

# ADAB & AKHLAQ

LEVEL 2



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# ADAB & AKHLAQ

LEVEL 2

This book belongs to

Name \_\_\_\_\_

Class \_\_\_\_\_



Quranic Tarbiyah is an initiative of Life With Allah (LWA) which aims to nurture a Qur'ānic 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.

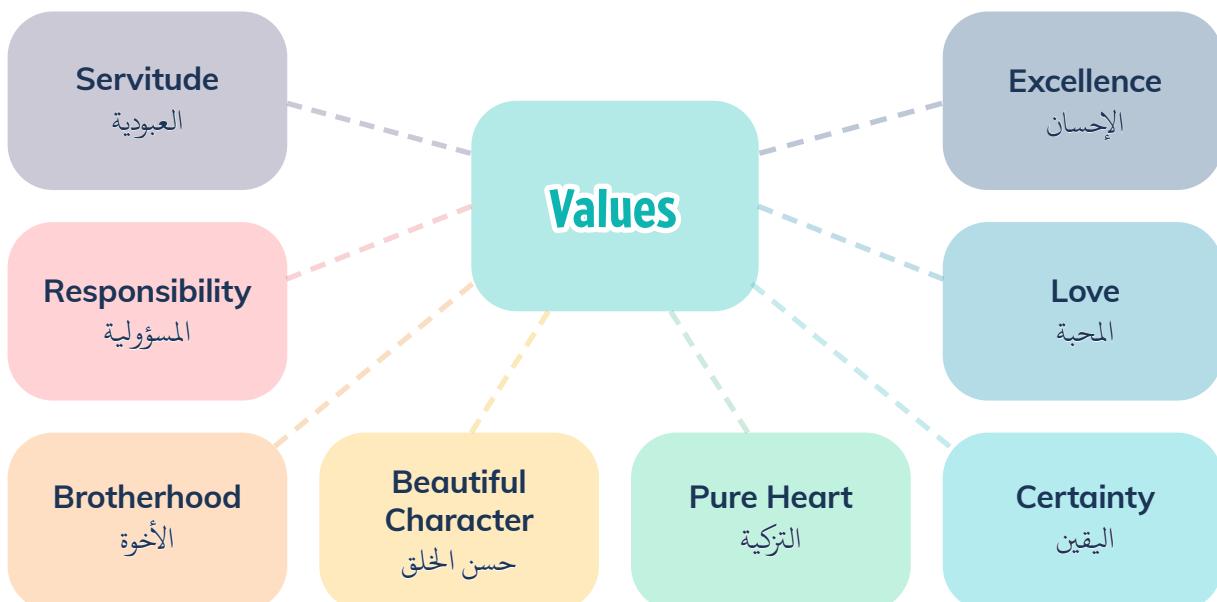
## Aims & Objectives

We want every educator and learner to:

1. Develop a deep awareness of Allah, love Him and honour Him.
2. Recognise their purpose in life (i.e. 'ubūdiyyah: servitude), and worship Allah ﷺ with baṣīrah (clear proof and certainty).
3. Constantly strive to strengthen their īmān and yaqīn (conviction).
4. Love the Messenger ﷺ, and embody his sunnah and character.
5. Become 'people of the Qur'ān' through reflecting and living by it.
6. Constantly strive to attain a pure heart (tazkiyah) and attain ihsān.
7. Know the legal rulings of all necessary aspects of life (fiqh) alongside their inner dimensions, in order to taste the sweetness of worship.
8. Be confident in their dīn and feel deeply connected to and proud of their heritage and history.
9. Develop a love of lifelong learning and a passion to serve the dīn of Allah.
10. 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 مِنْ أَنفُسِهِمْ يَتَلَوُّ  
عَلَيْهِمْ ءَايَاتِهِ وَيُزَكِّيْهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِنْ كَانُوا مِنْ  
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 indeed they had previously been clearly astray” (Surah Aal ‘Imrān:164).



## 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” (Ahmad). 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 (şuhbah) 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 ﷺ.

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 ﷺ 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.

# About This Book

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The Adab & Akhlaq Level 2 book aims to nurture beautiful ādāb (etiquettes) and noble akhlāq (character) in young hearts through the timeless example of our beloved Prophet Muhammad ﷺ. This book consists of 25 fun and engaging lessons about how the Prophet ﷺ lived with the best manners, kindness, and wisdom in everyday life. It shows how he ﷺ treated his family, friends, and community with respect and love, and how he ﷺ taught us to live every aspect of our lives in the best way. The book concludes with a focus on remembering Allah through dhikr and du‘ā’.

The book has been prepared for Year 2 children, typically aged 6–7, but it can also benefit older children. Whilst this book can be used as a standalone textbook, the impact is likely greater for children who have previously completed Adab & Akhlaq Level 1, as it builds on their understanding and lays a stronger foundation for their spiritual growth.

Whilst using this book as a teaching resource, feel free to adapt the lessons to make them as **engaging** and as **relevant** as possible. It is important that children have happy and positive associations with their Islamic Studies learning. The book contains nashid pages, specifically chosen to correspond to the topics being taught. Supplement the lessons with engaging stories and craft activities where logically possible.

Along with this, ‘Learning for a Life With Allah’ (LLWA) pages have been added to make learning practical. Knowledge is nothing but ink on paper until it is translated into real-world application, and tarbiyah is the process that enables that application.

Every textbook has its limitations. Textbooks are one of the many tools that can be used to educate our children. What is more important is how the teachings and ideals of the Qur’ān and Sunnah are translated into practice, in our own lives as educators and in the lives of our young learners. We encourage educators to **nurture a Qur’ānic environment** within their learning institutions and homes to make this a reality inshaAllah.

# How To Use This Book



## Learning Objectives

The key aims and outcomes of the lesson are clearly listed at the beginning of the lesson. A traffic light system helps outline the differentiated learning outcomes.

- 🔴 On your mark! – This is a **beginner** level objective which all learners should be able to access and engage with.
- 🟡 Get set! – This is an **intermediate** level objective which all learners should be able to take part in, although some students may need extra support.
- 🟢 Go! – This is the **advanced** or higher-order objective that most learners will be able to engage with to some level, although some learners may need support to express their ideas in writing.

## T Thinking Starters

Educators are encouraged to write the question on the board before the start of the lesson. As learners walk into the classroom, they should start to think about the question or discuss it with a peer. Learners do not need to write down the answer. It will be used to set the scene for the lesson.

ADAB & AKHLAQ

Lesson 2

## My Prophet ﷺ Encouraged Me to Keep Learning

**Learning Objectives**

In this lesson, I will:

- Recognise that knowledge is important in Islam
- Explain that knowledge comes from Allah
- Describe why learning about Islam is important

**Key Words**

Knowledge - عِلْم  
Obligation  
The All-Knowing - الْعَلِيُّ

**Thinking Starter**

Think about all the things you know. How did you learn them?

**Knowledge Is Very Important in Islam**

Knowledge is very important in Islam. It helps us learn new things and understand things that we didn't know before. The Prophet Muhammad ﷺ said:

طلب العلم فريضة على كل مسلم

"Seeking knowledge is an obligation for every Muslim." (Ibn Majah)

This means that we must all learn about Allah ﷺ and our beautiful religion, Islam.

Knowledge = عِلْم

Obligation: something we must do.

I love learning about Islam!

5 Lesson 2

Quranic Tarbiyah

## Memorise

Learners can memorise short Qur'ānic verses, hadiths and du'ās to help them internalise the teachings of the dīn.

## Key Words

The key words will develop student literacy and expand their vocabulary. Educators are encouraged to do spelling tests and play word games with their class once a week/every 2 weeks to assess learning.

## Discuss

Learners should talk about what they understand with their educator or peers.

If you could live with anyone, who would you choose and why?

IT'S STORY TIME!

### The Boy Who Chose the Prophet ﷺ

Once upon a time, there was a young boy named Zayd ibn Harithah. Zayd was taken from his family and sold as a slave. He was bought by a kind woman named Khadijah, خديجة رضي الله عنها, the wife of our beloved Prophet Muhammad ﷺ. She gave Zayd as a gift to Muhammad ﷺ.

One day, Zayd's father came to Makkah, searching for his son. When he found Zayd with Muhammad ﷺ, he was very happy. He asked to take Zayd home and offered money to free him.

The Prophet ﷺ was very kind to Zayd. He gave Zayd the choice to stay with him or to return home with his father. Zayd replied, "I would never choose anyone over you!"

Allahu Akbar! The Prophet ﷺ had been so caring, kind, and loving to Zayd that he did not want to leave him!

Muhammad ﷺ then adopted him as his own son. Zayd lived with the Prophet ﷺ and became one of the greatest Companions!

**10**

## It's Story Time!

Educators should read the story before the lesson, and narrate it within the lesson to the learners in an engaging manner (using facial expressions, hand gestures, change in tone of voice, asking questions etc).

A **shepherd** takes care of his sheep. We must take care of our **responsibilities** just like a shepherd.



What is one responsibility you have at home? How can you do it well?

**35** Lesson 9

**10**

## Think and Reflect

Learners should self-reflect and share their reflections with their educator or their peers. Answers don't need to be written down.



## Tasks

There are accompanying tasks in each lesson for reinforcement and practical application. Learners can do these individually, in pairs or in groups. Educators can collect the books to mark the learners' work, or go through the answers orally together as a class.

### Task 3

Choose the correct words to help Asiyah answer the question.

bad kindness rudeness



How should I reply to someone who has said unkind words to me?

We should never use \_\_\_\_\_ words to answer back because Allah does not like \_\_\_\_\_.



Do the better thing. Reply gently and with \_\_\_\_\_.



## Challenge

Learners can boost their level of understanding if they have extra time available.



Do you remember the Name of Allah that means The Most Gentle?  
(Hint: See Lesson 4)

### I Act On What I Learn

I will speak kindly and listen carefully, just like my Prophet ﷺ.

### P Progress Check



1. How did the Prophet ﷺ speak to others?

2. What would the Prophet ﷺ do when someone spoke to him?

3. What should you do if someone says something unkind to you?

### P Progress Check

Educators should end the lesson by reviewing the learning objectives and using a plenary. At the end of every lesson, learners should check which learning objectives they learnt and understood, and clearly identify what they don't know. The educator can do a quiz, test or even play a game with the class using these evaluation questions. Learners can write the answers or just say the answers verbally to the educator.

As-salamu 'alaykum wa rahmatullahi wa barakatuh Dear Friends,

Are you ready to join us on a new adventure?

In this book, we'll learn how the Prophet Muhammad ﷺ showed us the best manners in every part of life – whether eating, smiling, speaking, or even saying salam!

Each lesson is like a treasure chest full of surprises. Together, we'll explore how good manners can make our homes, schools, and hearts shine bright!

With love and du'as,

**Maryam & Musa**



## Lesson 1

# My Prophet Was the Best Human



## Learning Objectives

In this lesson, I will:



Recognise that Prophet Muhammad

صلى الله عليه وسلم was the best human

Define 'Sunnah'

Explain why it is important to follow  
the Sunnah



## Key Words

Example

Sunnah - سُنَّة

Obey

T

## Thinking Starter

Who are some of your favourite people?

Why do you like them a lot?



## Muhammad ﷺ Is the Best Human

Allah sent Prophet Muhammad ﷺ as the last Prophet.

He ﷺ showed us the best way to live.

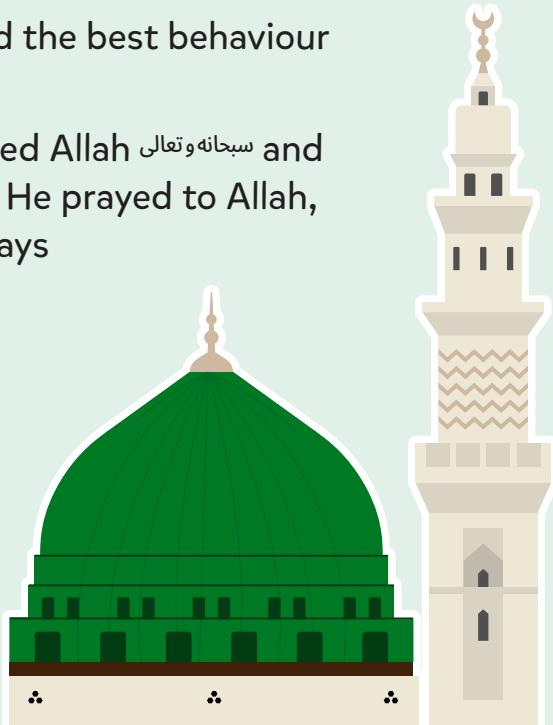
Prophet Muhammad ﷺ had the best behaviour  
towards everyone around him.

Prophet Muhammad ﷺ loved Allah ﷺ and  
worshipped Him in the best way. He prayed to Allah,  
followed His commands, and always  
remembered Him.

He is our perfect example!



I love Prophet  
Muhammad  
صلى الله عليه وسلم




**Task 1**

Trace and decorate.



## Sunnah: The Way of the Prophet ﷺ

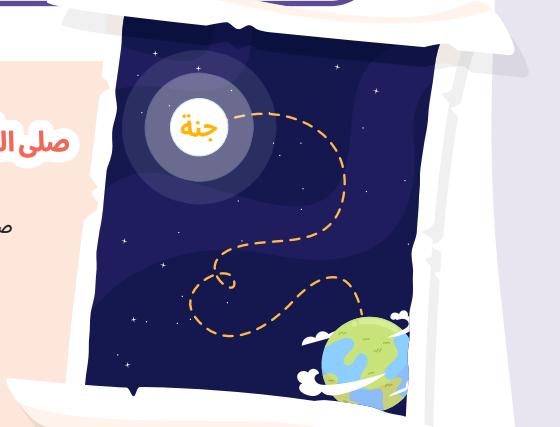
The Sunnah is how our beloved Prophet ﷺ lived his life. It includes everything he said and did. The Sunnah teaches us the best way to live.

Allah says in the Qur'an:

**قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي ۖ يُحِبِّنِي اللَّهُ وَيَغْفِرُ لَكُمْ ذُنُوبَكُمْ**

**“Say: If you love Allah, then follow me [the Prophet Muhammad]—Allah will love you and forgive your sins...” (Surah Aal Imran:31)**

We want Allah ﷺ to love us, so we should follow the Sunnah of the Prophet ﷺ.





## Task 2

Fill in the missing words.

1. The Sunnah is how the Prophet Muhammad ﷺ lived his \_\_\_\_\_.
2. The \_\_\_\_\_ teaches us the best way to live.
3. I love Allah, so I will \_\_\_\_\_ the Prophet Muhammad ﷺ.
4. I want Allah to love me and \_\_\_\_\_ my sins.



