

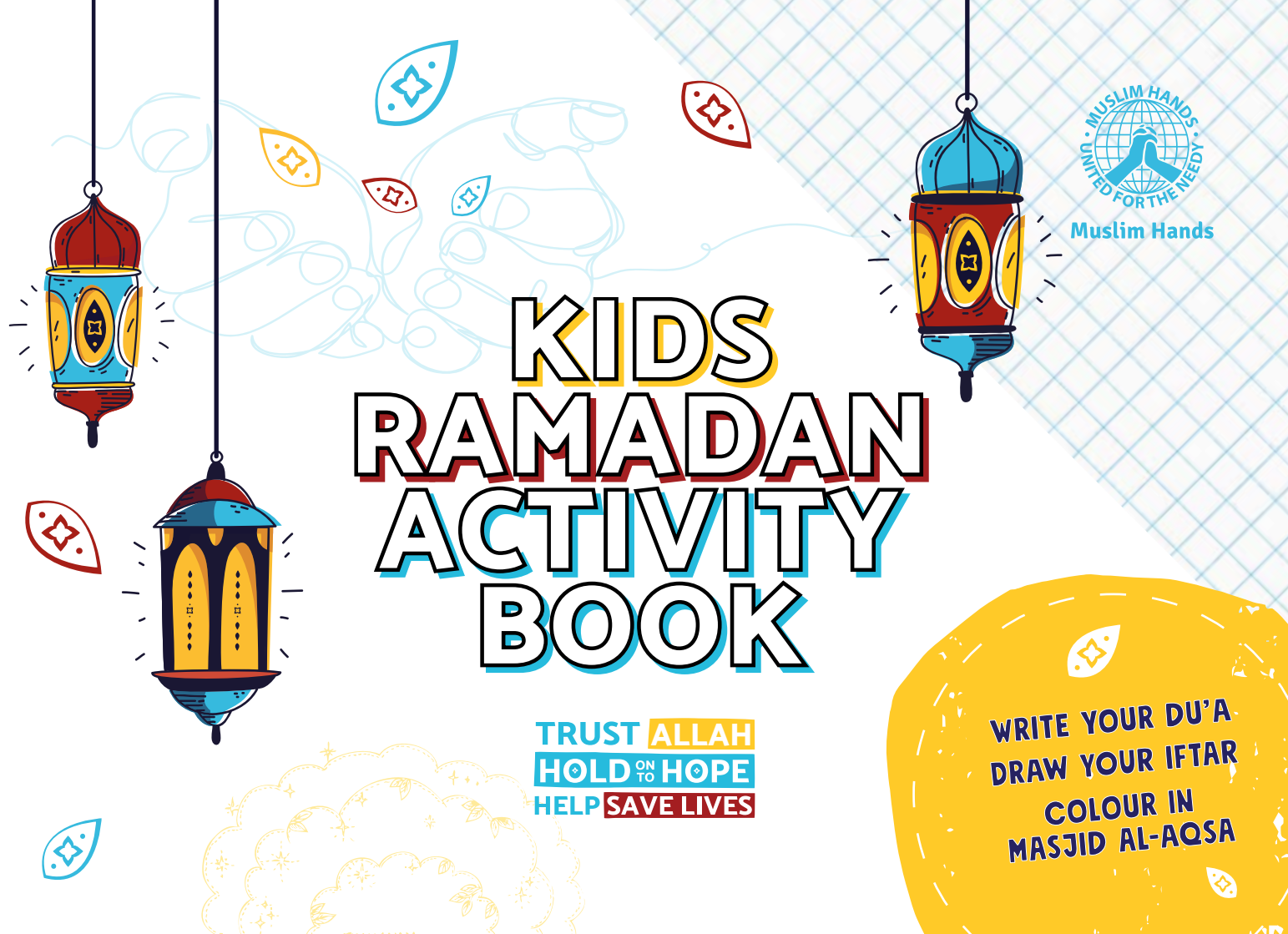


Muslim Hands

KIDS RAMADAN ACTIVITY BOOK

TRUST ALLAH
HOLD ON TO HOPE
HELP SAVE LIVES

WRITE YOUR DU'A
DRAW YOUR IFTAR
COLOUR IN
MASJID AL-AQSA



WITH ALLAH, YOU CAN DO ANYTHING!

