

# ADAB & AKHLAQ

LEVEL 1



Quranic  
Tarbiyah

1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# ADAB & AKHLAQ

LEVEL 1

This book belongs to

Name \_\_\_\_\_

Class \_\_\_\_\_



Quranic Tarbiyah is an initiative of Life With Allah (LWA) which aims to nurture a Qur'anic generation who love and live the Qur'an.

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# About Quranic Tarbiyah

## Vision

A generation who love and live the Qur'ān.

## Mission

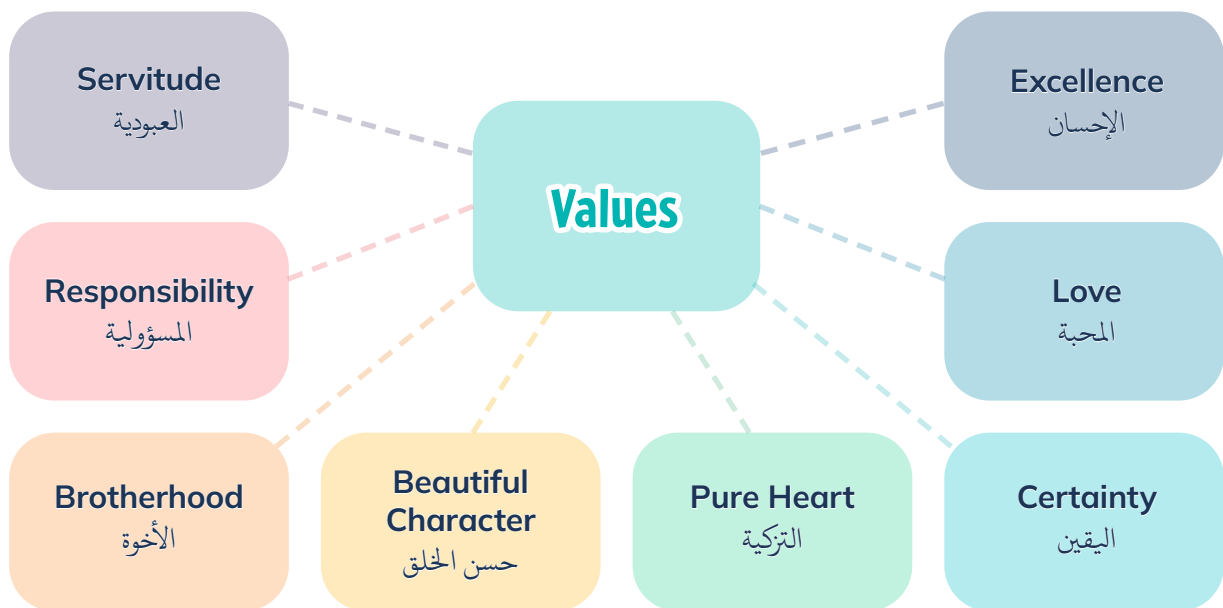
Nurturing a generation who are guided by revelation, grounded in reality, and who carry forward the legacy of the Prophets ﷺ.

## Aims & Objectives

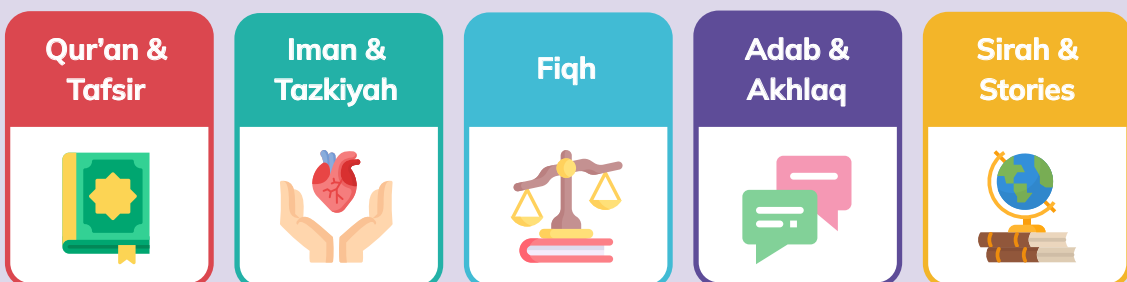
1. We want every educator and learner to:
2. Develop a deep awareness of Allah, love Him and honour Him.
3. Recognise their purpose in life (i.e. 'ubūdiyyah: servitude), and worship Allah with baṣīrah (clear proof and certainty).
4. Constantly strive to strengthen their īmān and yaqīn (conviction).
5. Love the Messenger ﷺ, and embody his sunnah and character.
6. Become 'people of the Qur'ān' by reflecting upon it and living by it.
7. Constantly strive to attain a pure heart (tazkiyah) and attain iḥsān.
8. Know the legal rulings of all necessary aspects of life (fiqh), alongside their inner dimensions, in order to taste the sweetness of worship.
9. Be confident in their dīn and feel deeply connected and proud of their heritage and history.
10. Develop a love of lifelong learning and a passion to serve the dīn of Allah.
11. Be well-equipped to deal with personal, local and global challenges, and become beacons of justice and mercy for the entire world.

لَقَدْ مَنَّ اللَّهُ عَلَى الْمُؤْمِنِينَ إِذْ بَعَثَ فِيهِمْ رَسُولًا مِّنْ أَنفُسِهِمْ يَتْلُوا  
عَلَيْهِمْ ءَايَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِن كَانُوا مِن  
قَبْلُ لَفِي ضَلَالٍ مُّبِينٍ

Indeed, Allah bestowed a favour on the believers when He raised in their“  
midst a Messenger from among themselves — who **recites to them His  
verses, purifies them, and teaches them the Book and wisdom.** For  
(3:164) ".indeed, they had previously been clearly astray



## The 5 Key Areas of the Quranic Tarbiyah Curriculum



# Adab & Akhlaq

## Aims of Adab & Akhlaq Lessons

- 1 To love the Prophet ﷺ and his sunnah, and memorise his sayings
- 2 To emulate his perfect example, including his character and worship
- 3 To fulfil the rights of Allah's creation, and to constantly strive for exemplary akhlāq
- 4 To feel honour in the values of our dīn and recognise their universality and superiority
- 5 To develop personal strength and live a holistically healthy lifestyle
- 6 To remember and ask Allah as the Prophet ﷺ did
- 7 To deeply connect to Allah, by memorising the adhkār and reflecting on their meanings and virtues

*Indeed, Allah bestowed a favour on the believers when He raised in their midst“ a Messenger from among themselves — who recites to them His verses, **purifies them**, and teaches them the Book and **wisdom**. For indeed, they had previously (been clearly astray.” (3:164*

One of the overarching goals of the mission of the Prophet ﷺ was to **purify souls and refine character**. He ﷺ said: “I was sent to perfect good character” (Aḥmad). Akhlāq (character) and ādāb (etiquettes) are not ‘extras’ or ‘niceties’ — rather they are fundamental aspects of the dīn, and determine a person’s eternal destiny.

## The Best Example

The Prophet ﷺ had the best character. The greatest testimony of his character comes from the Lord of the heavens and the earth Himself:

*“And you are truly (a man) of outstanding character.” (68:4)*

The goal of Qurānic Tarbiyah is to nurture children to ‘live’ the Qur’ān. The Prophet ﷺ did not merely teach his companions how to recite the Qur’ān beautifully. Rather, **‘his character was the Qur’ān’** and he nurtured exemplary character in his Companions, young and old.

Thus, it is vital that alongside teaching our children to recite the Qur’ān, we teach them how to embody its teachings, and we instil in them excellent akhlāq. One of the most powerful means of achieving this is by **learning and reflecting on the Prophetic example**. Doing this will also increase our love and īmān in him ﷺ.

Children should be inspired to adopt the Prophet ﷺ as their role model, and to follow his Sunnah in every aspect of their lives. This includes how he ate, drank, interacted with others, prayed, remembered Allah, and worked hard to establish Allah’s dīn.

## Contemporary Challenges

Today, morality is seen as being relative. Value and morals are constantly shifting, causing havoc to our collective well-being.

In the midst of our confusion, we look around for solutions to our problems, but fail to realise that the best value system is the Divine system sent to the Prophet ﷺ.

Children have an exceptional capacity to absorb information and learn from their surroundings, be it the home, school and especially via the screen. Often, the values they are exposed to are immoral, ego-centric and have led to the disintegration of families and communities. It is vital that we proactively counteract these influences, and instead fill the hearts and minds of our young ones with the love of Allah and the **Prophetic way of ‘being’**.

Our children must be anchored by divine guidance. They should be guided by the Qur’ān and Sunnah, and feel immensely fortunate that they have been gifted the best moral compass.

## Learning by Example

As educators, we should constantly engage in the purification (tazkiyah) of our souls and always strive to improve our own character. Children learn by example, and it is vital that they do not see a discrepancy between our own character and what we ‘teach’ them about Prophetic character.

## Good Company

By being in the company (ṣuḥbah) of the Prophet ﷺ, his Companions absorbed the best way of being. They learned and adopted his lofty characteristics and they were purified from negative traits. Upright character is learnt through the company we keep, and as educators, we should try to foster an environment which facilitates this.

## Iman & Adab with Allah

Children should be motivated to practise good character as an important means to seeking the pleasure and love of Allah ﷻ.

The scholars have mentioned that the first step to changing behaviour is to activate īmān. If we focus merely on outward poor behaviour, this may leave a negative impact on the heart. Instead we should focus on īmān so that children can learn to love what Allah loves, and hate what Allah hates. This does not mean that we should not correct unwanted behaviours — but rather we should do so with sensitivity and kindness.

Along with learning how to treat and honour Allah's creation in the best way, children should be taught about having **'adab' with Allah**. This is more important in our times where secularism, atheism and materialism being propagated globally in an aggressive manner.

## United Ummah

Character building requires time and patience. Tarbiyah is a long and gradual process. A character trait or behaviour must be rehearsed for some time before it becomes an intrinsic quality. Educators are encouraged to give children ample opportunities where they can practise these lofty qualities. In addition to this, educators are encouraged to create a space where children truly experience the value of an environment that upholds the Sunnah: a place where they are cherished, valued and nurtured.

We ask Allah ﷻ to guide us to the best character, as He is the Only One who can do this. We ask Him to make us vehicles of true transformation in the Ummah. May we treat our children with love, kindness and gentleness, so that they can become powerful building blocks of a united Ummah.

# Introduction



All praise and thanks are for Allah, the Lord of the worlds, the Ultimate Guide. May peace and blessings be upon His beloved Prophet, Muhammad ﷺ, who He sent as the best teacher and guide.

Alḥamdulillāh, we are pleased to share with you the 1st edition of the 'Akhlaq and Adab Activity Book'. This book is the second in the Activity Book series, following the 'Iman Activity Book'.

Our primary aim is to instil akhlāq (good manners) and the love of Allah ﷻ and His Messenger ﷺ in young hearts. This book consists of 30 engaging lessons, encompassing various daily interactions and scenarios that children may encounter.

This book contains 40+ pages of activities to consolidate key concepts and introduce basic reading, writing, math, and fine motor skills. The activities aim to nurture spiritual intelligence and good character.

This book has been prepared to be used as a textbook in a 'limited resource' classroom setting. Teachers are encouraged to incorporate stories, nasheeds, and if logistically possible, craft and physical activities into each lesson. To nurture imān in the hearts of young learners, engage the minds of your students by holding discussions, asking questions and using examples that they can relate to.

