

NO Bad Hair Days

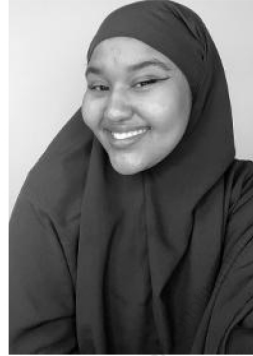
MUSLIM GIRLS DESCRIBE HOW THEY PREFER TO STYLE THEIR HIJABS



"I like to wear my hijab in a turban style because it shapes my face well and brings out my features." **KADIJA MOHAMED, 10**



"It's easier to wrap my hijab like this and it's more convenient." **SUNDUS ABDI, 9**



"I wear the hijab because it's my dignity, it makes up my Muslim identity. I am honored to wear it. The hijab is every Muslim woman's crown." **NASRO ABDI, 11**



"I like the khimar style because I saw my older sisters wear it and I wanted to try it too." **BARWAQO MOULID, 12**

CREATED TO CREATE

Henna is an ancient art, dating back 5000 years. It is so old that historians cannot definitively say where it originated from. It is explored in many traditions, cultures, and countries and used as a way of self-expression, or for joyous occasions. Muslim students at Lexington High School expressed their thoughts on the henna they wore to show their delight and happiness for Eid, the largest holiday after Ramadan.

"I put it on since it reminded me of my mom doing it for me. I also believe it enhances the appearance of my hands and attracts attention," **Kadija Mohamed, 10** said.

Henna can be used to dye skin, hair, and nails. It can take hours to put on the hands and feet which can be decorated in intricate patterns.

"It takes a while to wait for the henna to dry up, but the wait is worth it," **Hidaya Mohamed, 12** said. These lovely decorations may last for weeks or even months.



"DON'T GIVE UP ON YOURSELF AND KEEP PUSHING." **JORGE ESPITIA, 10**

Ramadan

A DEEPER LOOK

Q.
A.

WHAT PART OF RAMADAN DO YOU ENJOY THE MOST?

"I enjoy the celebration at the end of Ramadan which is Eid. I go out with my family and celebrate this occasion." **SAHRA ABDULLAHI, 10**

Q.
A.

WHAT DID YOU STRUGGLE WITH THE MOST DURING RAMADAN?

"Honestly the first week was really hard but as the days went by, I got accustomed." **AMAL HASSAN, 12**

Q.
A.

WHAT IS ONE THING YOU WERE CURIOUS ABOUT RAMADAN THAT YOU FOUND OUT?

"I never knew that girls on their menstrual cycles couldn't fast during Ramadan. I found this out from my friends when they told me they weren't fasting." **BROOKLYN LUL, 10**

Q.
A.

WHAT IS ONE THING YOU WANT PEOPLE TO KNOW ABOUT RAMADAN?

"It's really hard to go back to your usual eating habits after Ramadan." **HAMZA MOHAMED, 9**

Q.
A.

WAS IT HARD TO COMPETE IN SPORTS DURING RAMADAN?

"Yes, it was hard because I got thirsty and very dehydrated during my basketball workouts." **DAUD DAUD, 11**

Not So Fast

WHAT SOME MUSLIMS DO TO PASS TIME AS THEY FAST



"I mostly read the Quran and watched tons of lectures from Muslim scholars." **BARWAQO MOULID, 12**



"I pass the time by cooking food for my family with my sister." **NASRO ABDI, 11**

EVERY BIT HELPS

TIPS TO HELP YOU THROUGH RAMADAN

1. Do your F.I.R.E daily prayers - Fajr, Dhuhr, Asr, Maghrib, and Isha.
2. Eat filling and high-carb foods in the morning.
3. Eat light and nutritious foods at night.
4. Beware of your language - no cursing or lying.
5. Hydrate - drink plenty of water before fasting.
6. Make wudu before praying... thoroughly cleanse your body.
7. Give charity to others in need.

