## Lesson Focus: What is significant to Ramadan?

## Materials:

- Internet for videos
- Notebook and pencil (Optional: computer with word processing software)

## Invitation to Learn:

In this lesson you will learn about characteristics of communities and cultures around the world.

## Watch these videos:

NEL

What is Ramadan?	https://www.youtube.com/watch?v=s-zZvH mXTw
<b>Ramadan Moon.</b> By Na'ima Robert.	https://www.youtube.com/watch?v=IYZw4KufsfE
<b>Under the Ramadan</b> <b>Moon.</b> By Sylvia Whitman	https://www.youtube.com/watch?v=qp4YG 56xIU
What is Significant to Ramadan	Added to the end of this lesson for you to read.

## Have a Discussion:

- What do the words "culture" and "heritage" mean?
  - Culture is a way of doing things that is the same for one community. Heritage is a way of life (food, dress/clothing, customs) handed down from older members of the family (parents, grandparents, aunts, uncles etc.). Heritage can be linked to the countries where our families were born, the languages they speak, or the religion they practice.
- What are some important/significant celebrations/traditions in your family? What do you do during these celebrations?
  - Examples: Birthday, New Year's Eve, New Year's Day, Christmas, Easter, Sunday dinner with extended family

# **Learning from First Peoples**

Many First Peoples celebrations mark different points of the year. For example, the Hobiyee event of the Nisga'a celebrates the appearance of the new crescent Moon in the second half of winter. Celebrations pass down knowledge, traditions, values, and beliefs through stories, song, and dance.



Look at these images.



Figure 1: Grand Mosque



Figure 2: Family



- What do you see in the Grand Mosque image/photo?
- What can you tell about Ramadan from so many people praying?
- What do you see in the Family image/photo?
- Based on the two images/photos what can you infer about what is significant to Ramadan?

## Discuss:

- Grand Mosque
  - This image shows Muslims gathering around the Kaaba at the al-Masjid al-Haram mosque (Grand Mosque) in Mecca, Saudi Arabia, marking Ramadan. For about 1400 years, Muslims have turned toward the direction of Mecca when they pray. Ramadan happens on the same date every year.
- Family
  - Many Muslims do not eat or drink anything from sunrise to sunset every day during Ramadan. This image shows a family breaking their day-long fast. Mealtime is an important event as families gather to share food and celebrate their faith. Dates are the first food they eat, following the tradition of Prophet Muhammad, who is believed to have eaten dates to break his fast. Dates are high in sugar and provide the energy needed after many hours without food.

## **Notebook Time:**

- Complete the worksheet below attached to the information: What is Significant to Ramadan (\*at end of this section)
- Research one event, object, person, or place that is significant to Ramadan.
  - Examples: prayer mat, the Moon, a mosque, coins or a donation, the Quran, Mecca, fasting, lantern, Eid al-Fitr
    - Illustrate/provide a photo of your event, object, or place that is significant to Ramadan.
    - Write one paragraph describing why this event, object, or place is significant to Ramadan.
    - Write one paragraph comparing Ramadan to a celebration in your life.
      - What is similar?
      - What is different?

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# What Is Significant to Ramadan?

### **Prophet Muhammad**

- Prophet Muhammad lived about 1400 years ago. He was born in the year 570. He died in the year 632.
- A prophet is someone who is believed to have spoken to God and spreads God's message.
- Prophet Muhammad started the Islam religion to spread the message that he received from God.
- The people who follow Islam are Muslims.
- Muslims believe that Prophet Muhammad first received God's message in the month of Ramadan. Ramadan is the ninth month of the calendar that Muslims follow.

#### the Moon

- Muslims' calendar follows the Moon as it appears and disappears.
- Each month of the Muslim calendar is either 29 or 30 days.
- The first day of each month starts when the first crescent of the Moon appears. This is also how Muslims know when Ramadan begins.

#### Quran

- This is the holy book that contains God's words to Prophet Muhammad.
- Prophet Muhammad's followers wrote down the words soon after he died.
- The words guide Muslims on how to lead their daily lives.
- Many Muslims read all of the Quran during Ramadan.

## Mecca, Saudi Arabia

- Mecca is the place where Prophet Muhammad was born. It is in the country of Saudi Arabia.
- Muslims face the direction of Mecca when they pray.
- Every Muslim who is able, must visit Mecca at least once in their lives.



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# What Is Significant to Ramadan? (continued)

### al-Masjid al-Haram Mosque

- A mosque is the place of worship for Muslims.
- The al-Masjid al-Haram Mosque is in Mecca. It is the holiest mosque for Muslims.
- This mosque is also called the Grand Mosque.
- The mosque contains the Kaaba.

### Kaaba and Black Stone

- The Kaaba is a cube structure made from granite. Granite is a very hard rock.
- The Kaaba is the holiest site for Muslims.
- The Kaaba became the main place of worship for Prophet Muhammad's followers about 1400 years ago, but it is actually much older. Many people believe that it was built about 4000 years ago to hold a black stone.
- Muslims believe that the Black Stone came from heaven.





#### prayer mat

- Worshippers kneel on the mat while they pray facing Mecca.
- Prophet Muhammad prayed on a mat made of palm leaves.
- Prayer mats are often designed with an arched doorway or a compass to point to Mecca.
- Muslims pray five times a day. They pray even more during Ramadan.





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# What Is Significant to Ramadan? (continued)

#### fasting

- Muslims fast during the daylight hours of Ramadan. Fasting means not eating any food.
- Muslims believe that fasting helps them to understand what it means to be poor and not have food to eat.
- Family and friends gather when the Sun sets for a festive meal.
- Dates are the first food that people eat after fasting. Muslims believe that dates were the first food that Prophet Muhammad ate after he fasted.

#### donation

- Muslims give money, food, clothes, and other items to those in need. These items are called donations.
- Muslims make donations throughout the year, but they help even more during Ramadan.





#### lantern

- Muslims use lanterns as decorations during Ramadan.
- Some people believe that the use of lanterns began in Egypt more than 1000 years ago.
- This tradition has now spread all over the world.

#### **Eid al-Fitr (the Festival of Breaking the Fast)**

- This festival is celebrated at the end of Ramadan.
- The festival was first celebrated at the time of Prophet Muhammad.
- The festival begins when the first crescent of the Moon appears.
- Families and friends gather in the morning in new clothing to pray. They celebrate with special meals.
- Children get money and gifts.

