



Eid al-Adha

PACK

Eid al-Adha, also known as the Festival of Sacrifice, is one of the most important holidays in the Islamic calendar. It's a time when Muslims around the world come together to remember a powerful story of worship and obedience. The holiday marks the end of Hajj, the annual pilgrimage to Mecca, which is one of the five pillars of Islam.

The story behind Eid al-Adha comes from the Prophet Ibrahim (known as Abraham in Jewish and Christian traditions) who showed great belief in God. As part of the story, God gave him a test of faith through sacrifice and, in the end, showed mercy and kindness. Eid honours this deep trust and reminds people of the importance of obedience, compassion, and care for others.

Today, Eid al-Adha is celebrated with a special prayer often performed outside in big spaces to welcome as many Muslims as possible. It's encouraged to wear new or nice clothes, and enjoy big meals with family and friends. It's also a time to think of others - many people donate money or food to help those in need.

Eid al-Adha reminds people of the values of faith, compassion, and gratitude. It's not just about the sacrifice itself but also being willing to give up something valuable for a greater good, and remembering those who are less fortunate.

Eid Recipes

Here are some fun and delicious recipes that you can make as part of your Eid celebrations. Send pictures of any that you make to EDI@creativesupport.co.uk, we'd love to see them!

Chocolate Dipped Dates

INGREDIENTS:

- Medjool Dates
- Chocolate
- Sprinkles (optional)

DIRECTIONS:

1. Pit the dates.
2. Melt chocolate in the microwave.
3. Dip dates halfway into the chocolate.
4. Add sprinkles if wanted.
5. Chill in the fridge until set.



Mini Fruit Kebabs

INGREDIENTS:

- Grapes
- Melon
- Strawberries
- Mini skewers or cocktail sticks
- Honey or yoghurt (optional)

INSTRUCTIONS:

1. Wash and cut fruit (can use pre-cut).
2. Thread onto sticks in a fun pattern.
3. Optional: drizzle with yogurt or honey.

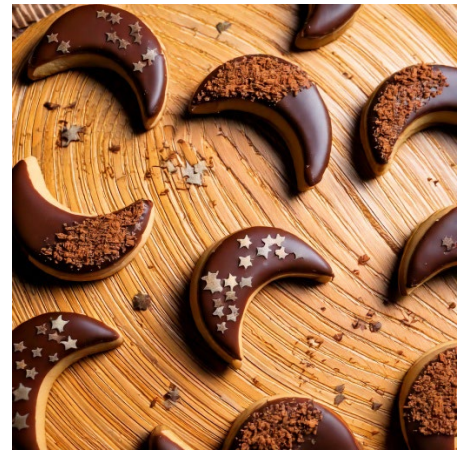
Eid Crescent Moon Cookies (no bake option)

INGREDIENTS:

- Digestive biscuits
- Chocolate spread
- Crescent-shaped cookie cutter

INSTRUCTIONS:

1. Spread chocolate on biscuits.
2. Use cutter to shape.
3. Decorate with icing pens or stars.



Jelly Fruit Cups

INGREDIENTS:

- Packets of jelly (different colours)
- Clear cups or glasses
- Whipped cream (optional)
- Sprinkles (optional)

INSTRUCTIONS:

1. Make first layer of jelly and pour into cup.
2. Let it set, then repeat with another colour.
3. Top with whipped cream or sprinkles.

Sweet Lassi (Yogurt Drink)

INGREDIENTS:

- Yogurt
- Milk
- Sugar or honey
- Ground cardamom (optional)

INSTRUCTIONS:

1. Mix $\frac{1}{2}$ cup yogurt, $\frac{1}{2}$ cup milk, 1 tsp sugar, and a pinch of cardamom.
2. Blend or stir well.
3. Pour into cups and chill.



Design Your Own Mehndi (Henna) Pattern!

Use the hand outline below to create your own beautiful mehndi design, or trace around your own hand on a separate sheet of paper to make it more personal.