This book may also be used in a home setting. Although every child is different, the average target age of this book is 5 and above. Whilst older children may learn from and use this book independently, younger children may require assistance from an adult.

In order to nurture Prophetic akhlāq in our children, we have to embody these akhlāq ourselves, especially when we are teaching. Mu'āwiyah b. al-Ḥakam رضي الله عنه said about the Prophet ﷺ "...May my father and mother be ransomed for him! I have not seen a teacher before him nor after him who was better than him in teaching. By Allah, he did not scold me, nor did he hit me or insult me..." (Bukhārī).

We look forward to hearing your feedback and suggested changes which can be incorporated in the next edition inshāAllāh.

We pray our young learners grow to exemplify Prophetic character in all aspects of their lives, and enrich their communities and the entire world.

Life With Allah

Jumāda al-Awwal 1445/November 2023

# All About Me



My name is

---

---



My favourite  
book is

---



My favourite colour is

---



My favourite food is

---



I am a

---



My religion is

---



I follow what \_\_\_\_\_ and the  
Prophet \_\_\_\_\_ have told me.

In this book, I will learn how to become a good Muslim, InshaAllah.

# What is Akhlaq?

As Muslims, we should have the best akhlaq.

What does akhlaq mean?

Akhlaq means good manners. They are very important for us to be good Muslims. Can you think of any examples?

Being truthful!  
Smiling!

That's right. Being helpful and speaking politely too!

Our Prophet Muhammad ﷺ said: "The best amongst you is the one who has the best manners and character."

Wow! I didn't know it was that important.

InshaAllah, we will learn all about akhlaq in this book. We will learn how we can make our manners like our Prophet Muhammad ﷺ who had the best character!





## Waking Up

Allah created the night for sleep and the day for work.

That is why I sleep early so I can wake up strong and fresh.

When I wake up, I will do as my Prophet صلى الله عليه وسلم did:

Read  
the  
du'a for  
waking  
up



Rub my  
face so  
I don't  
feel  
sleepy



Clean  
my teeth  
with  
siwak  
and do  
wudu



Make  
my  
bed



Get  
ready  
to pray  
fajr  
salah



### Did You Know?

The siwak is made from a tree and is used to clean your teeth.





## Read and Learn

When I wake up, I will say just like my Prophet صلى الله عليه وسلم said:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ  
مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise is for Allah  
who gave us life after  
having taken it from us  
and unto Him is the  
resurrection.

(Bukhari)

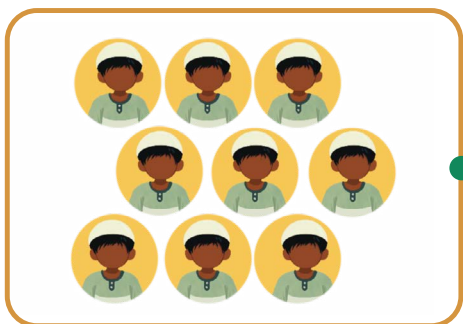
In this du'a, I will thank  
Allah for giving me life and  
the blessing of sleep.

? Think

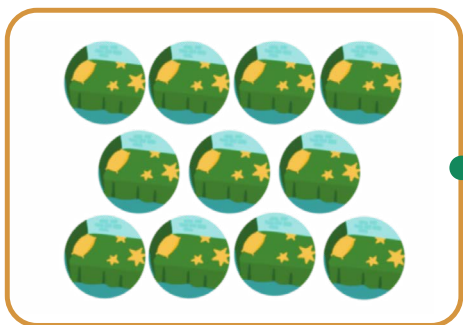
How would you feel if you could not fall asleep?  
Thank you Allah for giving me the blessing of sleep.

# Count and Match

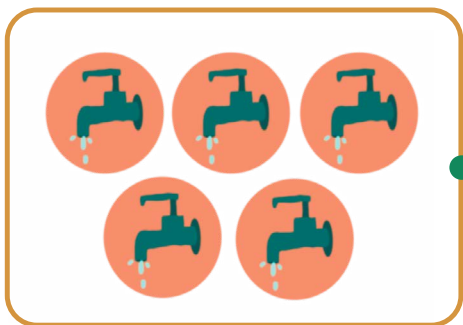
Match up the numbers with the amount of items.



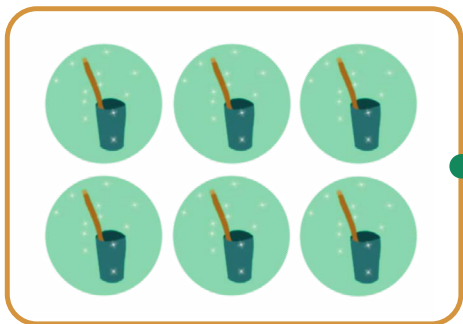
6



11



9



5



## Thanking Allah

Allah has given us everything because He is the Most-Loving and Most-Kind.

Allah has given us more than we could ever imagine.

We should thank Allah for all the blessings He has given us.



I Act On What  
I Learn!

Before I go to sleep tonight, I will thank Allah for 3 things He gave me today.

We can thank Allah by:

1

Saying  
Alhamdulillah



2

Following His  
commands



3

Believing that  
every blessing is  
from Allah



How can we  
thank Allah for  
the things He  
has given us?

Allah has  
given me  
so many  
blessings.

Allah has promised:

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful, I will  
give you more."

(Surah Ibrahim: 7)



## Colour and Remember



Thank you  
Allah for all  
my blessings.



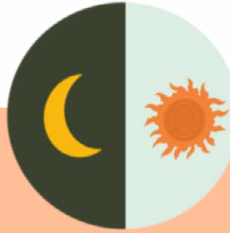
Think

Imagine living without any of the blessings of Allah.



# Fill in the Missing Pictures

I am grateful to Allah for:



The sun and  
the moon



The masjid  
which I pray in



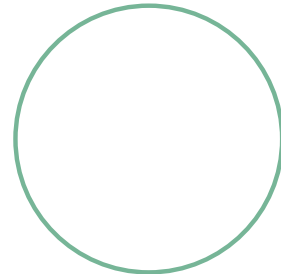
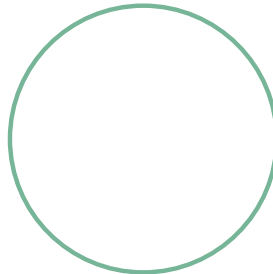
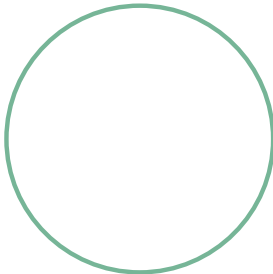
Kind and  
loving  
parents



Trees which  
give me  
shade



Sleep so I can  
rest after  
becoming tired



Can you think of more?  
Say Alhamdulillah for every blessing you think of.





Alhamdulillah!



# Colour



Thank you Allah for all my blessings.



I am thankful to Allah for...

Colour in all the things you are thankful for.



Did You Know?

Allah has given us so many blessings that it is impossible to count them!



# Keeping My Body Clean



وَاللَّهُ يُحِبُّ الْمُطَهِّرِينَ

"And Allah loves those who keep themselves clean."  
(Surah at-Tawbah: 108)

Keeping clean is very important for a Muslim. Keeping ourselves clean and tidy makes us feel better about ourselves.

There are different ways I can keep my body clean:

Doing Wudu



Brushing my teeth



Washing my hands



Washing my clothes



Having a bath



Combing my hair

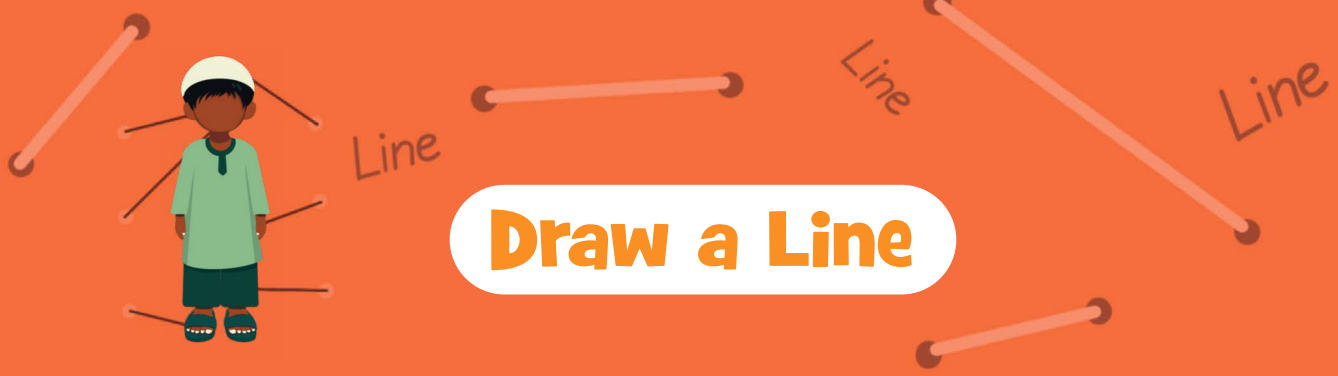


Clipping my nails



## Challenge

What do we need to do before praying salah?



## Draw a Line

Draw a line to show where you would use it on your body.



Think

Would you like to be around someone who is clean or unclean?

# Complete the Sentence

## Word Bank

Salah Quran Eating Dirty Hands  
Long Muslim Clean Loves Prophet

Allah \_\_\_\_\_ those who stay clean.

I follow my \_\_\_\_\_ who taught me to be clean by doing the following things:

I do wudu before I want to pray \_\_\_\_\_ or touch the \_\_\_\_\_.

I wash my \_\_\_\_\_ before and after \_\_\_\_\_.

I wash my clothes when they become \_\_\_\_\_.

I clip my nails when they become \_\_\_\_\_.

I am a \_\_\_\_\_ and I love to stay \_\_\_\_\_.



### Did You Know?

Our Prophet Muhammad  
صلی اللہ علیہ وسلم said: "Allah is  
Beautiful and loves beauty."  
(Muslim)



### I Act On What I Learn!

I will check my clothes and  
body when I go home and try  
my best to make them sparkling  
clean!

# Keeping the Things Around Me Clean

Our Prophet Muhammad  
صلی اللہ علیہ وسلم said:

الطُّهُورُ شَطْرُ الْإِيمَانِ

"Keeping clean is half  
of iman." (Muslim)

Keeping everything around me  
clean is very important. Islam  
has taught us to be clean.



Keep your  
classroom  
clean



Put  
all the  
rubbish  
in the bin



Pick up  
anything  
that falls  
on floor

Wash your  
hands



Put all your  
books and  
bag in the  
correct place







	3		2
	1		6
	2		4

	3		2
	1		6
	2		4

# Keeping Clean I Spy

Count the pictures and write down how many you find of each.

