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AUSTRALIA

RAMADAN

TEENAGER'S

Activities and planning sheets
for teenagers ages 11-18

ACTIVITY BOOK



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Fasting Chart

🌙 = Fasted ⚡ = to make-up



Ramadan Goals

Prayers

Quran

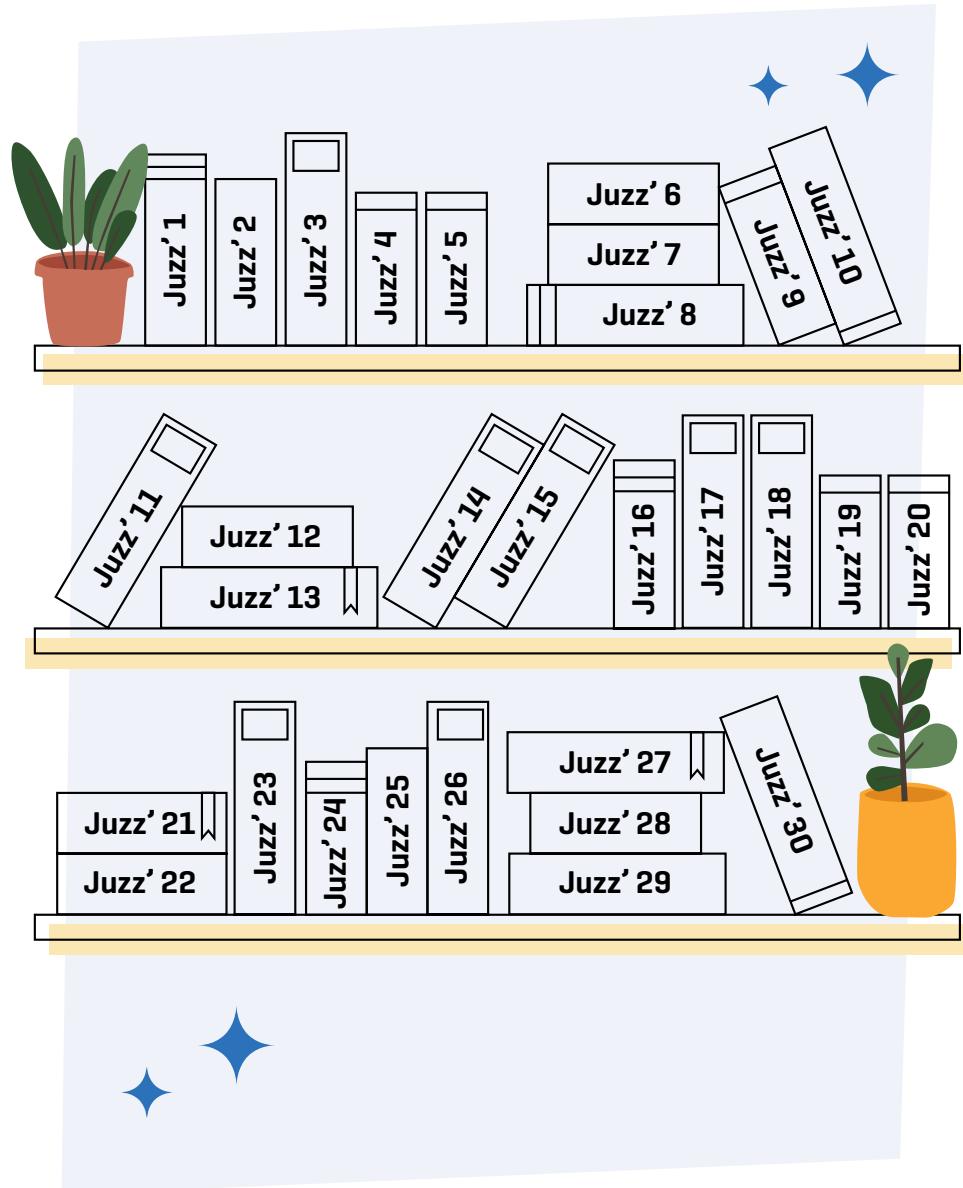
Charity

Self-Improvement

Health & Wellness

Habits to Break

Recitation Tracker



Good Deeds Challenge

| | | | | |
|--|--|--|--|---|
| Wake up for Tahajjud and make sincere dua | Write 3 things you're grateful for | Avoid excessive phone & social media use | Give Sadaqah, even if it's a small amount | Say "Alhamdulillah" 100 times today |
| Call or visit family or friends | Share a beneficial Islamic reminder | Make istighfar 1000 times today | Make wudu before going to sleep | Make a conscious effort to speak only good words |
| Take care of your body by eating nutritious food | Read about the life of the Prophet ﷺ | Replace negative thoughts with gratitude | Watch an Islamic lecture & apply its lessons | Pray extra Sunnah prayers |
