


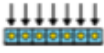


Me in the World Activities

1. 
Get Active!

 Do  30 minutes of  exercise  every day





While we are at home, it is still important to stay active so that we can keep fit and healthy!

Here are some ideas of activities you could do:



2.   
We are learning about Ramadan

   
Ramadan is a religious festival in Islam

   
Muslims don't eat from sunrise to sunset

     
Look at the presentation to learn more about Ramadan and why Muslims

   
all over the world celebrate this religious festival

Talk to a grown-up about Ramadan and what you have learnt

3. Read *Rameena's Ramadan*

Do you think it would be easy or difficult to fast all day?

Can you remember what kind things Rameena had done to 'give to others' like her calendar had said?

Have you done anything kind to help someone else recently?

How to Make a Ramadan Paper Lantern

1. Carefully cut off one end of the paper. Set this aside to use as the handle.
2. Decorate the sheet with a Ramadan theme.
3. Fold your paper in half, lengthwise, along the dotted line.
4. Carefully cut along the marked lines. Be careful not to cut to the edge of the paper!
5. Unfold the paper.
6. Match the long edges together on the lantern and use tape to hold it in place.
7. Glue or ask an adult to staple the handle to the top of the lantern.



A writing template consisting of a vertical dashed midline and ten horizontal solid lines, creating ten rows for handwriting practice. The lines are evenly spaced and extend across the width of the page.