



# EYFS Ramadan Guide



Guide by Tiny Travels & Mamma Filz

# RAMADAN

# Early Years Guide

## Introduction

This guide has been created to help nurseries ensure that Ramadan is being included in their yearly calendar of cultural events. This guide provides a week of activities that can be adapted to suit your setting.

## The Story Behind This Guide

My name is Kate, founder of Tiny Travels where I run cultural educational sessions for children in rural Devon. From working in over 100 Early Years settings I have seen patterns. Regardless of the ethnicities of staff or children, Diwali and Lunar New Year are celebrated widely, however, in many settings, Islamic events are being left out. For example, there are 4x more Muslims than there are Hindus in the UK, but nearly all nurseries I visit celebrate Diwali. I asked nursery managers why this was and many cited a lack of understanding of Islam, fear of getting it wrong, reluctance to learn, an attitude of that's just the way we have always done it. Some even cited Prevent Duty and British Values education as barriers which shows how much work there is to be done. It is clear that too many non-Muslim children are being denied having a positive introduction to Islam in the Early Years. Whilst this free guide has been put together by a non-Muslim white person to help other white non-Muslims learn to do better, all guidance has come from Mamma Filz, a Muslim mother and educator.

## Safeguarding Responsibilities

Ensuring important dates in the Muslim calendar are being included in your setting is a safeguarding responsibility, for both Muslim and non-Muslim children. It is important to be reflective in our practice, to learn, grow and ensure we are progressing to a more equitable future. The Equality Act 2010 states that educational settings must:

- (b) advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it;
- (c) foster good relations between persons who share a relevant protected characteristic and persons who do not share it.



# RAMADAN

# Early Years Guide

## **From the Ofsted Early Years Inspection Handbook**

Good: “Practitioners value and promote equality and diversity and prepare children for life in modern Britain. They do this in an age-appropriate way to help children to reflect on their differences and understand what makes them unique. Practitioners do this by: teaching children to be respectful and to recognise those who help us, and contribute positively to society; developing children’s understanding of fundamental British values; developing children’s understanding and appreciation of diversity; celebrating what we have in common; and routinely challenging stereotypical behaviours and promoting respect for different people.”

## **Modern Britain**

Part of the Ofsted recommendations are to prepare children for life in Modern Britain. Currently in UK primary schools over 36% of children are not from white British backgrounds. British Muslims make up 7% of the UK population and account for 4 million British people. British Muslims contribute hugely to British society and Britain has gained vast amounts of knowledge from Muslims in past and present. Historical contributions include the introduction of our number system, and British universities were modelled from Islamic universities. The first university in the world was founded by a North African Muslim woman, Fatima al-Fihri. British Muslim history is vast and extremely significant, but has been historically excluded. We cannot change the past but we can ensure that learning about Islam is not being excluded in our present and future children’s formative years.

## **Safeguarding ALL children**

Children of Britain, even in nurseries that are 100% white British, will grow up to study, live, and work alongside people of all backgrounds. This learning aims to help children and staff be safely and respectfully in community to “foster good relations between persons who share a relevant protected characteristic and persons who do not share it” - a duty of the Equality Act 2010. With unrelenting rising Islamophobia, introducing Islam in the Early Years, is a duty of care to safeguard all children.



# RAMADAN Early Years Guide

## **Understanding The World**

Understanding The World is an area of learning in the EYFS. Learning about Ramadan is directly linked to helping children in their understanding of the world, people and communities. Before we begin, if we are educational leaders and we are racialised as white, we must pause to address our understanding of the world. White people are over-represented in positions of power in every sector and institution in the UK. Islamophobic messaging is prominent in our society, including the media, politics, even Biff and Chip books. We can be active in challenging harmful narratives and teach children that all people and cultures are equal, who grow into adults whose empathy extends beyond the limits of their own circumstances. For more information on how non-Muslim children become socialised into Islamophobia in British society, here is a [guide](#). For the safety and benefit of local, national and international communities, it is crucial that we re-think the way Islamic education is taught to children in Britain and that starts with the Early Years sector.

## **Ramadan is deeply misunderstood**

Among white British people, there is a common misconception that Ramadan is just a time of fasting that is arduous and sombre. Thus, there is a view that young non-Muslim children have little to gain from learning about Ramadan. This mindset is rooted in deep misunderstandings and I hope this guide helps to combat these misconceptions.

## **The Benefits of Ramadan Learning**

British Muslims are an integral part of British society, so if the Early Years invalidates the existence of 4 million British people by excluding Muslim events, what effect does this have on children? Ramadan is a great place to start to help non-Muslim children form positive associations with a culture different to their own, learn about similarities, increase understanding and the likelihood of positive connections when they start school. For Muslim children in the setting, the inclusion of Ramadan will help build self-worth, self-esteem and increase a sense of positive identity, belonging and empowerment.