Can you think of **three** Sunnah actions that you do?

## Following the Sunnah Takes Me to Jannah!

As Muslims, we must **obey** the Prophet ﷺ. This means that we should follow everything he said and did. When we do what our beloved Prophet ﷺ said and did, we can gain lots of rewards.

Following the Sunnah of the Prophet ﷺ will take us to Jannah.

جنة



### Did You Know?

The person who obeys the Prophet ﷺ has obeyed Allah!



### Task 3

Find the words in the word search.

#### Word Bank

Obey

Sunnah

Follow

Reward

Jannah

Allah

Prophet



#### I Act On What I Learn

I will follow the Sunnah of Prophet Muhammad

صلى الله عليه وسلم



#### Progress Check



1. Who is the best human?

---



2. What does Sunnah mean?

---



3. Why is it important to follow the Sunnah?

---



## Lesson 2

# My Prophet ﷺ Encouraged Me to Keep Learning

## Learning Objectives

In this lesson, I will:

- Recognise that knowledge is important in Islam
- Explain that knowledge comes from Allah
- Describe why learning about Islam is important

## Key Words

Knowledge - عِلْمٌ  
Obligation  
The All-Knowing - الْعَلِيمُ

### T Thinking Starter

Think about all the things you know. How did you learn them?



## Knowledge Is Very Important in Islam

Knowledge is very important in Islam. It helps us learn new things and understand things that we didn't know before.

The Prophet Muhammad ﷺ said:

طلب العِلْم فَرِيضةٌ عَلَى كُلِّ مُسْلِمٍ

**“Seeking knowledge is an obligation for every Muslim.”** (Ibn Majah)

This means that we must all learn about Allah سبحانه وتعالى and our beautiful religion, Islam.

Knowledge = عِلْمٌ



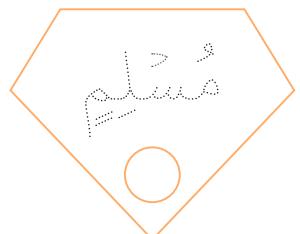
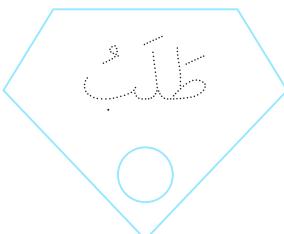
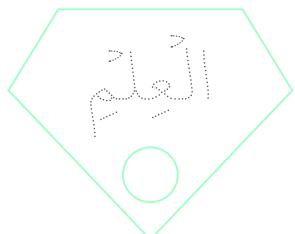
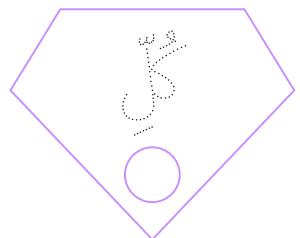
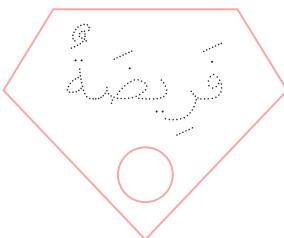
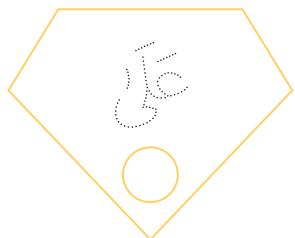
**Obligation:** something we must do.

I love learning about Islam!



## Task 1

Trace and order.



### Did You Know?

The first word revealed in the Qur'an was Iqra' (Read!).



## All Knowledge Comes From Allah

One of Allah's Beautiful Names سُبْحَانَهُ وَتَعَالَى is **al-'Alim: the All-Knowing**. This means that He knows every single thing in the entire universe!

Allah ﷺ taught our beloved Prophet ﷺ all about Islam. The Prophet ﷺ would then teach everyone.

The Prophet Muhammad ﷺ loved learning and teaching! He was the best student and the best teacher.

I love learning like my Prophet ﷺ!





## Task 2

Rearrange these words to form proper sentences.

Allah    everything    knows



means    All-Knowing    Al-'Alim    the

taught    Muhammad ﷺ    Allah

was    Muhammad ﷺ    the    teacher    Prophet    best

## I Love Learning about Islam!

The best type of learning is learning about Allah and our beautiful religion, Islam! The more we learn about Allah ﷺ, the more we will love Him!

Learning about Islam helps me to...

Love Allah  
and worship  
Him

Follow the Sunnah of  
Prophet Muhammad  
صلی اللہ علیہ و سلّم

Be good  
and kind to  
others

Learning about Islam is the path to Jannah.





### Task 3

#### What helps us learn?

Solve the riddles to name people and objects that help us learn.

1 I am the book of Allah given to the Prophet ﷺ.

2 I have lots of pages and activities.

3 I carry your books, pencils, and more.

4 I teach you at school and madrasah. I usually stand at the front of the class.

5 I take care of you, love you, and help you learn at home.

6 I make marks on paper. I help you write and draw.

#### I Act On What I Learn

I will keep learning about Islam and share it with others.



#### Progress Check



1. What did Prophet Muhammad ﷺ say about seeking knowledge?

2. What is the meaning of Allah's Name **al-'Alim**?

3. Why is learning about Islam important?

## Lesson 3

# My Prophet Had the Best Manners



## Learning Objectives

In this lesson, I will:



Describe the manners of the Prophet Muhammad صلى الله عليه وسلم



State why Zayd رضي الله عنه wanted to stay with Muhammad صلى الله عليه وسلم



Explain why using manners is important



## Key Words

Manners - آداب

Character

Polite

T

## Thinking Starter

What are good manners?

How many can you think of?



## The Manners of the Prophet Muhammad صلى الله عليه وسلم

Our beloved Prophet صلى الله عليه وسلم had the best **manners**. All of his family and Companions رضي الله عنهم loved him because of his manners towards them.

The Prophet صلى الله عليه وسلم had the best **character**. He صلى الله عليه وسلم was very kind and very loving. He always spoke the truth. He always helped everyone.

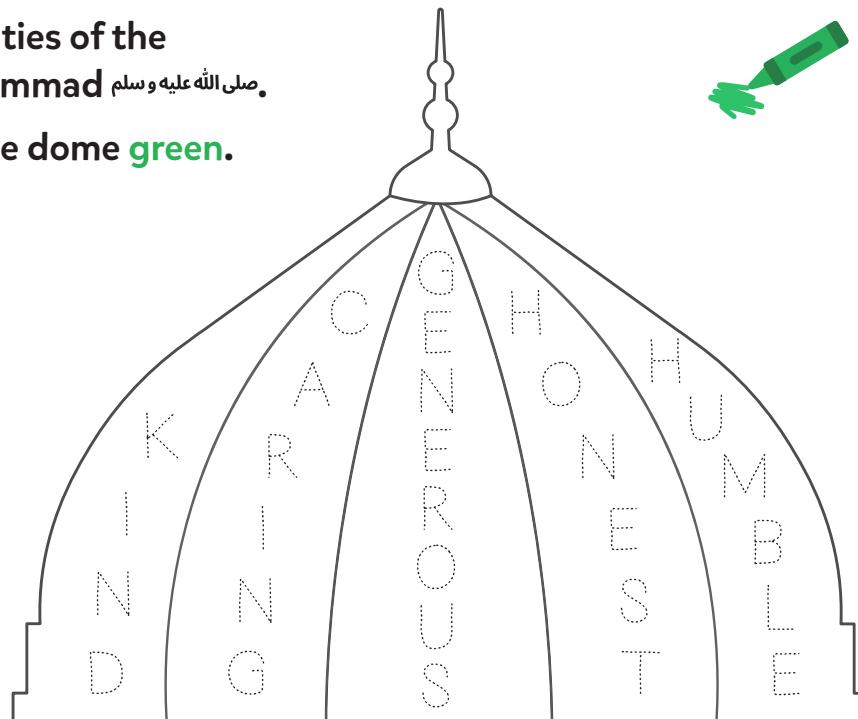




## Task 1

Trace the qualities of the  
Prophet Muhammad ﷺ

Then colour the dome green.



If you could live with anyone, who would you choose and why?

### IT'S STORY TIME!

## The Boy Who Chose the Prophet ﷺ

Once upon a time, there was a young boy named Zayd ibn Harithah. Zayd was taken from his family and sold as a slave. He was bought by a kind woman named Khadijah (رضي الله عنها), the wife of our beloved Prophet Muhammad ﷺ. She gave Zayd as a gift to Muhammad ﷺ.

زَيْدُ بْنُ  
حَارِثَةَ

(رضي الله عنه)

One day, Zayd's father came to Makkah, searching for his son. When he found Zayd with Muhammad ﷺ, he was very happy. He asked to take Zayd home and offered money to free him.

The Prophet ﷺ was very kind to Zayd. He gave Zayd the choice to stay with him or to return home with his father. Zayd replied, “I would never choose anyone over you!”

Allahu Akbar! The Prophet ﷺ had been so caring, kind, and loving to Zayd that he did not want to leave him!

Muhammad ﷺ then adopted him as his own son. Zayd lived with the Prophet ﷺ and became one of the greatest Companions!



## Did You Know?

Zayd is the only Companion mentioned by name in the Qur'an!

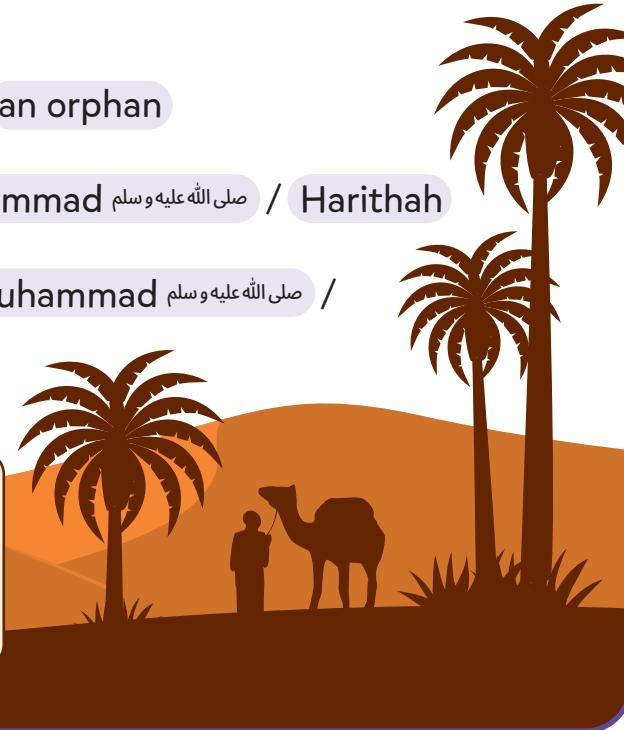


## Task 2

Circle the correct answer.

- ① First, Zayd was a slave / an orphan
- ② Zayd's real father is Muhammad ﷺ / Harithah
- ③ Zayd chose to live with Muhammad ﷺ / Harithah and his family

Muhammad ﷺ loved  
Zayd and Zayd loved  
 Muhammad ﷺ !



## I Want to Have the Best Manners Like Muhammad ﷺ

آدَابٌ

We should have good manners so that Allah is happy with us.

The Prophet Muhammad ﷺ said:  
“The best among you are those who have the best manners.” (Bukhari)

We should try to have the best manners (adab) everywhere: at school, at home, and even in the park.

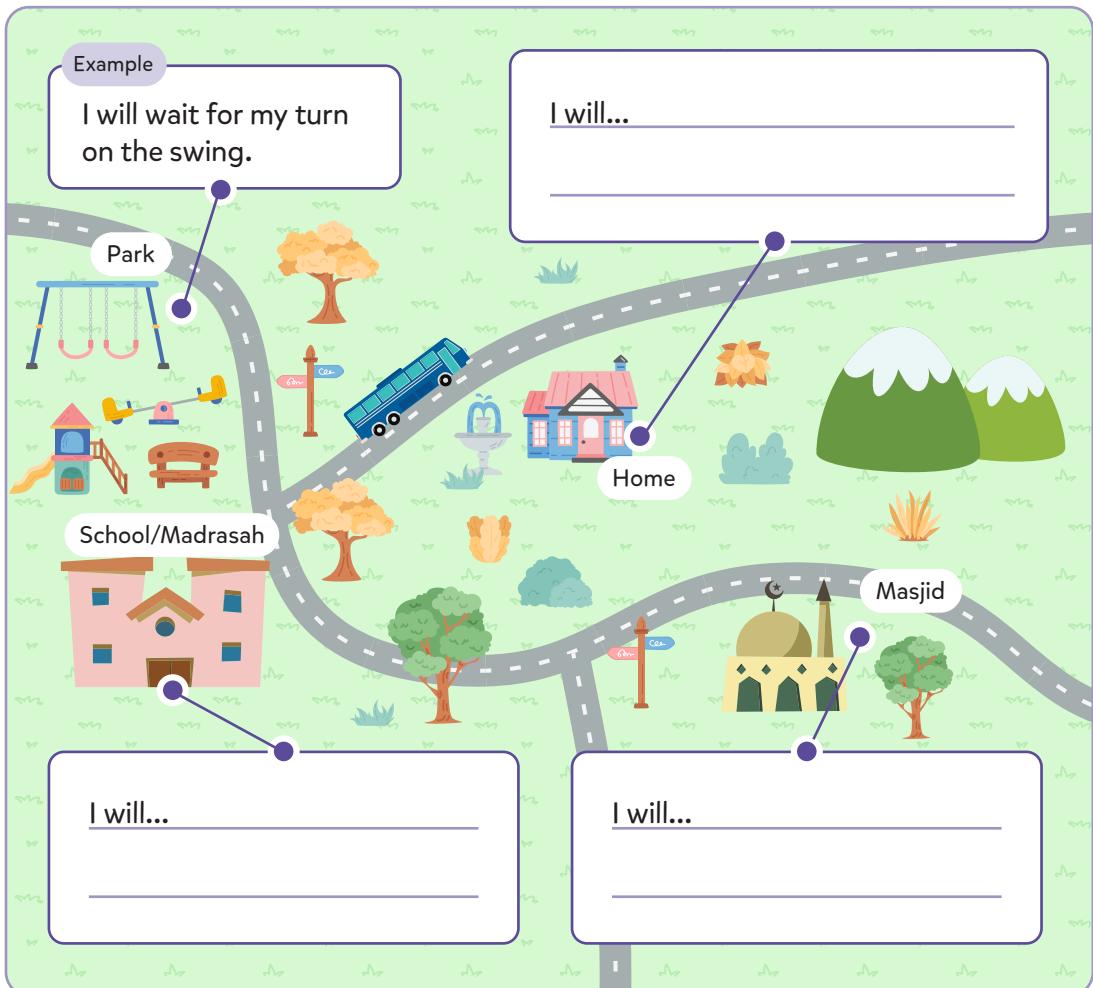
Good manners clean our hearts and make them shine bright!





