5–8 minutes total

**Skills:** responsibility, following directions, social-emotional growth

### 2) Sharing Basket Turn-Taking Game



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**Materials:** basket with 6–10 classroom items (blocks, animals, cars), a timer (optional)

**Steps:**

1. Sit in a small circle.
2. The toddler holds the basket, chooses ONE item, then passes the basket to a friend.
3. Teach the script: “My turn... your turn.”
4. If needed, use a short timer for turns (30 seconds).

**What to say:** “We share. We take turns.”

**Skills:** turn-taking, patience, language

### 3) Lantern Color Match

**Materials:** 3 large lantern shapes (red/yellow/blue), matching chunky pom-poms or blocks

**Steps:**

1. Tape lantern shapes to the floor/table.
2. Give toddlers a small bowl of matching items.
3. Model: “Red goes on red.”
4. Let toddlers place and repeat.

**Skills:** matching, focus, early math vocabulary (colors)

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## Preschool (3–5 years)

### 1) Gratitude Circle + “I’m Thankful For...” Art

**Materials:** paper, crayons/markers, optional sentence strip

**Steps:**

1. Circle time prompt: “Ramadan is a time many families focus on gratitude and kindness.”
2. Ask: “What is one thing you are thankful for?” (keep answers quick)



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3. At tables, children draw one picture of what they're thankful for.

4. The teacher writes: "I'm thankful for \_\_\_\_."

5. Share 2–3 drawings back at the circle.

**Time:** 15–20 minutes

**Skills:** language, reflection, drawing/writing connection

## 2) Ramadan Routine Sequencing Cards

**Materials:** 6–8 picture cards showing general routines (family time, helping others, reading/prayer time, preparing food, sharing a meal, bedtime)

**Steps:**

1. Mix cards and introduce: "Families may do special routines during Ramadan."

2. In small groups, children put cards in an order that makes sense for "a family evening."

3. Each child explains one card: "First they help... then they eat..."

4. Teacher reinforces: "Families have routines. Routines help us."

**Time:** 10–15 minutes

**Skills:** sequencing, storytelling, comprehension

## 3) Lantern Window Collage

**Materials:** lantern outline, tissue paper squares, glue stick, optional contact paper

**Steps:**

1. Give each child a lantern outline.

2. Children glue tissue squares anywhere (no "perfect pattern" needed).

3. Optional: cover with contact paper to make it sturdy like a "suncatcher."

4. Hang in a window or on a bright wall.

**Time:** 15–25 minutes

**Skills:** fine motor, creativity, focus



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## School-Age (5–8 years)

### 1) Kindness Coupon Book

**Materials:** paper strips or mini-book template, markers

**Steps:**

1. Talk briefly: “Many people try to do extra kind acts during Ramadan.”
2. Brainstorm 8–10 kind acts kids can do at school/home (help set up, write a note, tidy a shelf, include someone in a game).
3. Kids create a coupon on each page: “I will \_\_\_\_.”
4. Choose one coupon to do this week, then reflect: “How did it feel?”

**Time:** 20–30 minutes

**Skills:** writing, planning, empathy

### 2) Community Giving Project (Class Plan)

**Materials:** chart paper, markers, donation box or card-making supplies

**Steps:**

1. Explain simply: “Charity means helping people in need.”
2. Offer 2–3 options that fit your program rules:
  - Make thank-you cards for community helpers
  - Collect gently used books (if allowed)
  - Create a “kind notes” wall for families/staff
3. Vote on one project.
4. Assign roles (writers, artists, organizers).



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5. Set a 1-week timeline and celebrate completion.

**Skills:** teamwork, civic values, project planning

### 3) Respectful Questions Wall (“I Wonder...”)

**Materials:** sticky notes, poster titled “I Wonder...”

**Steps:**

1. Teach question stems: “I wonder...” “Can you tell me...?”
2. Kids write questions about Ramadan respectfully (no personal pressure on classmates).
3. Teacher answers with general facts or reads a short kid-friendly text.
4. Close with: “Different families have different traditions.”

**Skills:** curiosity, respectful discussion, writing



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