| Compliment someone sincerely | Read & learn about the names of Allah AWT | Forgive someone who wronged you | Buy a Eid gift for a child in need | Donate old clothes in good condition |
| Memorize one new Dua | Seek genuine forgiveness | Increase your dhikr | Avoid complaining today | Smile at a stranger |
| Sleep early & wake up early | Spend the last hour before iftar in deep worship | Do a secret good deed without telling anyone | Help someone in your home or community | Make a plan to continue good habits after Ramadan |

Daily Dhikr List



Morning & Evening

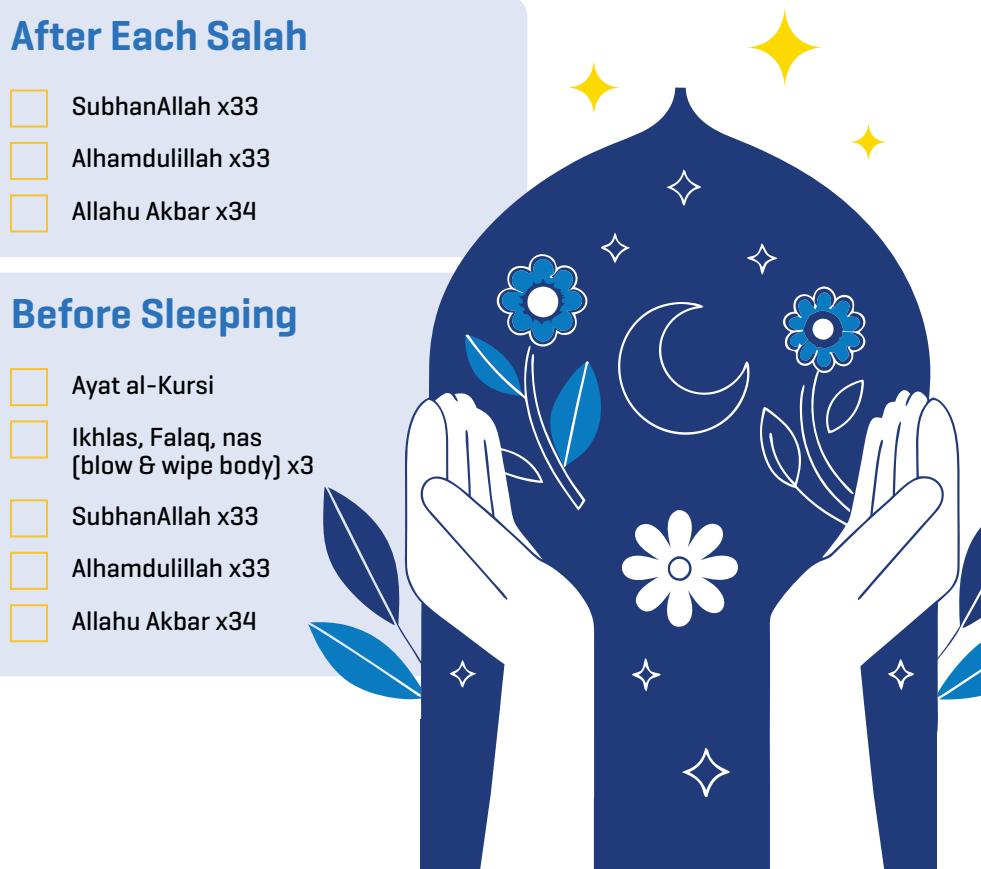
- Ayat al-Kursi [2:255]
- Surah Ikhlas, Falaq, Nas x3
- La ilaha illa Allah, wahdahu la sharika lahu x100 (can split)
- SubhanAllah wa bihamdih x 100
- Bismillahi lladi la yadurru x3
- Radheetu billahi Rabba x3

After Each Salah

- SubhanAllah x33
- Alhamdulillah x33
- Allahu Akbar x34

Before Sleeping

- Ayat al-Kursi
- Ikhlas, Falaq, nas
(blow & wipe body) x3
- SubhanAllah x33
- Alhamdulillah x33
- Allahu Akbar x34





