

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Ramadan: Kindness is...

Ramadan is the Arabic name for the ninth month in the Islamic calendar, considered one of the holiest Islamic months. Fasting is a key part of Ramadan and all those of able body and sound mind fast during this Holy time, from sunrise to sunset. Ramadan is a time when Muslims are encouraged to give to charity, strengthen their relationship with God and show kindness and patience.

Our Kindness is... activity will support your Ramadan celebrations.

Learning aims

- Talk about their own experiences
- Introduce vocabulary to describe a range of feelings
- Share their ideas and feelings with others
- Model kindness in their interactions with others.



Resources

- Pen and paper
- Quiet space to sit and chat
- Camera (optional).

Activity outline

1. Talk to children about what it means to be kind. Ask the children to share their own experiences of people being kind to them, e.g. their parents, family members or friends and how acts of kindness make them feel. Introduce language to describe a range of feelings
2. Talk about how it feels if somebody isn't kind to them
3. Ask the children to think about how they can be kind in nursery, to each other and to adults
4. Write the title 'Kindness is...' and scribe their ideas, talking about their examples
5. Discuss how the children can demonstrate their identified examples of kindness
6. Towards the end of the day, re-visit the 'Kindness is...' list. Find out if anybody got a chance to demonstrate kindness, such as holding a door open for somebody else
7. Optional – take photos of children carrying out various acts of kindness. Create your own 'Kindness is...' display to revisit with the children.

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Extension ideas

- Start planning your Eid-al-Fitr (festival of the breaking of the fast) celebrations which happen at the end of Ramadan. Activity ideas could include a look at key features of the celebration and comparing this to other celebrations and traditions, e.g. new clothes, gifts, foods and prayers. Prepare a snack time feast for children to enjoy.

Support for this activity

- Factsheet: [British Values in Practice](#)