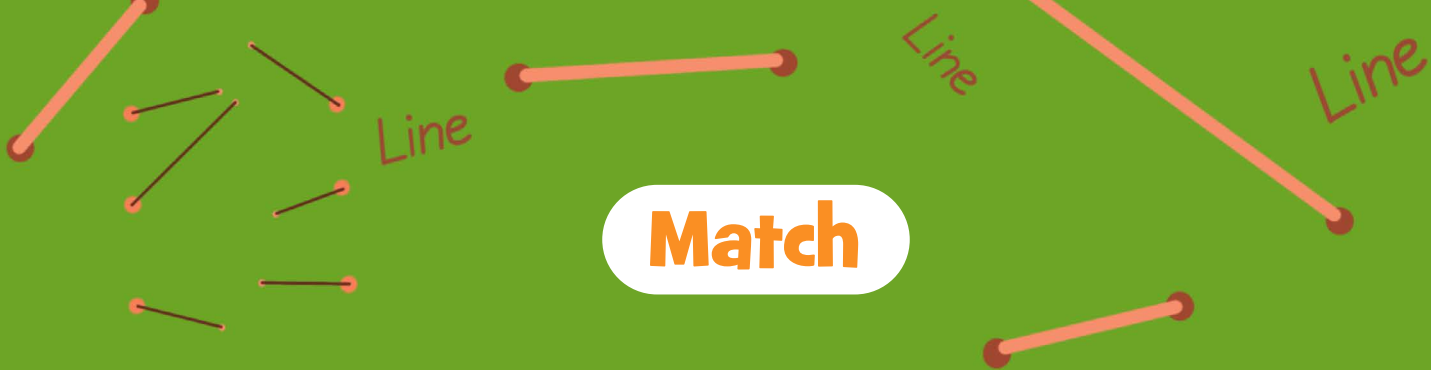


	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>

? Think

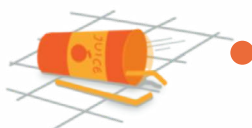
How do you feel when you walk into a room and it is very clean?  
How do you feel when you walk into a room and it is very dirty?





# Match

Match the items to where they should be placed:



I Act On What I Learn!

I will look around the classroom and school, and pick up any rubbish I see and put it in the bin.

# Going to the Bathroom

My religion Islam taught me everything,  
even how to use the bathroom.

When I go to the bathroom, I follow what my  
Prophet صلى الله عليه وسلم did:



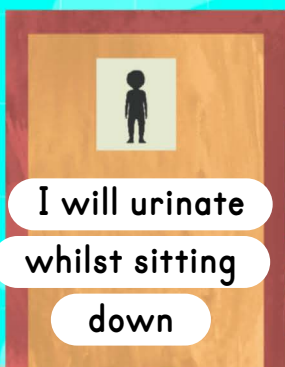
I will enter with  
my left foot



I will leave with  
my right foot



I will use my left  
hand to clean  
myself



I will urinate  
whilst sitting  
down



I will not  
urinate in a  
place where  
people walk  
or sit



I will clean  
myself with  
water

I will clean up  
so I don't cause  
trouble to  
anyone



I will wash my  
hands with water  
and soap



Think

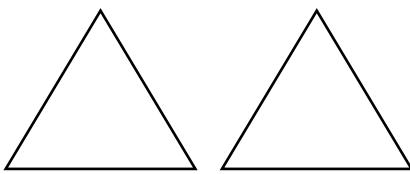
Why do you think  
it is important to  
keep the bathroom  
clean?



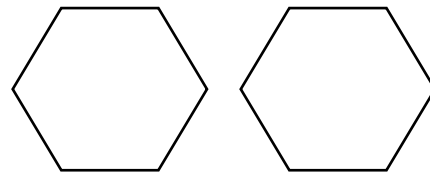
# Let's Learn Left and Right



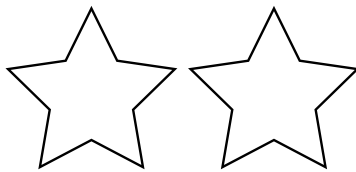
Colour the shape on the right in one colour and the shape on the left in another colour



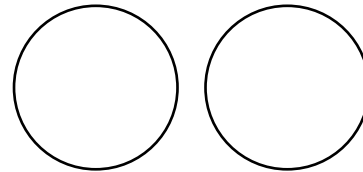
Triangle



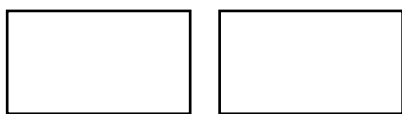
Hexagon



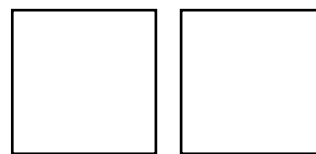
Star



Circle



Rectangle



Square



**I Act On What I Learn!**

When I use the bathroom today, I will stop and think: which foot should I enter with?



## Memorise

Before entering the bathroom,  
I should say:

بِسْمِ اللَّهِ  
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ  
وَالْخُبَائِثِ

In the Name of Allah. (Tirmidhi)  
O Allah, I seek Your protection  
from the male and female devils.  
(Bukhari)



After coming out of the  
bathroom, I should say:

غُفْرَانَكَ

I seek Your forgiveness. (Abu Dawud)



### Did You Know?

If you say "Bismillah" before  
entering the bathroom, Shaytan  
will not be able to see you.

# Wearing Clothes

Allah has given us clothes so we can cover ourselves, stay warm and look beautiful.

When I wear clothes, I will do as my Prophet صلى الله عليه وسلم did. I will:



Recite the du'a before and after wearing clothes



Cover my body properly



Wear clean clothes



Begin wearing my clothes from the right



Not wear girls' clothes if I am a boy and not wear boys' clothes if I am a girl



Remove my clothes beginning from the left



Remove my clothes where no one can see me

# Memorise

Before Taking Clothes Off

بِسْمِ اللَّهِ

In the Name of Allah.  
(Tabarani)



After Wearing Clothes

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ ،  
وَرَزَقْنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

All praise is to Allah who has clothed  
me with this garment and gave it to me  
without any power or might on my part.  
(Abu Dawud)



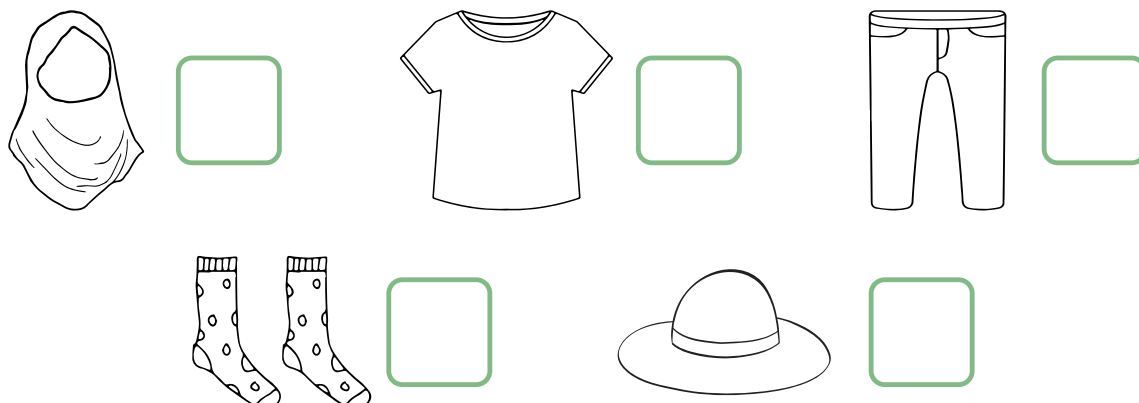
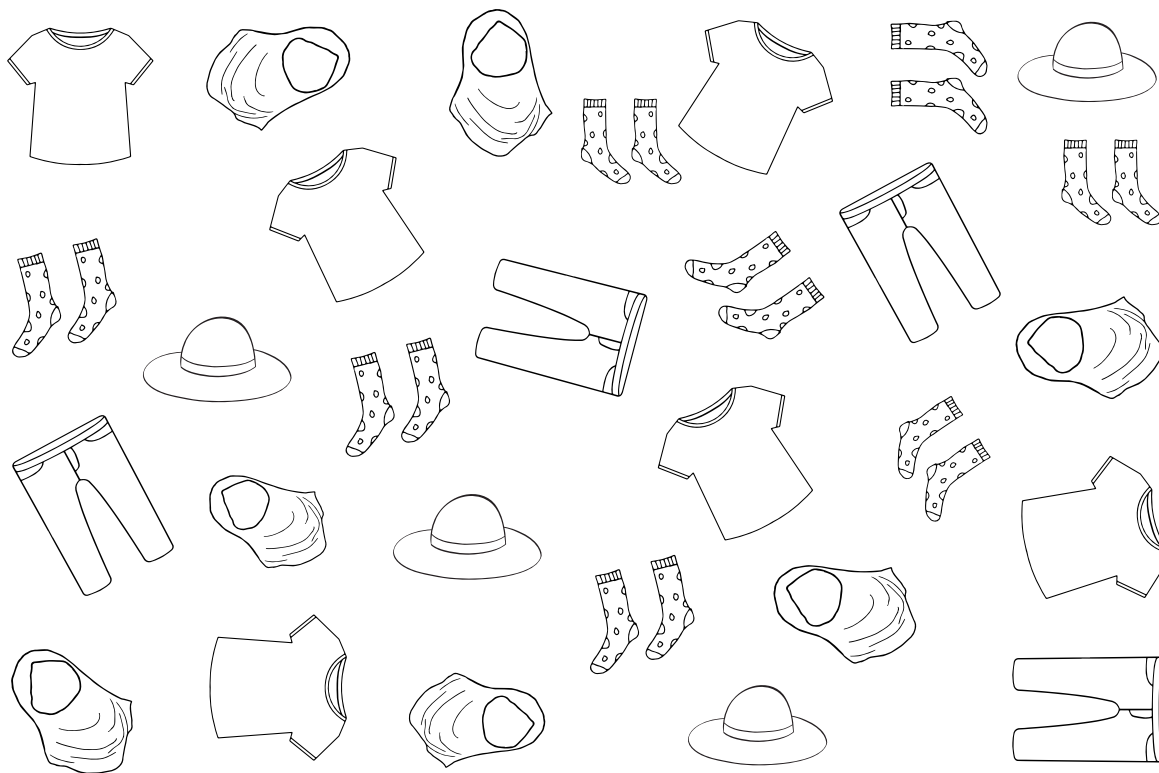
## Did You Know?

If you say Bismillah before removing your clothes, the invisible evil Shaytan will not be able to see you.



# Find and Count

Musa and Maryam are getting ready for Madrasah.  
Help them find their clothes which are hidden in their messy room.  
Colour them in and count them!



# Covering My Body

I am a Muslim and I cover what Allah has told me to cover from my body.

Our bodies do not belong to us. They belong to Allah.

Allah has created boys and girls differently.

Allah has told them how to dress properly.





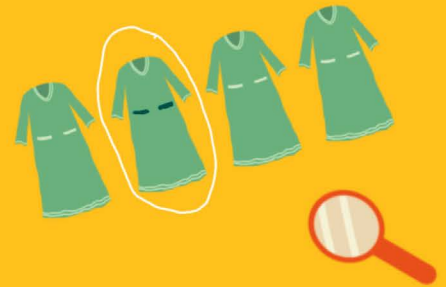
Are the following sentences true or false?

Tick the correct option.

Sentences	True	False
1 A Muslim should cover what Allah has told them to cover.	<input type="checkbox"/>	<input type="checkbox"/>
2 Boys and girls should dress the same.	<input type="checkbox"/>	<input type="checkbox"/>
3 Allah has created boys and girls differently.	<input type="checkbox"/>	<input type="checkbox"/>
4 Our bodies belong to us and we can do what we want with them.	<input type="checkbox"/>	<input type="checkbox"/>
5 Boys should cover more of their body than girls.	<input type="checkbox"/>	<input type="checkbox"/>



Circle



Circle the odd one out.



I Act On What I Learn!

I will cover my body and dress as Allah wants me to dress.

