Fasting During Ramadan
What is Ramadan?

Ramadan is the ninth month of the Islamic calendar. It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking from dawn until sunset. Ramadan had been the name of the ninth month in Arabian culture long before the arrival of Islam.
What do we do in Ramadan?

**Fasting**
Not eating any food or drinking anything (including water) from sunrise to sunset.

**Prayer**
Prayer is the other essential half to completing your fast. Praying the 5 prayers will help me do so. There is also a special prayer called Tarawih. It is observed at night and is longer than the other prayers.

**Reflect**
This month isn’t just about self-control or discipline. It is also about reflecting on myself. How to better ourselves as people and as Muslims.
Suhoor (Starting your fast)

I will prepare my fast. I will eat something before I start my fast. I will remember to eat when I wake up. Most people will wake up and eat 30 minutes to an hour before the fast (sunrise prayer) and then pray.
Breaking your Fast:

I will break my fast at the time of sunset. Traditionally, a person breaks their fast by eating three dates and drinking water. This was how the prophet Muhammad broke his fast. After I am done breaking my fast, then I can eat my dinner.
Where is it Celebrated?

Ramadan is Celebrated all over the world. Muslims observe in Africa, The Americas, Asia, Australia, and Europe. The best part about this is we all have the traditions we bring, whether it be certain dishes we make for Ramadan if we like to host Iftar gatherings a certain way, or even how we might decorate our home.
Ramadan Activities

**Reading the Quran**
Reading the Quran is a common activity and pastime during Ramadan. It allows me to remember Allah and gain more knowledge on my faith.

**Making Iftar**
Making Iftar together as a family not only can be a way to pass the time. It could also help us better connect with our loved ones.

**Journaling**
Journaling my experience during Ramadan can help with my reflections.

**Charity**
Giving back to those less fortunate is very important. I will see what I can do for my community this Ramadan.

**Spend your Time with Family**
Spending time with family is very important during the holiday. Ramadan gives me the time to connect with them.

**Going to the Mosque**
Going to the mosque is a favorite part of Ramadan for us because it’s another way to bond with the community. We will come to pray together, break our fast with one another, or just spend time with each other.
### 2023 Ramadan

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#### 22 March 2023
Start of Ramadan 2023
(Will depend on the sighting of the moon.)

#### 21 April 2023
Eid al-Fitr 2023
(This will also depend on the sighting of the moon.)
Making Ramadan Sensory Friendly

- People with sensory needs participate in Ramadan. Here are some things that can help me and my loved ones participate in Ramadan.
  - I can make a plan to stay regulated throughout fasting times. I can plan with my family and support system.
  - I can communicate my needs and ask my family and community for help if I need extra support.
  - I can build a sensory kit to help me go to community outings to stay regulated.
  - I can make a quiet room or request a space to rest during community gatherings when things begin to get overwhelming.
- I can host Iftar at my home – going to social gatherings during Ramadan can be exciting and overwhelming. I can use the above suggestions to host a sensory friendly space at my home.
How can you regulate yourself while fasting?
Sensory Strategies

Tip 1: Practice Mindfulness
Yoga

Tip 2: Breathing exercises

Tip 3: Walking

Tip 4: 

Tip 5: Rest
How to Prepare for Ramadan

• Create a weekly schedule. Planning for a whole month can be stressful. I can create weekly schedules instead.
• Create a crisis plan. This can be beneficial for when my weekly/daily strategies are not working. I will make sure that everyone in my family and/or household is aware of the crisis plan so they know what to look out for.

Weekly Layout
You can organize your self care plan in any way that you choose, but a week is a helpful chunk of time to start with. You can use this template to organize your thoughts from the brainstorm section and try to create an ideal week. Try not to place too many things on a single day. Spread it out. I like to keep a copy of this page somewhere I can see it regularly so that I’m reminded to keep up with these ideas. I use the “daily” section to write things I want to do every day. Feel free to add more sections if you have long-term tasks. If you want to get really fancy, you can even note what time of day you’d like to do each task. If you want to add more tasks per day, simply add more columns.

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Crisis Plan
In this section, think about the things that you do in times of crisis or intense feelings that help you to get through it. Knowing in advance what you can do to deal with a meltdown or overload makes it easier to manage.

Write down what sensory input helps you feel better, what you can do to help distract yourself from intense feelings, and some places that you feel safe.

You also can note indicators that you are going to be in crisis to help you notice sooner and use your skills to prevent a major crisis.

Make a note of the people who can help you. You can include phone numbers or how you contact them. It’s also helpful to think about what other people can do that’s actually helpful: can they help you manage tasks? Do you like to be talked to? Do you like to be touched? Make sure you discuss that information with your support people before a crisis happens.

You also may have ideas that don’t fit into any of these categories, or additional resources you don’t want to forget. Feel free to add those. You may want to consider different types of crises that you experience and what’s helpful in approaching each type.

<table>
<thead>
<tr>
<th>Sensory Needs</th>
<th>Distractions</th>
<th>Safe Places</th>
<th>People</th>
<th>What is helpful from others?</th>
<th>What to Avoid</th>
<th>Signs of Crisis</th>
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<tr>
<td>Weighted blanket</td>
<td>Leaving the house</td>
<td>Mom and Dad’s Husband</td>
<td>Talk to me to distract</td>
<td>Sad music</td>
<td>Avoiding socializing</td>
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Sensory Kits

Make a sensory kit - Ramadan is about connecting with family and your community. I might have to attend different gatherings or go to the mosque where I will see a bunch of people. I can going to include items that will help me regulate if needed. Ex: headphones, fidget, sunglasses, etc
Ramadan Mubarak