The Child Unplugged

RAMADAN LITTLE EXPLORERS

Simple play ideas to connect.
Explore & Support yours babies developmenr

13
Simple Play Ideas



0-12 Months

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Introduction

Ramadan is a special time to celebrate culture, family, and traditions while encouraging learning through play. Engaging children in hands-on, creative activities helps them explore new skills, develop fine motor coordination, and understand the meaning behind the celebrations. From sensory trays to crafts, countdowns, and role-play, these 12 fun and educational activities provide screen-free ways for kids to enjoy Ramadan while learning, imagining, and creating.







Why Ramadan activities are Valuable

- Combines learning, creativity, and cultural understanding through play
- Develops fine motor skills and hand-eye coordination
- Supports counting, pattern recognition, and problem-solving
- Encourages exploration of textures, colors, and shapes
- Strengthens social-emotional skills like patience, focus, and imagination
- Introduces children to the meaning and traditions of Ramadan
- Makes learning joyful, purposeful, and memorable

How to Support Play at Home

Ramadan activities don't need to be complicated or elaborate. They can be enjoyed anywhere using simple, everyday materials.

Basic setup:

- Clear a flat, safe space.
- Gather all materials.
- Prepare trays or work surfaces.

Simple steps:

- Show how the activity works.
- Let children explore at their own pace.
- Encourage counting, naming, or talking about Ramadan.

Helpful tips:

- Keep sessions short and engaging.
- Offer choices of colors, textures, or materials.
- Ask open-ended questions to spark curiosity.
- Display creations to celebrate achievements.







Ideas

The ideas below are flexible, low-pressure, and adaptable.

MOON & STAR SENSORY TRAY

WHATS NEEDED:

- A Tray
- Rice, sand, or oats as the base
- Moon and star cutouts (foam, paper, or plastic)
- Scoops, spoons, or small cups
- Optional: tweezers or small containers for sorting

WHAT TO DO:

- Fill the tray with rice or sand.
- Hide or scatter moon and star cutouts in the base.
- Invite children to scoop, search, and find the shapes.
- Encourage counting, sorting, or creating simple patterns.
- Repeat and explore different ways of scooping and transferring.

BENEFITS:

- Strengthens fine motor skills and coordination
- Encourages sensory exploration and regulation
- Builds early counting and sorting skills
- Develops focus and concentration
- Promotes imaginative and independent play



HOW TO ADAPT:

- **For younger children:** Use larger shapes and bigger scoops.
- **For older children:** Add counting challenges or color sorting tasks.
- **For sensory variation:** Dye the rice blue to create a “night sky” theme.
- **For literacy extension:** Add letter shapes to spell simple words.
- **For collaborative play:** Turn it into a timed “moon hunt” game.

RAMADAN LANTERN CRAFT

WHATS NEEDED:

- Colored paper or cardstock
- Scissors (child-safe)
- Glue stick or tape
- Stapler (adult use)
- Markers, crayons, or colored pencils
- Moon and star stickers or cut-outs
- String or ribbon for hanging

WHAT TO DO:

- Fold a sheet of colored paper in half lengthwise.
- Cut straight lines along the folded side, stopping before the edge.
- Unfold the paper and roll it into a cylinder shape.
- Glue or staple the ends together to form the lantern.
- Decorate with moon and star shapes, drawings, or patterns.
- Attach a handle with a strip of paper and hang to display.

BENEFITS:

- Strengthens fine motor skills and scissor control
- Develops hand-eye coordination
- Encourages creativity and self-expression
- Introduces cultural traditions and awareness
- Builds concentration and patience
- Supports spatial awareness through folding and shaping



HOW TO ADAPT:

- **For younger children:** Pre-cut the slits and allow them to focus on decorating.
- **For older children:** Add layered designs, glitter, or patterned cut-outs.
- **For sensory-friendly play:** Use textured paper or foam sheets.
- **For group activities:** Create a classroom lantern garland.
- **For learning extension:** Discuss the significance of lanterns during Ramadan.