Ramadan Duas



First Ashra - Days of Mercy

رَبُّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rabbighfir Warham wa'anta Khair ur Rahimeen

"My Lord, forgive and have mercy, and you are the best of the merciful"

Second Ashra - Days of Forgiveness

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَنُوبُ إِلَيْهِ

Astaghfirullah rabbi min kulli zambiyon wa atoobu ilaiyh

"I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him"

Last Ashra - Days of Seeking Refuge

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allahumma ajirni minan naar

"O Allah, protect me from Hell"

Laylatul Qadr

اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُّ الْعَفْوَ فَاغْفِرْ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa, fa'fu 'anni

"O Allah, You are Forgiving and love forgiveness, so forgive me"

Digital Detox Challenge



No phone 1 hour after waking up

Social media-free day

Don't use phone on the toilet

Turn off notifications

Tech-free meal

Leave phone at home

Read instead of scrolling

Limit screens after school

Unsubscribe from emails

Have a phone-free outing

Don't check phone while walking

No phone while waiting

Unfollow people you don't know

no phone after 9pm

Block offline time on your calendar

No phone while eating

Doodle instead of scrolling

Internet-free evening

no social media for 4 hours

Listen to quran (no screens)

Delete unused apps

sit outside for 15 mins with no phone

Don't use your phone after Iftar

hang out with loved ones and be in the moment

Write in a journal

Don't use phone for 2 hours before bed

delete one social media app

No phone ³ at meals all day

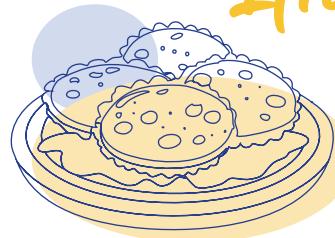
Set "Do Not Disturb" hours

Plan your ideal tech-life balance

Spot the Difference



Iftar Recipe



Green fritters

30 mins Easy

Ingredients

| | |
|--|---|
| <input type="checkbox"/> 140g courgettes [grated] | <input type="checkbox"/> Small pack dill [roughly chopped] |
| <input type="checkbox"/> 3 medium eggs | <input type="checkbox"/> 3 tbsp gluten-free flour [or rice flour] |
| <input type="checkbox"/> 85g broccoli [finely chopped] | <input type="checkbox"/> 2 tbsp sunflower oil [for frying] |

Directions

Step 1

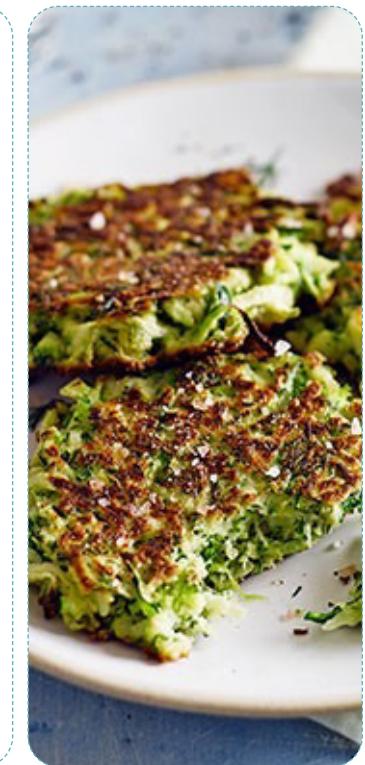
Squeeze the courgettes between your hands to remove any excess moisture, or tip onto a clean tea towel and twist it to squeeze out the moisture.

Step 2

Beat the eggs in a bowl, add the broccoli, courgettes and most of the dill, and mix together. Add the flour, mix again and season.

Step 3

Heat the oil in a non-stick frying pan. Put a large serving spoon of the mixture in the pan, then add 2 more spoonfuls so you have 3 fritters. Leave for 3-4 mins on a medium heat until golden brown on one side and solid enough for you to flip over, then flip over and leave to go golden on the other side. Repeat to make 3 more fritters [there is no need to add any more oil to the pan after the first batch]. Scatter with the remaining dill to serve.



Sunnah Foods

Below are Prophetic inspired foods you can incorporate during Ramadan. Each of these food are high in nutritions, have healing properties and are high in vital nutrients [vitamins/minerals].



