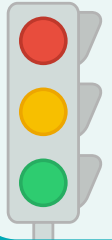


The Shining Heart



Learning Objectives

In this lesson, I will:



Recognise that Allah loves a shining heart

Identify some ways that my heart can become rusty

Describe how I can make my heart shine



Key Words

Heart - قَلْبٌ

Shine

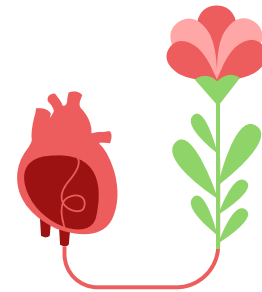
Polish

T Thinking Starter

Have you ever heard anyone say:

“He has a good heart” or “She has a kind heart”?

What does this mean?

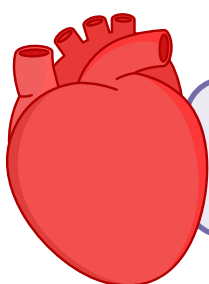


My Heart

We all have a heart that pumps blood around the body. However, inside us, we also have another type of a special heart. This ‘heart’ tells us what to do and how to behave.

If we are kind and nice, then this ‘heart’ shines!

But if we are mean and nasty, then this ‘heart’ becomes rusty and dirty.



Did You Know?

The Arabic word for ‘heart’ is قَلْبٌ.



Task 1

Match the adjectives to the correct heart:



Dirty

Rusty

Shiny

Polished

Clean

Rusty

Clean Body, Clean Heart

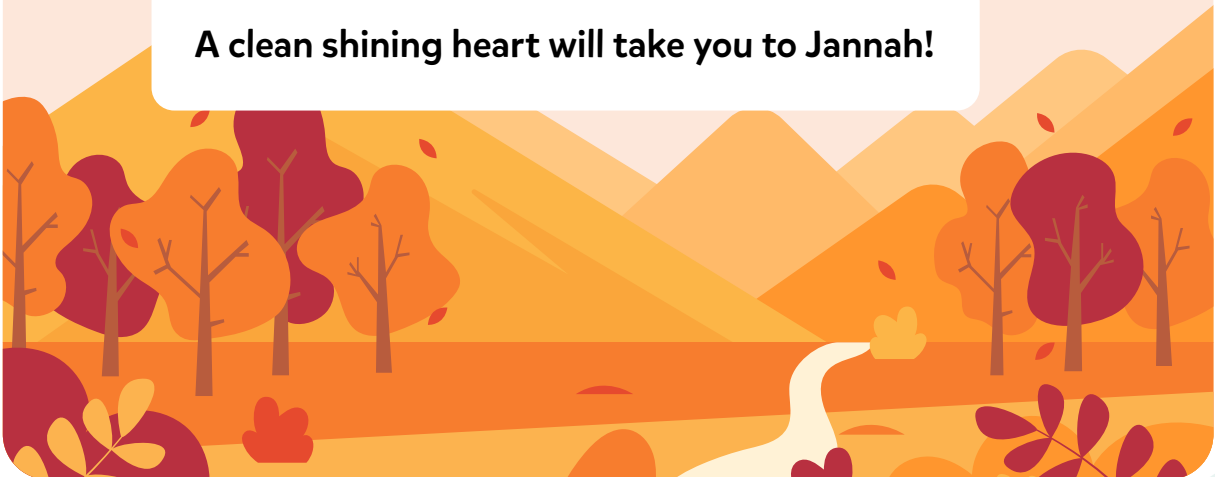
What happens if you don't wash your body for a whole week?

Eww....what is that smell?!

Just like we have to always keep our bodies clean, we have to also keep our hearts clean. This is because sometimes bad thoughts or actions that make our hearts dirty can creep in without us even realising.

Allah loves it when we keep our hearts clean and shining!

A clean shining heart will take you to Jannah!





Task 2

Find the bad feelings that have crept into this heart.

Colour them in black.



I Make My Heart Shine

Sometimes the 'heart' gets a bit rusty from bad thoughts and actions. But our beloved Prophet ﷺ taught us how we can make it shine.



If we do dhikr and remember Allah, the heart shines.



When we are kind to others, the heart shines.



When we pray salah, the heart shines.



When we smile at others, the heart shines.



Task 3

Do these actions make your heart shiny or rusty?

Tick the right box for each question.



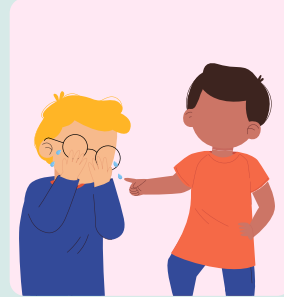
Helping your
parents

☐ Shiny ☐ Rusty



Saying unkind
words

☐ Shiny ☐ Rusty



Thinking you are
better than others

☐ Shiny ☐ Rusty



Praying salah

☐ Shiny ☐ Rusty



Forgetting Allah

☐ Shiny ☐ Rusty



Smiling

☐ Shiny ☐ Rusty

P Progress Check



1. Does Allah love a rusty or a shining heart?

☐

2. How can your heart become rusty?

☐

3. List three things that can make your heart shine.

☐