PRAYER MAT ART

WHATS NEEDED:

- Paper or small fabric mats
- Markers, crayons, colored pencils, or fabric paints
- Stickers, stamps, or stencils (optional)
- Glue and decorative materials like glitter or felt pieces (optional)
- Tray or protective mat for easy clean-up

WHAT TO DO:

- Provide children with a paper or fabric mat to decorate.
- Encourage them to add patterns, shapes, or designs inspired by traditional prayer mat motifs.
- Use markers, paints, stickers, or stencils to create colorful designs.
- Invite children to share their mats and describe their artwork.
- Extend play by using the decorated mats in imaginative role-play, pretending to set up a prayer area.

BENEFITS:

- Develops fine motor skills and hand-eye coordination
- Encourages creativity and self-expression
- Introduces cultural awareness and traditions
- Supports focus, patience, and concentration
- Promotes imaginative and role-play learning



HOW TO ADAPT:

- **For younger children:** Use larger paper mats and simple shapes or pre-cut stencils.
- **For older children:** Introduce more intricate patterns or layered designs.
- **For sensory variation:** Add textured materials like felt, fabric scraps, or glitter.
- **For cooperative play:** Create a large group prayer mat mural from multiple decorated pieces.
- **For learning extension:** Discuss patterns, symmetry, and the significance of prayer mats in different cultures.

RAMADAN WORD CUT-OUTS

WHATS NEEDED:

- Colored paper or cardstock
- Scissors (child-safe)
- Glue stick or tape
- Markers, crayons, or colored pencils
- String or ribbon for hanging
- Optional: stickers, glitter, or decorative shapes

WHAT TO DO:

- Cut out letters or provide pre-printed letters for children.
- Arrange the letters to spell festive words like “Ramadan Mubarak” or “Peace.”
- Decorate each letter with colors, patterns, or stickers.
- Glue or tape the letters onto a string or ribbon to make a banner.
- Hang the completed banner in a visible area to celebrate Ramadan.

BENEFITS:

- Develops fine motor skills through cutting, gluing, and decorating
- Encourages early literacy and word recognition
- Supports creativity and self-expression
- Introduces cultural awareness and traditions
- Promotes focus, patience, and pride in completing a p



HOW TO ADAPT:

- **For younger children:** Provide pre-cut letters or stencils to trace and decorate.
- **For older children:** Let them design their own words, patterns, or multi-colored banners.
- **For sensory play:** Add textured materials like felt, foam, or glitter.
- **For cooperative play:** Create a group banner with each child contributing letters.
- **For learning extension:** Introduce simple calligraphy or decorative Arabic lettering for older children.

DATES & FRUIT SORTING

WHATS NEEDED:

- Dried fruit (dates, raisins, apricots, etc.) or realistic play food
- Small trays, bowls, or containers for sorting
- Scoops, tongs, or spoons (optional for fine motor practice)
- Labels or cards for colors, shapes, or types of fruit (optional)

WHAT TO DO:

- Arrange the fruits or play food in a tray or table space.
- Invite children to sort by type, color, or size.
- Encourage counting the fruits as they sort them into bowls or containers.
- Extend the activity with role play, pretending to prepare “Iftar” or set a table.
- Discuss the different fruits, their names, and why they are enjoyed during Ramadan.

BENEFITS:

- Builds fine motor skills and hand-eye coordination
- Supports counting, sorting, and classification skills
- Encourages imaginative and pretend play
- Introduces cultural knowledge and traditions
- Develops focus, concentration, and problem-solving



HOW TO ADAPT:

- **For younger children:** Use fewer types of fruit and larger containers for easier handling.
- **For older children:** Introduce more complex sorting criteria like size, shape, or quantity.
- **For sensory play:** Combine dried fruit with rice, oats, or sand in a sensory tray.
- **For cooperative play:** Have children work together to “prepare Iftar baskets.”
- **For learning extension:** Ask children to practice addition or subtraction while counting fruits.

