

Beginning of Ramadan (February 18, 2026)

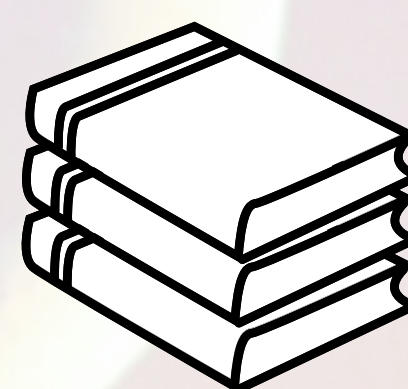
TEACHING GUIDE

- 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.**



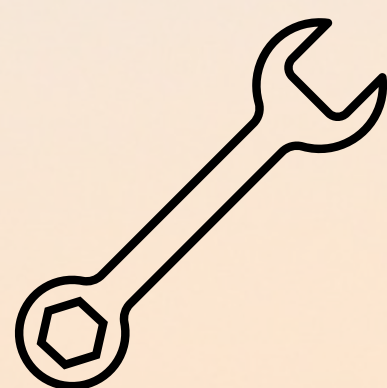
OBJECTIVES

- 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.



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.



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.



DURATION

- About 60 minutes



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.

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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*