BEWARE OF THE WORRY MONSTER!

It's really weird being stuck at home all the time and not seeing your friends anymore. It can lead to bad feelings like sadness and worry. These feelings are like super villains which constantly try to scare you. The worry monster can hide anywhere, even inside you! But you are a super hero and your power that can beat the villain every time is...

Draw your
super hero
costume!

BUT HOW CAN YOU USE YOUR SUPER POWER?
AREN'T TRUST AND LOVE INVISIBLE?
- ONLY UNTIL YOU USE THEM! WHEN
YOU DO NICE THINGS FOR OTHERS OR
GIVE CHARITY, THEY BECOME VISIBLE!

AND YOU WIN!

...ALLAH LOVES YOU!

'Truly, Allah loves those who put their trust in Him'.

[The Noble Qur'an, 3:159]

WHAT CAN YOU DO?

Use your superpower for good!

Show Allah your trust and
show your family your love.

It's time to do some good deeds!

Draw your ideas...



TAG US!
@muslimhandsuk
#holdontohope

IS IT TIME FOR IFTAR?

DRAW YOUR FAMILY'S FAVOURITE IFTAR MEALS!

Are you going to try fasting with your parents this Ramadan?

When Muslims fast, they do not drink or eat anything from dawn until sunset.

DID YOU KNOW?

The Prophet (saw) used to break his fast with three dates and a glass of milk! When you do the same you follow the Sunnah! And science has shown that fresh produce is the most energising food for your body!



SUNNAH!



LESS SUNNAH

INTENTION FOR FASTING

Wa bisawmi ghadinn nawaiytu min shahri Ramadan

Translation: I intend to fast tomorrow for the month of Ramadan.

DU'A FOR BREAKING YOUR FAST

Allahumma inni laka sumtu wa bika aamantu wa 'alayka tawakkaltu wa 'ala rizqika aftartu

Translation: O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance.

DID YOU KNOW?

Al-Aqsa is the only mosque, besides the Holy Ka'bah, that is mentioned in the Noble Qur'an.

'Exalted is He who took His Servant by night from al-Masjid al-Haram to al-Masjid al-Aqsa, whose surroundings We have blessed, to show him of Our signs. Indeed, He is the All-Hearing, the All-Seeing'.

(Qur'an, 17:1)

THE BLESSED MASJID AL-AQSA

Ramadan is a great time to learn more about our heritage. The blessed Masjid Al-Aqsa is the third holiest site in Islam. The Prophet Muhammad (saw) himself prayed there!

COLOUR ME IN!

THE QIBALI MASJID

WHAT ARE YOU PRAYING FOR THIS RAMADAN?

Are you making du'a for yourself and others? Draw your wishes here!

The Dome of the Rock has a beautiful golden dome!

COLOUR ME IN!

THE DOME OF THE ROCK

CAN YOU IMAGINE?

One prayer at Masjid Al-Aqsa is worth 1,000 prayers! Sadly, visiting this beautiful masjid is not possible for many. But there is a solution: If you donate towards the lighting of the Blessed Masjid, you get exactly the same reward!



FINISH!
YOU SIGHTED
THE MOON.

NO MOON IN
SIGHT HERE!

CAN YOU
SIGHT THE
MOON?

Start

'Allah is the Most Great. O Allah, bring us the new moon with security and Faith,
with peace and in Islam, and in harmony with what our Lord loves and what pleases Him.
Our Lord and your Lord is Allah'. [Tirmidhi]

*Allahu Akbar. Allahumma ahillahu 'alayna bil amni wal imaani, wassalaamati wal Islaami,
wattawfeeqi limaa tuhibbu Rabbanaa wa tardhaa. Rabbunaa wa Rabbuka Allah.*

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