# The Masjid: The House of Allah



The Masjid is the house of Allah.

The Masjid is a place where Muslims gather to pray Salah, learn about Islam and worship Allah.

I will respect the Masjid by keeping quiet and keeping it clean.

I love the Masjid.



## My Checklist Before Going to the Masjid



☒ I have done wudu



☒ My body is clean



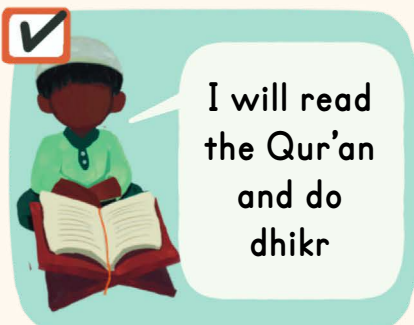
☒ My clothes are clean



☒ I smell nice

I am ready to go to the Masjid!





Before entering the Masjid, I will say:

بِسْمِ اللَّهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ ، اللَّهُمَّ اغْفِرْ لِي  
ذُنُوبِي ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ



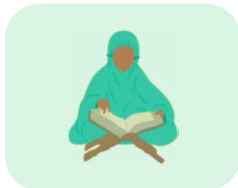
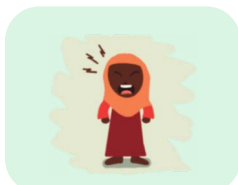
In the Name of Allah. Peace and blessings be upon the Messenger of Allah. O Allah, forgive my sins. O Allah, open the gates of Your mercy for me.



# Tick or Cross!



Tick what is right and cross what is wrong to do in the Masjid.

Actions		Right	Wrong	
1	Walking in front of people		<input type="checkbox"/>	<input type="checkbox"/>
2	Keeping clean		<input type="checkbox"/>	<input type="checkbox"/>
3	Reciting Qur'an		<input type="checkbox"/>	<input type="checkbox"/>
4	Making noise		<input type="checkbox"/>	<input type="checkbox"/>



I Act On What I Learn!

I will behave with respect in the Masjid and always remember that I am in the house of Allah.

# The Masjid: The Best Place

The Masjid is the best place because it is the house of Allah.

I love coming to the Masjid everyday.

The Masjid brings me closer to Allah.

I love the  
house of  
Allah

Let's learn the  
du'a for leaving  
the Masjid!

After leaving the Masjid, I will say:

بِسْمِ اللَّهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ ،  
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

In the Name of Allah. Peace and blessings be upon the Messenger of Allah. O Allah, I ask You from Your favours.



## Letter Maze

Colour the Arabic alphabet in order and help Musa find his way to the Masjid.



ا	ك	ق	ن	ه	م	غ
ب	ت	ص	ض	ع	ت	ز
ج	ث	ش	ط	ش	م	ن
ح	ي	س	ظ	ا	ل	ه
خ	ف	ز	ع	ق	ك	و
د	ذ	ر	غ	ف	ث	ي



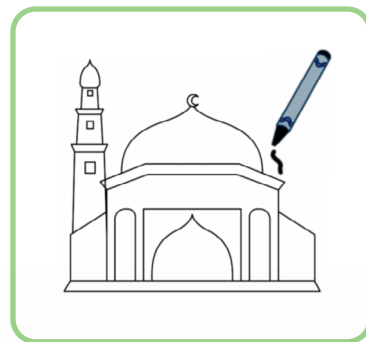


### Did You Know?

From all the places on earth, Allah loves the Masjids the most and hates the markets and shopping centres the most!

# Draw and Colour

Trace the lines and complete the missing parts.  
Then colour in the Masjid the best you can.





# Remembering Allah

Dhikr means to remember Allah.

It is a way of worshipping Allah.

Allah loves those who remember Him.

Dhikr can be done anytime and anywhere.

We are rewarded by Allah every time we do dhikr.



## I Act On What I Learn!

I am going to try and say SubhanAllah and Alhamdulillah 100 times today.

الْحَمْدُ لِلَّهِ

*All praise is for Allah!*

سُبْحَانَ اللَّهِ

*Allah is perfect!*





Why do I  
always see  
Mama doing  
dhikr?

Yes! Mama told me why. She said  
that when you remember Allah,  
He remembers you.

Mama says that sometimes she  
feels sad, but then when she does  
dhikr, she feels better.



Wow! No  
wonder she's  
always doing  
dhikr!

Also Hawa said  
that Shaytan wants  
us to do bad things,  
but if we do dhikr  
then we get saved  
from his evil plans!

لَا إِلَهَ إِلَّا اللَّهُ، اللَّهُ أَكْبَرُ

لا إله إلا الله

## Trace and Colour

سبحان الله

سبحان الله

الحمد لله

الله أكبر

لا إله إلا الله



Did You Know?

لا إله إلا الله is the best dhikr.



# Allah's Wonderful Creation

Allah is Al-Khaliq  
The Creator of all you see  
He made the moon and stars  
And even you and me  
We see the beautiful creations  
of Allah all around us  
The creations of Allah tell us  
that Allah exists



**I Act On What I Learn!**

I will go outside today and choose one creation of Allah.  
I will think of how amazing it is and how Powerful Allah is!



BIG

SMALL

FAST

SLOW

# Circle

## Big or Small, Fast or Slow

Circle what type each animal is.

 Cheetah	<input checked="" type="radio"/> BIG	<input type="radio"/> SMALL	<input checked="" type="radio"/> FAST	<input type="radio"/> SLOW
 Elephant	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Crocodile	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Ant	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Tortoise	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Camel	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Spider	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW
 Fish	<input type="radio"/> BIG	<input type="radio"/> SMALL	<input type="radio"/> FAST	<input type="radio"/> SLOW

# Guess

## Guess the creation of Allah



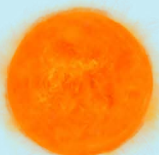
Moon



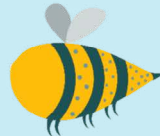
Cow



Water



Sun



Bee



Tree

1. A creation of Allah we see in the day. It is big and hot.

---

2. A creation of Allah which gives us fruit.

---

3. A creation of Allah which gives us milk.

---

4. A creation of Allah which gives us honey.

---

5. A creation of Allah which gives us light at night.

---

6. A creation of Allah which we drink.

---



# Entering and Leaving My Home

When I enter the home:

- ☒ I pray the du'a for entering the home.
- ☒ I greet the people in my home with 'Assalamu Alaykum wa Rahmatullahi wa Barakatuh'.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

When I leave the home:


- ☒ I ask my parents for permission.
- ☒ I pray the du'a for leaving the home.



I Act On What I Learn!

When I go home today, I will say the full salam as loud as I can to everyone.


## Read and Learn



When I enter my home I say:

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ خَیْرَ الْمَوَلِیْجِ ، وَخَیْرَ الْمَخْرَجِ ، بِسْمِ اللّٰهِ وَلَجْنَا ،  
وَبِسْمِ اللّٰهِ خَرَجْنَا ، وَعَلَى اللّٰهِ رَبِّنَا تَوَكَّلْنَا

O Allah, I ask You for the best entrance and the best exit.  
In the Name of Allah we enter, in the Name of Allah we  
leave, and in Allah our Lord do we trust. (Abu Dawud)

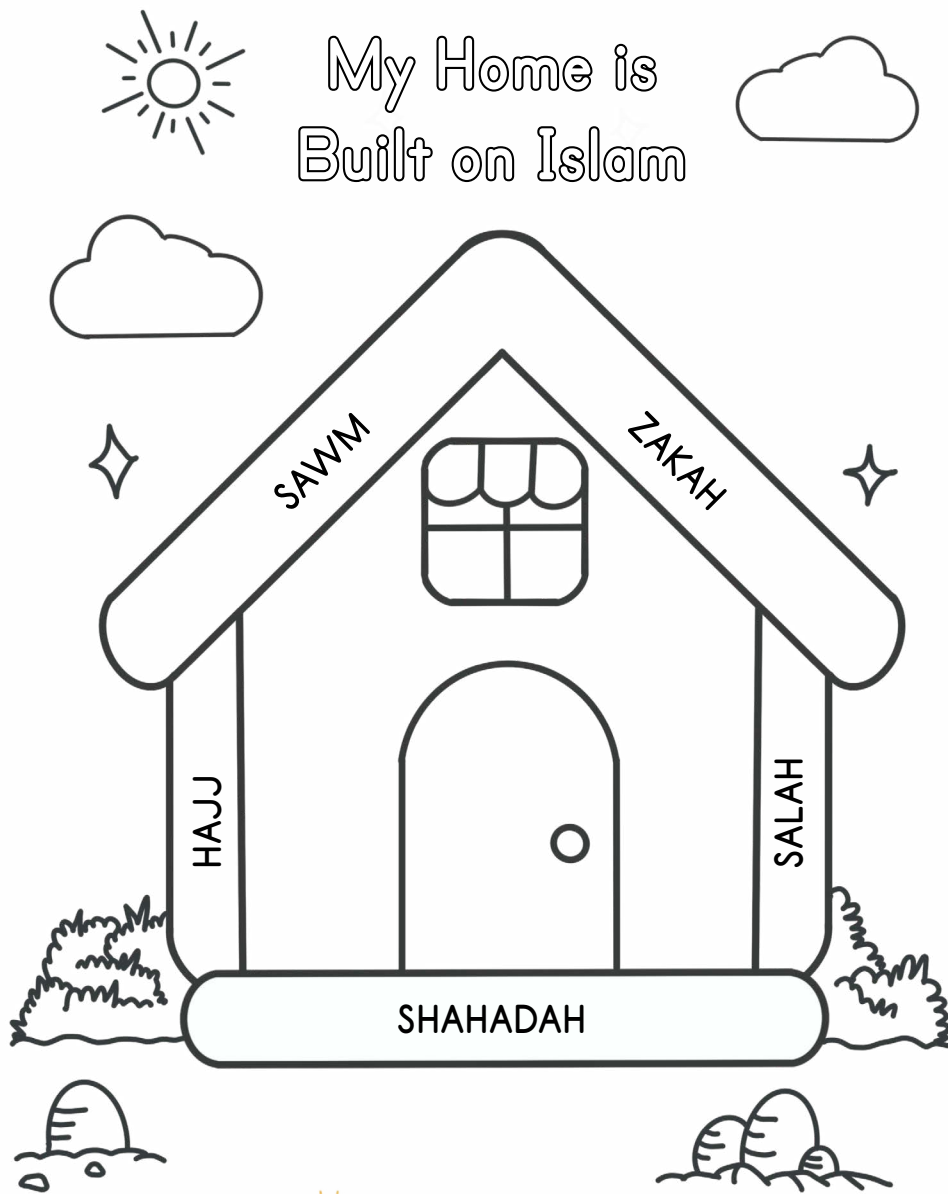


When I leave my home I say:

بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ

In the Name of Allah, I have placed my trust in Allah. There  
is no power (in staying away from evil) or strength (to do  
good) except through Allah. (Abu Dawud)

# Colour



## Did You Know?

The 5 pillars of Islam are like a building and are the foundation of our din.



# Saying Salam

Assalamu Alaykum wa Rahmatullahi wa Barakatuh  
is the greeting of Islam.

When we say salam, we are making du'a for:

1. **Peace** - We are making du'a that Allah protects them from bad things
2. **Mercy** - We are making du'a for Allah's kindness
3. **Blessings** - We are making du'a for special goodness and happiness

I should:

- ☒ Say it correctly
- ☒ Say it to everyone, big and small
- ☒ Reply to anyone that says salam to me

وَعَلَيْكُمْ السَّلَامُ




السَّلَامُ عَلَيْكُمْ

Saying salam to one  
another will help us love  
each other.

