

Who are exempted from fasting Activity:

Discuss the groups of people who are exempted from fasting with your child.

Print out this page on colored paper.

Cut along the edges and fold in to make an accordion book.

Have your child write down a group of people on each page (use both sides), for eg.

old people, sick people, travelers, pregnant women, nursing women, children, women on menses, women who just gave birth.

What breaks your fast Activity:

Discuss the causes that breaks one's fast with your child.

Make the accordion book as previously explained.

Have your child write down a reason on each page (use both sides),

For eg. intentional eating/drinking, taking medicine, getting an injection, menses, tube feeding, bleeding during/after childbirth, intentional vomiting.

The image shows two rows of five rounded rectangular boxes each, designed to be cut out and folded into an accordion book. The rightmost box in the top row contains the text "Who are exempted from fasting?". The rightmost box in the bottom row contains the text "What breaks your fast?". Each box has a small rectangular tab on its left and right sides for folding.