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RELIEF  
AUSTRALIA

# RAMADAN

## TEENAGER'S

Activities and planning sheets  
for teenagers ages 11-19

# ACTIVITY BOOK



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# Fasting Chart

 = Fasted     = to make-up

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

# Ramadan Goals

## Prayers

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Quran

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Charity

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Self-Improvement

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

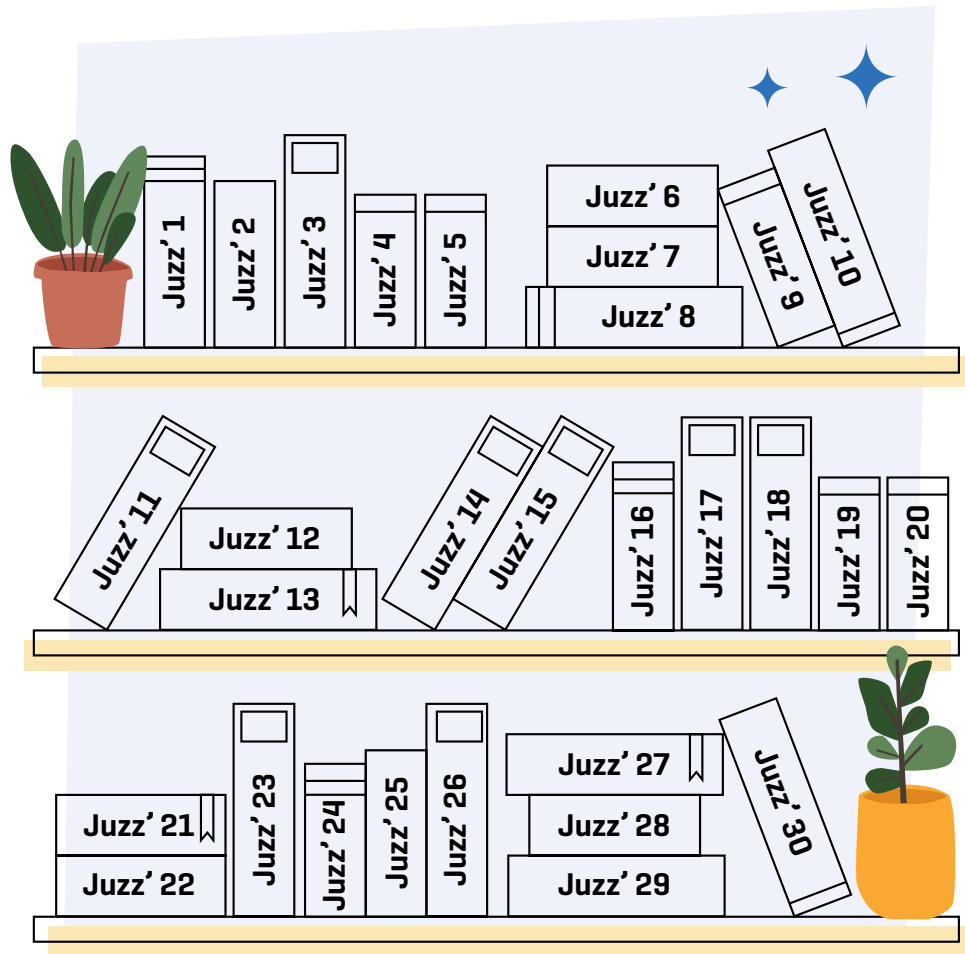
## Health & Wellness

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Habbits to Break

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# 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 lah 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

رَبِّ 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 وَأَتُوبُ 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 عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

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

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

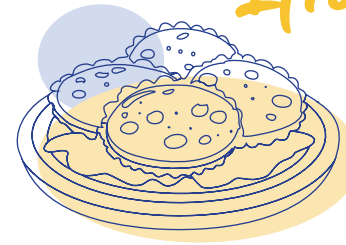
# Digital Detox Challenge

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 calender
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 bad	delete one social media app	No phone 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 foods are high in nutrients, have healing properties and are high in vital nutrients [vitamins/minerals].