## Count the Rewards

### The Reward of Saying Salam

Fill in the missing number.

اَلْسَّلَامُ عَلَيْكُمْ	4 +  =	<hr/> rewards
اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللّٰهِ	8 +  =	<hr/> rewards
اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ	23 +  =	<hr/> rewards

Always try your best to get all 30 rewards!

I will say salam to  
everyone I meet.

## Dot to Dot and Colour



### Dot to Dot

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ

وَعَلَيْكُمْ اَلْسَّلَامُ وَرَحْمَةُ  
اللهِ وَبَرَكَاتُهُ

### Colour and Remember

I will say salam to everyone I meet.



I Act On What I Learn!

I will say salam to everyone I meet and smile at them!

# Respecting My Parents

Our parents are a gift from Allah. We must thank Allah for our parents by showing them love and respect.

I can be kind to my parents by:



Smiling at them



Listening to them and doing as they say



Saying kind words



Not shouting at them



Helping them



Making du'a for them





# Read and Learn

I can make du'a for my Mama and Baba by saying:

رَبِّ ارْحَمْهُمَا كَمَا  
رَبَّيَّانِي صَغِيرًا

My Lord, have mercy  
on them, as they raised  
me when I was a child.  
(Surah Al-Isra: 24)

Let's learn the du'a  
for our parents!



Think

Who fed you and took care of you when you were a baby?





## Fill in the Blanks

Write the correct answer in the speech bubble.

A man came to our Prophet Muhammad صلى الله عليه وسلم and said:  
'O Messenger of Allah, who should I be the most kind to?'

The Prophet صلى الله عليه وسلم said:

A light green speech bubble with a horizontal line inside for writing the answer.

The man asked: 'Then who?'

The Prophet صلى الله عليه وسلم said:

A light green speech bubble with a horizontal line inside for writing the answer.

The man asked: 'Then who?'

The Prophet صلى الله عليه وسلم said:

A light green speech bubble with a horizontal line inside for writing the answer.

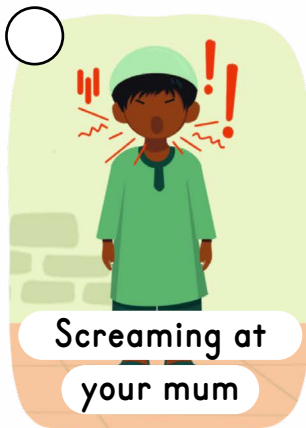
The man asked: 'Then who?'

The Prophet صلى الله عليه وسلم said:

A light green speech bubble with a horizontal line inside for writing the answer.

# Tick or Cross

Put a tick on the respectful acts and a cross on the disrespectful acts



I Act On What I Learn!

I will go home today and tell my parents I love them. I will say JazakAllahu Khayra for everything they do for me.

# Being Kind to Others

To be kind to others, I should:

Smile



Say salam



Ask them  
how they are



Help them



Sit with someone  
who is sitting alone



Be friendly



Say nice things



Share



Forgive them  
for a mistake



Did You Know?

Our Prophet Muhammad ﷺ was very kind and would smile a lot! It's sunnah to smile!



# Trace

Read and Trace.

Allah loves  
when I  
am kind to  
others.



**I Act On What I Learn!**

I will do something nice for someone which  
will make them happy and smile.



# Being Kind to Animals

Allah has created so many different animals -  
some are HUGE and some are small.



We should thank Allah for  
the animals He has created.

We should treat them all with  
gentleness and kindness, just  
like the Prophet Muhammad  
ﷺ always did.



**I Act On What I Learn!**

I will give food or water to any  
hungry animal I see, so that Allah  
is happy with me.



Bird  
Cat  
Goat  
Worm



Goat

## Choose and Write

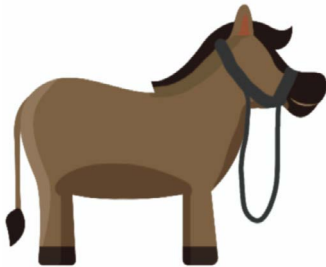
Bird  
Cow  
Goat  
Worm



Cow

Can you choose and write the correct name of the animal that Prophet Muhammad صلى الله عليه وسلم showed kindness to:

Cat  
Rabbit  
Sheep  
Horse



\_\_\_\_\_

Cow  
Camel  
Sheep  
Horse



\_\_\_\_\_

Bird  
Cat  
Sheep  
Horse



\_\_\_\_\_

Cat  
Rabbit  
Sheep  
Camel



\_\_\_\_\_

Bird  
Cat  
Camel  
Worm



\_\_\_\_\_



### Did You Know?

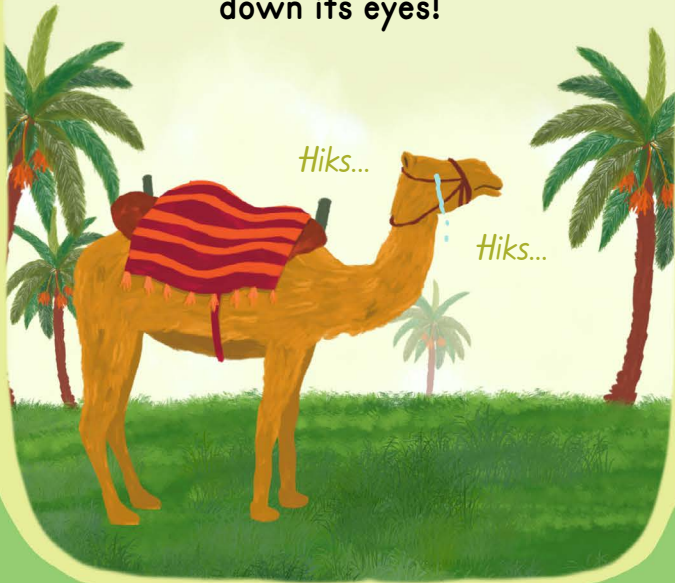
Our Prophet Muhammad صلى الله عليه وسلم was a shepherd and always handled his sheep with gentleness.



# Story Time

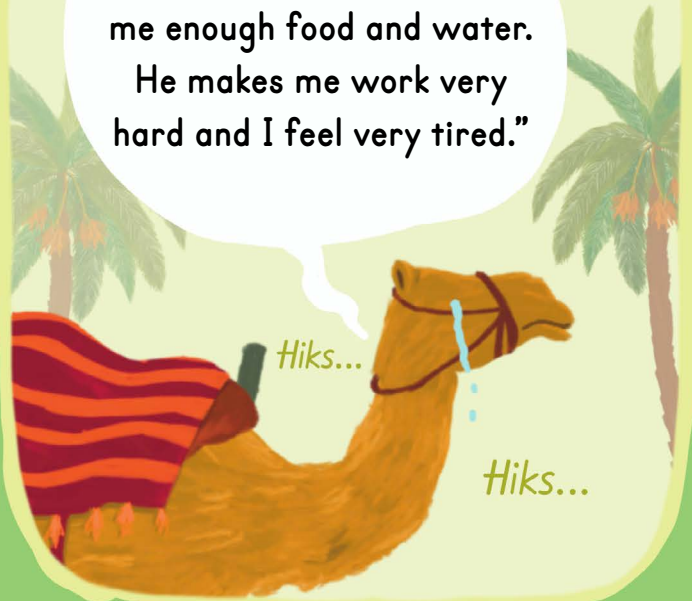
## The Prophet صلى الله عليه وسلم Rescues a Camel

One day, our Prophet Muhammad صلى الله عليه وسلم entered a garden. A camel came up to him, and started making distressed grunting sounds. Not only that, tears were coming down its eyes!



The Prophet صلى الله عليه وسلم couldn't help it. He started crying too.

"My master does not give me enough food and water. He makes me work very hard and I feel very tired."

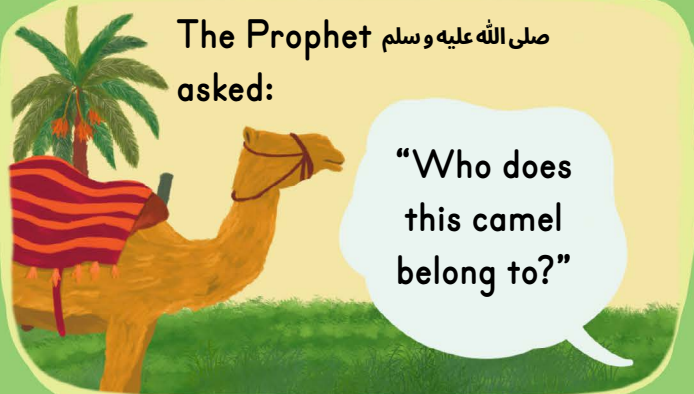


The Prophet صلى الله عليه وسلم stroked the camel's back and ears. So, the camel calmed down and stopped crying.



The Prophet صلى الله عليه وسلم asked:

"Who does this camel belong to?"

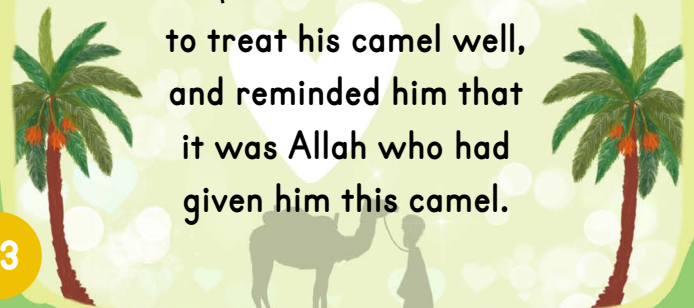


A man came and said:

"It's mine, O Messenger of Allah."



He صلى الله عليه وسلم told him to treat his camel well, and reminded him that it was Allah who had given him this camel.



# Forgive and Forget

1

When I am angry, I should:

Sit down if I am standing or lie  
down if I am sitting.



2

Say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ



3

Remain  
silent



I Act On What I Learn!

Next time I am angry, I won't  
shout and scream. I will sit down  
if I am standing.

# I Can Forgive Others...

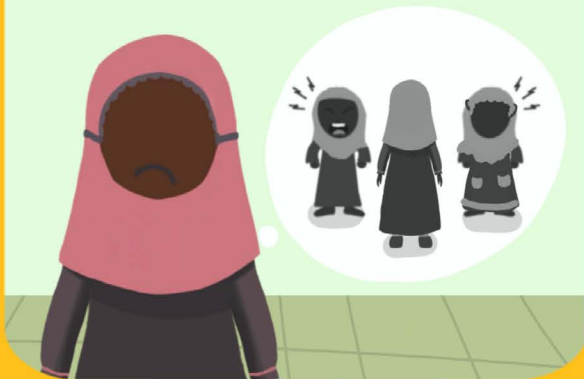
When they hurt my feelings



When they lie to me



When they shout at me



When they are mean to me



When they take something from me



When they push me



When any of these things happen to me, I will forgive others because Allah loves when I forgive.



# Sorry...

You have hurt the feelings of your best friend.  
Write them a letter to say sorry.



Assalamu Alaykum \_\_\_\_\_,



Sorry for \_\_\_\_\_

I know it made you sad. Please let us be friends again. \_\_\_\_\_

Love \_\_\_\_\_



# I Eat Like My Prophet ﷺ

When I eat:

I wash my hands before and after eating.