### Task 3

Write the good manners we should use in each place.



### I Act On What I Learn

I will use good manners every day like the Prophet Muhammad ﷺ.



### Progress Check



- Share some manners of the Prophet Muhammad ﷺ.
- Why did Zayd ibn Harithah رضي الله عنه choose to stay with Muhammad ﷺ?
- Why is it important to have good manners?

## Lesson 4

# My Prophet Was Very Kind



## Learning Objectives

In this lesson, I will:



Recall a story that shows the kindness of the Prophet ﷺ

List different ways to be kind

Remember that Allah loves those who are gentle



## Key Words

Kindness

Gentleness

The Most Gentle - الرَّفِيقُ



## Thinking Starter

Think of a time when someone was kind to you. How did it make you feel?



IT'S STORY TIME!

## A Special Gift from Muhammad ﷺ

One day, the Prophet Muhammad ﷺ was given some clothes. One of them was a beautiful black silk piece of cloth with colourful patterns.

The Prophet ﷺ asked the Companions, “Who should we gift this to?” The Companions stayed quiet, so the Prophet ﷺ asked them to call Umm Khalid.

Umm Khalid was a little girl who loved to play with the Prophet ﷺ.

The Prophet ﷺ put the cloth on Umm Khalid and said, “Beautiful! Beautiful!”

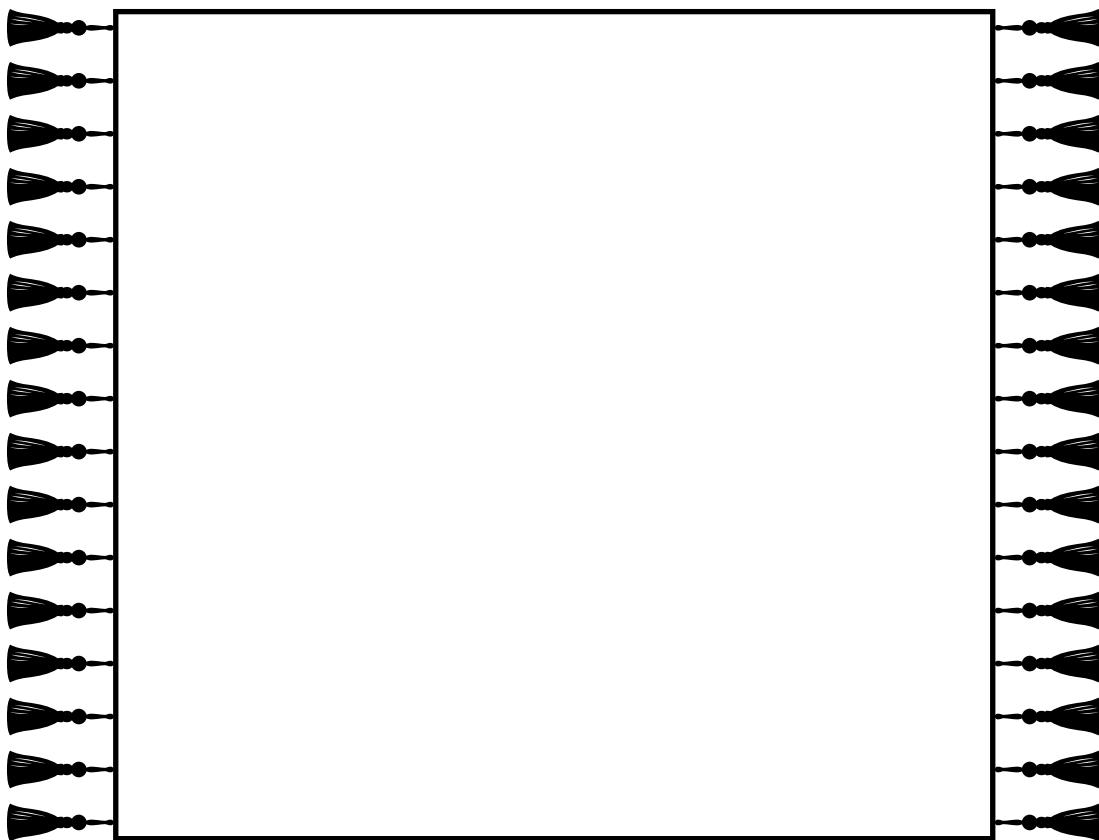
He then made du'a for Umm Khalid to live a long life!





## Task 1

Decorate the cloth with colourful patterns.



### I Am Kind and Gentle

The Prophet Muhammad ﷺ was the kindest person. He helped everybody, cared for the poor, and forgave those who hurt him.

We should try our best to be kind and gentle just like him ﷺ.

**Kindness** makes others happy and makes us feel good too!

Kindness means being loving, caring, and helpful.



How can we be kind?



## Task 2

Unscramble the kindness words:

1. L H E P

I will \_\_\_\_\_ my mum clean the house.



2. R A S H E

I will \_\_\_\_\_ my toys with other children.



3. I L E S M

I will \_\_\_\_\_ to make others feel happy.



## Allah Is Gentle and Loves Gentleness

Our beloved Prophet Muhammad ﷺ said: “Allah is Gentle and loves **gentleness** in all things.” (Muslim)

Allah ﷺ loves it when we are kind!

When we are gentle with others,  
Allah is gentle with us.

**Gentleness**  
means being  
soft and kind  
with our words  
and actions.

I am kind and gentle!



## Did You Know?

One of Allah’s Names is **ar-Rafiq**:  
**The Most Gentle.**



الْرَّفِيقُ



### Task 3

Complete the comic strip.

What happens next? Draw pictures and add speech bubbles.



### I Act On What I Learn

I will show kindness to everyone!



### P Progress Check



1. What did our Prophet ﷺ do with the beautiful cloth he was given?



2. How can you show kindness every day?



3. When will Allah be gentle with us?



## Lesson 5

# My Prophet ﷺ Was Generous



## Learning Objectives

In this lesson, I will:



Define 'generous'

Describe the generosity of Prophet Muhammad ﷺ

Explain why I should give sadaqah



## Key Words

Generous

Sharing

Sadaqah (Charity)



## Thinking Starter

Think of a time when you shared something with a friend. What did you share? How did you feel?

## My Prophet ﷺ Would Always Share

The Prophet ﷺ was the most generous person: he never kept things for himself. He always **shared** and helped others.

**Generous** means willing to share or give to others easily without expecting anything back.

If someone asked him for something, he would give it to them, even if he needed it himself! He gave food to the hungry and always took care of the poor.

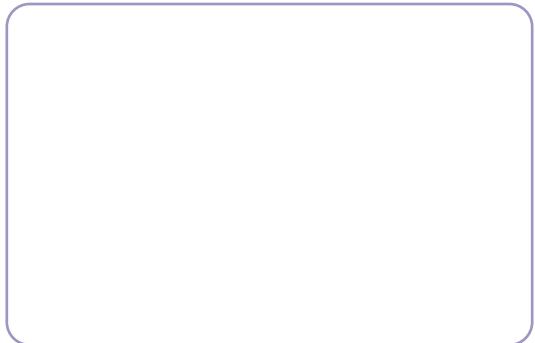
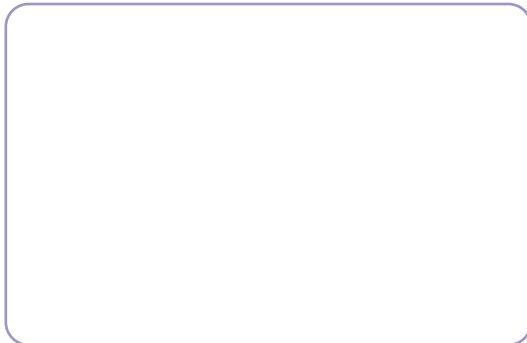




## Task 1

### Make a pledge!

Draw and write what you will try to give away and share.



I will give \_\_\_\_\_ to  
\_\_\_\_\_.

I will share \_\_\_\_\_  
with \_\_\_\_\_.

I will be generous like my Prophet ﷺ!

### IT'S STORY TIME!

## The Kindness of Prophet Muhammad ﷺ

One day, a young Companion named Jabir رضي الله عنه was travelling with Prophet Muhammad ﷺ. But Jabir kept falling behind!

The Prophet ﷺ saw this and asked, “Jabir, what’s wrong?”

Jabir رضي الله عنه replied, “My camel is too slow and tired.”

The Prophet ﷺ tapped the camel with his stick. Suddenly, the camel became strong and started walking fast!

Then, the Prophet ﷺ asked, “Will you sell me your camel?”

Jabir رضي الله عنه agreed. Later, when they returned to Madinah, Jabir took the camel to the Prophet ﷺ and the Prophet gave him the money for it. Jabir رضي الله عنه started walking home, but then...

The Prophet ﷺ called him back and said, “Take your camel back and keep the money. Both are yours.”

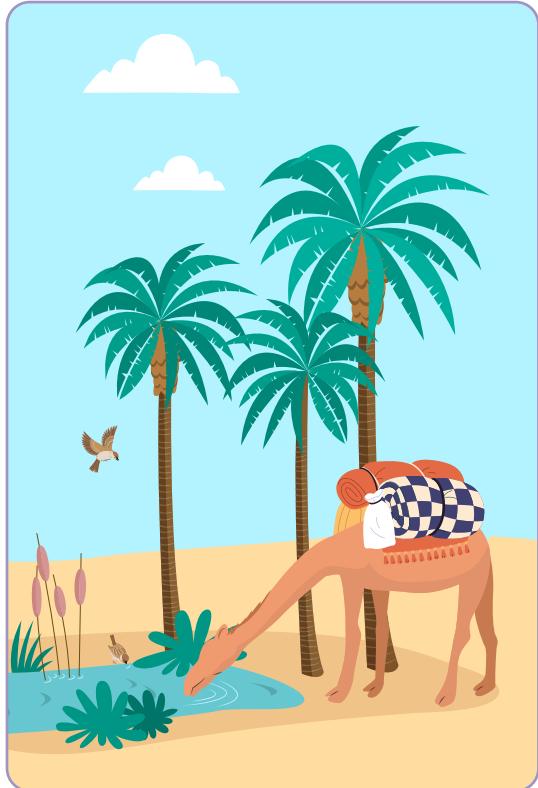
Jabir was so surprised and happy! The Prophet ﷺ was so kind and generous.





## Task 2

Circle five differences.



### Allah سُبْحَانَهُ وَتَعَالَى Loves Generosity

Allah سُبْحَانَهُ وَتَعَالَى loves those who are generous! When we give to others, Allah gives us even more!

**Sadaqah (charity)** is a very important part of our din. Sadaqah is when we help others to make Allah happy.

Sadaqah doesn't have to be money. It can be food, good words, or even a smile!

When we give sadaqah, Allah gives us 700 rewards or more!



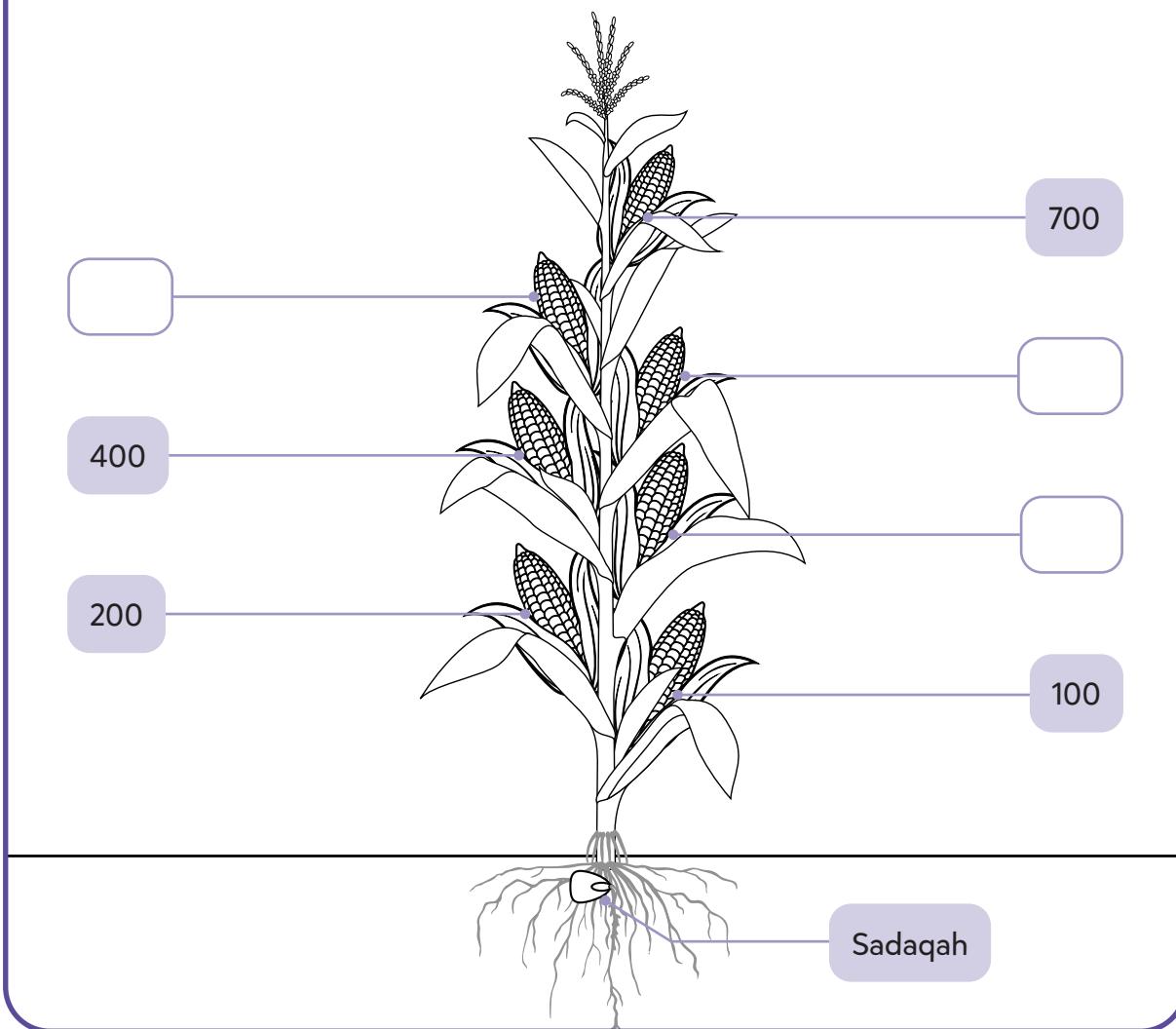
I give sadaqah...