Dates

Full of vitamins, minerals and high in fibre



Figs

High in fibre & may promote digestive health



Cucumber

Low in calories but high in vitamins & minerals



Watermelon

High in water content [92%]



Pumpkin

High in antioxidants



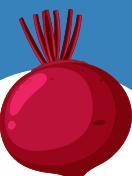
Honey

Can be used as a natural cough suppressant



Barley

High in soluble fibre



Beetroot

Contains key nutrients including folate, manganese & copper

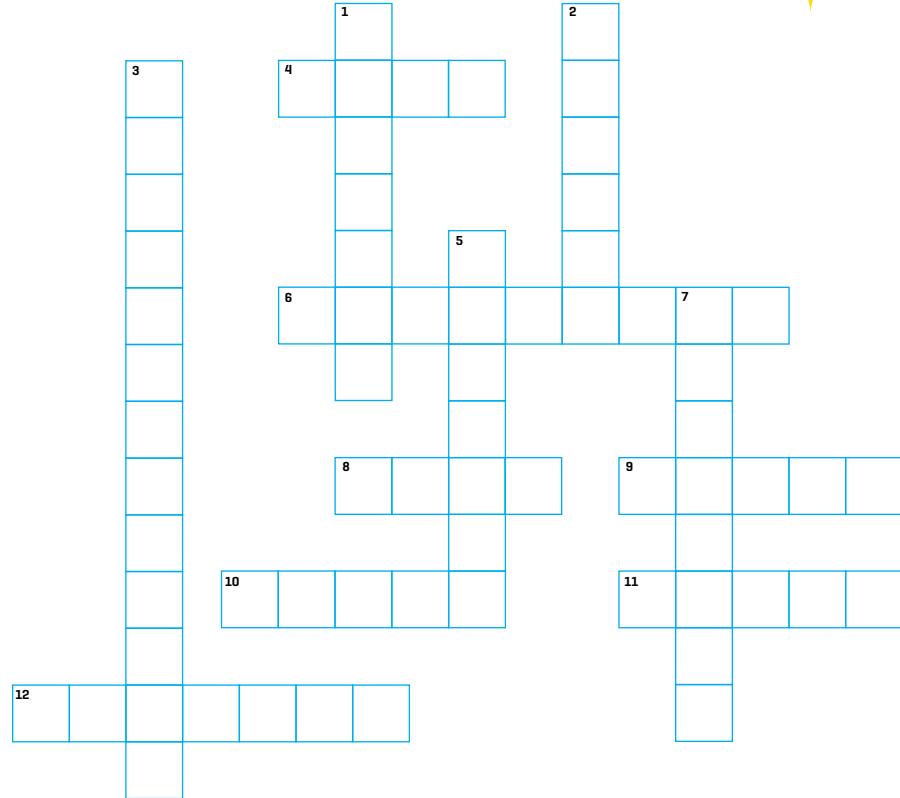


Grapes

High in antioxidants



Ramadan Crossword



Across

4. Fourth pillar of Islam
6. Name of festival
8. Name of the cave where the Quran was first revealed.
9. Ramadan is known as the month of the.....
10. Which month of the Islamic year is Ramadan at the end of Ramadan?
11. The purpose of Ramadan is to gain.....
12. Name of charity to be paid before Eid prayers.