# MONDAY PLAN DAY 1

# Moon & Stars

## Introduction

Script for children: Ramadan is the most special time of the year for people who follow a faith called Islam. If you follow this faith you are called a Muslim. It is a time when Muslims reflect on being the best person you can be, like being kind and thoughtful. It is a time to be thankful and a time to come together as a community to help others. Ramadan begins with the sighting of a new crescent moon in the sky. Before Ramadan starts, some families may do a big spring clean and hang decorations around their homes like lanterns. Some children may have a special daily Ramadan calendar. Can you think of a time when your family gets ready for a special time of the year with decorations?

## Activity Ideas

Read Ramadan and Eid al-Fitr book by Sara Khan

Moon-sighting binoculars

Look at moon pages in Ramadan Moon book by Na'ima B. Robert

Moon activity like this moon spotting EYFS set-up

Cleaning activity and make moon bunting or paper chains to decorate

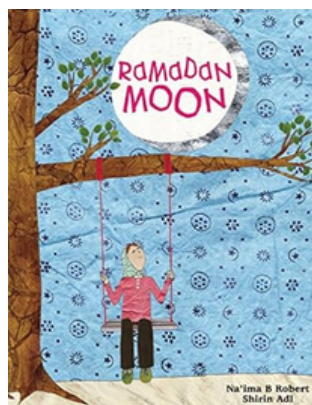
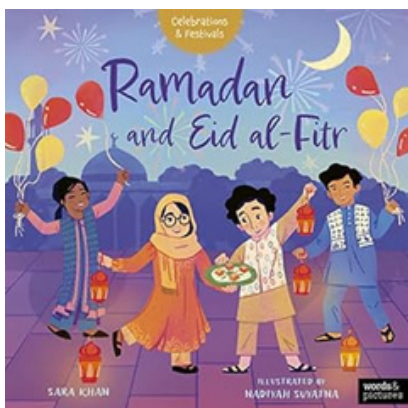
Make Ramadan lanterns to decorate

Moon & Stars Paper plate craft

Moon and star cutters for fruit snacks

Eating jaffa cakes or oreos to show the moon shape changes

## Resources



# TUESDAY PLAN DAY 2

## Making Mosques

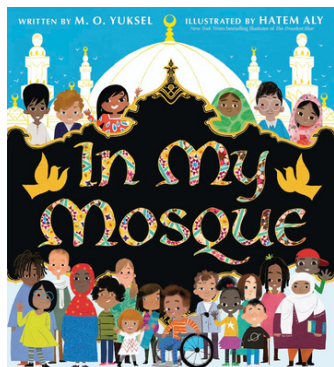
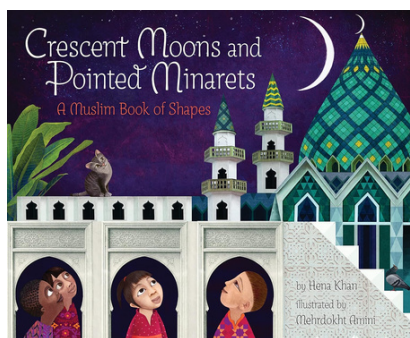
### Introduction

Script for children: There are many places that people come together and worship and for Muslim people it is called a mosque. Before you enter a mosque there are things to get ready as mosques are very special places. Taking shoes off, covering up your head and body and washing are all part of entering a mosque. Mosques are often beautifully decorated and very calm and tranquil spaces. Many Muslim people pray five times a day which are times through the day to pause, be quiet, still, reflect and get closer to Allah.

### Activity Ideas

- Show children photos of different places of worship
- Show children photos of beautiful different mosques and your local mosque
- Sing fun children's songs about learning the wudu (washing)
- Use modelling clay to build mosques
- Building blocks minaret towers whilst looking at photos of both local, national and international mosques, counting blocks to practice numeracy e.g can you build a minaret tower with 4/5/6 blocks?
- Making your own prayer mat
- Decorating your own cardboard mosque from My 1st Masjid
- Colouring pictures of the Kabba

### Resources



## WEDNESDAY PLAN DAY 3

# Being Kind & Caring

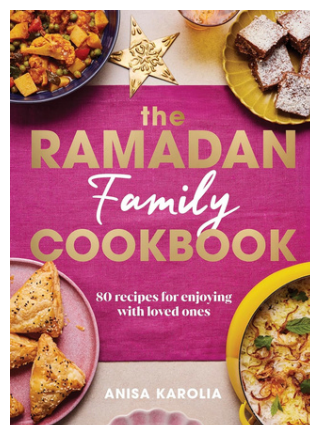
### Introduction

Script for children: During the month of Ramadan, this is a time to think about our actions in the past and how we are going to be better in the future. This is called self-reflection. Helping children understand how their actions have consequences, like if you grab a toy from another child, how would it make them feel? Read books about kindness. Like the Moon Loves the Sky is a brilliant book about Muslim values of being kind, giving and thoughtful. Food is also a big part of Ramadan, although adults don't eat or drink during the day, families come together each night after sunset for the evening meal (Iftar). Children can think about dishes they may make their friends or family and prepare them in the role play area.

