



I Learn, I Act, I Share

THE TAFAKKUR TREK

LEARNING FOR A

Life With Allah

In this book, we have been learning about the Beautiful Names of Allah and the beauty of His creation. In this session, you will get a chance to practise some of what we have been learning.

You will go on a Tafakkur Trek – a walk in the outdoors where you can think about Allah سبحانه وتعالى, reflect on His creation, and appreciate His endless blessings. Your teacher/parent will give you further instructions.

Part I

On your walk:

1. Spend some time in silence and look around you carefully.
2. Think about what we learnt about the earth. (see page 10)
3. Think about Allah, especially His Name **al-Karim**. (see page 21)
4. Once you complete the above, do some dhikr.



Can you do dhikr while also reflecting on how perfectly and beautifully Allah has created everything?

Focus on enjoying the trek.

Your teacher will remind you if you forget what to do.

Do play some games with your friends and have fun!

Part 2

It's Halaqah Time!

Sit in a circle on the grass or anywhere suitable.

1. Allah is al-Karim (The Most Generous). Look around you. What do you see that reminds you of Allah's Name al-Karim?
2. Stand up and stomp your feet on the ground. Then walk all the way around your circle. Imagine you sunk in the ground as you were walking! Do you remember what Allah says about the earth in the Qur'an?
3. **The Alphabet Game:** Each person has to name something Allah causes to grow from the earth with a different letter of the alphabet. A for apple, B for banana...