Down

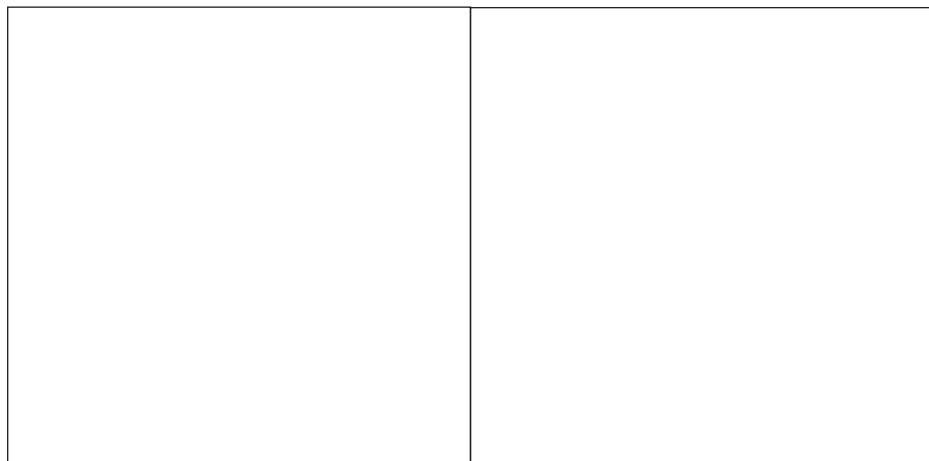
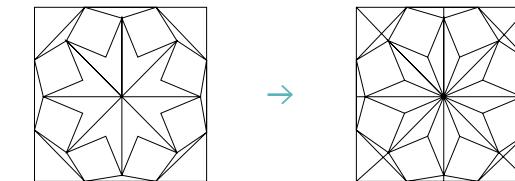
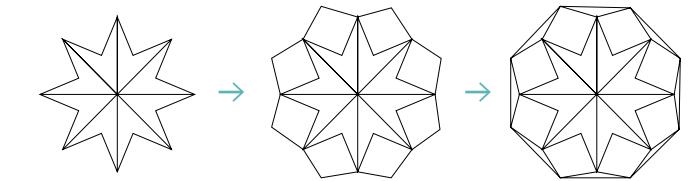
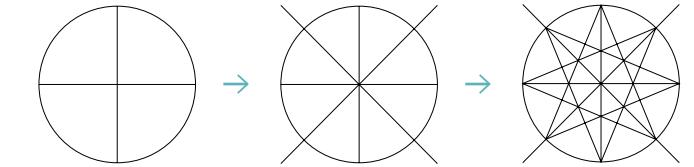
1. What is the name of the night prayers?
2. Seclusion in the last ten days of Ramadan.
3. Layla tal qadr...which night of Ramadan is the consensus.
5. Which Surah contains the command to fast?
7. Layla tal Qadr: Night that is better than amonths.



