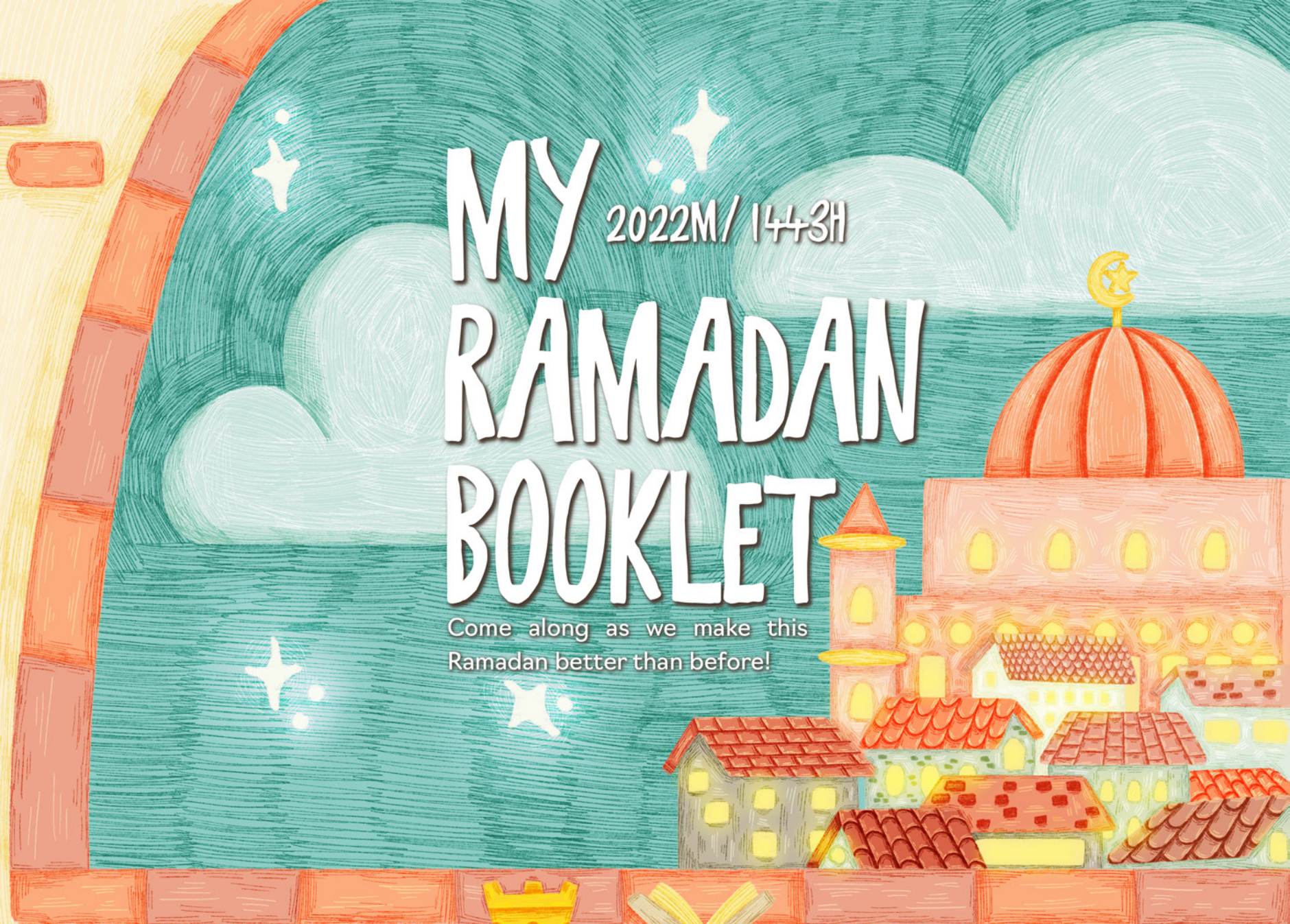
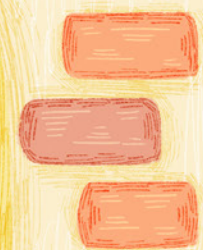


Suitable for ages 5 - 10 years and above.

MY 2022M / 1443H RAMADAN BOOKLET

Come along as we make this
Ramadan better than before!



MY RAMADAN BOOKLET

“O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqun.”