...to help our Ummah!




**Task 3**

Colour the corn plant and fill in the missing numbers.


**I Act On What I Learn**

I will share with others and be generous like  
Muhammad ﷺ

**P Progress Check**


1. What does generous mean?



2. Give an example of how Prophet Muhammad ﷺ was very generous.



3. Why should we give sadaqah?



## Lesson 6

# My Prophet Always Helped Others



## Learning Objectives

In this lesson, I will:



Recognise that Muslims are one Ummah

Describe how Prophet Muhammad ﷺ helped everyone

Demonstrate ways to help others



## Key Words

Ummah - أُمَّةٌ

Support

Assist



## Thinking Starter

What are some ways you can help others at home or at school?



## We Are One Big Family!

Allah created all Muslims as one **Ummah**. This means we are like one big family. Just like a family, we **support** (help) one another.

Ummah  
أُمَّةٌ

Our beloved Prophet Muhammad ﷺ said:



وَاللَّهُ فِي عَوْنَى الْعَبْدِ مَا كَانَ الْعَبْدُ  
فِي عَوْنَى أَخِيهِ

**“Allah will always help a person as long as the person is helping somebody else.”** (Muslim)

When we help others, Allah helps us too!




**Task 1**

Colour and trace.

I help my Ummah.



I care for the world around me.



I give charity to the poor.



I make du'a for everybody.



## My Prophet ﷺ Always Helped Others

The Prophet Muhammad ﷺ never thought he was too important to help others. He was always ready to assist anyone in need!



The Prophet Muhammad ﷺ helped:

**Children** by playing with them.

**The elderly** by carrying their belongings.

**The poor** by giving them charity.

**Everybody** by teaching them about Islam.

**His Companions** by working with them.

**Animals** by giving them food and water.



## Task 2

How did the Prophet ﷺ help others?

Match the boxes correctly.

Children



Gave them food and water

The poor



Played with them

Animals



Gave them charity

Companions



Worked with them

## I Can Help Others!

Helping others is not just for grown-ups. We can help others in different ways!

I can help my friends!



Help at home



Share food and toys



Include others in play



Pick up litter



Listen and comfort



Say kind words



### Task 3

#### Helping Hands

Who can you help in the following ways? Fill in the blanks.



I will share my toys with \_\_\_\_\_.

I will keep my class tidy for \_\_\_\_\_.



I will smile at \_\_\_\_\_.

I will hold the door open for \_\_\_\_\_.

I will help my \_\_\_\_\_ around the house.

#### I Act On What I Learn

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ I will help everyone like Muhammad.

#### P Progress Check



1. What is the Ummah?

---



2. How did the Prophet ﷺ help others?

---



3. How can you help others?

---



## Lesson 7

# My Prophet Was Humble



## Learning Objectives

In this lesson, I will:



Define 'humble'



Explore how I can be humble



Explain how the Prophet Muhammad ﷺ was humble



## Key Words

Humble

Proud

Chores



## Thinking Starter

How do you feel when someone shows off?



## Allah Loves the Humble Ones

Allah loves it when we are **humble**.

A **humble** person does not think they are better than others. They are kind and thankful for what Allah ﷺ has given them.

Our beloved Prophet Muhammad ﷺ said:

مَنْ يَتَوَاضَعُ لِلَّهِ سُبْحَانَهُ دَرَجَةٌ يَرْفَعُهُ اللَّهُ بِهِ دَرَجَةً

**“Whoever humbles himself for Allah, Allah will raise his status.”**

(Ibn Majah)



Allah ﷺ gives great rewards to those who are humble!



I am a servant of Allah!



### Task 1

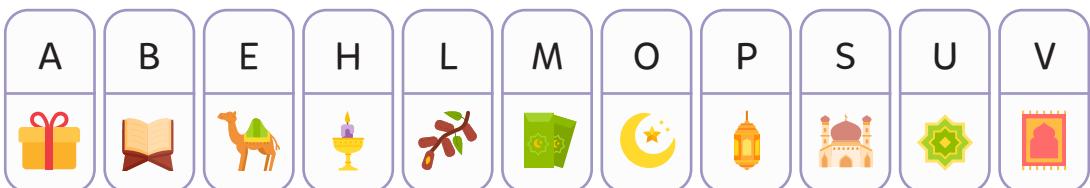
Tick ✓ the humble behaviour. Cross X the proud behaviour.

- Sharing your toys with a friend.
- Saying, "I'm the best at everything!"
- Saying "Alhamdulillah" when you get a new toy.
- Showing everyone your expensive shoes.
- Helping your sibling clean up their toys.
- Telling others about how much money you have.



## Task 2

Crack the code to reveal the secret sentence!



## My Prophet ﷺ Was Humble

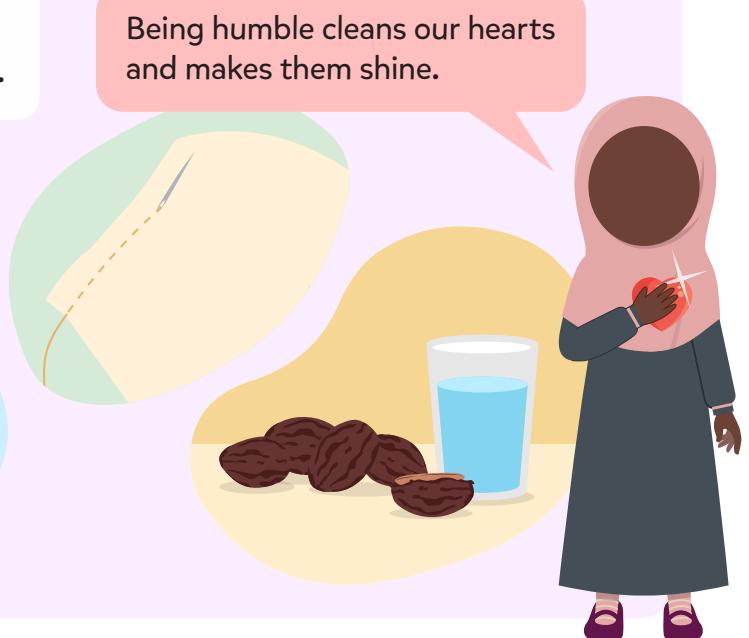
Our beloved Prophet ﷺ was the greatest person, yet he was the most **humble**!

He ate simple food. He would mend his own clothes and help with **chores**. He was always kind and listened carefully to everyone.

**Chores:** Tasks around the house like helping or cleaning.



Being humble cleans our hearts and makes them shine.





### Task 3

How was our Prophet ﷺ humble?

Rearrange the words below into sentences.

kind

Prophet ﷺ

very

the

was

simple

Prophet ﷺ

food

the

ate

the

clothes

mend

Prophet ﷺ

would

his

own

helped

Prophet ﷺ

with

chores

the

### I Act On What I Learn

I will always say Alhamdulillah instead of showing off.

الْحَمْدُ لِلَّهِ



### Progress Check



1. What does being humble mean?

---

2. How can you be humble?

---

3. How was the Prophet ﷺ humble?

---

## Lesson 8

# My Prophet ﷺ Had the Best Friends



## Learning Objectives

In this lesson, I will:



Define 'Sahabah'

Identify the best friend of the Prophet ﷺ

Explain how I can be a good friend

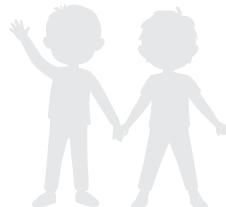


## Key Words

Friend

*Sahabah* (Companions)

Follow



## Thinking Starter

How do you know that someone is a good friend?

## The Special Sahabah

Our beloved Prophet Muhammad ﷺ had many close friends. These friends were called the **Sahabah (Companions)**.

The Sahabah were the best Muslims!

They believed in Allah ﷺ and obeyed Him. They loved, helped, and followed Prophet Muhammad ﷺ!

I love the Sahabah!



## Did You Know?

There were also lots of women who loved, helped, and followed the Prophet ﷺ.



Can you name five Sahabah?



## Task 1

Trace and memorise.

When we say the name of a male Companion, we say:

اللَّهُمَّ أَنْتَ رَبُّ الْجَنَّاتِ  
رَبُّ الْمَلَائِكَةِ وَرَبُّ  
الْإِنْسَانِ إِنَّمَا نَعْبُدُ  
مَا أَنْتَ مَوْلَانَا  
إِنَّمَا نَسْأَلُ  
مَا أَنْتَ مَوْلَانَا  
إِنَّمَا نَسْأَلُ  
مَا أَنْتَ مَوْلَانَا

May Allah be pleased with him.



What do we say after we say the name of a female Companion?

IT'S STORY TIME!

## Abu Bakr as-Siddiq رضي الله عنه

Prophet Muhammad ﷺ lived in Makkah for 13 years after becoming a Prophet. But the evil disbelievers of Makkah wanted to kill him for believing in Allah!

So, Allah told the Prophet ﷺ to move to a new city called Madinah. He set off on this journey with **his best friend, Abu Bakr as-Siddiq** رضي الله عنه.

In the desert, they reached a dark cave. The Prophet ﷺ wanted to rest inside, but Abu Bakr رضي الله عنه said, “Wait, let me check first.”

He carefully searched the entire cave to make sure it was safe! He even covered small holes with bits of his own clothing so nothing could harm the Prophet ﷺ.

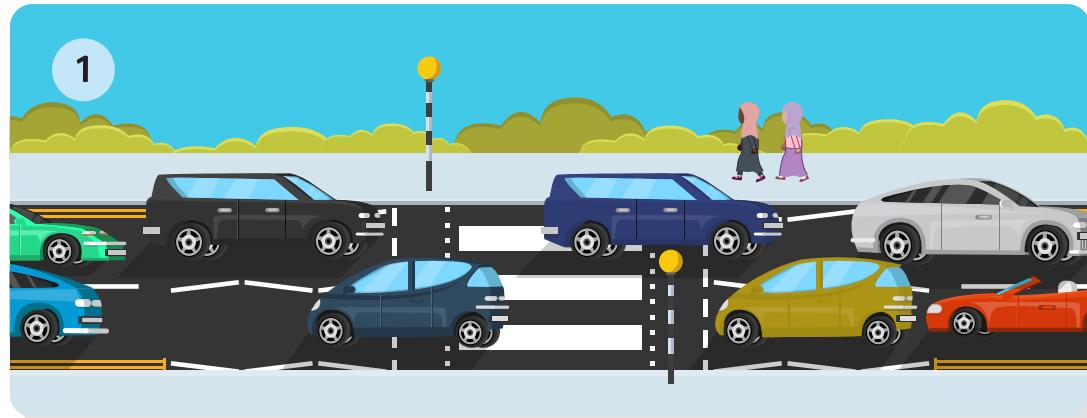
Then, they rested inside. Abu Bakr رضي الله عنه stayed awake the entire night to **protect** Prophet Muhammad ﷺ!





## Task 2

You want to be a caring friend like Abu Bakr (رضي الله عنه).  
Role-play one of the scenarios below:



## I Am a Good Friend

Just like Prophet Muhammad (صلى الله عليه وسلم) and the Sahabah, we should choose good friends and also be good friends to others.

The Sahabah loved each other like brothers and sisters. Allah says in the Qur'an:

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ

**“The believers are brothers.”**

(Surah al-Hujurat:10)

This means we should love, care for, and support other Muslims like they are our own family!





### Task 3



Am I a good friend?  
Circle yes or no for each sentence.

I share my toys and snacks.

Yes

No

I tell my friends only good things.

Yes

No

I don't tease or hurt my friends.

Yes

No

I remind my friends to pray and do good.

Yes

No

I make du'a for my friends.

Yes

No

I help my friends when they need help.

Yes

No

I listen when my friends are talking.

Yes

No

### I Act On What I Learn

I will be an excellent friend, just like  
Abu Bakr (رضي الله عنه)!



### Progress Check



1. What does Sahabah mean?



2. Who was the best friend of the Prophet صلى الله عليه وسلم?



3. How can you be a good friend?



## Lesson 9

# My Prophet ﷺ Taught Me to Be Responsible



## Learning Objectives



- In this lesson, I will:
- Define 'responsible'
- Explain how the Sahabah were responsible
- Explore how I can be responsible



## Key Words

Responsible  
Work  
Shepherd



## Thinking Starter

What would happen if nobody tidied up after themselves?



## I Am a Responsible Muslim!

As Muslims, we should always be **responsible**.

A good Muslim makes sure that they always do their **work** on time without being asked.

**Responsible:** taking care of things, doing what is right, and completing tasks without being told.

I am responsible!





## Task 1

Maryam is responsible.  
Colour her actions.



Putting clothes away	Doing homework without being reminded	Treating people unkindly
Wasting time	Taking care of toys	Praying on time
	Helping younger siblings	Forgetting homework

## Young and Responsible

Our beloved Prophet Muhammad ﷺ was the most responsible person. He taught all his Sahabah to be responsible and gave them important tasks to help the Muslim Ummah.

Even young Sahabah had big responsibilities:



**'Amr ibn Salimah** رضي الله عنه was the Imam for his tribe at 7 years old because he knew the most Qur'an!



**Anas ibn Malik** رضي الله عنه was only 10 years old when he started serving the Prophet ﷺ!



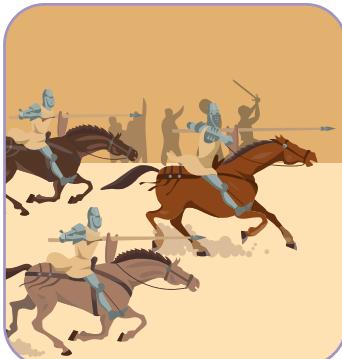
**Usamah ibn Zayd** رضي الله عنه led a whole army at just 17 years old!

The Prophet ﷺ showed us that everyone, young or old, should be responsible!



## Task 2

Write the name of the Sahabah under the image. Then, write one way you can be responsible.



---

---

---

I am responsible. I...

## My Responsibilities

The Prophet ﷺ said:

كُلُّكُمْ رَاعٍ وَكُلُّكُمْ مَسْؤُلٌ عَنْ رَعِيَّتِهِ

**“You are all shepherds, and you are all responsible for your sheep.”**

(Bukhari)

A **shepherd** takes care of his sheep. We must take care of our **responsibilities** just like a shepherd.



What is one responsibility you have at home? How can you do it well?



### Task 3

Find the words in the word search.

A responsible person is:

Kind   Honest   Clean   On time  
 Hardworking   Helpful   Fair   Careful



### I Act On What I Learn

I will be a responsible Muslim!