99 Names of *Allah*

| | | | | | | | | |
|---|---|--|--|--|--|--|--|---|
| الْجَبَارُ | الْعَزِيزُ | الْمُهَمَّمُ | الْمُؤْمِنُ | السَّلَامُ | الْقَدُوسُ | الْمَلِكُ | الرَّحِيمُ | الرَّحْمَنُ |
| Al-Jabbar The Compeller, The Restorer | Al-Aziz The All Mighty | Al-Muhaimin The Guardian, The Witness, The Overseer | Al-Mumin The One Who gives Eman and Security | As-Salaam The Perfection and Giver of Peace | Al-Qudus The Absolutely Pure | Al-Malik The King or the Ruler | Ar-Rahim The Bestower of Mercy | Ar-Rahman The Most or Entirely Merciful |
| الْفَتَّاحُ | الرَّزَّاقُ | الْوَهَابُ | الْقَهَّارُ | الْغَفَّارُ | الْمُصَوَّرُ | الْبَارِئُ | الْخَالِقُ | الْمُتَكَبِّرُ |
| Al-Fattah The Opener, The Judge | Ar-Razzaq The Provider | Al-Wahab The Giver of Gifts | Al-Qahhar The Subduer, The Ever-Dominating | Al-Ghaffar The All-and Often-Giving | Al-Mushawir The Fashioner | Al-Baari The Originator | Al-Khaliq The Creator, The Maker | Al-Mutakabbir The Supreme, The Majestic |
| الْبَصِيرُ | السَّمِيعُ | الْمُذَلُّ | الْمُعَزُّ | الْرَّافِعُ | الْخَافِضُ | الْبَاسِطُ | الْقَابِضُ | الْعَلِيمُ |
| Al-Basir The All-Seeing | Al-Samim The All-Hearing | Al-Mudzil The Dishonourer, The Humiliator | Al-Mu'izz The Honourer, The Bestower | As-Saifi The Exalter, The Elevator | Al-Khaifath The Reducer, The Abaser | Al-Basith The Extender | Al-Qabidh The Withholder | Al-'Alim The All-Knowing, The Omniscent |
| الْعَالِيُّ | الشَّكُورُ | الْغَفُورُ | الْعَظِيمُ | الْحَلِيمُ | الْخَبِيرُ | الْلَّطِيفُ | الْعَدْلُ | الْحَكْمُ |
| Al-'Alu The Most High, The Exalted | As-Syakur The Most Appreciative | Al-Ghafur The Most Forgiving, The Exceedingly Forgiving | Al-'Azhim The Magnificent, The Supreme | Al-Halim The Most Forbearing | Al-Khabir The Acquainted, The All-Aware | Al-Latifi The Subtle One, The Most Gentle | Al-'Adl The Utterly Just | Al-Hakam The Judge, The Giver of Justice |
| الْوَاسِعُ | الْمُجِيبُ | الْرَّقِيبُ | الْكَرِيمُ | الْجَلِيلُ | الْحَسِيبُ | الْمُقِيتُ | الْحَفِظُ | الْكَبِيرُ |
| Al-Wasi The All-Encompassing, The Boundless | Al-Mujib The Responsive One | Ar-Raqib The Watchful | Al-Karim The Most Generous, The Most Esteemed | Al-Jalil The Majestic | Al-Hasib The Reckoner, The Suficient | Al-Muqit The Sustainer | Al-Hafizh The Preserver, The All-Heedful and All-Protecting | Al-Kabir The Most High, The Exalted |
| الْمَتِينُ | الْقَوِيُّ | الْوَكِيلُ | الْحَقُّ | الْشَّهِيدُ | الْبَاعِثُ | الْمَحِيدُ | الْوَدُودُ | الْحَكِيمُ |
| Al-Matin The Firm, The Steadfast | Al-Qawi The All-Strong | Al-Wakil The Trustee, The Disposer of Affairs | Al-Haq The Absolute Truth | As-Syahid The All-and Ever-Witnessing | Al-Ba'its The Resurrector, The Raiser of the Dead | Al-Majid The Glorious, The Most Honorable | Al-Wadud The Most Loving | Al-Hakim The All-Wise |
| الْقَيُومُ | الْحَيُّ | الْمُمِيتُ | الْمُحْيِي | الْمُعِيدُ | الْمُبْدِئُ | الْمُحْصِي | الْحَمِيدُ | الْوَلِيُّ |
| Al-Qayuum The Sustainer, The Self-Subsisting | Al-Hayu The Ever-Living | Al-Mumit The Bringer of Death, The Destroyer | Al-Muhyi The Giver of Life | Al-Mu'iid The Restorer, The Reinstate | Al-Mubdi The Originator, The Initiator | Al-Muhsini The All-Enumerating, The Counter | Al-Hamid The Praiseworthy | Al-Wali The Protecting Associate |
| الْمُؤَخِّرُ | الْمُقَدَّمُ | الْمُفَتَّرُ | الْقَادِرُ | الصَّمَدُ | الْأَحَدُ | الْوَاحِدُ | الْمَاجِدُ | الْوَاجِدُ |
| Al-Muakhir The Delayer, The Retarder | Al-Muqaddim The Expediter, The Promoter | Al-Muftadr The Omnipotent | Al-Qadir The Capable, The Powerful | As-Shamad The Eternal, Satisfier of Needs | Al-Ahad The Unique, The Only One | Al-Wahid The One | Al-Majid The Illustrious, The Magnificent | Al-Wajid The Perceiver |
| الْمُنْتَقِمُ | الْتَّوَابُ | أَبْرَرُ | الْمُتَعَالِيُّ | الْوَالِيُّ | الْبَاطِنُ | الْظَّاهِرُ | الْآخِرُ | الْأَوَّلُ |
| Al-Muntaqm The Avenger | At-Tawbaab The Ever-Pardoning, The Relenting | Al-Baru The Source of Goodness, The Kind Benefactor | Al-Mut'aali The Self-Exalted | Al-Wali The Governor, The Patron | Al-Batin The Hidden One, Knower of the Hidden | Al-Zhaahir The Manifest | Al-Aakhir The Last | Al-Awwal The First |
| الْمَانِعُ | الْمُغْنِيُّ | أَغْنَيُّ | الْجَامِعُ | الْمُقْسِطُ | ذُو الْجَلَالِ | مَالِكُ الْمُلْكِ | الرَّءُوفُ | الْعَفُوُ |
| Al-Maani The Withholder | Al-Mughni The Enricher | Al-Ghanim The Self-Sufficient, The Wealthy | Al-Jamii The Gatherer, The Uniter | Al-Muqist The Equitable, The Requirer | Dzu'l-Jalaal Wal Ikrāam Possessor of Glory and Honour, Lord of Majesty and Generosity | Malikul Mulk Master of the Kingdom, Owner of the Dominion | Ar-Rauf The Most Kind | Al-Afuww The Pardoner |
| الصَّابُورُ | الرَّشِيدُ | الْوَارِثُ | الْبَانِقِيُّ | الْبَدِيعُ | الْهَادِيُّ | النُّورُ | النَّافِعُ | الضَّارُّ |
| As-Shabur The Forbearing, The Patient | Ar-Rashid The Guide, Infallible Teacher | Al-Warith The Inheritor, The Heir | Al-Baqi The Ever-Surviving, The Everlasting | Al-Badi The Incomparable Originator | Al-Hadil The Guide | An-Nur The Light, The Illuminator | An-Nafis The Propitious, The Benefactor | Ad-Dhaar The Distresser |

Make a Geometric Pattern



RAMADAN QUIZ

In which month was the Quran first revealed to Prophet Muhammad [pbuh]?

