

# WHAT IS FASTING?

*Day 3*

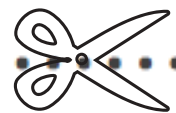
## YOU WILL NEED:

- **(2) Plastic Cups**
- **Permanent Marker**
- **Scissors**

## INSTRUCTIONS:

1. Give each child two plastic cups labeled "Give Up" and "Fill Up" and print the set of "Give Up, Fill Up" strips.
2. Give them scissors or help them cut their strips apart and place them into the correct cup.
3. Have your child draw one strip of paper from each cup every day.
4. One of the cups has something they will give up and the other cup has something they can do to fill up with and grow closer to Allah.

## GIVE UP



SWEETS AND SUGARY FOODS

TV AND TABLET

ARGUING AND COMPLAINING

TOYS

YOUR CHOICE

## FILL UP



**Memorize:** Surah Al-Ikhlâs (Chapter 112)

Bismi Allâhi arrahmâni arrahîm. Qul huwa Allâhu ahad, Allâhu assamad. Lam yalid walam yoolad. Walam yakun lahu kufuwan ahad.

**Write:** a prayer to Allâh. What can you thank God for?

**Help:** your parents with a chore around the house.

**Pray:** for forgiveness during Ramadan and for strength and knowledge during this time. Thank God for everything He has given you. *Spend three minutes praying.*

**Recite:** Surah Al-Qadr (Chapter 97).