

محرم Muharram

SACRED

1 What does the name mean?

Muharram means "sacred" or "forbidden". It is one of the four sacred months, when fighting was forbidden.

2 What happens this month?

- The first month of the Islamic year: a new Hijri year begins.
- The 10th of Muharram is the Day of 'Ashura. The Prophet ﷺ fasted on this day and encouraged it.

★ Try this

Draw a picture of something new you want to start this year.

☐ Done!

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صفر Safar

EMPTY

1 What does the name mean?

Safar is often said to mean "empty", because homes were left empty as people travelled.

2 What happens this month?

- The Prophet ﷺ taught that no month brings bad luck. Safar is a month like any other.
- A good time to set small, steady habits, like reading Qur'an every day.

★ Try this

Write one good habit you will keep every day this month.

☐ Done!

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ربيع الأول

Rabi' al-Awwal

FIRST SPRING

1 What does the name mean?

Rabi' means "spring". Rabi' al-Awwal is the first of the two spring months.

2 What happens this month?

- The Prophet Muhammad ﷺ was born in this month.
- He also arrived in Madinah in this month, after the Hijrah from Makkah.

★ Try this

Learn one thing the Prophet ﷺ did every day, and try to do it too.

☐ Done!

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ربيع الآخر

Rabi' al-Akhir

SECOND SPRING

1 What does the name mean?

Rabi' al-Akhir means "the last spring". It is the second of the two spring months.

2 What happens this month?

- A time to keep going with the good deeds you started earlier in the year.
- Spring reminds us of new life: Allah brings the earth back to life after it was dry.

★ Try this

Plant a seed, water it every day, and watch Allah make it grow.



Done!

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جمادى الأولى

Jumada al-Ula

FIRST DRY MONTH

1 What does the name mean?

Jumada comes from a word meaning "dry" or "frozen", from a time when water froze in the cold.

2 What happens this month?

- The first of the two Jumada months.
- A calm month to keep up regular prayers and Qur'an.

★ Try this

Count how many prayers you pray on time this week.

☐ Done!

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Jumada al-Akhirah

LAST DRY MONTH

1 What does the name mean?

Jumada al-Akhirah means "the last Jumada". It is the second of the two dry months.

2 What happens this month?

- The halfway point of the Islamic year.
- A good time to look back at your goals from Muharram.

★ Try this

Look at your goal from the start of the year.
How are you doing?

☐ Done!

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رجب

Rajab

RESPECT

1 What does the name mean?

Rajab comes from a word meaning "to respect". It is one of the four sacred months.

2 What happens this month?

- The Arabs honoured this month and put down their weapons in it.
- Two months before Ramadan: a time to start getting ready.

★ Try this

Choose one surah to learn before Ramadan begins.

☐ Done!
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شعبان

Sha'ban

TO SPREAD OUT

1 What does the name mean?

Sha'ban is said to come from "spreading out", as tribes spread out to look for water.

2 What happens this month?

- The Prophet ﷺ fasted more in Sha'ban than in any other month apart from Ramadan.
- The month just before Ramadan: time to prepare.

★ Try this

Make a Ramadan plan: what will you read, and what will you give?

☐ Done!

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Ramadan

SCORCHING HEAT

1 What does the name mean?

Ramadan comes from a word meaning "intense heat".

2 What happens this month?

- The month of fasting, from dawn until sunset.
- The Qur'an was first revealed in Ramadan.
- Laylat al-Qadr, in the last ten nights, is better than a thousand months.

★ Try this

Keep a Ramadan chart: tick every fast, prayer and page of Qur'an.

☐ Done!

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Shawwal

LIFTING

1 What does the name mean?

Shawwal comes from a word meaning "to lift" or "to raise".

2 What happens this month?

- Eid al-Fitr is on the 1st of Shawwal, the day after Ramadan ends.
- The Prophet ﷺ encouraged fasting six days in Shawwal.

★ Try this

Make an Eid card for someone in your family.

☐ Done!

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Dhul Qa'dah

SITTING

1 What does the name mean?

Dhul Qa'dah means "the month of sitting", when people stayed home and did not fight. It is a sacred month.

2 What happens this month?

- One of the four sacred months.
- Pilgrims begin travelling to Makkah for Hajj.

★ Try this

Find Makkah on a map. How far is it from where you live?

☐ Done!

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Dhul Hijjah

THE MONTH OF HAJJ

1 What does the name mean?

Dhul Hijjah means "the month of Hajj". It is the last sacred month and the last month of the year.

2 What happens this month?

- The first ten days are the best days of the year for good deeds.
- The 9th is the Day of 'Arafah, and Eid al-Adha is on the 10th.

★ Try this

Do one good deed on each of the first ten days, and tick them off.

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