RAMADAN COUNTDOWN CALENDAR

WHATS NEEDED:

- 30 envelopes, small boxes, or paper bags
- Numbers (1–30) labels or stickers
- Small treats, stickers, notes, or simple activity cards
- String and pegs (for hanging) or a display board
- Markers and decorative supplies

WHAT TO DO:

- Label each envelope or box with a number.
- Place a small treat, message, or activity inside each one.
- Display them in order on a wall, board, or string.
- Each day, invite the child to open the correct number.
- Read the note or complete the small activity together.

BENEFITS:

- Builds understanding of time and sequencing
- Encourages patience and anticipation
- Promotes family bonding and shared routines
- Supports number recognition and counting
- Reinforces positive values like kindness and gratitude



HOW TO ADAPT:

- **For younger children:** Use larger numbers and simple stickers or pictures.
- **For older children:** Include small reflection prompts or good deed challenges.
- **For non-treat option:** Add kindness tasks instead of sweets.
- **For classroom use:** Create a group countdown board.
- **For creative extension:** Let children decorate the envelopes themselves.

CRESCENT MOON & STAR PAINTING

WHATS NEEDED:

- Paper, cardstock, or small canvas
- Washable paint (gold, yellow, blue, silver, etc.)
- Paintbrushes or sponges
- Moon and star stencils or foam stamps
- Aprons or protective covers
- Tray or mat for easy clean-up

WHAT TO DO:

- Set up paper or canvas on a flat surface.
- Provide moon and star stencils or stamps.
- Invite children to dip brushes or sponges into paint.
- Paint or stamp crescent moons and stars onto the surface.
- Allow artwork to dry before displaying.

BENEFITS:

- Strengthens fine motor skills and brush control
- Develops hand-eye coordination
- Encourages creativity and self-expression
- Supports focus and concentration
- Introduces cultural symbols linked to Ramadan



HOW TO ADAPT:

- **For younger children:** Use larger stamps and thicker brushes.
- **For older children:** Encourage background painting (night sky effect).
- **For sensory play:** Use textured tools like sponges or bubble wrap for stamping.
- **For learning extension:** Count the stars or create simple patterns.
- **For group display:** Combine individual pieces into one large Ramadan mural.

MOSQUE BUILDING BLOCKS

WHATS NEEDED:

- Wooden blocks, foam blocks, or LEGO-type bricks
- Recycled materials (small boxes, tubes, lids)
- Paper, markers, or stickers for decoration
- A tray

WHAT TO DO:

- Provide children with blocks or materials to represent walls, domes, and minarets.
- Encourage them to build mosques using their imagination or by referencing real mosques.
- Allow decorating with paper, stickers, or markers to add details like doors, windows, or domes.
- Invite children to share their creations, explaining their mosque designs.
- For extended play, rebuild or modify structures to explore balance and design.

BENEFITS:

- Develops fine motor skills and hand-eye coordination
- Enhances spatial awareness and problem-solving
- Encourages creativity and imagination
- Builds understanding of cultural and architectural concepts
- Promotes focus, concentration, and cooperative play



HOW TO ADAPT:

- **For younger children:** Use larger blocks or pre-cut foam shapes for easier handling.
- **For older children:** Introduce challenges like building taller structures or symmetrical designs.
- **For sensory variation:** Use textured blocks or sand-filled containers to create different “bases.”
- **For learning extension:** Discuss mosque features, community importance, and cultural traditions.

MOON & STAR MUSICAL SHAKERS

WHATS NEEDED:

- Small, empty plastic bottles or jars with secure lids
- Beads, rice, lentils, or small pasta for filling
- Moon and star stickers or cut-outs for decoration
- Markers, washi tape, or colored paper (optional)
- A tray or mat to contain spills (optional)

WHAT TO DO:

- Help children fill the bottles with beads, rice, or other small materials.
- Seal the bottles securely and decorate with moon and star stickers, tape, or paper.
- Invite children to shake the bottles to explore different sounds and rhythms.
- Encourage them to move to the beat, clap along, or create simple songs using the shakers.
- Try comparing sounds by using different fillings or bottle sizes.