### Activity Ideas

Look at Muslim values in Like The Moon Loves The Sky book  
Preparing your friend a meal in the kitchen role play area, finding what their friends favourite colour is and finding things they like, learning about their friends favourite book in the nursery  
Trying dates from [The Date Project](#) or Palestinian dates from Palestinian owned company [Zaytoun](#)  
Thinking about ways we can be kind to our siblings or family at home

### Resources



# THURSDAY PLAN DAY 4

## Looking after People & the Planet

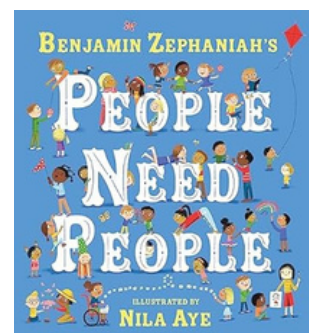
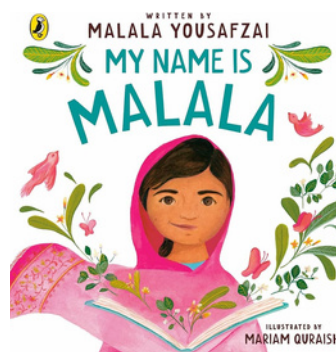
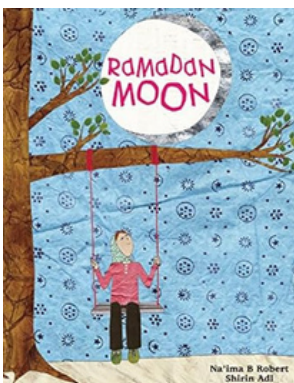
### Introduction

Script for children: Many Muslim people give lots of money to charity during this time. British Muslims are the most generous group of people in the UK, donating collectively 1 billion pounds to charities each year! Ramadan is a time to help others, many families may help their children find toys or clothes they no longer use and go to the charity shop together and explain how we must always be kind and help those most in need. Looking after the planet is also encouraged to think about how we can be more mindful about waste and re-using items. Coming together as a community to help others is a huge part of Ramadan.

### Activity Ideas

- Learn about Malala (a great hero for International Women's Day)
- Read book Sweet Charity about being giving to those in need
- Activities about reusing, not wasting food or water
- Read books about caring for the planet
- Ramadan Moon page on giving excess toys away to charity
- Outdoor activities like mini-beast spotting, making a bug hotel
- Looking after your surroundings - have the plants been watered? Is there rubbish to pick up? Which bin should it go in

### Resources





# FRIDAY PLAN DAY 5

# Celebrating Eid

## Introduction

Script for children: After a whole month of Ramadan, there is a special three day party called Eid. Many Muslim people dress up in new clothes, decorate their homes for the party, give money or presents to the children and come together for large meals with friends and family. Although there are many faiths, we are all people and many people no matter their beliefs love coming together with loved ones, giving gifts and eating lots of yummy food. Can you think of a time you celebrate with family?

## Activity Ideas

Reading *The Most Exciting Eid* by Zeba Talkhani

Wear shiny and bright clothes

Eid balloons

Make Eid cards

Decorate tea biscuits

Make a money envelope with a gold coin inside

Colouring mehndi hand designs

EYFS play set-up example

Free colouring pages from Little Muslim Books

## Resources



# Images to show Muslim diversity

## Include diverse images of Muslims

- There's not one way to be a Muslim
- Some people cover their heads, some people cover their faces and some people don't wear any head coverings at all
- Some Muslims are Black, white, Asian, and Mixed Heritage etc
- Muslims can be from Japan, Australia, Brazil, Canada and Russia. In each country there are people of many faiths
- Ensure there are images of British Muslims in your setting such as Hamza Yassin (Ranger Hamza on Cbeebies), Nadiya Hussain, Mohamed Salah
- There are nearly 2 billion Muslims in the world and it is the fastest growing religion by people converting to Islam
- Due to the huge diversity within Islam there are lots of different regional variations in Ramadan traditions around the world



**Nadiya Hussain**



**Hamza Yassin**



# Cultural Awareness

## **If you have Muslim families in your setting:**

Send a message to families to say we are learning about Ramadan and invite any families who are Muslim to come in to do a story-time session. Don't expect families to do the work of educating but if the effort has been made to build positive relationships with families, people are more likely to feel safe and welcomed to do cultural sharing and story sessions

## **If you have Muslim children in your setting:**

Some children may be eager to talk about this special time but some may not, let the children guide and lead the discussion. Avoid othering and putting children on the spot to answer your questions. The children will most likely be off nursery or school for Eid. Do not challenge this.

