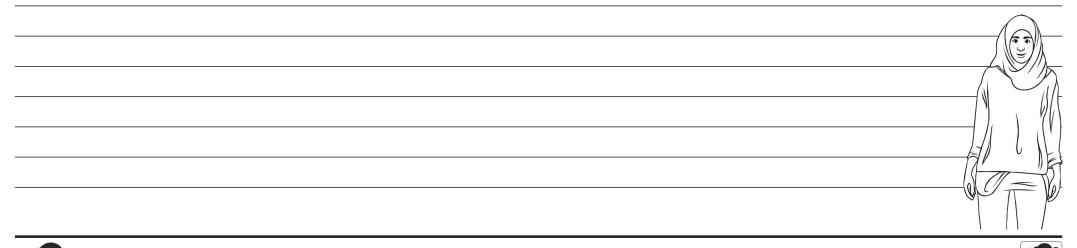
Sawm Diary Entry

Write a diary entry of a Muslim teenager who is fasting during Ramadan. You should include:

- The details of the fast. When does it start? When does it finish? What are you unable to do? What happens when you break the fast?
- Why people fast.
- How it feels to fast, e.g. what challenges do people face when fasting?





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Sawm Diary Entry

Sentance Starters

You can use these starter sentances in your entry.

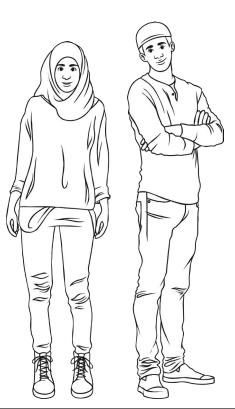
During Ramadan I must...

When I am fasting I must not...

This is commanded in the Qur'an where it says...

Fasting is challenging because...

Fasting helps me because...





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Fasting helps me because...







Sawm Diary Entry **Teacher Notes and Answers**

- There are a series of sentence starters that can be given out to support students.
- The diary writing task is the opportunity for students to complete a detailed piece of writing which can be teacher marked. Answers could include:

The details of the fast:

- Starts at dawn and ends at dusk.
- Muslims must not eat or drink during this time.
- Some mention of exemptions could be included.
- The iftar meal could be discussed.
- Other religious activities carried out during Ramadan such a reading the Qur'an could be included.

Why people fast:

- Commanded in the Qur'an.
- Builds community and self-discipline.
- Is a time of spiritual renewal.

How it feels:

• Expect some comment on the challenging (but worthwhile) nature of the task.