### P Progress Check



1. What does responsible mean?



2. Give an example of a young responsible companion.



3. How can you be responsible?



## Lesson 10

# My Prophet ﷺ Taught Me to Respect My Parents



## Learning Objectives

In this lesson, I will:



Define respect

Explain why we respect our parents

Demonstrate ways to respect our parents



## Key Words

Respect

Care

Grateful

T

## Thinking Starter

What are the things that your parents do for you every day?



## I Love My Parents!

Our family is a great blessing from Allah ﷺ. Our parents are the most important in our family. Allah tells us to be kind and respectful to our parents. Allah ﷺ says:

وَبِالْوَالِدَيْنِ إِحْسَانًا

“Be the best to your parents.”

(Surah al-Baqarah:83)

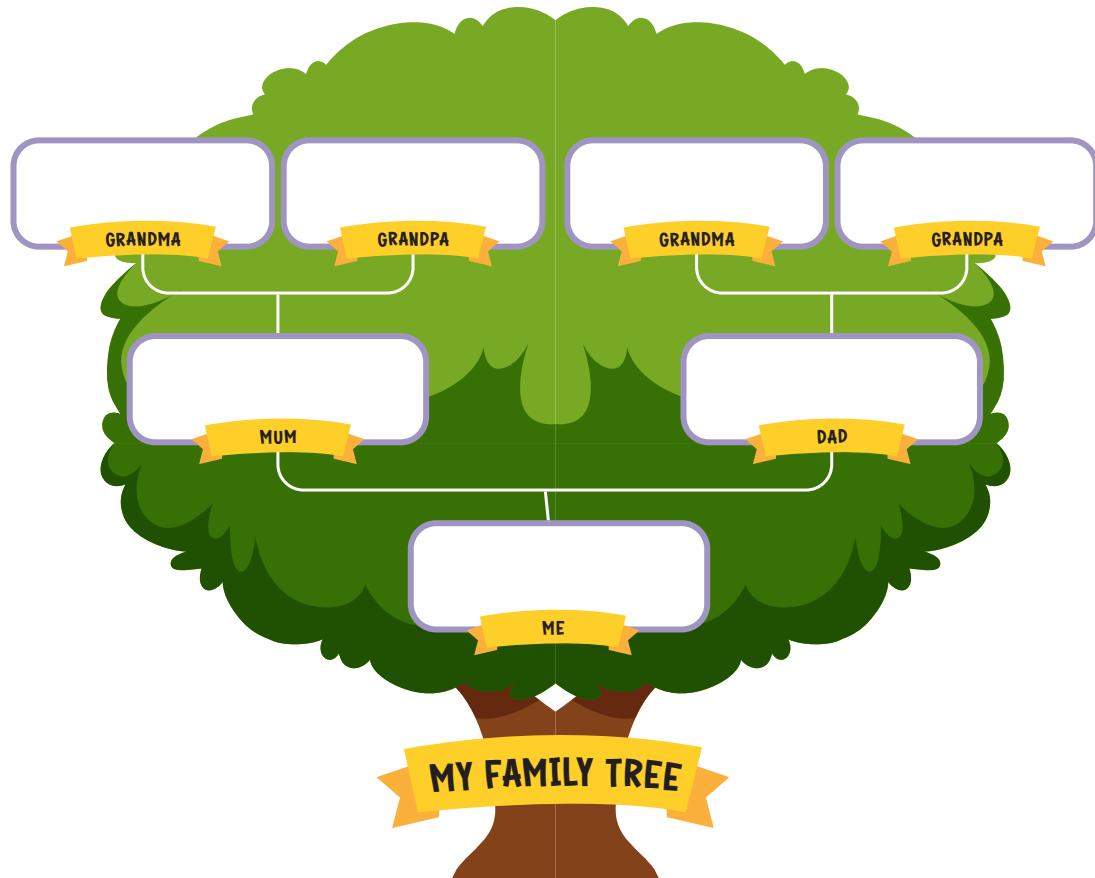
Our parents take care of us, love us, and teach us right from wrong. We should be grateful (thankful) towards our parents for everything they do for us.

Respect means treating others the way you want to be treated with kindness, care, and understanding.




**Task 1**

Start from the bottom. Write your name and your parents' names. Then write the names of your parents' parents.



## The Prophet ﷺ Taught Me How to Respect My Parents

One day, 'Abdullah ibn Mas'ud رضي الله عنه asked the Prophet ﷺ, "What is the best action?" He replied, "Praying on time."

'Abdullah then asked, "What next?" The Prophet ﷺ said, "Being respectful and kind to your parents." (Bukhari)

We should show respect to our parents every day! We can do this by obeying them. This means that we should listen to them when they tell us to do something.



What du'as can we make for our parents?



## Task 2

Match the sentences to the correct pictures.

1 I help with chores.



2 I hug and kiss my parents.



3 I thank them.

4 I always speak to them in a kind way.



5 I obey when they tell me to do something.

IT'S STORY TIME!

### The Prophet's Special Dream

One day, Prophet Muhammad ﷺ was sleeping and he had a beautiful dream. In the dream, he was in Jannah, listening to someone reciting Qur'an. The voice was so beautiful! The Prophet ﷺ asked, "Whose voice is this?"

The angels replied, "This is Harithah ibn an-Nu'man."

Prophet Muhammad ﷺ said, "This is because he is so kind to his parents!"

Harithah's love and respect for his mother made him so special that the Prophet ﷺ heard him in Jannah!





### Task 3

Choose one of these scenarios and prepare a short role play with your classmates.

#### 1 A Surprise



One of your mum's favourite snacks is mango yoghurt. You go to the shops with grandad and he gives you some money to spend.

**What can you do to show kindness to your mum?**

#### 2 Helping Hands



You're busy playing. You hear dad saying that he's going to clean up in the garden.

**What can you do to show kindness to your dad?**



What du'a from the Qur'an do we say for our parents?  
What does it mean?

#### I Act On What I Learn

I will always respect my parents!



### P Progress Check



1. How should we treat our parents?



2. What did the Prophet Muhammad ﷺ teach about respecting parents?



3. How can you show respect to your parents every day?



IT'S NASHID TIME!

# Your Mother

Who should I give my love to  
My respect and my honour to  
Who should I pay good mind to  
After Allah, and Rasulullah?

**[Chorus]**

Comes your mother  
Who next? Your mother  
Who next? Your mother  
And then your father

'Cause who used to hold you  
And clean you, and clothe you  
Who used to feed you  
And always be with you

When you were sick  
Stay up all night  
Holding you tight  
That's right, no other  
**My mother**

Who should I take good care of  
Giving all my love  
Who should I think most of  
After Allah, and Rasulullah?

**[Chorus]**

'Cause who used to hear you  
Before you could talk  
Who used to hold you  
Before you could walk  
And when you fell  
Who picked you up  
Cleaned your cut  
No one but your mother  
**My mother**

Who should I stay right close to  
Listen most to  
Never say no to  
After Allah, and Rasulullah?

**[Chorus]**

'Cause who used to hug you  
And buy you new clothes  
Comb your hair  
And blow your nose  
And when you cried  
Who wiped your tears  
Knows your fears  
Who really cares  
**My mother**

Say *Alhamdulillah*  
Thank you, Allah  
Thank you, Allah  
For **my mother**

By Rashid A. Bhikha



I Learn, I Act, I Share

## I LOVE MY PARENTS!

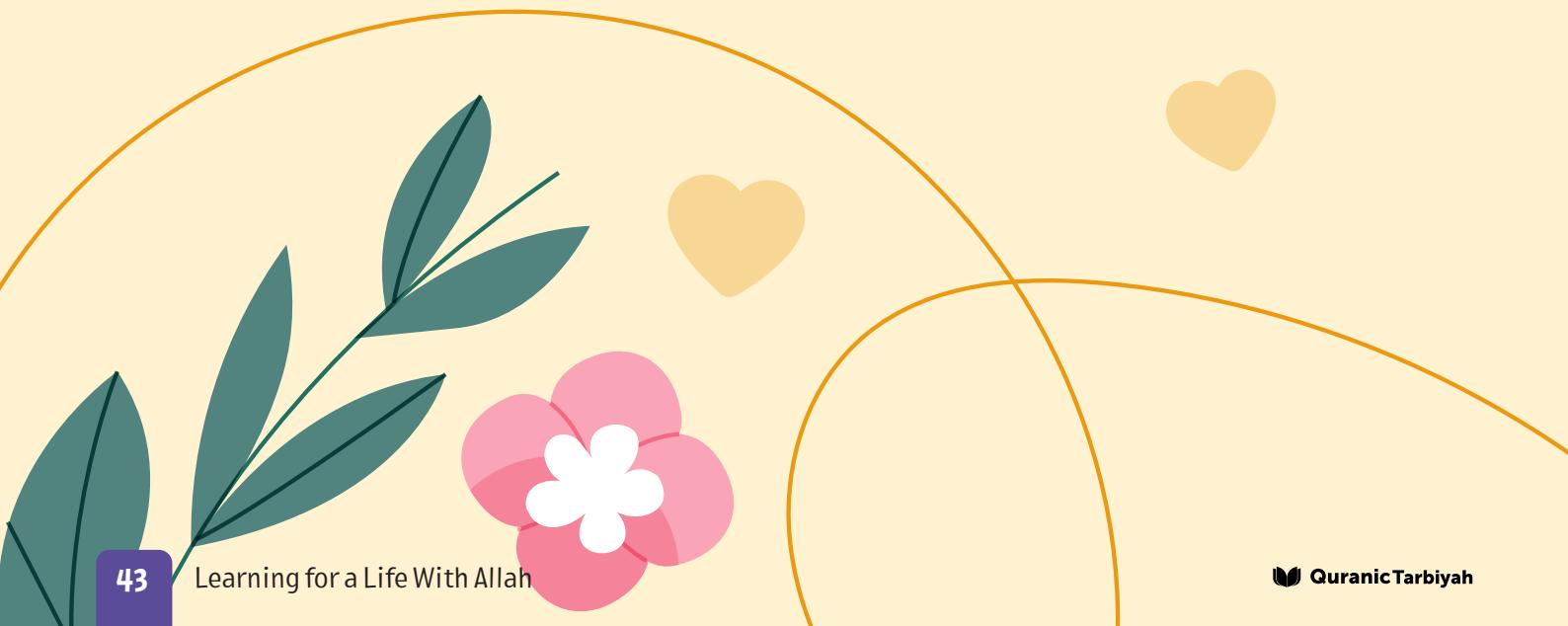
LEARNING FOR A  
Life With Allah

We've been learning how important it is to be kind and respectful to our parents. Now, it is time to put our learning into practice.

Pick one of these fun activities to do for your parents or carers:

### 1 Make a "Thank You" Card

- ★ Decorate your card.
- ★ Write: "JazakAllahu Khayra, Mum/Dad, for everything you do!"
- ★ Add a du'a.



## 2 Do a Surprise Clean-Up

- ★ Tidy up a room in your house without being asked.
- ★ Say: "I did this to make you smile and to make Allah happy!"



## 3 Say 'I Love You!'

- ★ Give your mum a hug and a kiss, and say:

"You are the  
best Mum ever!  
I love you."

- ★ Give your dad a hug and a kiss, and say:

"You are the  
best Dad ever!  
I love you."

**SUPERSTAR CHALLENGE**

Do all  
three!

I Love My Parents!

## Lesson 11

# My Prophet ﷺ Always Said Bismillah



## Learning Objectives

In this lesson, I will:



Define 'Bismillah'

Identify when to say Bismillah

Explain why we say Bismillah



## Key Words

Bismillah - بِسْمِ اللَّهِ

Begin

Blessing - بَرَكَةٌ



## Thinking Starter

Why is it important to remember Allah before we start something?



## I Say Bismillah!

Our beloved Prophet ﷺ always remembered Allah. He taught us to start everything with Bismillah!



**"In the Name of Allah."**

**BISMILLAH!**

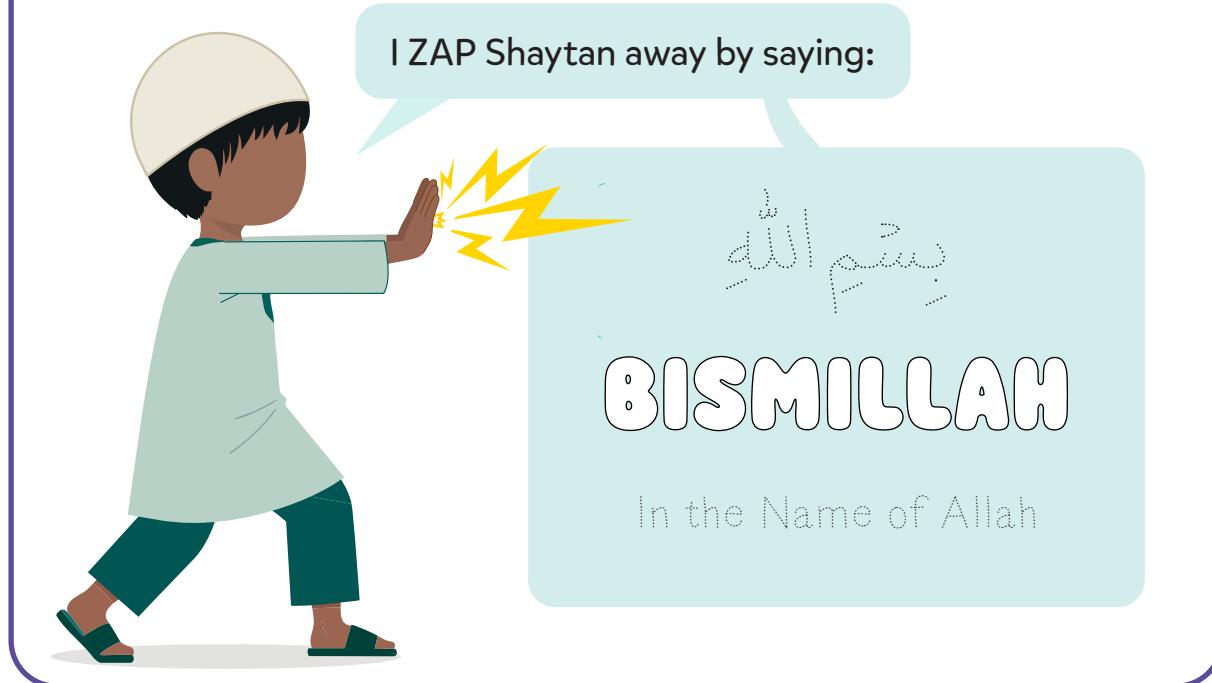
By saying Bismillah, we **begin** our actions by remembering Allah. When we say Bismillah, we are asking Allah to **help** us and **bless** what we are about to do.

Saying Bismillah also keeps Shaytan away! When we forget to say it, Shaytan tries to sneak in. When we remember Allah, Shaytan runs away!



