



BRIGHT HORIZON ACADEMY

Character Education

All About Ramadan

Why Is It Important?

Ramadan is a time of spiritual reflection, self-improvement, and heightened devotion and worship. We are expected to put more effort into following the teachings of Islam. This month gives us a unique opportunity to review, practice and improve on the character traits we learned from previous months, which include, courage, gratitude, patience, perseverance, integrity and generosity. Courage is needed to commit to fasting and abstaining from wrong actions. Patience, perseverance and integrity are important for keeping up with our commitment of fasting and good doings. Gratitude and generosity can be encouraged and expressed by involving your child in your family's decisions towards sadaqah. Emphasizing these traits again allows for further character building. What better time to start cultivating good character than in the month of Ramadan when we are striving to be more conscious.

Islamic Corner:

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ، وَتَرْكَ الْمُنْكَرَاتِ،
وَحُبَّ الْمَسَاكِينِ، وَأَنْ تَغْفِرَ لِي، وَتَرْحَمَنِي

Transliteration: Allaahumma 'innee as'aluka fi'lal-khayraat wa tarkal-munkaraat
wa hubbal-masaakeen wa an taghfara lee wa tarhamanee

Translation: O Allaah, I ask You to grant me the performance of good deeds, abandonment of bad ones, and love of the poor; and (I ask You) that You forgive me and have mercy upon me.

Practice It!

There are multiple ways to practice good character during Ramadan as a family.

Here are a few examples:

Patience: Fasting Daily or Controlling Anger

Integrity: Committing to not Lying

Perseverance: Create a Ramadan Goals Chart

Gratitude: Daily Gratitude Dua Journal or Participate in 30 Days of Gratitude Challenge

Generosity: Create a Sadaqah Jar or Perform "Acts of Services" for family members

Praise It!

Fasting, just like anything else, will take practice and time to get right. Don't be upset if they can't manage sometimes. Take it slow and go with the flow. Being mad or upset can create negative feelings about fasting.

Instead, praise them even for trying and showing an effort towards wanting to commit.

Small rewards for accomplishing any goal is highly encouraged and can make fasting more fun for any aged children.

Talk About It!

Here are some points to help you talk about Ramadan with your child:

- What makes you excited or happy about Ramadan?
- What are family traditions or activities are you looking forward to most?
- Tell me about your goals for this Ramadan. How can we work together to help you achieve them?