



Empathy

Everyone is kind, caring and considerate of the feelings of one another.



Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.

Ramadan

- ▶ The Muslim year is based on lunar months.
- ▶ Ramadan falls on the ninth month of the lunar calendar. It is a moveable feast, dependent on the moon, and moves forward by 10 or 11 days each year.
- ▶ The festival begins with the sighting of the new moon. This year Ramadan begun last Thursday.



Ramadan

- ▶ The festival of Ramadan, a period of one month, is a time of self-examination and increasing religious devotion.
- ▶ During Ramadan people of the Muslim faith fast from dawn to dusk.
- ▶ Why do you think Muslims do this?



Ramadan

- ▶ To teach self-discipline and reminds them of the suffering of the poor
- ▶ Muslims believe that when they deny themselves food they are actually learning lessons in humility, self-control and empathy.



Ramadan

Pupils and staff in school who are observing Ramadan to share what they are doing different over the next month.

Reflection

- ▶ What can we learn from this festival?
- ▶ What can we do in our own lives to show empathy and compassion to others and ourselves?