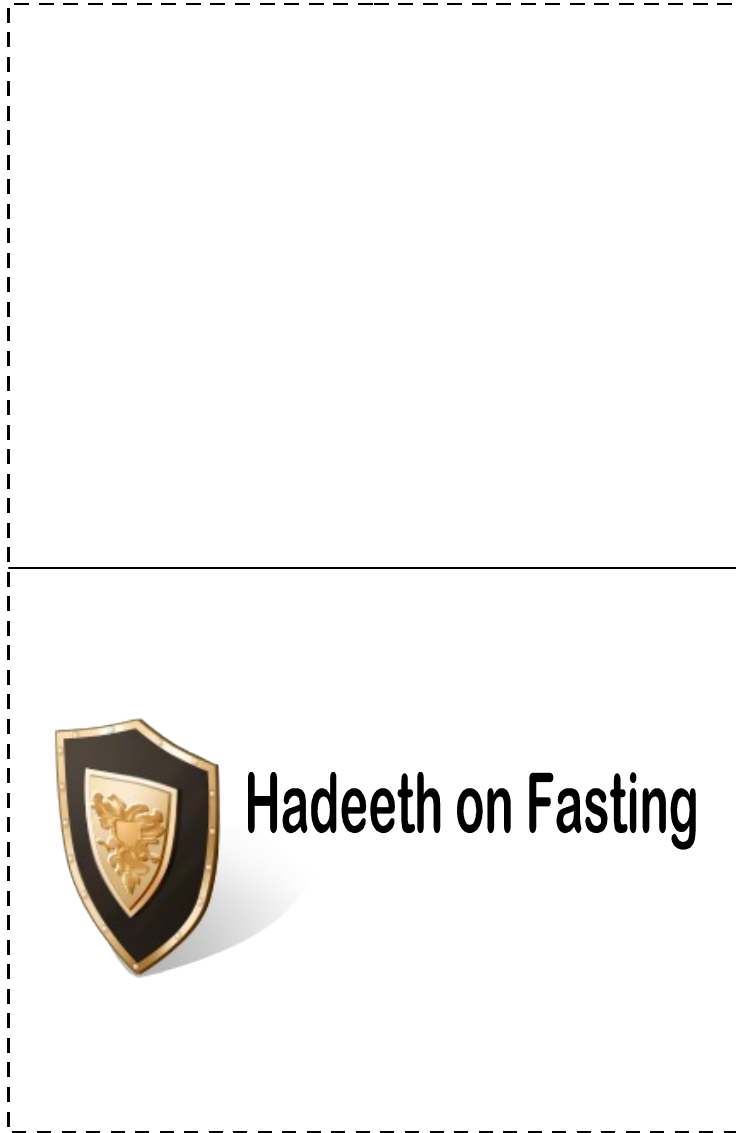


Hadeeth on Fasting Activity:

1. Upon learning this hadeeth and its meaning, print this page on a piece of colored/white paper.
2. Cut out hadeeth booklet and fold along the centre line, with the words "Hadeeth on Fasting" on the front cover.
3. Cut out the hadeeth and paste it on the inside page and let your child write the meaning, "Fasting is a shield" along the dotted lines.



The Prophet sala Allahu alayhe wa salam said,

الصيام جنة

"As-siyamu junnah"

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(Bukhari)