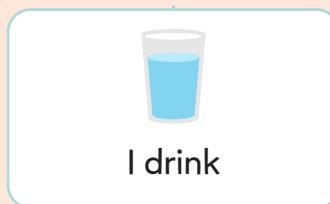
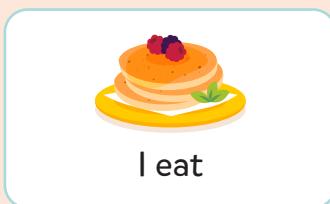
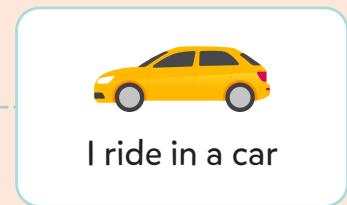
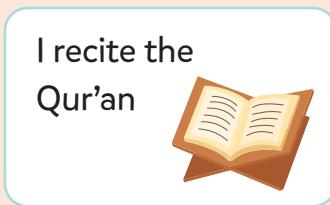
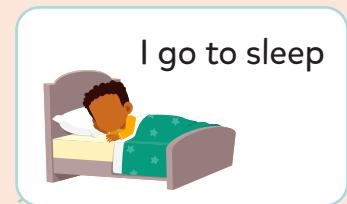
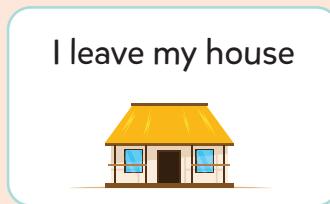

**Task 1**

Trace and colour.



## I Start Everything With Bismillah

The Prophet ﷺ would say Bismillah before any action that he did!





## Task 2

Unscramble the words below:

I say Bismillah before I **P<sub>3</sub> L<sub>1</sub> S<sub>1</sub> E<sub>1</sub> E<sub>1</sub>**. \_\_\_\_\_

I say Bismillah before I **A<sub>1</sub> E<sub>1</sub> T<sub>1</sub>**. \_\_\_\_\_

I say Bismillah before I wear my **H<sub>4</sub> T<sub>1</sub> O<sub>1</sub> E<sub>1</sub> C<sub>3</sub> L<sub>1</sub> S<sub>1</sub>**. \_\_\_\_\_

I say Bismillah before I **C<sub>3</sub> E<sub>1</sub> I<sub>1</sub> R<sub>1</sub> T<sub>1</sub> E<sub>1</sub>** the Qur'an. \_\_\_\_\_

IT'S STORY TIME!

### The Man Who Forgot to Say Bismillah

One day, our beloved Prophet ﷺ was sitting with six of his Companions رضي الله عنهم. They were about to enjoy a meal together when suddenly, a man came and quickly joined them. He was so hungry that he ate all the food in just two bites!

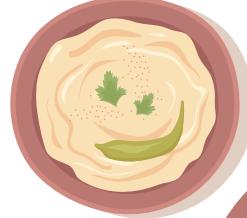
The Companions were surprised. How did all the food disappear so quickly?

The Prophet ﷺ said: "If he had said Bismillah, the food would have been enough for all of you!"

Look at how powerful Bismillah is! It puts **barakah** (blessings) in our food and makes even a small meal enough for many!



What do you say if you forget Bismillah before eating?





### Task 3

Answer the questions below.



**What does Bismillah mean?**

---



---



**When do we say Bismillah?**

---



---



**Why do we say Bismillah?**

---



---

**I Act On What I Learn** I will say Bismillah before doing an action!

**P** **Progress Check**



1. What does Bismillah mean?

---

2. When should we say Bismillah?

---

3. Why do we say Bismillah?

---

## Lesson 12

# My Prophet Taught Me How to Eat



## Learning Objectives

In this lesson, I will:



Recall the eating etiquettes of Prophet Muhammad ﷺ

Recall the du'a before eating

Memorise the du'a after eating



## Key Words

Delicious

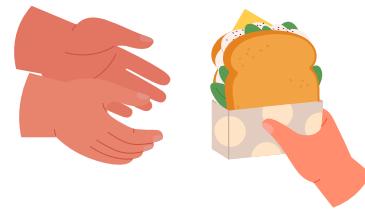
Etiquette

Provide



## Thinking Starter

What would you say to someone who gives you food when you are hungry?



IT'S STORY TIME!

### The Boy Who Ate

One day, a young boy named 'Umar ibn Abi Salamah رضي الله عنه sat down to eat with the Prophet Muhammad ﷺ. The food looked so **delicious** that he excitedly reached all over the plate, taking food from different sides.

The Prophet ﷺ gently smiled and said, "O young boy! Say Bismillah, eat with your right hand, and take food from what is near you."

From then on, 'Umar رضي الله عنه always ate with the beautiful **etiquettes** that the Prophet ﷺ taught him!

**Etiquette** means using good manners and being polite.





## Task 1

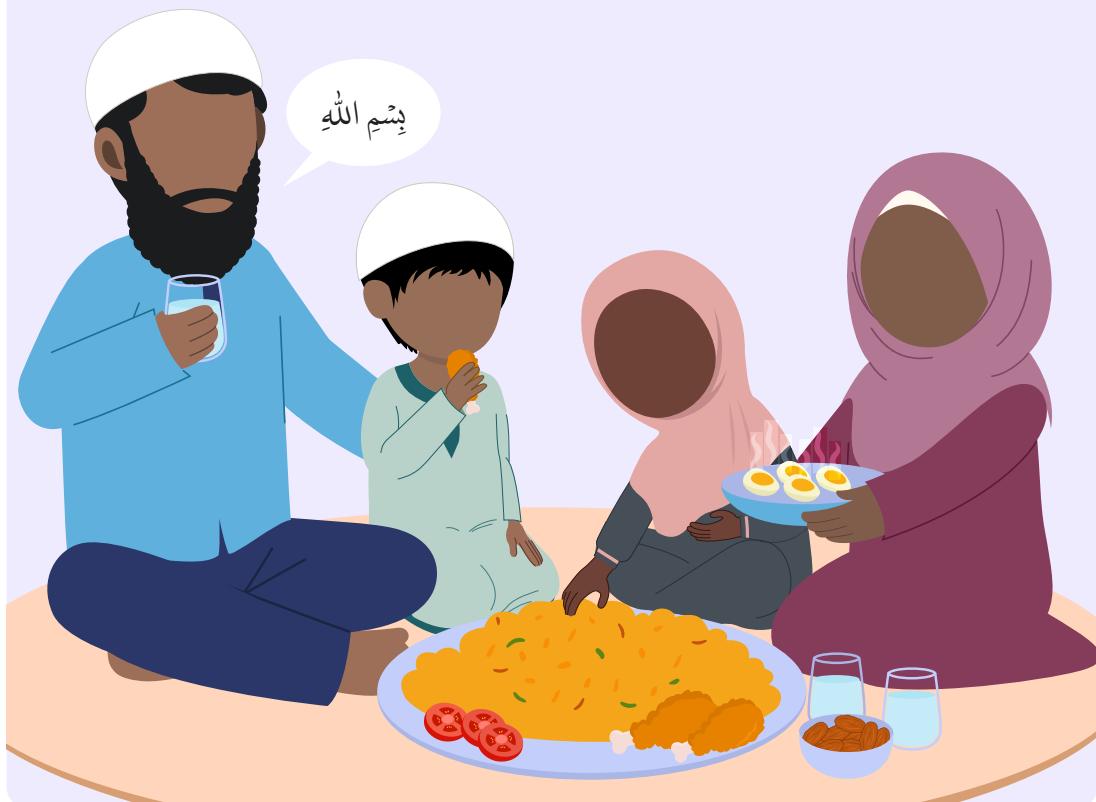
Match a sunnah of eating to each person.

Eating with the right hand

Saying *بِسْمِ اللَّهِ*

Waiting for the food to cool

Eating from the closest food



## Before I Start Eating

Our beloved Prophet ﷺ taught us to always remember Allah ﷺ before we eat our food.

We should always remember that Allah is the One who gives us yummy food!





## Task 2

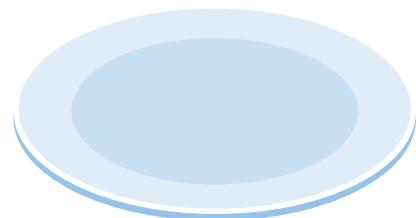
Trace and memorise.

Our beloved Prophet Muhammad ﷺ taught us that:

Before we start eating, we say:



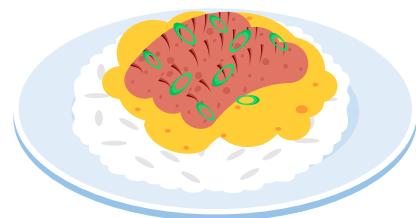
اللّٰهُمَّ بِسْمِكَّ



“In the Name of Allah.”



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ وَعَلٰى خَمْسٍ



“In the Name of Allah  
at the beginning and  
at the end of it.”

(Abu Dawud)

## After I Finish Eating

We thank people who give us gifts. Allah gives us the most gifts!

After we finish eating, we thank Allah سُبْحَانَهُ وَتَعَالٰى for the gift of food!

The Prophet ﷺ taught us the du'a after eating:



الْحَمْدُ لِلّٰهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِي مِنْ غَيْرِ حَوْلٍ مِّنِي وَلَا قُوَّةٍ

“All praises and thanks are for Allah, who has fed me and provided food for me without any strength or power from myself.”

(Abu Dawud)



### Task 3

- 1 In pairs, repeat each part of the du'a 5 times.
- 2 As a class, take turns adding one part of the du'a at a time.
  - When it's your turn, say the part clearly.
  - Then point to the classmate you want to say the next part.
- 3 The whole class repeats the full du'a together.



**I Act On What I Learn** I will say the du'a before and after eating!

**P** Progress Check



1. How did the Prophet ﷺ eat his food?



2. What do we say before eating?



3. What do we say after eating?



## Lesson 13

# My Prophet Did Not Waste Food



## Learning Objectives



- In this lesson, I will:
- Recognise the blessing of food
- Identify the right amount to eat
- Explain that the Prophet ﷺ did not waste food



## Key Words

Stomach  
Healthy  
Waste



## Thinking Starter

What should you do when you have food on your plate but don't feel hungry anymore?

## Allah سبحانه وتعالى Gives Us Food

Food is one of the biggest blessings from Allah سبحانه وتعالى!

Allah سبحانه وتعالى tells us in the Qur'an:

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا  
وَأْشْكُرُوا نِعْمَتَ اللَّهِ

**“Eat good, halal food that Allah has provided you and be grateful for Allah's blessings.” (Surah an-Nahl:114)**

Our beloved Prophet ﷺ taught us to thank Allah for our blessings by saying Alhamdulillah!

I thank Allah for my food!

I love Allah!

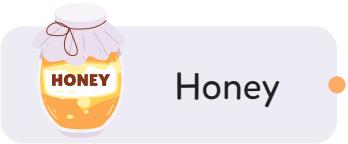
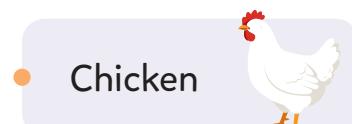
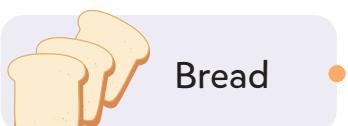




## Task 1

Match then trace.

Where do these blessings of Allah come from?



I thank Allah:  
I say Alhamdulillah.

## The Right Amount to Eat

The Prophet ﷺ told us not to eat too much. Our bodies only need a few bites at each meal! But if we do eat more, our stomachs should have:



1. One part for food
2. One part for drink
3. One part for air

When we eat too much, we feel heavy and lazy. Eating the right amount keeps us **healthy**, strong, and able to worship Allah.

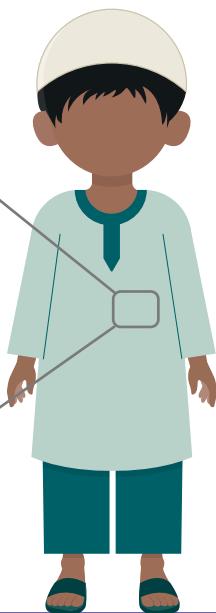
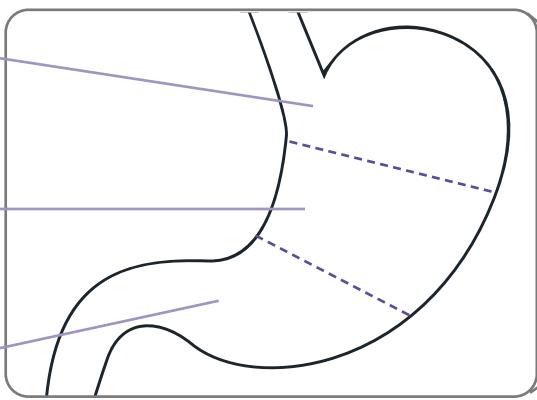
How can we make sure that we do not eat too much?



### Task 2

Trace the lines below.

Write or draw what should go into each part.



### I Do Not Waste!

The Prophet ﷺ never wasted food. We should eat all of the food on our plate.

If the Prophet ﷺ dropped a bit of food on the ground, he would pick it up, remove the dust, and eat it!

He never complained about food, and he taught us to be thankful for every bite we eat.

I always eat all my food!





### Task 3

Write in the missing words.

1. The Prophet ﷺ never \_\_\_\_\_ food.

2. If the Prophet ﷺ dropped a bit of food on the \_\_\_\_\_, he would pick it up, remove the \_\_\_\_\_, and eat it!

3. The Prophet ﷺ never \_\_\_\_\_ about food.

4. We should be \_\_\_\_\_ for every bite we \_\_\_\_\_.



#### I Act On What I Learn

I will not waste food!



#### P Progress Check



1. Where does all food come from?

\_\_\_\_\_



2. How much of our stomach should we fill with food?

\_\_\_\_\_



3. What did the Prophet ﷺ teach about wasting food?

\_\_\_\_\_



## Lesson 14

# My Prophet

صلى الله عليه وسلم

# Taught Me How to Drink



## Learning Objectives



In this lesson, I will:

Describe the etiquettes of Prophet Muhammad ﷺ when drinking

Practise drinking the sunnah way

Memorise the du'a after drinking milk



## Key Words

Sip

Gulp

Miracle



## Thinking Starter

Is it better to do something quickly or take your time and do it properly? Why?