## Dates

Full of vitamins, minerals and high in fibre



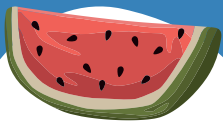
## Figs

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



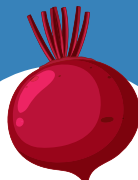
## Honey

Can be used as a natural cough suppressant



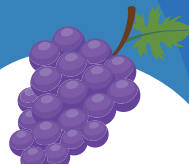
## Barley

High in soluble fibre



## Beetroot

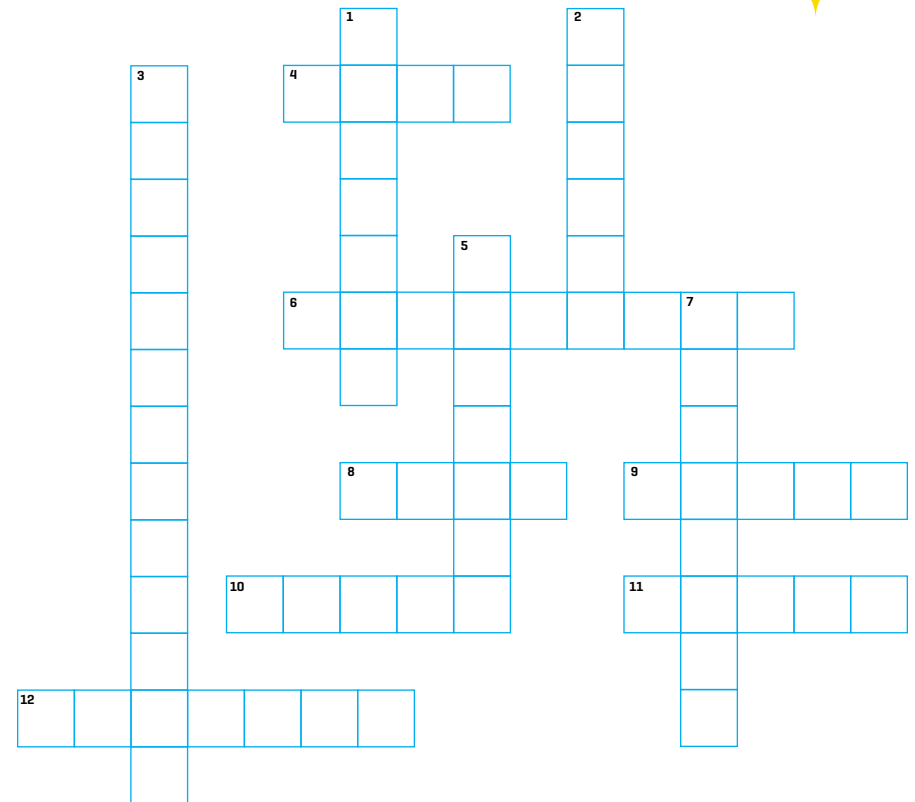
Contains key nutrients including folate, manganese & copper