Al-Baqarah: 183

Alhamdulillah we are blessed with yet another Ramadan and we are pleased to present you our newest addition, **My Ramadan Booklet!**

My Ramadan Booklet intends to act as a tool for parents and teachers to encourage young Muslims to fast, perform tarawih and be better individuals from one Ramadan to the next, insyaAllah.

This booklet contains a variety of hands-on activities suitable for children aged 5 - 10 years old (or even older too)!

Our signature Ramadan and Tarawih chart, plus its fun stickers are condensed within the pages of this booklet. Your children have the option to paste stickers or colour in the blanks for their daily tracking.

We hope both adults and children enjoy My Ramadan Booklet. May this Ramadan be even better than before. 😊

You can also find “My Ramadan App” on [Google Play](#) and [Apple App Store](#).



For more information on enrolment, log on to www.alive.sg

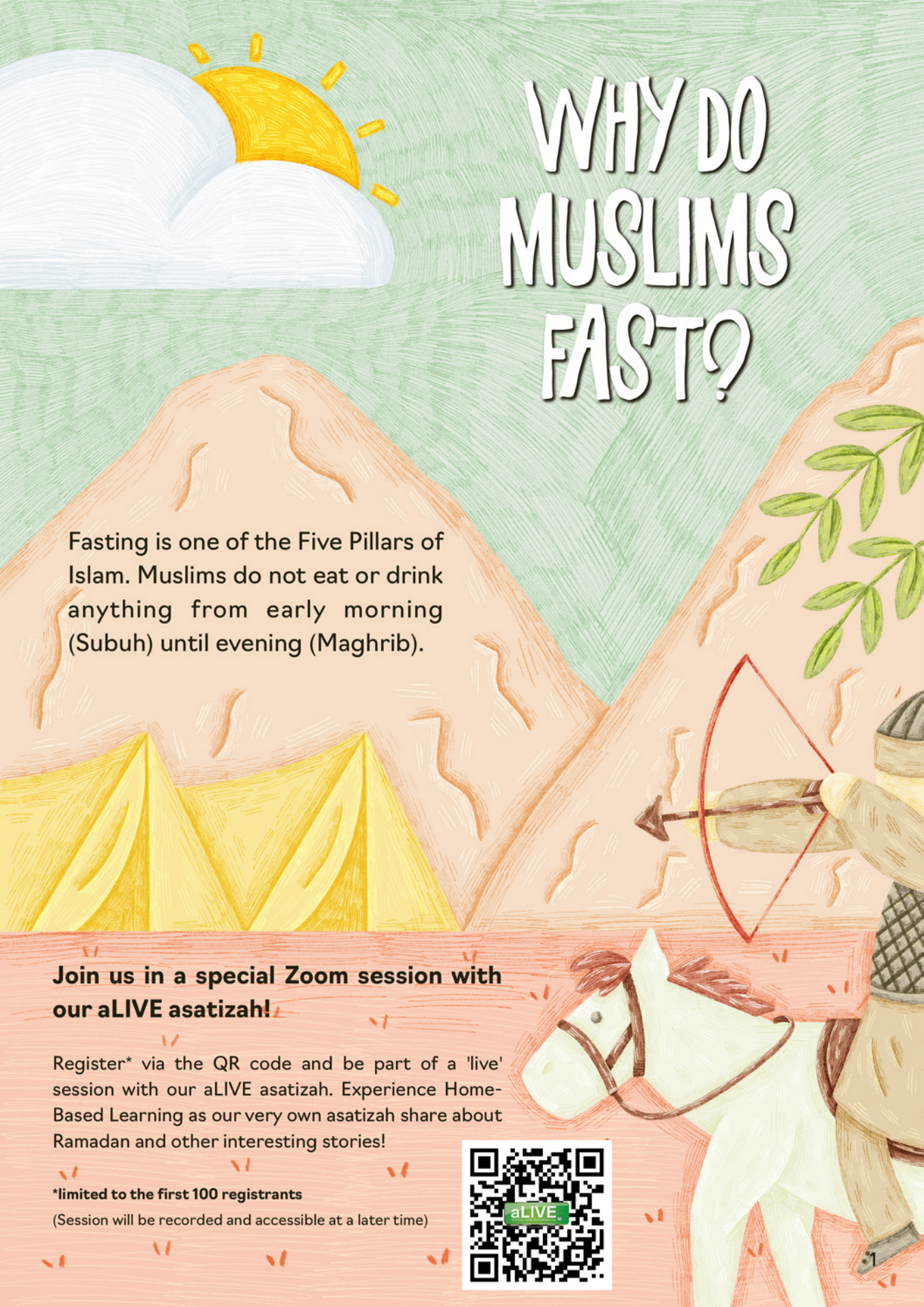
Follow us on Facebook and Instagram
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#MyRamadanBooklet
#aLIVEramadan