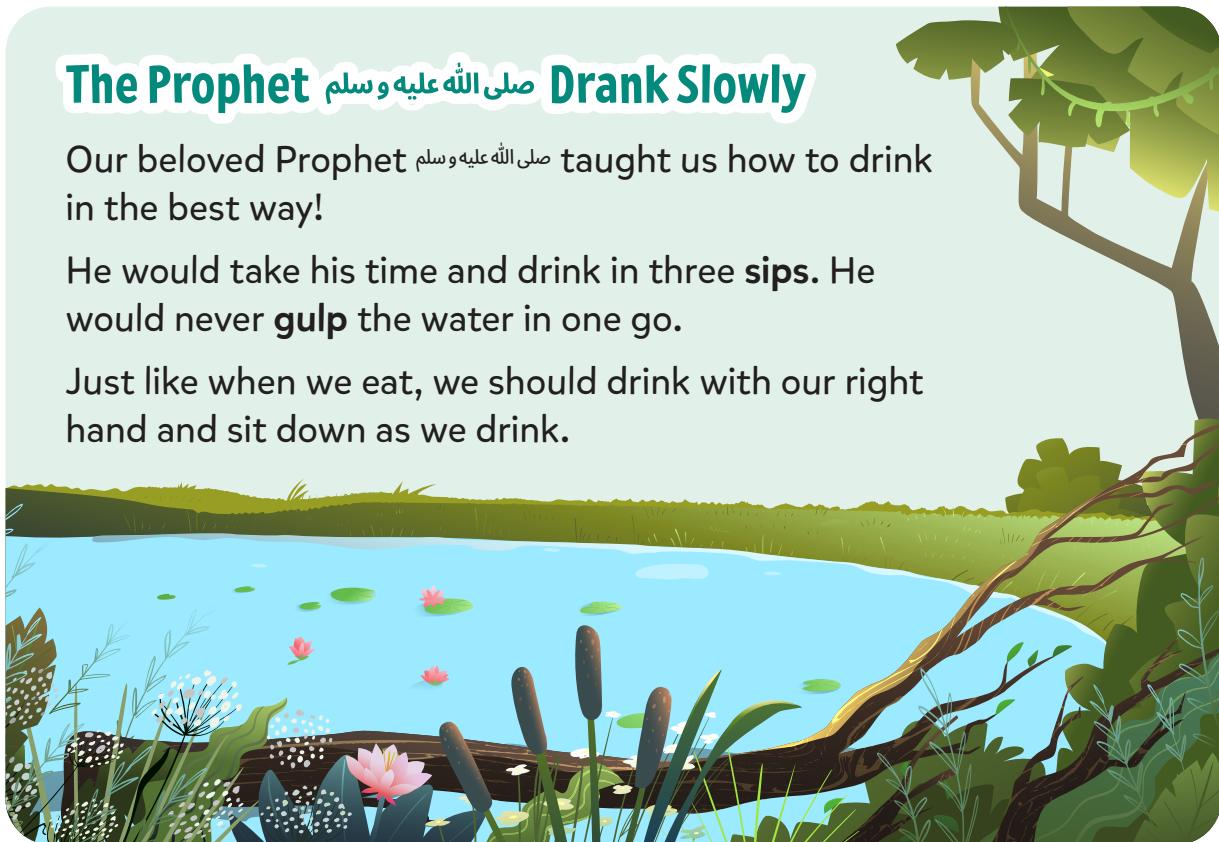


## The Prophet ﷺ Drank Slowly

Our beloved Prophet ﷺ taught us how to drink in the best way!

He would take his time and drink in three **sips**. He would never **gulp** the water in one go.

Just like when we eat, we should drink with our right hand and sit down as we drink.




**Task 1**

Colour the sunnahs of drinking.



### I Thank Allah سُبْحَانَهُ وَتَعَالَى for My Drink

Allah سُبْحَانَهُ وَتَعَالَى has covered most of the Earth with water.  
We thank Allah سُبْحَانَهُ وَتَعَالَى for giving us water to drink.



#### Did You Know?

There is more water than land on Earth!



Our Prophet ﷺ taught us that:

Before we drink, we say:



بِسْمِ اللَّهِ

**“In the Name of Allah”**

I thank Allah  
by saying  
Alhamdulillah!



After we drink, we say:



أَلْحَمْدُ لِلَّهِ

**“All praises and thanks are for Allah.” (Tirmidhi)**



## Task 2

With your partner, take turns acting out the sunnah method of drinking.

1



Sit

2



Right hand

3

بِسْمِ اللَّهِ

Bismillah

4



3 sips

5

الْحَمْدُ لِلَّهِ

Alhamdulillah

IT'S STORY TIME!

### The Blessed Bowl of Milk

One day, Abu Hurayrah رضي الله عنه sat by the road. He was so hungry that he tied a rock to his stomach to ease the pain of starving!

Abu Bakr and 'Umar رضي الله عنهمَا walked by. He asked them questions, hoping they would take him home for food, but they didn't.

Then, Prophet Muhammad صلى الله عليه وسلم passed by. He smiled and knew that Abu Hurayrah was hungry! So, he took him home.

There was only a small cup of milk. The Prophet صلى الله عليه وسلم told him to invite the poor people of as-Suffah.

*Oh no!* Abu Hurayrah thought. *How will this tiny cup be enough for everyone?*

But he obeyed. He served the milk, and everyone drank, one by one, until full. Then, the Prophet صلى الله عليه وسلم smiled and said, **“Sit and drink!”** Abu Hurayrah drank and drank until he was full.

Then, the Prophet صلى الله عليه وسلم thanked Allah, said **Bismillah** and drank last.





SubhanAllah! The milk was enough for everyone! It was the **miracle** of Prophet Muhammad ﷺ!



### Did You Know?

Abu Hurayrah رضي الله عنه taught us the most hadith!



### Task 3

Trace, read, and memorise the du'a after drinking milk.

اللّٰهُمَّ بَارِكْنَا فِيهِ وَزِدْنَا بِهِ مَمْلُوكَنَا

O Allah, bless us in it and give us more of it.



### I Act On What I Learn

I will say the du'a before and after drinking!



### Progress Check



1. How did the Prophet ﷺ drink?



2. What do we say before and after drinking?



3. What du'a do we say after drinking milk?



## Lesson 15

# My Prophet

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

# Always Began From the Right



## Learning Objectives

In this lesson, I will:



Recognise that Prophet Muhammad  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ began with the right

State actions that we should do with  
the right hand

Explain why we do not use our left hand  
for clean actions



## Key Words

Right

Habit

Receive

T

## Thinking Starter

What do you use your right hand for every day?



## I Use My Right

Our beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ liked to start and do clean actions with his right hand or right foot.

This was the **habit** of the Messenger صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

A **habit** is something we do all the time.

When we start from the right, we are following the Sunnah of our beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ. Using the right hand or foot gives us rewards.



Inside view of the right hand



Back view of the right hand





## Task 1

Is Musa on the left or right? Circle the correct answer.



Left      Right



Left      Right



Left      Right



Left      Right



Left      Right



Left      Right

## What Can I Do With My Right?

Using our right side and right hand helps us do things properly and respectfully.

Our beloved Prophet ﷺ began with his **right side** when:



Putting on his clothes



Putting on his shoes



Entering the masjid

He ﷺ used his **right hand** when:



Eating and drinking



Giving and receiving things

**Receive:** to get something from someone.

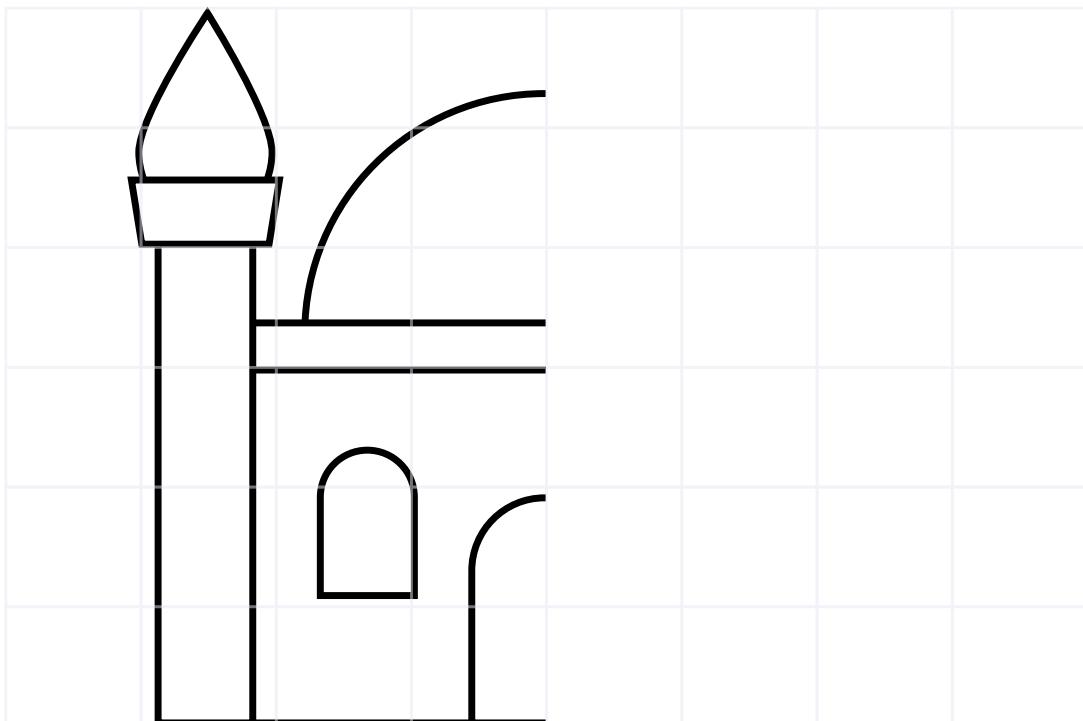


What other actions do you begin with your right?



## Task 2

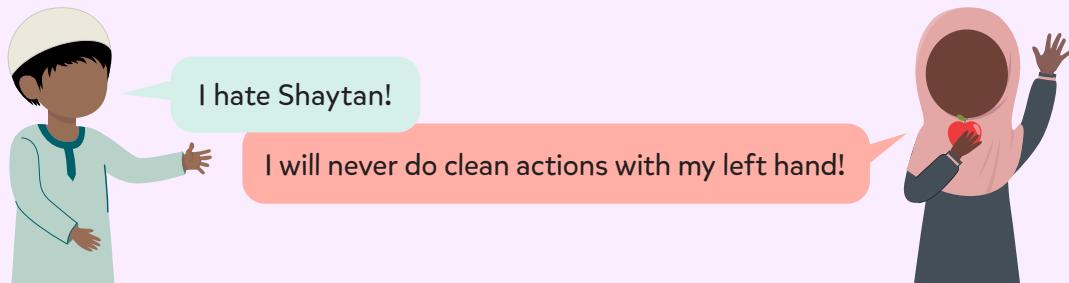
Draw the right side of the Masjid.  
Then circle which foot we use to enter the Masjid.



## The Left Is for Shaytan

The Prophet ﷺ told us to stay away from using our left for some actions, because Shaytan uses his left! He ﷺ said:

“When you eat, use your right hand. When you drink, use your right hand. When you take something, use your right hand. And when you give something, use your right hand. Because **Shaytan eats, drinks, gives, and takes with his left hand.**” (Ibn Majah)



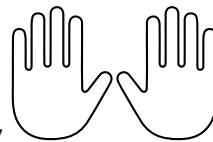


### Task 3

Fill in the blanks and colour the correct picture.



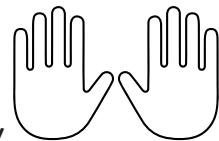
1. I enter the bathroom with my \_\_\_\_\_ foot.



2. I clean myself in the \_\_\_\_\_ with my \_\_\_\_\_ hand.  
(a type of room)



3. I begin putting on my \_\_\_\_\_ with my \_\_\_\_\_ foot.  
(something I wear)



4. I \_\_\_\_\_ with my \_\_\_\_\_ hand.  
(opposite of give)

#### I Act On What I Learn

I will use my right hand and start from my right side for all clean actions.



### P Progress Check



1. Which side did the Prophet ﷺ start with for clean actions?



2. List three actions we should do with the right hand.



3. Why should we not use our left hand for clean actions?



## Lesson 16

# My Prophet ﷺ Taught Me How to Sleep



## Learning Objectives

In this lesson, I will:



Recognise the blessing of sleep



Recall the du'a before sleeping and after waking up



Describe what to do if I have a nightmare



## Key Words

Ayat al-Kursi

Protect

Nightmare



## Thinking Starter

Imagine if you never slept.

How would you feel after a few days?



## The Blessing of Sleep

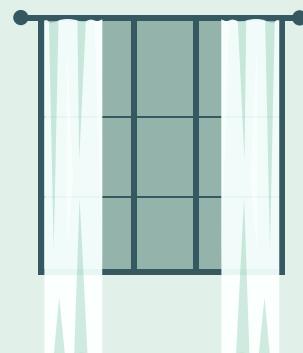
Allah ﷺ made the night a time of rest. When we sleep, our bodies become stronger, and we feel fresh when we wake up.

Allah ﷺ says in the Qur'an:

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا ۖ

**“Allah has made your sleep for rest.”**

(Surah an-Naba':9)





### Task 1

Tick (✓) the correct answer.

Sleep is a blessing because it allows our body to...



Eat



Rest



Exercise



Earn money

## Sleeping and Waking Up

Our beloved Prophet ﷺ taught us how to sleep. He did wudu then slept on his right side, with his right hand under his cheek.

The Prophet ﷺ also told us not to sleep on our stomach, because Allah ﷺ does not like it.

### Before Sleeping

The Prophet ﷺ would say the du'a:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

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

The Prophet ﷺ told us to always recite Ayat al-Kursi before sleeping. Allah ﷺ will send an angel to protect us for the entire night!

### After Waking Up

The Prophet ﷺ would say the du'a:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَنَا 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)



## Task 2

### It's Night Time!

Match the pictures to the correct descriptions.  
Then colour in the pictures.



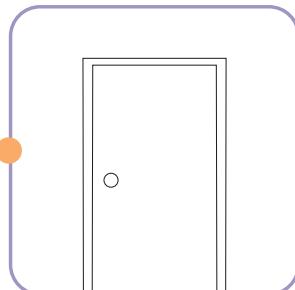
I dust my bed  
and sleep on  
the right side

I say the du'a and  
Ayat al-Kursi



I do not sleep  
on my stomach

I do wudu



I say Bismillah  
and close the  
doors



### When I Have a Nightmare

Sometimes, we get **nightmares** when we sleep. These nightmares come from Shaytan, who wants to scare us and disturb our sleep!

The Prophet ﷺ taught us that when we have a nightmare, we should:

1

Spit to our  
left three  
times.

2

Say  
**أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ**  
 "I seek protection in Allah from  
the cursed Shaytan."

3

Turn our body  
over to the  
other side.



### Task 3

Trace and complete the du'a. Then number the boxes to put them in order.