I mention Allah's name and thank Him.

Alhamdulillah for the food



I eat with my right hand.



I eat from the side of the plate that is the closest to me.



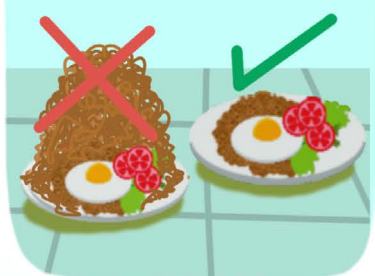
I eat sitting on the floor.



I wait for hot food to cool down and do not blow on it.



I do not eat too much.



Alhamdulillah for everything that Allah has given to me.

I do not complain about the food.



I pray the du'a after eating.



# Read and Learn

Before eating and drinking I say:

بِسْمِ اللَّهِ

In the Name of Allah. (Abu Dawud)

By saying Bismillah, we will get more blessings in our food.

If you forget to say Bismillah, and remember after you start eating, say:

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

In the Name of Allah at the beginning and at the end of it. (Abu Dawud)



## Did You Know?

Shaytan will eat with you if you do not say Bismillah.

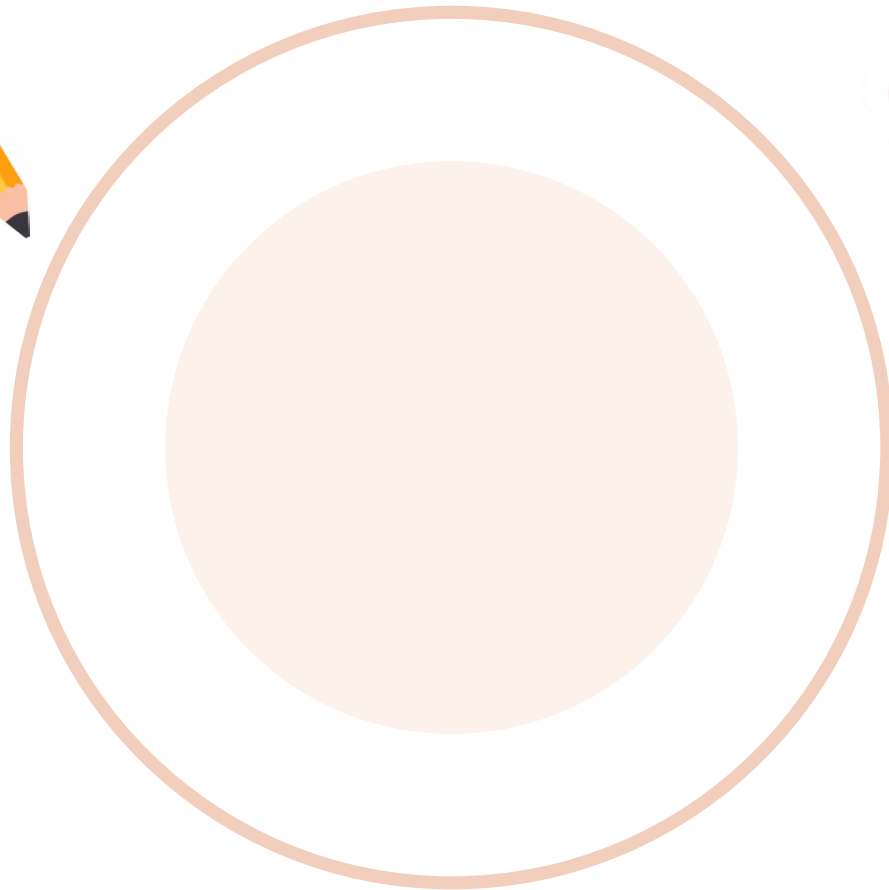
After I finish eating, I say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا، وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

All praise and thanks are for Allah who has fed me this, and provided me with it without any power and strength from me. (Abu Dawud)

## Draw

Draw all your favourite foods on the plate and then think about how lucky you are. Thank Allah for everything He has given you.



The more we thank Allah, the more He will give us.



I Act On What I Learn!

I will do all the things our Prophet صلى الله عليه وسلم did when he was eating.



# I Drink Like My Prophet ﷺ

Water is a great blessing of Allah.

We should never waste water even if we have lots of it.

I drink like my beloved Prophet

Muhammad ﷺ :



1

I start  
with  
Bismillah

بِسْمِ اللَّهِ  
in the Name  
of Allah.

2



I check if the  
water is clean  
before drinking

3



I drink  
with my  
right hand

4



I sit  
down  
and drink

5



I drink the water  
in 3 sips. I don't  
gulp it all

6

I finish with saying:

الْحَمْدُ لِلَّهِ  
Alhamdulillah

## Read and Learn

Before drinking water, I say:

بِسْمِ اللَّهِ

In the Name of Allah  
(Tabarani)



After drinking water, I say:

الْحَمْدُ لِلَّهِ

All praise and thanks be  
to Allah (Tabarani)

After drinking milk, I say:

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

O Allah, bless us in it and give  
us more of it (Tirmidhi)



Think

Where does milk come from? How can we see the power of Allah in milk?

# Match

Where does this drink come from?

Water



Cow



Milk



Mango  
Tree



Honey



Bee



Mango  
Juice



Pond



Think

Who sent down the rain from the sky? Who created the cow and the bee? Who made the mango tree grow?

# Sharing and Not Being Greedy

Everything we have is from Allah so we should share it with others.

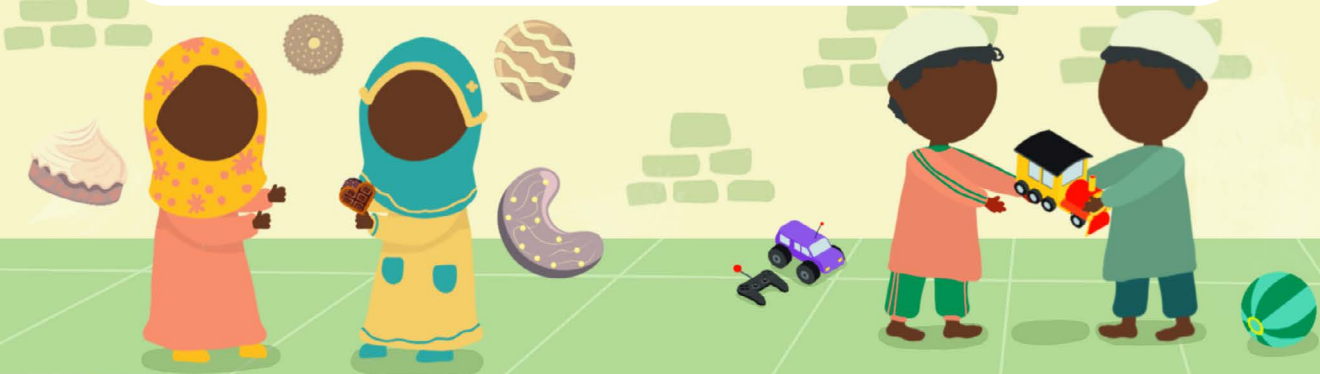
Sharing is when you let others use something that is yours.

Allah loves those who share things with other people.

## Ask Yourself

- Have you ever given someone else your last sweet or chocolate, even though you really wanted to eat it?
- Have you ever let someone else have a turn with a toy, even though you really wanted a turn yourself?
- How do you think it made the other person feel?

Think about how happy Allah is with you when you are kind.





# Story Time

## The Guest of the Prophet صلى الله عليه وسلم

A poor and hungry man came to the Prophet صلى الله عليه وسلم but he only had water that he could give him.

The Prophet صلى الله عليه وسلم asked if anyone could give him food. A Sahabi called Abu Talhah took the man home to feed him.



Abu Talhah told his wife what Prophet Muhammad صلى الله عليه وسلم had asked him to do. His wife said that they only had enough food for their children.

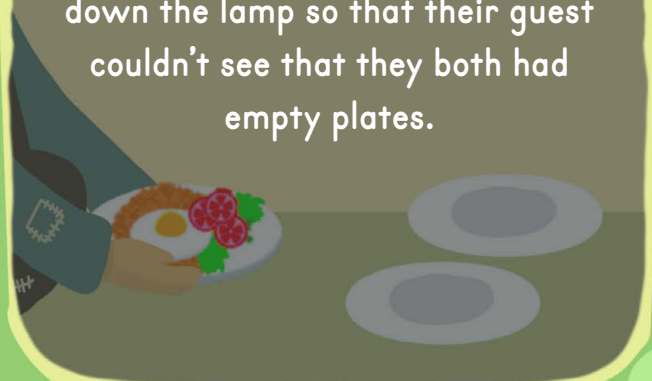


Abu Talhah made a difficult decision and sent his children to bed. A meal was prepared for their guest.



However, it was only enough for the guest.

Abu Talhah and his wife turned down the lamp so that their guest couldn't see that they both had empty plates.



The following morning, Abu Talhah went to the Prophet صلى الله عليه وسلم. The Prophet صلى الله عليه وسلم told him that Allah was very happy with what he did that night.



Allah loved this so much that He revealed a verse of the Qur'an, praising Abu Talhah and his wife!







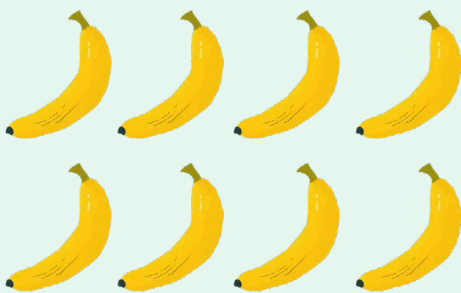
Sharing  
what  
Allah has  
given us

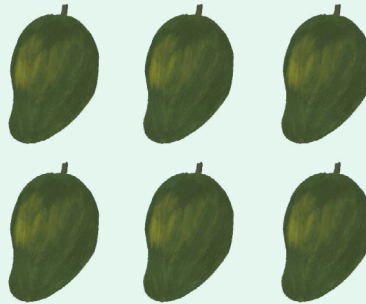
# Sharing

Maryam and Musa have lots of food.  
Help them share it equally with their friends in the bowls.











I Act On What I Learn!

I will give some of my favourite food to my friend even if I really want all of it for myself.

# Sneezing

1

Achuu!  
Alhamdulillah!

Hehe

2

When you  
hear someone  
sneeze, you  
should say  
Yarhamuk-  
Allah.

Oops,  
sorry.  
Yarhamuk-  
Allah!

3

And then I have to  
reply to you by saying  
'Yahdikumullahu wa  
Yuslihu Balakum.'

This is what our Prophet  
Muhammad ﷺ taught  
us to say. We should also  
cover our mouths  
when sneezing with a  
tissue or our elbows.



## Did You Know?

Our Prophet Muhammad ﷺ said: "Allah loves sneezing and dislikes yawning." (Bukhari) This is because sneezing is good for us and yawning makes us lazy.

Line

## Match

Line

Line

When I  
sneeze, I say:



يَرْحَمُكَ اللَّهُ

May Allah have  
mercy on you.

The person that  
hears me sneeze  
should say:



يَهْدِيكُمْ اللَّهُ  
وَيُصْلِحْ بَالَكُمْ

May Allah guide  
you and put your  
affairs in order.

I should reply  
by saying:



الْحَمْدُ لِلَّهِ

All praise and  
thanks be to  
Allah.



# Cover Your Cough and Sneeze

1

Cover your mouth and nose with a tissue when you sneeze or cough.



2

Put the tissue in the bin.



