

Why do we fast Activity:

1. Explain to your child the reason why we fast; eg. because Allah told us so. And how do we know this? Allah said so in the Quran, in Surah Al-Baqarah, ayah 183.
2. Print out this page on colored paper.
3. Cut out the booklet along the edges and fold it in half.
4. Cut along the dotted lines.
5. Under the flap “Why do we fast?” have your child write “Because Allah told us so.” Under the flap “What is the proof?” have your child write “Surah Al-Baqarah:183”

Why do we fast?	What is the proof?