My Ramadan Booklet 2022 is developed and distributed by:



Illustrated by:
Shakina Razale

The background is a hand-drawn illustration of a desert scene. At the top left, a bright yellow sun with rays is partially hidden behind a large, white, fluffy cloud. Below the cloud, there are rolling orange-brown mountains. In the foreground, there are two yellow pyramids. On the right side, a person wearing a brown tunic and a grey helmet is riding a white horse. The person is holding a red bow and an arrow, aiming it towards the left. A green leafy branch hangs down from the top right. The overall style is a textured, hand-painted look.

WHY DO MUSLIMS FAST?

Fasting is one of the Five Pillars of Islam. Muslims do not eat or drink anything from early morning (Subuh) until evening (Maghrib).

Join us in a special Zoom session with our aLIVE asatizah!

Register* via the QR code and be part of a 'live' session with our aLIVE asatizah. Experience Home-Based Learning as our very own asatizah share about Ramadan and other interesting stories!

***limited to the first 100 registrants**

(Session will be recorded and accessible at a later time)

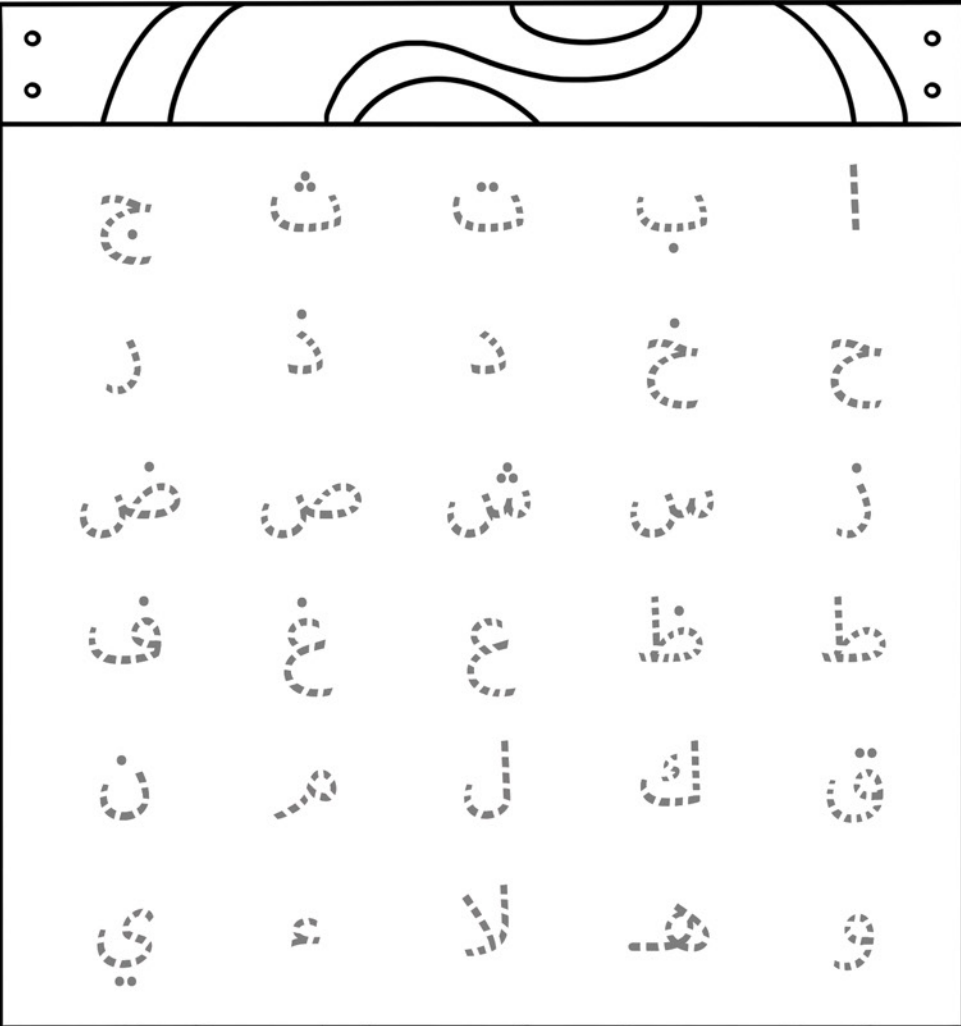


TRY THIS OUT!