3

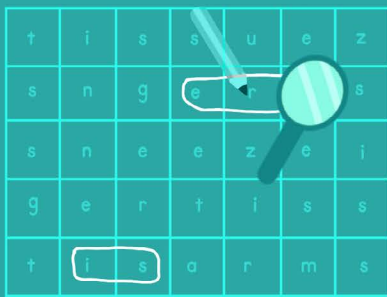
If you don't have a tissue, cough or sneeze into your elbow,



4

Wash your hands with water if you need to.





# Wordsearch



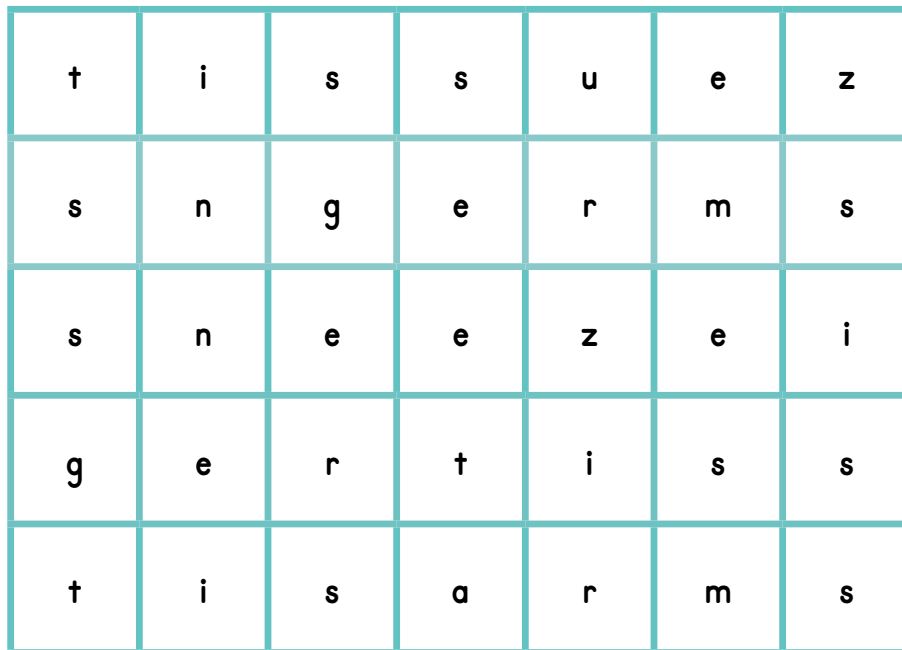
## Word Bank

Sneeze

Germ

Arm

Tissue



## Fun Fact!

Sneezing is a blessing from Allah. It takes out all the germs and harmful things out of our bodies! That is why we say Alhamdulillah and thank Allah for taking care of us.

# Respecting My Teachers

I can show respect to my teachers by:

1 Greeting my teacher with salam

Assalamu  
Alaykum

2 Not interrupting my teacher when they are speaking

Listening and keeping silent

3 Listening carefully to what my teacher is saying

4 Talking to my teacher with respect

5 Making du'a for my teachers

Ya Allah,  
bless my  
Ustadhah.

6 Asking permission from my teacher before entering and leaving the classrooms

Excuse me,  
please may  
I go  
to the  
toilet?

I Act On  
What I  
Learn!

I will always  
be on my best  
behaviour from  
today onwards.  
I will respect my  
teacher

## Choose and Write

Use the words below and write them in the correct place:

JazakAllahu Khayra - Happy - Raising Hand - Making Du'a - Love -  
Saying Salam - Silence - Listening - Kindness





# Thank You!

Write a letter to your teacher telling them how grateful you are to them for teaching you.



To \_\_\_\_\_

Assalamu Alaykum, I wanted to write this letter to...

\_\_\_\_\_  
\_\_\_\_\_

JazakAllahu Khayra \_\_\_\_\_

From \_\_\_\_\_

## Remember


Respect is not only for those who are older than you. Respect is for all of Allah's creation.

# Truthfulness and Lying

Speaking the truth is when you say what really happened without changing anything.

A Muslim is always truthful in what they say and do.

A Muslim does not lie.



Allah loves those who speak the truth.

I am a Muslim. I always speak the truth. Being truthful will take me to Jannah!










## Did You Know?

Our Prophet ﷺ was so truthful that he was given the title of As-Sadiq which means "The Truthful".

# Find and Write

Solve the secret message.

i	w	l	n	e	v	r
						

Write the letter next to each picture to find the answer.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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\_\_\_\_\_



\_\_\_\_\_



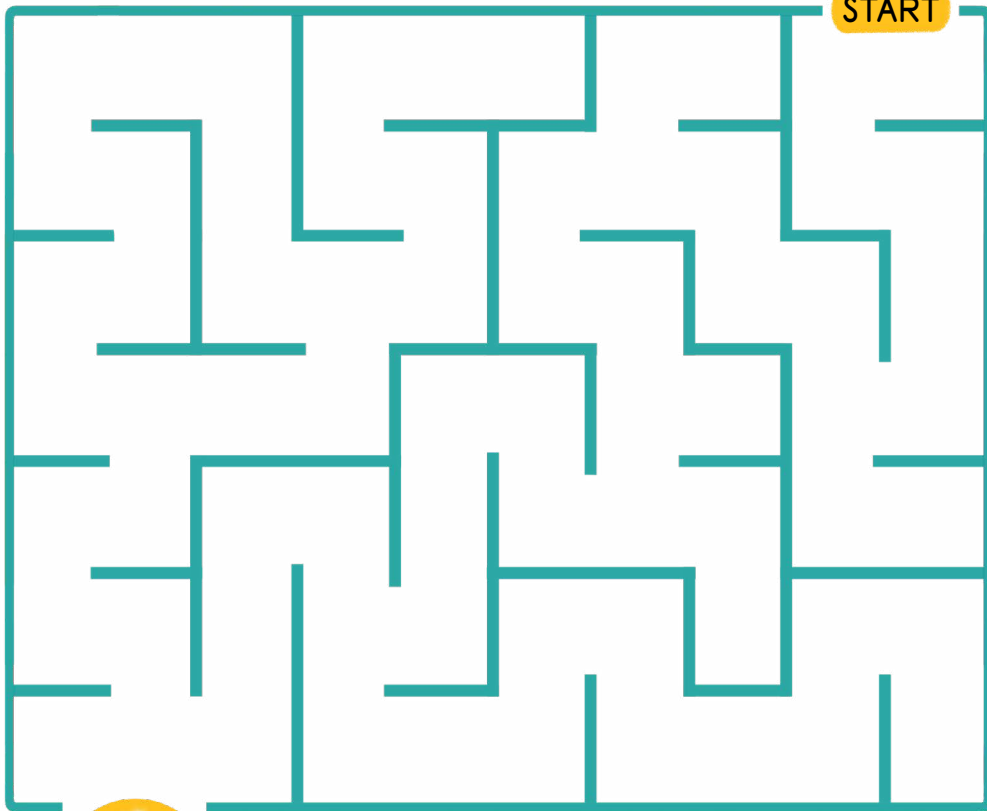
\_\_\_\_\_

# Maze

Speaking the truth will lead us to Jannah.  
Guide Musa on his path to Jannah.



START



JANNAH

I am a Muslim and I never lie because lying takes you to Jahannam.



I Act On What I Learn!

I will speak the truth no matter what and I will never lie!



# Being the Best Friend



I will choose friends with good manners.



I will help my friends in doing good things.

Assalamu  
Alaykum

I will say salam to my friends when I meet them.



I will encourage my friends to stay away from bad things.



I will listen to my friends and not interrupt them while they are speaking.



I will make du'a for my friends.



I will not raise my voice whilst speaking to my friends.



I will not fight with my friends.

I will be the best friend, inshaAllah!



# Friendship Recipe

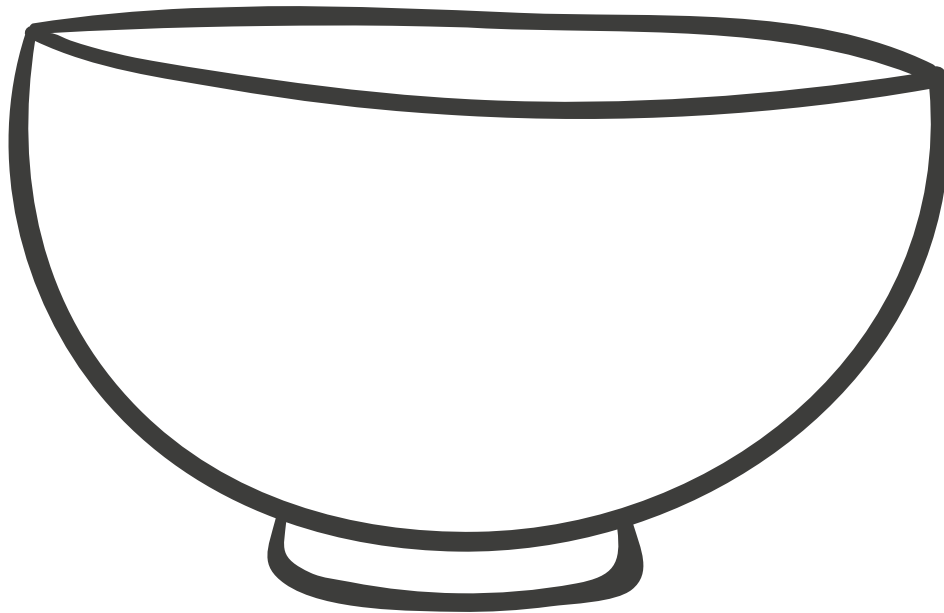
What ingredients make a good friend?



Kind	Helpful	Fights	Screams	Listens
Good manners	Screams	Respectful	Lies	Speaks the truth
Tells me to do good	Keeps me away from bad			



Add the ingredients to the mixing bowl below which make a good friend.



## Write

What I want in a friend!



Kind

Funny



### Did You Know?

Our beloved Prophet Muhammad's best friend was called Abu Bakr as-Siddiq. He always spoke the truth, and he always helped the Prophet ﷺ.

# Speaking Politely

I speak like my beloved Prophet ﷺ



I speak gently.



I say the truth.



I don't backbite.



I don't use foul language or be rude.



I thank others.

If you are gentle towards others, then Allah will be gentle towards you.



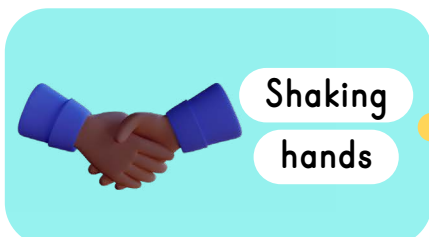
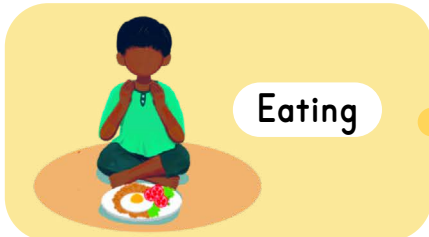
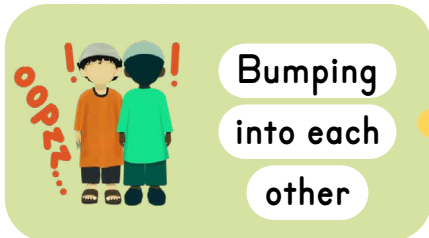
## Remember

Only speak when you really need to. If you do not want to say something good, then it is better to stay quiet.



