My first fasts

Colour a star each time you do a step. Climb when you are ready.

Name _____

6 **Three whole days in a row**
then I am ready for more

5 **A whole school day**
Fajr to Maghrib

4 **A whole day on a weekend**
Fajr to Maghrib

3 **Fast until Asr**
the afternoon prayer

2 **Fast until Dhuhr**
the midday prayer

1 **Eat suhoor with my family**
then eat as normal

Feeling dizzy or unwell? Stop, eat and drink. It still counts.