Trace Arabic Letters

There are 30 Huruf Hijaiyah (Arabic letters).

Let us trace out the letters along the dotted lines!



Now try writing out your name in Arabic!

Excellent work there!

MY FASTING PROGRESS

Niyah for Fasting in Ramadan

نَوَيْتُ صَوْمَ عِدِّ عَنْ آدَاءِ فَرَضِ
شَهْرِ رَمَضَانَ هَذِهِ السَّنَةِ لِلَّهِ تَعَالَى

Nawaitu souma ghadin 'an adaa'i fardhi shahri
ramadhaana hazihis sanati lillaahi ta'aala
I intend to do obligatory fast tomorrow in the
month of Ramadan this year because of Allah

Du'a when Breaking Fast

اللَّهُمَّ لَكَ صُمْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ

Allaahumma laka sumtu wa'ala rizqika aftartu
O Allah, I have fasted for you and with
Your provision I have broken my fast

Start here!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

3

WORD SEARCH

Remember to begin with Bismillah ☺

z h y i c p u m s b q d o h z
a r b q w k f a d x j v a t a
r a s u l u l l a h p n n g y
b i c p v n e y t w n u m s b
x q h k e v s b e u o f z h x
c j i o i z h x s v l t a r c
w p w l f a r c p e n g y i w
d k a l t y i w r a m a d a n
v o r n g b q d o f a h x j u
e l a m s w j v l t g r c p e
u n t z h i p e n g h i w k s
f m g a r t k u m s r q d o a
t c h a r i t y z h i j v l h
g a h b q r l t a r b p e n u
s z r x j e n g y i w k u m r

Try finding
these words
then circle
or highlight
them!

alive
charity
dates
maghrib
ramadan

rasulullah
sahur
sunnah
tarawih
witir

MY TARAWI' PROGRESS

Du'a We Can Read in Ramadan

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allaahumma innaka 'afuwwun tuhibbul 'afwa fa'fu 'anni

O Allah, You are the Most Forgiving, and You love Forgiveness, so forgive me

Start here!

1 2 3 4 5

6 7 8 9 10

11 12 13 14 15

16 17 18 19 20

21 22 23 24 25

26 27 28 29 30

5

DO YOU KNOW ABOUT WITIR?

Witir Prayer Guide

Witir prayer is performed in 3 rakaat, with a salaam every 2 rakaat.

Rasulullah SAW said:

“Supplement (end) your night prayer (Tarawih) with Witir (prayer)”.
[Hadith narrated by Imam Al-Bukhari and Muslim]

Verbal Niyyah (in a jama'ah):

أُصَلِّي سُنَّةَ الْوَيْتْرِ رَكَعَتَيْنِ مَأْمُومًا لِلَّهِ تَعَالَى

Usolli sunnatal witri rok'ataini (makmuuman) lillaahi ta'aala
“I intend to pray the sunnah Witir prayer for two rakaat, (as a makmum) for Allah ta'ala.”



WHY IS LAILATUL QADR SPECIAL?

Allah SWT said, "We have indeed sent this Qur'an down on the Night of Power: And what will make you realize what the Night of Power is? The Night of Power is better than a thousand months. On that night, the angels and the Spirit descend with Allah's permission, along with every command. Peace! This, until the rise of morning!" [Surah Al-Qadr 97:1-5]

What do we do on Lailatul Qadr?

- The Prophet SAW said, "Search for the night of Qadr in the odd nights of the last ten nights of Ramadan." [Imam Bukhari]
- I asked Allah's Messenger SAW what should I do if I find the night of Qadr? The Holy Prophet SAW replied: "Pray to Allah: 'O our Lord! You are the most forgiving. You love to forgive, so forgive us.' (اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي)" [Imam Bukhari & Muslim]

Examples: Praying during the night, sincere supplications, reciting the Quran, and abandoning worldly pleasures for worship.



MARKER



Why is it a secret?