.....

How many chapters or Surahs does the Quran contain?

.....

How many Prophets are mentioned in the Quran?

.....

Over what period was the complete Quran revealed?

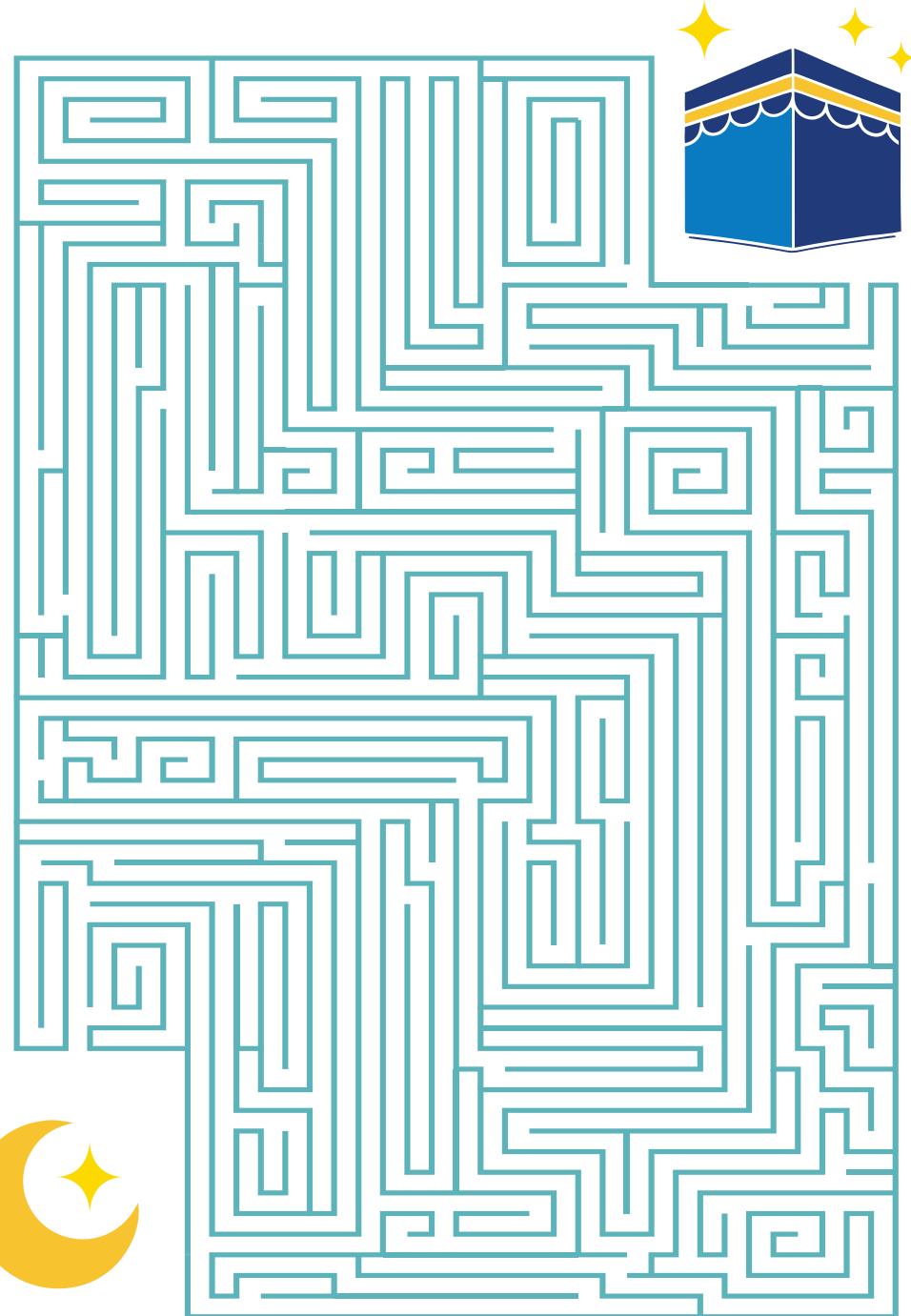
.....