## **If you have Muslim staff:**

- Ask your staff in advance how you can support them during Ramadan like providing extra break times, could you offer flexible working hours during this time or avoid planning long meetings at the end of the day
- If there are large trainings, could they be planned in different months like how you would accommodate white British staff by not organising lots of trainings or big meetings around Christmas
- Not all Muslim people fast for various reasons so if you see a staff member eating, avoid asking "I thought you can't eat right now"
- Avoid culturally insensitive statements, questions and comments (microaggressions) such as "what not even water?" "fasting sounds so hard, I could never do that" "I should go on a fast so I can lose weight"
- Help your whole team and leadership understand how everyday racism manifests in the Early Years and ensure anti-racism training is in place like you would have regular safeguarding trainings
- Muslim practitioners such [Muna Abdi](#) can assist with anti-racism programmes

# British Muslim Children's Business Directory

## Children's businesses British Muslim owned

Desi Doll Company

My 1st Masjid

Play felt food by Nazia

Children's Books by Kube Publishing

Muslim Children's Books

Ibraheem Toy House

Little Ummah Toys and Dolls



## Conscious Consuming

As consumers, we can make choices about where we buy our children's resources and buying from Muslim businesses and other minoritised owned companies, helps to create equality as well as exposing children to diverse toys and dolls.

If your nursery needs a service such as an accountant or designer, try and source these from ethnically diverse people to create more equality in where your money is being spent. If a business owner has expressed anti-Muslim views, don't buy from that company.

# About the Creators of this Guide



## About Mamma Filz

Hello. I'm an educator, parent and I love books. I'm a Muslim, born in Newcastle upon Tyne and I'm of Pakistani heritage. I have a passion for Literature, completing my undergraduate in this and then went on to complete my PGCE. I've worked in large multicultural primary schools and small village schools with combined year groups. We live in a world that is home to many individuals with interesting backgrounds and cultures. Our educational setting should reflect this and of course, there is so much we can learn from each other. I enjoy supporting educational settings and being reflective, encouraging me to complete my Masters in Education. Reading is so important and I enjoy promoting reading for pleasure online. Kate and I aimed for this guide to be practical and supportive and we do hope your young learners have fun from it too. Kate kindly suggested I have a Kofi link, if you'd like to support me do follow this link: [ko-fi.com/mammafilz](https://ko-fi.com/mammafilz)

## About Tiny Travels

Tiny Travels mission is to help children in rural areas to grow up to respect and embrace people of different cultural backgrounds. We do this through interactive cultural educational sessions in nurseries, schools, libraries, family community events as well as creating anti-racism resources for adults. This resource is completely community funded so please do use the ko-fi link to support this guide.

# Palestine

## **We are in the middle of a genocide of Muslims**

We are currently in the middle of a genocide against thousands of babies, children and adults in Palestine (the majority of whom are Muslim). Over 10,000 children in Palestine have been brutally murdered in the past 4 months. Hatred and violence against Muslim communities in the UK and all over the world has become common place and continues to dangerously escalate.

Please take some time to pause on what your nursery was doing when the Ukraine conflict started. Were there fundraising bake sales? Did the children wear blue and yellow? Has your setting acknowledged the genocide of the Palestine people in the same way? If not ask why.

What if you started including Muslim cultural education in your setting but not just once a year. What if you engaged in anti-racism training to learn how to embed an ethos of inclusion of marginalised people into everyday practice. What if children who received this nursery education went onto school and had a continued positive learning about Islam and the huge contributions of the Muslim community. What if children grew up to be adults who recognise embedded societal Islamophobia and anti-Muslim hate and actively combat it. What would the future look like?

The future is in your hands. Our avoidance and exclusion of meaningful cultural education fuels cycles of hate. The Early Years sector is paramount in children's foundational development. The world is on fire in many places because children who are deprived of important cultural education, grow up to be leaders who dehumanise and exploit people who are different to them. Our inactions have outcomes. Let your legacy in your setting be one that helps to create long lasting positive change.

