

Introduction to Fasting in Ramadhan

Fasting in Ramadhan is an important aspect of Islamic practice. It is a time for self-reflection, self-control, and empathy towards those in need. In this worksheet, we will explore the significance of fasting, the basic rules and etiquette of fasting, and ways to show empathy towards those who are fasting.

Section 1: Multiple Choice Questions

Choose the correct answer for each question:

1. What is the main purpose of fasting in Ramadhan?
 - a. To give up favorite foods
 - b. To spend more time with family and friends
 - c. To develop self-control and empathy for those in need
 - d. To celebrate the end of the school year

2. Which of the following is a basic rule of fasting?
 - a. Eating before dawn
 - b. Drinking water during the day
 - c. Avoiding bad thoughts and actions
 - d. All of the above

3. How can we show empathy towards those who are fasting?
 - a. By eating in front of them
 - b. By asking them about their fasting experience
 - c. By ignoring them
 - d. By teasing them

Section 2: Short Answer Questions

Answer each question in complete sentences:

1. What are some of the benefits of fasting in Ramadhan? (5 marks)

2. Describe a situation where you had to show empathy towards someone who was fasting. How did you feel? (5 marks)

3. What are some of the basic etiquette of fasting that we should follow? (5 marks)

Section 3: Project-Based Task

Design a poster or infographic that illustrates the significance of fasting in Ramadhan. Include the following elements:

- A brief explanation of the purpose of fasting
- The basic rules and etiquette of fasting
- Ways to show empathy towards those who are fasting
- A personal reflection on what you have learned about fasting and how you can apply it in your daily life

[Space for poster or infographic]

Section 4: Reflection and Self-Assessment

Answer each question in complete sentences:

1. What did you learn about fasting in Ramadhan from this worksheet?

2. How can you apply what you learned in your daily life?

3. What challenges do you think you may face while fasting, and how can you overcome them?

Section 5: Fun Activities

Choose one of the following activities:

1. Draw a picture of a person fasting and write a short story about their experience.

[Space for drawing and story]

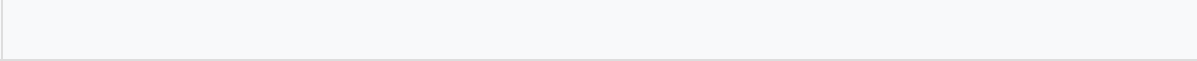
2. Create a word search or crossword puzzle with vocabulary related to fasting.

[Space for word search or crossword puzzle]

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3. Write a poem or song about the significance of fasting in Ramadhan.

[Space for poem or song]



Conclusion

Fasting in Ramadhan is an important aspect of Islamic practice that teaches us self-control, empathy, and self-reflection. By completing this worksheet, you have demonstrated your understanding of the significance of fasting and the basic rules and etiquette of fasting. Remember to apply what you learned in your daily life and to show empathy towards those who are fasting.

Assessment Rubric

The following rubric will be used to assess your work:

- Multiple Choice Questions: 10 marks
- Short Answer Questions: 15 marks
- Project-Based Task: 20 marks
- Reflection and Self-Assessment: 10 marks
- Fun Activities: 10 marks

Total Marks: 65