It encourages us to make our nights alive with worship and remembrance of Allah! As Muslims, we ought to remember Allah much and strive to gain closeness to Him.

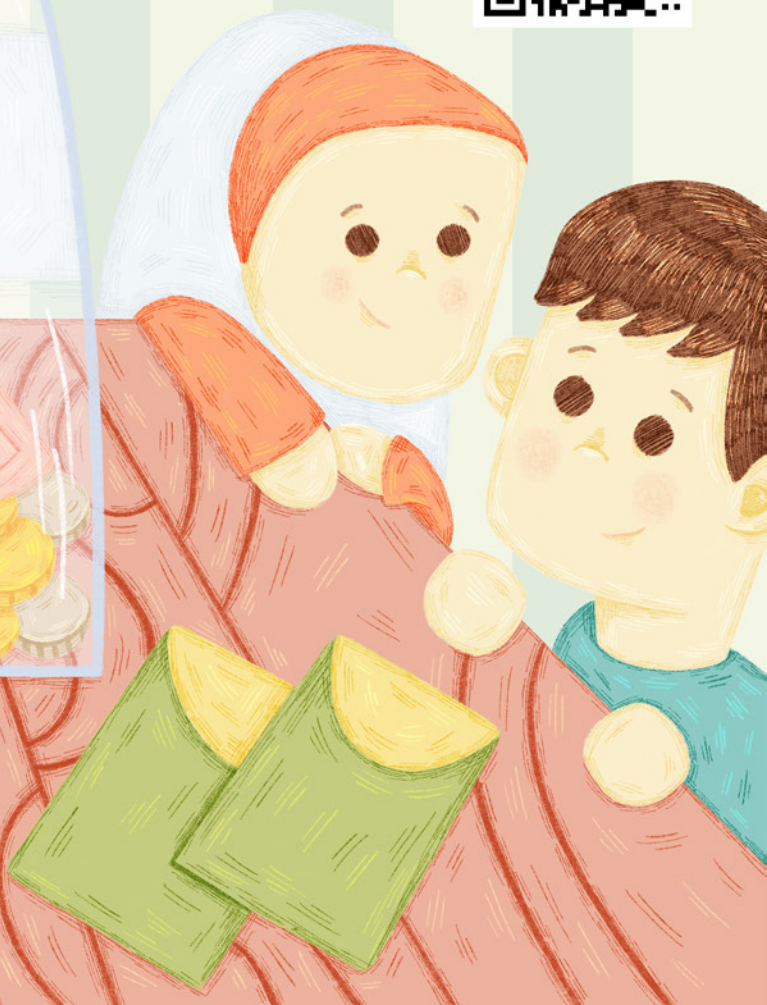


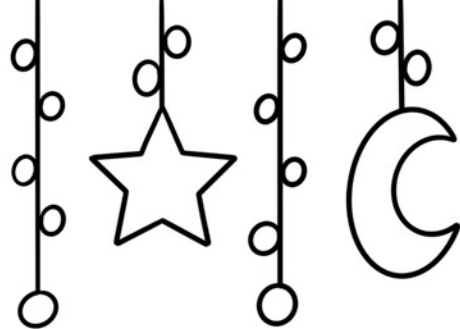
DO-IT-YOURSELF

Ramadan is also a good time to share with those in need. Giving charity will help others and make us happy.

Let us start by making our own charity jar. Track the amount in the jar before and after Ramadan to see your progress, and uncover the benefits of donating. Scan the QR code below to kickstart this mini project!