BENEFITS:

- Develops fine motor skills and hand strength
- Encourages auditory discrimination and rhythm awareness
- Supports coordination and timing through movement and beat matching
- Promotes creativity, self-expression, and imaginative play
- Enhances focus, concentration, and sensory exploration



HOW TO ADAPT:

- **For younger children:** Use larger bottles and bigger beads or pasta for easier handling.
- **For older children:** Encourage creating patterns, rhythms, or even group performances.
- **For sensory variation:** Mix materials (rice, beans, beads) to explore different sounds.
- **For learning extensions:** Use shakers to count beats, follow simple rhythm patterns, or play along to music.
- **For outdoor play:** Use larger containers outside for louder sound exploration.

KINDNESS DROP BOX

WHATS NEEDED:

- A small box or container
- Paper slips or cards
- Markers or pens
- Optional: stickers or decorations for the box

WHAT TO DO:

- Prepare the box and decorate it if desired.
- Write simple kind actions on each paper slip, such as:

1. Give mommy a hug
2. Share your toy
3. Say thank you
4. Help clean up
5. Smile at a friend

- Place all slips inside the box.
- Each day, invite the child to pick one slip and complete the action.
- Celebrate their kindness and encourage repeating or adding new actions.

BENEFITS:

- Promotes emotional development and empathy
- Encourages positive social behaviors
- Supports language development through expressing gratitude and feelings
- Builds confidence and a sense of accomplishment
- Introduces the values of generosity, compassion, and thoughtfulness



HOW TO ADAPT:

- **For younger toddlers:** Use simple actions or pair with pictures for understanding.
- **For older children:** Include more complex tasks, such as helping a sibling or making a small gift.
- **For extended learning:** Discuss how each act makes others feel and connect it to Ramadan values.
- **For sensory engagement:** Use colorful or textured slips to make picking an action more tactile and fun.

MOON & STAR STICKY WALL

WHATS NEEDED:

- Contact paper (sticky side out) or masking tape on a wall
- Paper moons and stars or foil shapes
- Optional: markers, stickers, or glitter for decoration

WHAT TO DO:

- Prepare the sticky surface by attaching contact paper to a wall or using masking tape to outline a sticky area.
- Give children paper or foil moons and stars.
- Invite them to stick the shapes onto the sticky surface in any arrangement they like.
- Encourage exploration of patterns, overlapping shapes, or creating a “night sky.”
- Let them peel and reposition shapes to extend play and experimentation.

BENEFITS:

- Strengthens fine motor skills and hand-eye coordination
- Encourages shape recognition and spatial awareness
- Promotes creativity and imaginative play
- Provides a sensory, tactile experience
- Supports focus, patience, and independent learning



HOW TO ADAPT:

- **For younger children:** Use larger shapes and lower placement on the wall.
- **For older children:** Challenge them to create patterns, count shapes, or make constellations.
- **For sensory variation:** Use textured paper, foam shapes, or shiny foil.
- **For collaborative play:** Invite multiple children to decorate a large sticky wall together.
- **For extended learning:** Combine with a counting or color-sorting game.

STAR CRAFT GARLAND

WHATS NEEDED:

- Colored paper or cardstock
- Scissors (child-safe)
- String, yarn, or ribbon
- Glue, tape, or stapler
- Markers, stickers, or glitter for decoration

WHAT TO DO:

- Cut out star shapes from colored paper.
- Decorate the stars with patterns, stickers, or glitter.
- Thread the stars onto a string or attach with tape/staples to form a garland.
- Hang the garland in a visible space to celebrate Ramadan.

BENEFITS:

- Develops fine motor skills and hand-eye coordination
- Encourages creativity and self-expression
- Introduces cultural symbols and traditions
- Supports focus, patience, and pride in completing a project



HOW TO ADAPT:

- **For younger children:** Pre-cut stars and focus on decorating.
- **For older children:** Create layered stars or use patterns to design longer garlands.
- **For sensory play:** Use textured paper or add glitter for a tactile experience.
- **For collaborative play:** Make a group garland for the classroom or home.
- **For learning extension:** Count the stars, sort by colors, or create patterns along the garland.

RAMADAN ACTIVITIES

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Slow, calm sensory experiences for babies and young children

Using familiar, accessible materials