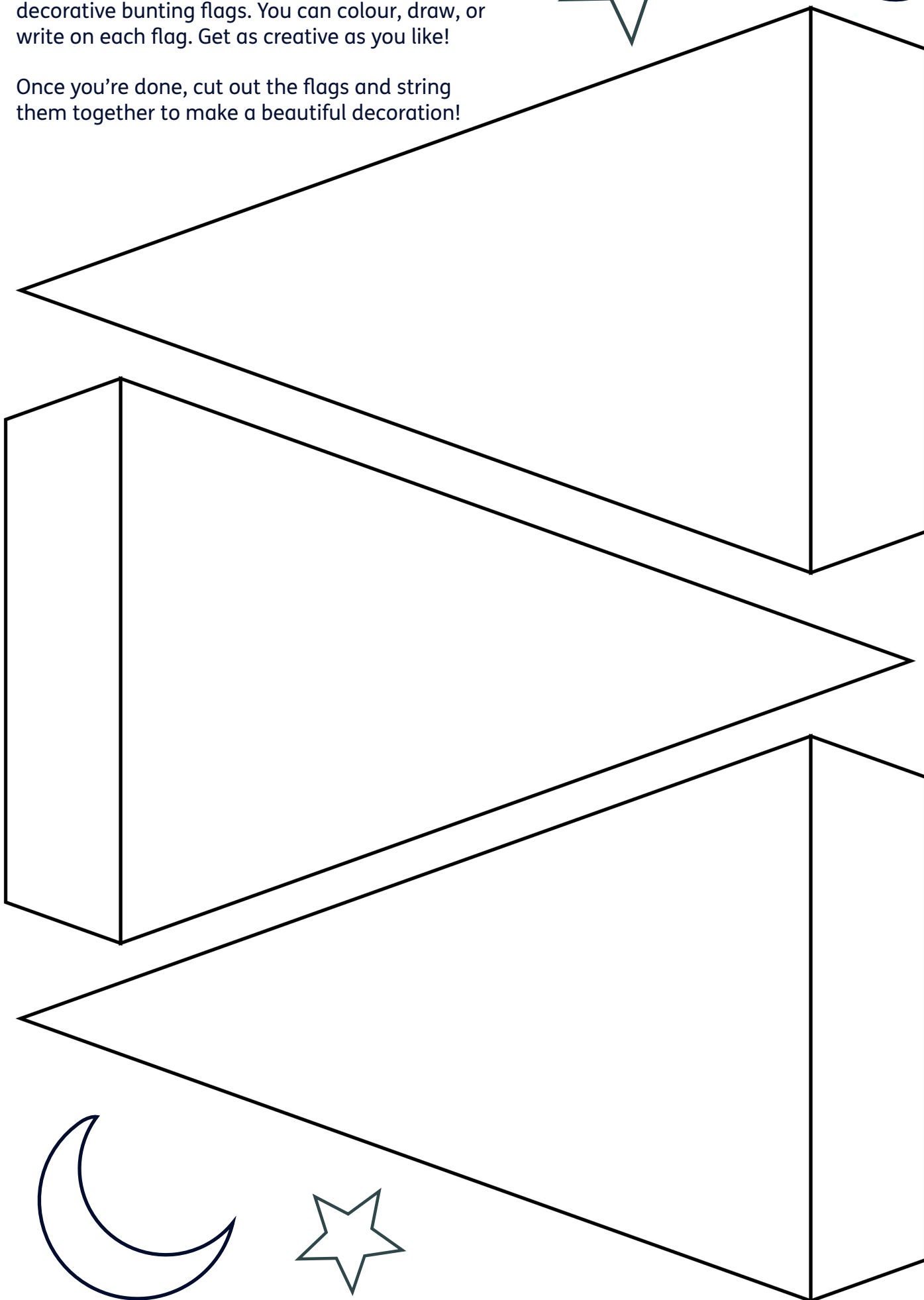
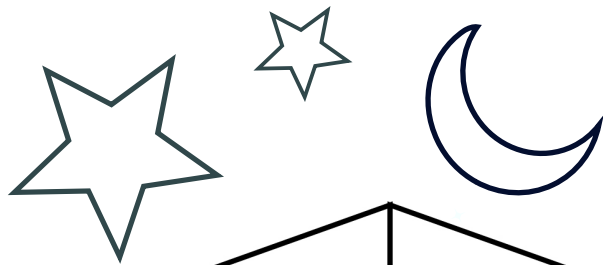
Get creative! You can invent your own patterns or take inspiration from the shapes and motifs provided. Mix, match, and make it uniquely yours!



Bunting Template

Use the template below to create your own decorative bunting flags. You can colour, draw, or write on each flag. Get as creative as you like!

Once you're done, cut out the flags and string them together to make a beautiful decoration!



My Perfect Eid

Hello My Name is...	
The night before Eid I like to...	
On Eid I will wake up at...	
The clothes I like to wear on Eid are...	
I would like to call my family or friends at... (Include time and preferred method)	

My Perfect Eid

I like to eat my breakfast at...

The breakfast I enjoy on Eid morning is...

After breakfast I like to...

Then I will...

My Perfect Eid

I like to eat my main meal at...

**My favourite food and drink
for Eid is...**

After my main meal I like to...

**I like to go out for a walk on
Eid...**

My Perfect Eid

This year I want to watch or listen to...

In the evening I like to...

I like to follow certain religious practices...

Yes / No

Please give details...

Anything else that is important to me or my family over the Eid period...

Other Eid Resources

If you enjoyed these activities, here are links to some more activities you can do to celebrate Eid al-Adha:



Here are some more options for creating your own bunting:

www.qamardesigns.se/uploads/2/1/1/2/21125450/eidbanner2021.pdf

www.qamardesigns.se/uploads/2/1/1/2/21125450/minibanner2.jpg



Play Eid bingo by seeing how many of these items you can tick off during the Eid period:

www.qamardesigns.se/uploads/2/1/1/2/21125450/eidbingo2engelska.jpg



Send some Eid cards to friends, relatives or loved ones using these templates:

www.qamardesigns.se/uploads/2/1/1/2/21125450/eidkortcoloring_fa%CC%88rdig.pdf

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