



Our Dearest Students,

Our theme for Ramadhan this year is based on a beautiful Hadith of our Nabi Muhammad ﷺ which is something to this effect:

# “FASTING IS A SHIELD,”

so a fasting person should avoid incorrect speech and should not behave foolishly

and if somebody fights with him or insults him then he should tell him:



“I am fasting, I am fasting”



DID YOU KNOW?

Allah has created a special door of Jannah for those who fast to enter from called

Ar-Rayyaan



# What Is Fasting a shield from?

- Sins
- Arguments
- Fighting
- Rudeness

WE NEED TO ENSURE THAT NONE OF THESE ACTIONS BREAK OR DESTROY OUR SHIELDS IN ANY WAY



- Print this page out and cut these two shields out separately and decorate
- Stick them together with pritt
- You can punch a hole at the top and hang it around your neck or use a pin at the top to wear it as a badge

A large shield outline with a double border. Inside the shield, the text "I am Fasting" is written in a stylized, outlined font. Below the text is a small heart symbol with a diamond inside it. The shield is intended to be cut out and used as a badge or decoration.

I am  
Fasting

## TIPS:

- ✚ Stick them onto cardboard so that they can last longer
- ✚ Laminate if you are able to
- ✚ Wear it on each side on different days