## 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 a .....months.

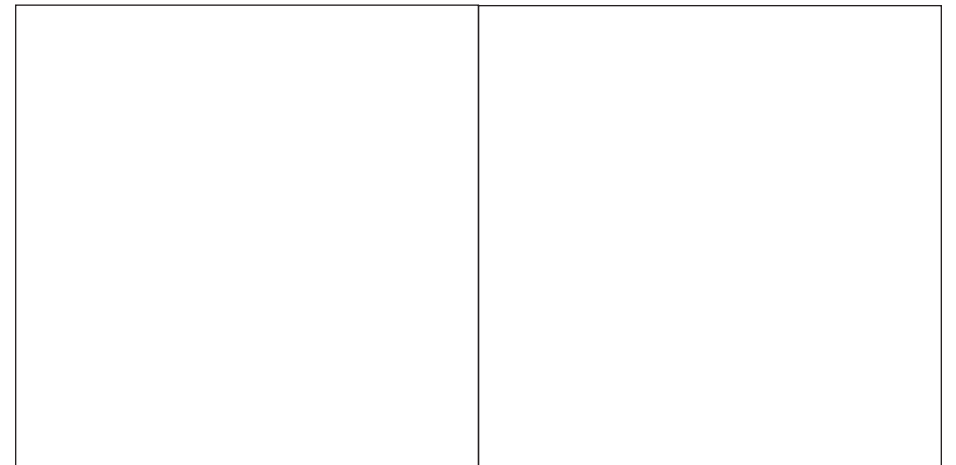
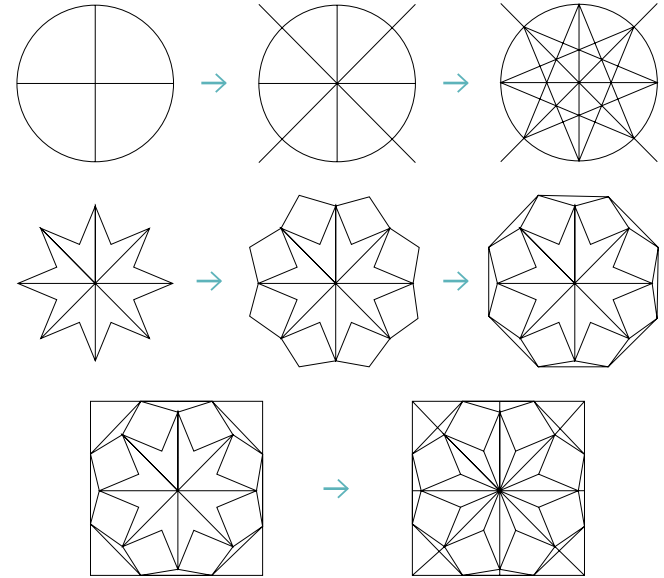