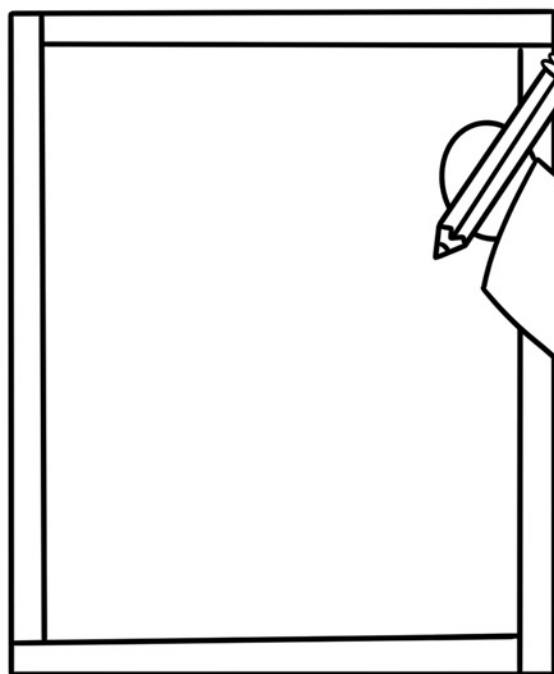
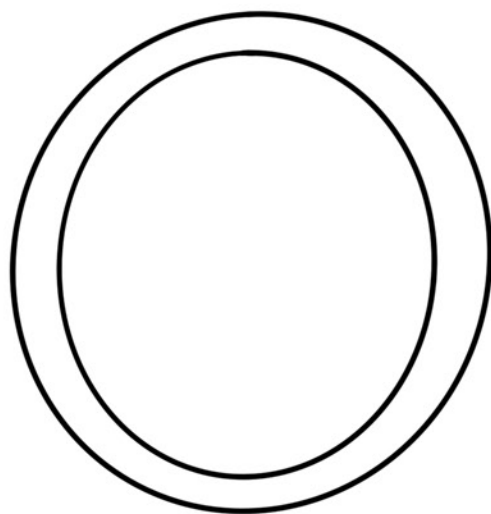
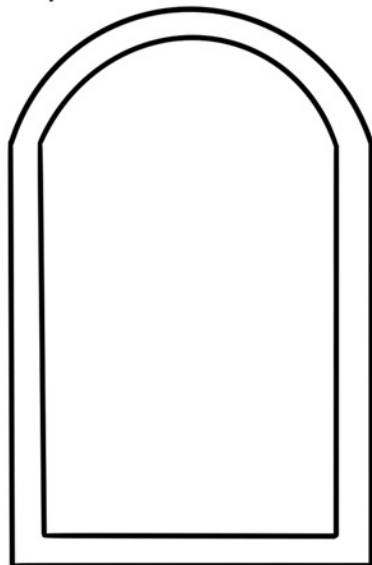
Share pictures of your charity jar and tag us at [#aLIVEmadman!](#)





GOOD DEEDS TO DO IN RAMADAN

In this page, you can jot down a few goals you would like to achieve this Ramadan. Then jot down a few good deeds you would like to do for your family, as well as your friends, teachers, neighbours and more. Compare how much you have grown and accomplished before and after Ramadan. Start writing in the spaces below!



SUNNAH FOOD

Why is Sunnah food important?

Muslims are encouraged to live a healthy life in order to remain physically and mentally fit. These sunnah food are mentioned in the Quran and even consumed by the Prophet SAW in his daily life.



Dates

Dates are low in fat and are a great source of dietary fibre, vitamin A, potassium, calcium and many more. They are also free from cholesterol! Muslims are encouraged to consume dates in odd numbers, a common practice by the Prophet SAW and his companions.



Olive

Olives are very high in vitamin E and other powerful antioxidants. Studies show that they are good for the heart and may protect against osteoporosis and cancer.



Fig

Figs boast many health benefits and are a good source of vitamins and minerals such as iron. Being a good source of fibre, figs also help alleviate constipation and helps you feel full. Figs are a good cure for stomach disorders and piles.



Pumpkin

It is highly nutritious and rich in vitamin A, lutein and zeaxanthin that can protect eyesight. It is also high in potassium, vitamin C and fiber which may benefit heart health. It contains anti-oxidants that can reduce risks of chronic diseases.



Barley

It aids in controlling blood sugar levels, lowers cholesterol levels and improves digestion.



Melon

It helps relieve pain and muscle soreness, boost immunity, prevent acid reflux and kidney stones. Watermelon is also known to improve your eye health and protect your skin.

Etiquette: Recite Bismillah before eating and eat with your right hand. Eat the food which is nearer to you.



Honey

Honey helps strengthen the stomach, aids in digestion, eliminates phlegm and even reduces muscle fatigue. Honey is also used to treat wounds, minor burns and is known to be good for your skin.



Milk

Milk is undoubtedly a great source of nutrients such as calcium, protein, potassium and many more. Its high nutrition value aids in making your bones and teeth healthy while repairing muscles and maintaining healthy red blood cells.



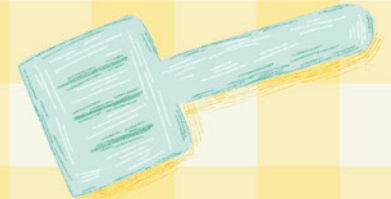
Vinegar

It may have a potential role in diabetes management, promote heart health, soothes sore throats, help with bloating and heartburn.



