

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

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)

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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