# 99 Names of Allah

الْجَبَّارُ Al Jabbar The Compeller, The Restorer	الْعَزِيزُ Al Aziz The All Mighty	الْمُهَيِّمِ Al Muhaimin The Guardian, The Witness, The Overseer	الْمُؤْمِنُ Al Mu'min The One Who gives Emaan and Security	السَّلَامُ As Salaam The Perfection and Giver of Peace	الْقُدُّوسُ Al Quddus The Absolutely Pure	الْمَلِكُ Al Malik The King or The Ruler	الرَّحِيمُ Ar Rahim The Bestower of Mercy	الرَّحْمَنُ Ar Rahman The Most or Entirely Merciful
الْفَتَّاحُ Al Fataah The Opener, The Judge	الرَّزَّاقُ Ar Razaq The Provider	الْوَهَّابُ Al Wahhaab The Giver of Gifts	الْقَهَّارُ Al Qahhaar The Subduer, The Ever-Dominating	الْغَفَّارُ Al Ghaffaar The All- and Off-Forgiving	الْمَصْورُ Al Mushawwir The Fashioner	الْبَارِئُ Al Baari The Originator	الْخَلْقُ Al Khaliq The Creator, The Maker	الْمُتَكَبِّرُ Al Mutakabbir The Supreme, The Majestic
الْبَصِيرُ Al Bashir The All-Seeing	السَّمِيعُ Al Samii The All-Hearing	الْمُذِلُّ Al Mudzil The Dishonourer, The Humiliator	الْمُعِزُّ Al Mu'izz The Honourer, The Bestower	الرَّافِعُ Ar Raafi The Exalter, The Elevator	الْخَافِضُ Al Khaafidh The Reducer, The Abaser	الْبَاسِطُ Al Baasith The Extender	الْقَابِضُ Al Qaabidh The Withholder	الْعَلِيمُ Al 'Alim The All-Knowing, The Omniscient
الْعَلِيُّ Al Ali The Most High, The Exalted	الشَّكُورُ As Syakuur The Most Appreciative	الْغَفُورُ Al Ghafuur The Forgiving, The Exceedingly Forgiving	الْعَظِيمُ Al 'Azhim The Magnificent, The Supreme	الْحَلِيمُ Al Halim The Most Forbearing	الْخَبِيرُ Al Khabir The Acquainted, The All-Aware	اللطيف Al Lathif The Subtle One, The Most Gentle	الْعَدْلُ Al 'Adl The Utterly Just	الْحَكَمُ Al Hakam The Judge, The Giver of Justice
الْوَاسِعُ Al Waasi The All-Encompassing, The Boundless	الْمُجِيبُ Al Mujiib The Responsive One	الرَّقِيبُ Ar Raqiib The Watchful	الْكَرِيمُ Al Karim The Most Generous, The Most Esteemed	الْجَلِيلُ Al Jalil The Majestic	الْحَسِيبُ Al Hasib The Reckoner, The Sufficient	الْمُقِيتُ Al Muqit The Sustainer	الْحَفِيطُ Al Hafizh The Preserver, The All-merciful and All-protecting	الْكَبِيرُ Al Kabir The Most High, The Exalted
الْمَتِينُ Al Matin The Firm, The Steadfast	الْقَوِيُّ Al Qawiyu The All-Strong	الْوَكِيلُ Al Wakil The Trustee, The Disposer of Affairs	الْحَقُّ Al Haqq The Absolute Truth	الشَّهِيدُ As Syahid The Witness, and Ever Witnessing	الْبَاعِثُ Al Ba'ith The Resurrector, The Raiser of the Dead	الْمَجِيدُ Al Majid The Glorious, The Most Honorable	الْوَدُودُ Al Waduud The Most Loving	الْحَكِيمُ Al Hakim The All-Wise
الْقَيُّومُ Al Qayyum The Sustainer, The Self-Subsisting	الْحَيُّ Al Hayyu The Ever-Living	الْمُمِيتُ Al Mumitu The Bringer of Death, The Destroyer	الْمُحْيِي Al Muhyi The Giver of Life	الْمُعِيدُ Al Mu'id The Restorer, The Reinstater	الْمُبْدِي Al Mubdi The Originator, The Initiator	الْمُخْصِي Al Muhshii The All-Enumerating, The Counter	الْحَمِيدُ Al Hamid The Praiseworthy	الْوَلِيُّ Al Waliyy The Protecting Associate
الْمُؤَخِّرُ Al Mu'akkhir The Delayer, The Retarder	الْمُقَدِّمُ Al Muqaddim The Expediter, The Promoter	الْمُقْتَدِرُ Al Muqtadir The Omnipotent	الْقَادِرُ Al Qadir The Capable, The Powerful	الصَّمَدُ As Shamad The Eternal, Satisfier of Needs	الْأَحَدُ Al Ahad The Unique, The Only One	الْوَاحِدُ Al Wahid The One	الْمَاجِدُ Al Maajid The Illustrious, The Magnificent	الْوَاكِدُ Al Waajid The Perceiver
الْمُنْتَقِمُ Al Muntaqim The Avenger	التَّوَّابُ At Tawwaab The Ever-Forgiving, The Relenting	الْبَرُّ Al Baru The Source of Goodness, The Kind Benefactor	الْمُتَعَالِي Al Muta'ali The Self Exalted	الْوَالِي Al Wasil The Governor, The Patron	الْبَاطِنُ Al Baathin The Hidden One, Knower of the Hidden	الظَّاهِرُ Az Zhaahir The Manifest	الْآخِرُ Al Aakhir The Last	الْأَوَّلُ Al Awwal The First
الْمَنَاعُ Al Maani The Withholder	الْمُغْنِي Al Mughni The Enricher	الْغَنِيُّ Al Ghaniyy The Self-Sufficient, The Wealthy	الْجَامِعُ Al Jami The Gatherer, The Uniter	الْمُقْسِطُ Al Muqsih The Equitable, The Requirer	ذُو الْجَلَالِ وَالْإِكْرَامِ Dzu Jalaali Wal Ikraam Possessor of Glory and Honour, Lord of Majesty and Generosity	مَالِكُ الْمُلْكِ Malikul Mulk Master of the Kingdom, Owner of the Dominion	الرَّءُوفُ Ar Ra'uf The Most Kind	الْعَفُو Al Afuwv The Pardoner
الصَّبُورُ As Shabuur The Forbearing, The Patient	الرَّشِيدُ Ar Rasyid The Guide, Infallible Teacher	الْوَارِثُ Al Waris The Inheritor, The Heir	الْبَاقِي Al Baqil The Ever-Surviving, The Everlasting	الْبَدِيعُ Al Badii The Incomparable Originator	الْهَادِي Al Haadi The Guide	النُّورُ An Nuur The Light, The Illuminator	النَّافِعُ An Nafi The Propitious, The Benefactor	الضَّارُّ 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?