# Match

Connect the pictures to the correct polite expressions.



JazakAllahu  
Khayra

Assalamu  
Alaykum

I'm sorry

Please

Bismillah



## Did You Know?

Our beloved Prophet Muhammad ﷺ would not scream and shout. He would speak politely and calmly. We should try to be like our Prophet ﷺ.

# Tick

## Speak Beautifully

Help Maryam to speak beautifully.  
Tick the correct responses.

☐ Give me the pen now!

☐ Please may I borrow your pen?

☐ Please can I use that when you're finished?

☐ It's mine and I want it back now!

☐ I'm sorry for bumping into you. It was an accident.

☐ Move out of my way, I need to go first!

☐ Open the door!

☐ Can you please open the door?

☐ Haha! She fell down.

☐ Oh you fell down. Did you hurt yourself? Let me help you up.

☐ Why does this always happen to me?

☐ Whatever Allah decides is best!

? Think

How would you feel if someone spoke to you in a rude way?

# Classroom Rules



## CHECKLIST

- ☐ I came to class on time.
- ☐ I said 'Assalamu Alaykum' to my teacher and classmates when entering the classroom.
- ☐ I sat quietly and revised my work until the lesson started.
- ☐ I completed my homework and asked my teacher for help.
- ☐ I did not cheat.
- ☐ I did not run around or shout in the classroom.
- ☐ I kept the classroom clean and tidy.

Assalamu Alaykum!



## Trace and Learn

رَبِّ زِدْنِي عِلْمًا

O Allah, increase  
me in knowledge.



Think

The best knowledge a Muslim can learn is about Allah, His Prophet ﷺ and Islam. Where do you learn this knowledge?

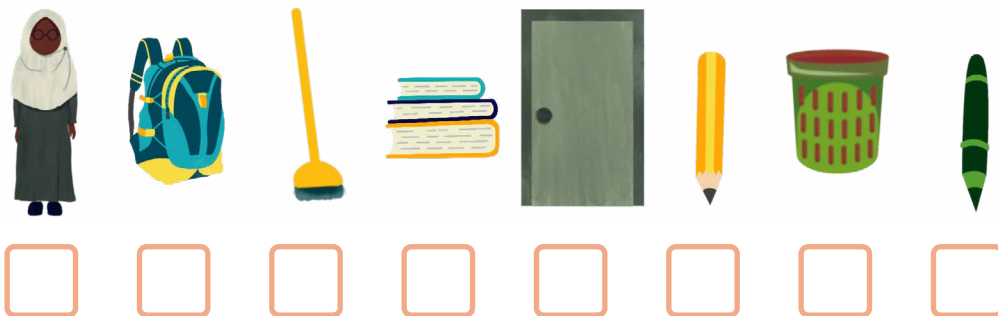
Let's learn the du'a for increase in knowledge.

# Find and Count

I Spy With My Little Eye...

How many times can you find each picture?

Write the number in the box.



I Act On What I Learn!

I will follow all the classroom rules the best I can.



# I Am Kind to My Neighbour

My religion teaches me to be kind and respectful to my neighbours.  
Here are a few ways I can look after my neighbours:



I Act On What I Learn!

I will smile at my neighbour when I see them today, and ask them how they are doing.

# Tick

Musa wants to be a good neighbour.

Tick the pictures to help him decide what he should do.



# Draw

Your neighbour is ill.

You want to give them a gift to make them feel better.

Draw the best gift you could give to them.



# Helping and Thanking Others

Allah loves those who help other people.  
If you help people, Allah will help you.

Helping our Muslim brothers and sisters  
will make us stronger as an Ummah.

We should thank Allah for everything He has given us and we  
should also thank people who help us.

Allah loves those who thank others.  
The best way to thank others is by saying:

جَزَاكَ اللَّهُ خَيْرًا

May Allah reward you with goodness

Let's learn the  
du'a for thanking  
others!

I Act On What I Learn!

Whenever someone does anything good  
to me, gives me something or helps me,  
I will say JazakAllahu Khayra to them.



## Trace and Colour

جَزَاكَ اللهُ خَيْرًا

May Allah reward  
you with goodness



### Remember

Instead of just saying "Thanks" or "Thank you", we should say "JazakAllahu Khayra" because this is what our Prophet صلى الله عليه وسلم taught us.



# Tick

Tick the sentences which show examples of helping others.

- |   |  |
|---|--|
| <input type="checkbox"/> Giving someone a hug                     | <input type="checkbox"/> Asking someone to play    |
| <input type="checkbox"/> Saying mean things                       | <input type="checkbox"/> Ignoring someone          |
| <input type="checkbox"/> Helping someone with their work          | <input type="checkbox"/> Helping someone to get up |
| <input type="checkbox"/> Taking turns                             | <input type="checkbox"/> Pushing in the queue      |
| <input type="checkbox"/> Not sharing                              | <input type="checkbox"/> Giving a compliment       |
| <input type="checkbox"/> Saying JazakAllahu Khayra                | <input type="checkbox"/> Fighting                  |
| <input type="checkbox"/> Telling someone what you like about them |  |



# I Am a Responsible Muslim

As we get older, we can do things which we were not able to do before.

We learn to do new things. We become stronger.

We can take more responsibility as we get older.

As young Muslims, we become responsible for obeying Allah and trying to be good people.

Responsibility means taking care of, or being in charge of something.



## A Muslim is responsible in:

### The Home

Helping to  
keep the  
home clean  
and doing  
chores  
without  
moaning



Putting  
everything  
back in its  
place



Filling the home  
with love and  
kindness



### The Madrasah

By having  
good friends



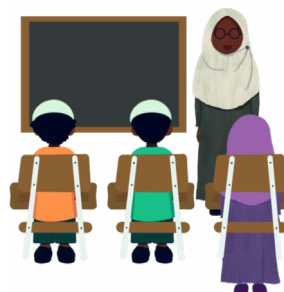
Respecting  
teachers



Following the  
class rules



Completing all  
classwork and  
homework



### Other Places

Looking after  
the belongings  
of others



Not  
throwing  
rubbish  
on the  
pathway



Not  
screaming  
and  
shouting



Saying Salam  
to everyone



A Muslim is active and not lazy.

A Muslim tries to be the first one to do good.


Let us look at some examples of how the Prophet ﷺ and Sahabah were active and the first to do good.

### The Sudden Noise

One night, the people of Madinah suddenly woke up because of a sound they heard. They all came out of their homes to check if it was an enemy trying to attack. They suddenly saw the Prophet ﷺ on a horse telling them not to be scared. The Prophet ﷺ had already rode around Madinah and checked if there was an enemy.

### Buying a Well for the Muslims

When the Muslims came to Madinah, there was only one well which had clean and sweet water. But it was very expensive for the Muslims to drink from it. The Prophet ﷺ promised a spring in Jannah for whoever bought the well allowing the Muslims to drink from it without having to pay. Uthman رضي الله عنه saw this as a chance to do good, so he quickly bought the expensive well.



I will try my best to be the first in doing good.



# Write

A Muslim is responsible for obeying Allah and following the rules of Islam.

Write down all the things which a Muslim is responsible for.

A Muslim is responsible for...



I Act On What I Learn!

I will be responsible for everything Allah has commanded me to do.



# Going to Sleep

Sleeping is a big blessing of Allah.  
Sleeping helps the body and mind rest.  
After sleeping, I am strong and fresh to  
worship Allah and do good.

Before sleeping, I should:



Say  
bismillah  
and close  
the doors.



Do wudu



Dust my bed



Sleep on the  
right side



Not  
sleep on my  
stomach



Pray the  
du'as before  
sleeping



Ask  
Allah to  
forgive me



# Memorise

Before sleeping I should say:

اَللّٰهُمَّ بِاسْمِكَ اَمُوْتُ وَاَحْيَا

O Allah, in Your Name Alone, I die and I live. (Bukhari)

## Do Wudu & Sleep

Our Prophet Muhammad صلى الله عليه وسلم said: "The angels remain with the person who sleeps with wudu, and (the angels) say: "O Allah, forgive your such and such servant for he slept in the state of purity."  
(Ibn Hibban)

Imagine that! The angels could be making du'a for you every night.

Let's learn the  
du'a for sleeping!

# Maze

## Head to Bed!

When it's bedtime, stay away from things that stop you from falling asleep.  
Go through the maze and find your way to a good night's sleep!



### I Act On What I Learn!

I will close my eyes and think of all the good things I did today and say Alhamdulillah. If I did anything bad, I will ask Allah to forgive me.

# MY VALUES



**Be A Servant  
of Allah**



**Love Allah &  
His Messenger**

صلى الله عليه وسلم



**Believe &  
Be Firm**



**Aim For  
the Best**



**Polish Your  
Heart**



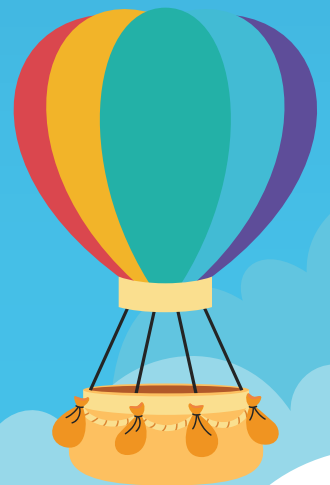
**Be  
Kind**



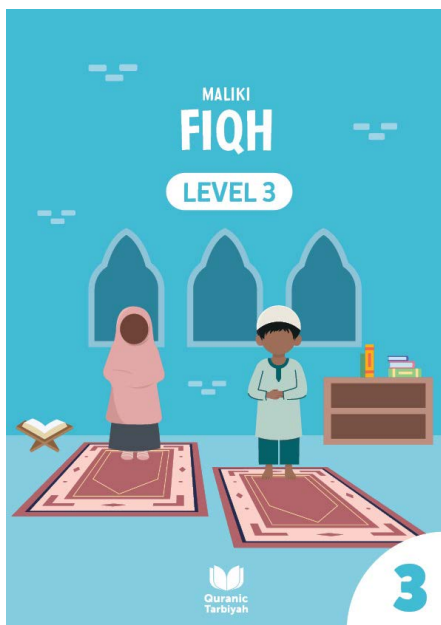
**Strengthen  
the Ummah**



**Be  
Proactive**



## Other Publications



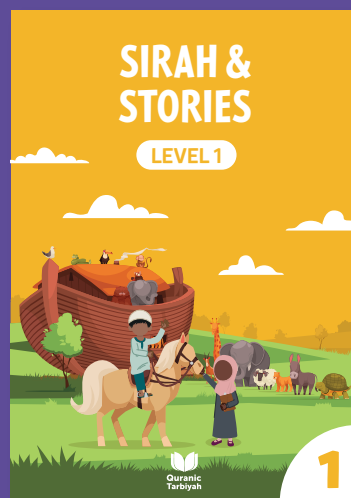
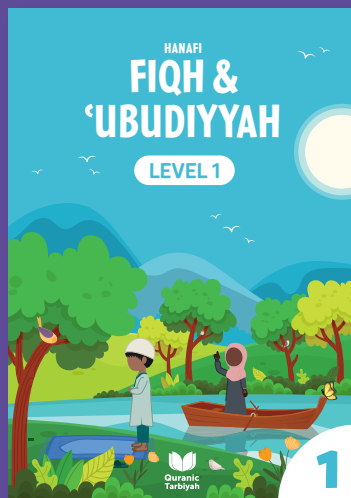
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