Cucumber

It is high in nutrients, contains anti-oxidant that can reduce risks of chronic diseases, and promotes hydration for the body.



LET'S WATCH!




















Scan the QR code to check out aLIVE's animation series, 'Alif & Aisya'.

Our siblings duo, Alif & Aisya will share about halal and toyyib (good) food!



ADIL FREE RAMADAN CLASSES 2022

ADIL is an Islamic learning programme designed to suit our Muslim adults' contemporary spiritual and intellectual needs.

MOSQUE	TITLE	LANG	MURABBI/TRAINER	START	END	TIME	PLATFORM
Assyakirin (Tmn Jurong)	Bengkel Solat	Malay	Ust Syahid Latif	21 May	21 May	9.00am - 1.00pm	
Al-Falah (Bideford Rd)	The Chosen One 1 & 2	English	Ust Muhd Zulkarnain Azman	10 Mar	31 Mar	8.00pm - 10.00pm	
Al-Iman (Bukit Panjang)	Fiqh Ramadan	English	Ust Khalid Rafi	26 Mar	26 Mar	9.30am - 1.30pm	
Al-Islah (Punggol)	Fardhu Ain	English	Ust Muhd Aiman Abdul Halid	24 Mar	31 Mar	7.45pm - 9.45pm	
Al-Islah (Punggol)	Fiqh Ramadan	English	Ust Muhd Luqman Hakim bin Roslan	21 Mar	28 Mar	7.45pm - 9.45pm	
Al-Islah (Punggol)	Fiqh Ramadan for the Deaf Community	English	Ust Fadhlullah Daud	11 Mar	1 April	7.45pm - 9.45pm	
Al-Istighfar (Pasir Ris)	Fiqh Ramadan	English	Ust Muhd Maaz Sallim	26 Mar	26 Mar	6.00pm - 10.00pm	
Al-Istighfar (Pasir Ris)	Warisan Kenabian 1 & 2	Malay	Ust Muhd Izaan Mahat	21 May	5 Jun	6.00pm - 10.00pm	
Al-Muttaqin (Ang Mo Kio)	Fiqh Ramadan	English	Ust Mohd Hafiz Mohd Hisham	18 Mar	25 Mar	7.30pm - 9.30pm	
Al-Muttaqin (Ang Mo Kio)	Fiqh Ramadan	Malay	Ust Mohd Nazim Rahuma Dulla	18 Mar	25 Mar	7.30pm - 9.30pm	
An-Nur (Admiralty)	Insan Pilihan 1 & 2	Malay	Ust Firda Abdul Wahid & Ust Muhd Umaruddin Zainuddin	19 Mar	26 Mar	9.00am - 1.00pm	
Ar-Raudhah (Bukit Batok)	Manual Muslim 1 & 2	English	Ustaz Hanan Farihin	19 Mar	26 Mar	2.00pm - 6.00pm	
Darul Ghufuran (Tampines)	Fiqh Ramadan	Malay	Ust Fakhruddin Amin	24 Mar	25 Mar	8.00pm - 10.00pm	
Darul Ghufuran (Tampines)	Living Sources 1 & 2	English	Ust Ahmad Helmi	19 May	27 May	8.00pm - 10.00pm	
Darul Makmur (Yishun)	Fiqh Ramadan	English	Ust Syazwan Elrani	26 Mar	26 Mar	9.00am - 1.00pm	
Kampung Siglap (Marine Parade)	Bengkel Solat	Malay	Ust Najib Ahmad	24 May	31 May	7.30pm - 9.30pm	
Yusuf Ishak (Woodlands)	Fiqh Ramadan	Malay	Ustz Dr Rohana Ithnin	25 Mar	26 Mar	7.30pm - 9.30pm 2.00pm - 4.00pm	
Maarof (Boon Lay)	Fiqh Ramadan	Malay	Ust Ammar Yasir	23 Mar	30 Mar	7.30pm - 9.30pm	
Maarof (Boon Lay)	Fardhu Ain	Malay	Ust Muhd Mustafa Roslan	26 Mar	2 April	10.00am - 12.00pm	



Physical



Virtual



Hybrid

Register for these classes at
www.learnislam.sg