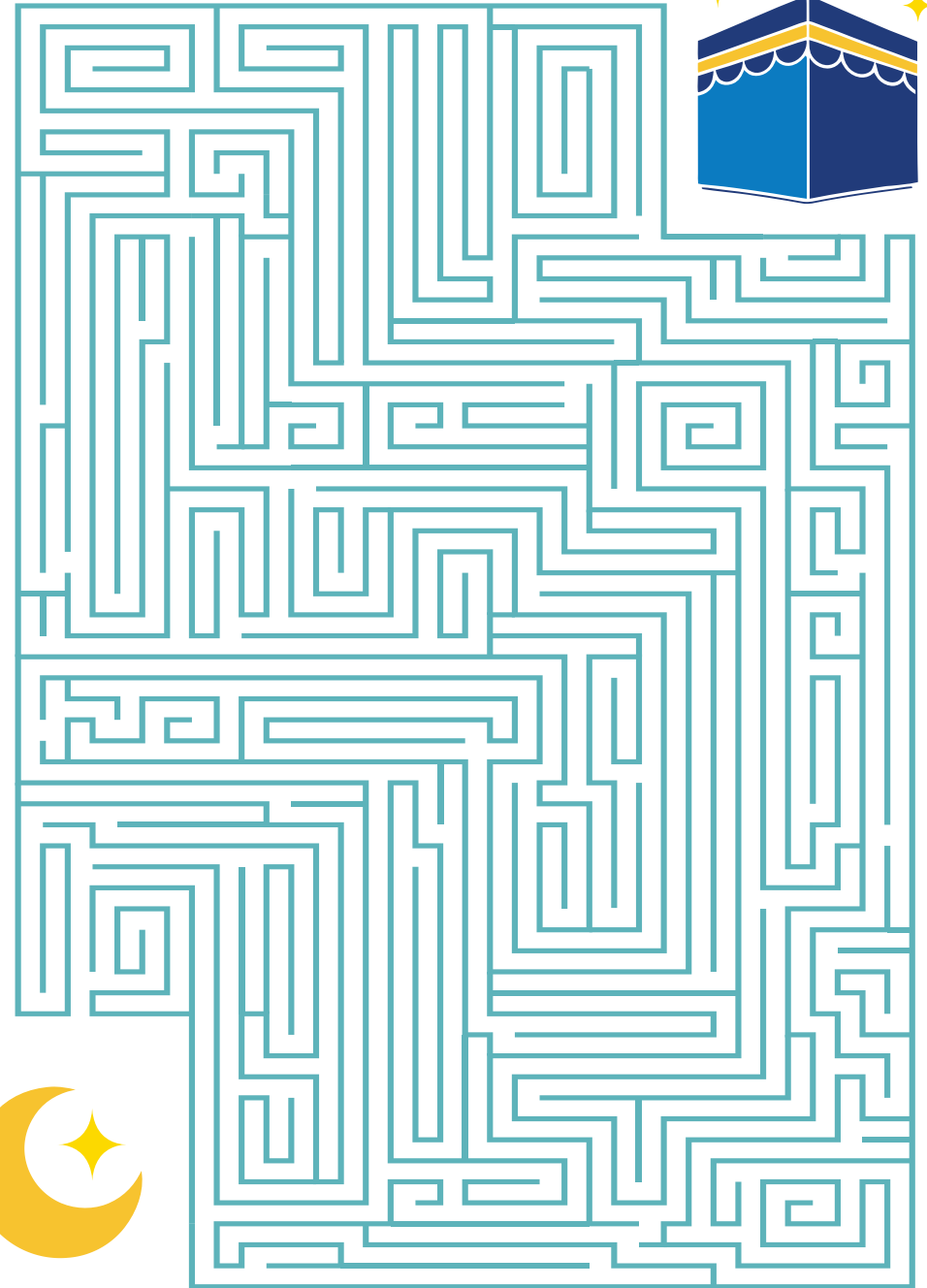
.....

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

Eat odd  
number of  
dates



4

6

Go to Eid prayer



## EID MUBARAK



ISLAMIC  
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AUSTRALIA

# 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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