



Beginning of Ramadan (February 18, 2026)

TEACHING GUIDE

i **What?** The start of Ramadan, a holy month in Islam during which believers fast from sunrise to sunset.

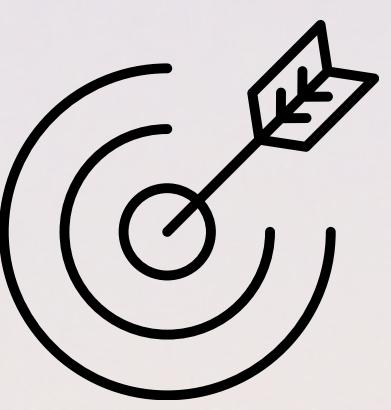
Who? Muslims all over the world—men, women, and children (younger children are not required to fast). That's over a billion people.

Where? In many countries around the world, including the Middle East, North Africa, Asia, Europe, and the Americas, as Islam is practiced on every continent.

When? Ramadan begins on February 18, 2026, according to the Islamic lunar calendar. Because this calendar follows the phases of the moon, the date changes every year.

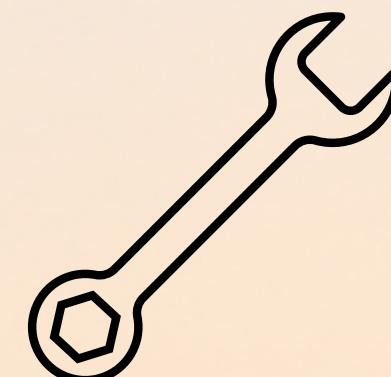
Why is it important? Because Ramadan is a time for prayer, sharing, solidarity, and reflection. Fasting allows believers to develop patience, gratitude, and empathy towards those in need.

For this activity, your goal will be to learn a little more about Islam and the holy month of Ramadan.



OBJECTIVES

- Understanding what Ramadan is.
- Discovering the five pillars of Islam.
- Understanding why the date of Ramadan changes each year.
- Explaining what "fasting" means.
- Discovering different Ramadan traditions around the world.
- Establishing connections between religion, culture, and diversity.



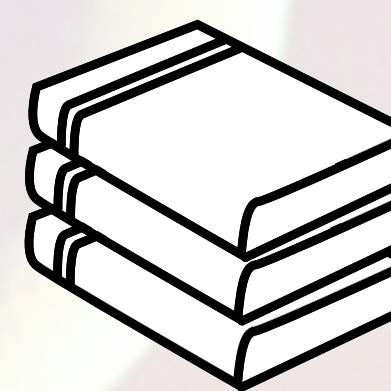
COMPETENCIES

- Research and select relevant information.
- Read and interpret a visual document (infographic of the five pillars).
- Understand a lunar calendar.
- Justify an answer.
- Compare cultural traditions.
- Establish links between culture and society.



GETTING STARTED

- Show the infographic of the five pillars of Islam.
- Ask the students:
 - "Why doesn't Ramadan start on the same date every year?"
 - "What does fasting mean?"
- Locate Morocco, Turkey, and Pakistan on a world map.
- Briefly explain the concept of the lunar calendar.



SUBJECTS

- **Social Studies / Geography**
 - Location of countries (Morocco, Turkey, Pakistan).
 - Cultural and religious diversity.
 - Lunar calendar.
- **English**
 - Reading instructions.
 - Comprehension of informational texts.
 - Writing short answers.
 - Expressing an opinion.
- **General Knowledge**
 - The Five Pillars of Islam.
 - Ramadan traditions in different countries.
 - Concepts of solidarity and sharing.



DURATION

- About 60 minutes



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QUESTIONS AND ANSWERS

STEP 1 — The Five Pillars of Islam. Observation of an infographic about the five pillars and answer five comprehension questions from information read on a website.

Q1 — The Shahada.

Q2 — Muslims must pray five times a day.

Q3 — Almsgiving is based on a percentage of one's wealth, among other factors.

Q4 — The Sawm.

Q5 — One must perform the Hajj pilgrimage at least once in a lifetime.

STEP 2 — A Month for reflection. Watching of a short video about Ramadan and answers to four comprehension questions.

Q6 — To draw closer to one's religion, develop discipline, and think of others.

Q7 — Not to eat or drink between sunrise and sunset.

Q8 — Because the Islamic calendar is based on the lunar cycle.

Q9 — The Quran.

STEP 3 — Ramadan Around the World. Reading of short texts about Ramadan traditions in different countries and answer three comprehension questions.

Q10 — In Morocco, Nafars walk the streets early in the morning chanting prayers to wake the inhabitants.

Q11 — In Turkey, drummers wake people for suhoor (the pre-dawn meal).

Q12 — In Pakistan, families celebrate Eid with henna, colorful bracelets, and decorated streets.



WRAPPING UP

- Review:
 - the difference between the solar and lunar calendars;
 - the meaning of fasting;
 - the cultural and spiritual importance of Ramadan.
- Ask the student to name:
 - a surprising fact they learned;
 - a tradition from a country that made an impression on them.
- Remind them that discovering different cultures helps us better understand the world.



FURTHER EXPLORATION

- 📘 Muhammed Al Fakir. *Islam Trivia for All Ages and Beginners*