Write the name of the longest surah in Quran?

.....

What are the names of the other three Sacred Books besides the Quran?

.....



Eid al-Fitr Sunnahs



1

Wake up
earlier than
usual



2

Do Ghusl



3

Wear your
best clothes



5

Pay Zakat al-Fitr
before Eid prayer



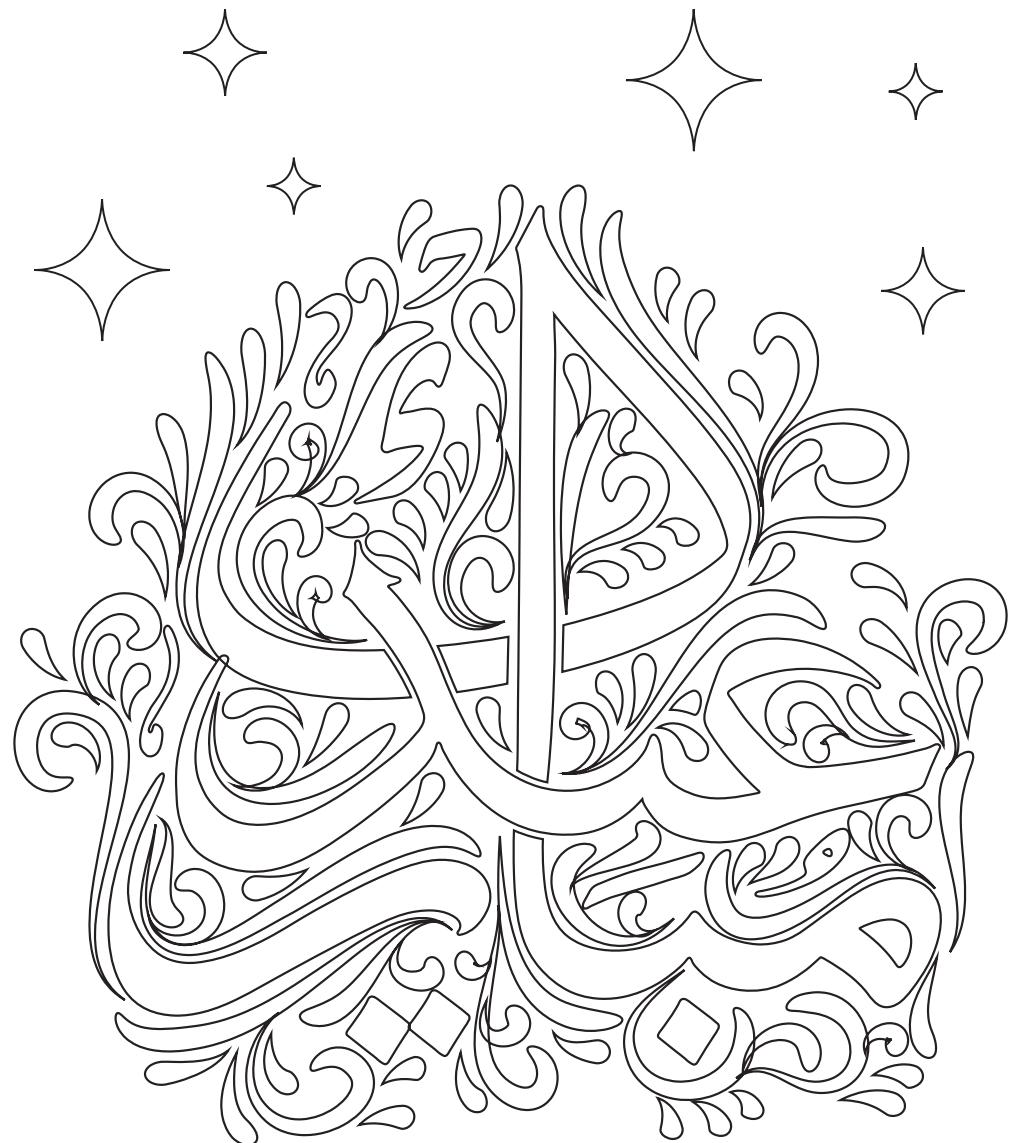
4

Eat odd
number of
dates



6

Go to Eid prayer



EID MUBARAK

Ramadan

Giving

Give Iftar

\$10
per meal

Zakt al Fitr

\$20
per person

Eid Gift

\$25
per gift

Fidya/Kaffarah

\$20
per day

Food Pack
from

\$99



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give!



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