

Sawm Diary Entry

Sentance Starters

You can use these starter sentences 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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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.