If I have a nightmare, I:



Say:

أَعُوذُ بِاللَّهِ مِنَ الشَّرِّ الْجِدِيرِ

I seek \_\_\_\_\_ in \_\_\_\_\_  
from the cursed \_\_\_\_\_.



Turn to the other side.



Spit to the left three times.



#### I Act On What I Learn

I will say the du'a before sleeping and after waking up!



#### Progress Check



1. Why did Allah سُبْحَانَهُ وَتَعَالَى create sleep?



2. What do you say before you sleep and after you wake up?



3. What should you do if you have a nightmare?



## Lesson 17

# My Prophet ﷺ Taught Me to Take Care of My Body



## Learning Objectives

In this lesson, I will:



- Identify how I can take care of my body
- Describe why it is important to be active
- Explain how I should protect my body



## Key Words

Halal  
Energy  
Private

T

## Thinking Starter

Our beloved Prophet ﷺ said, "...Your body has a right over you..." (Bukhari)

What do you think this means? How should we treat our bodies?



## I Will Be Healthy

Allah ﷺ tells us in the Qur'an:

يَأَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَلَا شُکُرُوا لِلَّهِ

**"O believers! Eat from the good things We have provided for you. And give thanks to Allah..." (Surah al-Baqarah:172)**

As Muslims, we should:

- ★ Eat healthy, halal foods
- ★ Drink clean water
- ★ Sleep early and enough

This will give us **energy** and make us strong.

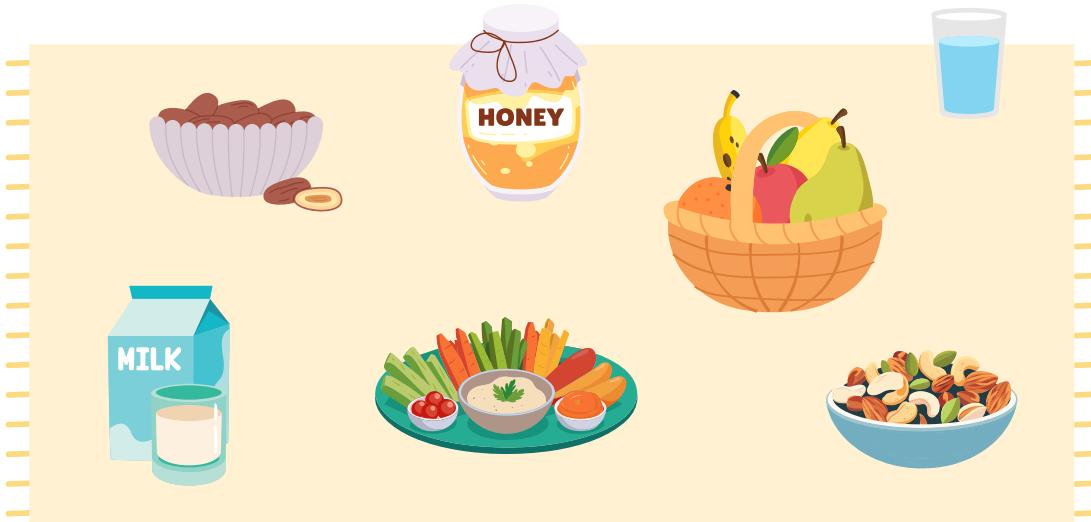
When we take care of our bodies, we are saying thank you to Allah!



## Task 1

Make healthy swaps to help your body!

- Circle the healthy swaps for juices
- Draw a triangle around the healthy swaps for sweets and chocolate
- Draw a square around the healthy swaps for chips and crisps



What will you swap?

I will swap \_\_\_\_\_ with \_\_\_\_\_.

## I Will Grow Strong

A'ishah رضي الله عنها said, “I raced the Prophet ﷺ and I won. But when I gained some weight, I raced him again and he won...” (Abu Dawud)

We can take care of our bodies by playing, exercising, and taking part in sports. They make our bodies strong and healthy. They're also fun and help us feel happy!





## Task 2

a) Find these sports and exercises in the wordsearch:

Run      Race      Swim      Archery

Ride      Walk      Play      Wrestle



b) Class Race:

Head outside and have a friendly race.

Your teacher will give you instructions.



## I Will Protect and Cover My Body

Your body is a special trust from Allah. No one should touch your body unless you feel safe and comfortable.

If you ever feel unsure or uncomfortable, you must tell a trusted adult like your mum or dad.

If you need help with cleaning your body or if you're hurt or unwell, only someone you trust should help you.



### Task 3

Fill in the missing words using the word bank.

#### Word Bank

private

Surah

trusted

no

cover



#### MY BODY SAFETY RULES

- ✓ I recite \_\_\_\_\_ an-Nas and Surah al-Falaq every day to ask Allah for protection.
- ✓ I wear clothes that \_\_\_\_\_ me properly.
- ✓ I change my clothes in \_\_\_\_\_.
- ✓ I will say \_\_\_\_\_ to touches that make me feel uncomfortable.
- ✓ I quickly tell a \_\_\_\_\_ adult if anything feels wrong.

#### I Act On What I Learn

I will take care of my body and thank Allah.



#### Progress Check



1. Name two ways you can take care of your body.



2. Why should we play and exercise?



3. If someone touches you and you don't like it, what should you do?



IT'S NASHID TIME!

# Bismillah (I Am a Muslim)

[Chorus]

I am a Muslim, the things I say  
In everything I do every day  
We are Muslims, the things we say  
In everything we do every day

Ooh, Bismillah  
Ooh, Alhamdulillah  
Ooh, Bismillah  
Ooh, Alhamdulillah  
Alhamdulillah

I am a Muslim and this I know  
I need to eat so that I will grow  
We are Muslims and this we know  
We need to eat so that we will grow

When we eat, we say Bismillah  
When we're full, we say Alhamdulillah

When we eat, we say Bismillah  
When we're full, we say Alhamdulillah  
Alhamdulillah

Water, juice, and milk, these I think  
Are so delicious for me to drink  
Water, juice, and milk, these we think  
Are so delicious for us to drink



When we drink we say, Bismillah  
When we're done, we say Alhamdulillah

When we drink we say, Bismillah  
When we're done, we say Alhamdulillah  
Alhamdulillah

Going out with our mum and dad  
Coming home, oh what fun we had  
Going out with my mum and dad  
Coming home, oh what fun we had

Driving in the car, Bismillah  
Coming safely home, Alhamdulillah

Bismillah, Bismillah, Bismillah  
Alhamdulillah  
Alhamdulillah

I go to sleep saying Allah's name  
And in the morning I do the same  
We go to sleep saying Allah's name  
And in the morning we do the same

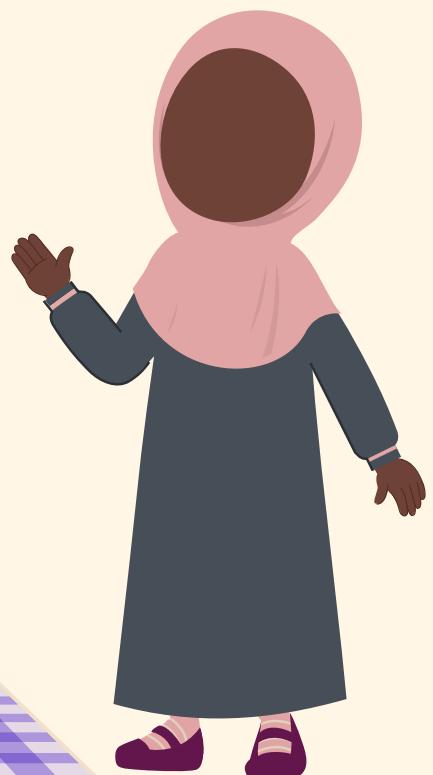
**Alhamdulillah!**

When we sleep, we say Bismillah  
When we rise, we say Alhamdulillah

When we sleep, we say Bismillah  
When we rise, we say Alhamdulillah  
Alhamdulillah

**[Chorus]**

By Yusuf Islam - Kids of SA



## Lesson 18

# My Prophet Always Gave Salam



## Learning Objectives



In this lesson, I will:

Define the full salam

Describe the rewards of the salam

Explain the benefits of the salam



## Key Words

Greeting

Salam (Peace) - **السلام**

Spread



## Thinking Starter

Imagine you walk past your friend and they say nothing to you. How would you feel?



## I Give the Salam!

Our beloved Prophet ﷺ taught us a special **greeting** that he would give to everyone. It is the **salam**!

We say the full salam by saying:

**السلام عليكم ورحمة الله وبركاته**

**May the peace, mercy, and blessings of Allah be with you.**

We reply to the salam by saying:

**وعليكم السلام ورحمة الله وبركاته**



**السلام عليكم ورحمة الله وبركاته**



**وعليكم السلام ورحمة الله وبركاته**


**Task 1**

Follow the lines to find the meaning of each word.

السَّلَامُ

Blessings

رَحْمَةُ

Peace

بَرَكَاتُهُ

Mercy

**IT'S STORY TIME!**

## The Market of Salam

One day, Tufayl ibn Ubayy ibn Ka'b رضي الله عنهما went to visit 'Abdullah ibn 'Umar رضي الله عنهما. 'Abdullah took Tufayl to the market. As they walked through the market, 'Abdullah smiled and gave salam to everyone he met on the way, before returning home.

Tufayl asked 'Abdullah, "Why do you go to the market when you don't buy or sell anything?"

'Abdullah replied, "I go to the market to greet everyone I meet!"

'Abdullah ibn 'Umar رضي الله عنهما wanted the **reward of the salam** every day!





## Task 2

Read and trace the salam! Then write the sum to find out how many rewards we get.

السَّلَامُ عَلَيْكُمْ

10

10 rewards

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

10

10

10 + 10 =  rewards

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ

10

10

10

10 + 10 + 10 =  rewards

## I Love All Muslims!

Our beloved Prophet ﷺ told us, “You will only enter Jannah if you believe. And you will only believe if you love each other. Do you want to know how you can show love for each other? **Spread the salam!**” (Muslim)

We should make it a habit to give salam to everyone: our family, friends, teachers, and even Muslims we don't know!

Saying the salam helps us to love each other!





## Did You Know?

We only give salam to other Muslims, not disbelievers!



## Task 3

The salam is a beautiful du'a. When we say the full salam to others, we are asking Allah to take care of and bless our Muslim brothers and sisters!

Draw a line to match each part of the salam with its meaning.

السَّلَامُ عَلَيْكُمْ

• We are making du'a for blessings and happiness.

وَبَرَكَاتُهُ

• We are making du'a for Allah's mercy and kindness.

وَرَحْمَةُ اللهِ

• We are making du'a that Allah keeps them safe and protects them from bad things.

## I Act On What I Learn

I will say salam to everyone!

السَّلَامُ  
عَلَيْكُمْ

## P Progress Check



1. What is the meaning of the full salam?



2. What reward do you get for saying the salam?



3. Why should we say salam to each other?



## Lesson 19

# My Prophet Had a Beautiful Smile



## Learning Objectives

In this lesson, I will:



Recognise that smiling is sunnah



Identify why smiling is charity



Describe how I can be like the  
Prophet ﷺ



## Key Words

Smile  
Cheerful  
Frustrated



## Thinking Starter

Think of a time when you were sad and someone smiled at you. How did it make you feel?



## Smile! It's Sunnah!

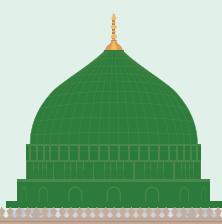
Our beloved Prophet Muhammad ﷺ loved to **smile**. His smile would fill people's hearts with happiness and love.

One of the Companions, 'Abdullah ibn al-Harith (رضي الله عنه), said:



مَا رَأَيْتُ أَحَدًا أَكْثَرَ تَبَسِّمًا مِنْ رَسُولِ اللَّهِ

“I have not seen anyone who smiles more than  
the Prophet ﷺ.” (Tirmidhi)



The Prophet ﷺ always greeted people with a **cheerful** face!



### Task 1

Colour the correct word to complete the sentence.

**Smiling is...**

funny      soft      sunnah  
heart      hard

### Smiling Is Charity

The Prophet ﷺ said:

تَبَسَّمُكَ فِي وَجْهِ أَخِيكَ لَكَ صَدَقَةٌ

“Smiling at your brother is charity.”

(Tirmidhi)

Charity is helping someone with something they need. Smiling is a type of charity because you bring happiness to another person.





## Task 2

Trace and colour.



### IT'S STORY TIME!

## The Boy Who Served the Prophet ﷺ

Anas ibn Malik رضي الله عنه was a young boy who served the Prophet Muhammad ﷺ for ten years!

One day, the Prophet ﷺ asked him to go to the market to run an errand. Anas رضي الله عنه set out to do it, but on the way, he saw some children playing. He stopped and watched them, forgetting about the task.

Suddenly, he felt a gentle hand on his neck. He turned around – it was the Prophet ﷺ, smiling at him!

The Prophet ﷺ said, “Little Anas, did you do what I asked you to do?”

Anas quickly replied, “Yes, I’m going, O Messenger of Allah!”

The Prophet ﷺ did not tell Anas off. Instead, he smiled and gently reminded him.



### Task 3

Musa sometimes feels **frustrated** because of Asiyah's actions.



**Frustrated**  
means feeling upset, annoyed, or angry.

What do you think Prophet Muhammad ﷺ would do if he felt frustrated?

---

How do you think Musa would feel if he did the same as Prophet Muhammad ﷺ?

---

### I Act On What I Learn

I will greet everyone with a smile!



### P Progress Check



1. How did the smile of the Prophet ﷺ make people feel?

---



2. Why is smiling a type of charity?

---



3. What can you do when you feel frustrated?

---



## Lesson 20

# My Prophet

صلى الله عليه وسلم

# Listened and Spoke Beautifully



## Learning Objectives

In this lesson, I will:



Describe the speech of Prophet Muhammad  
صلى الله عليه وسلم

Demonstrate listening carefully like the Prophet  
صلى الله عليه وسلم

Explain what I should do if someone says unkind words to me



## Key Words

Rude

Listener

Attention



## Thinking Starter

How do you feel when you talk to someone and they don't listen to you?



## The Beautiful Speech of the Prophet

صلى الله عليه وسلم

Our beloved Prophet صلى الله عليه وسلم was the best speaker! He always spoke in a gentle and polite manner.

The Prophet صلى الله عليه وسلم said:



الْكَلِمَةُ الطَّيِّبَةُ صَدَقَةٌ

**“Speaking a good word is charity.”**

(Bukhari)



## Did You Know?

We can earn rewards by speaking kindly to others!

I speak politely to others!



The Prophet ﷺ never shouted or used rude words. Sometimes, disbelievers would say nasty things to him, but he remained calm and spoke respectfully to them.

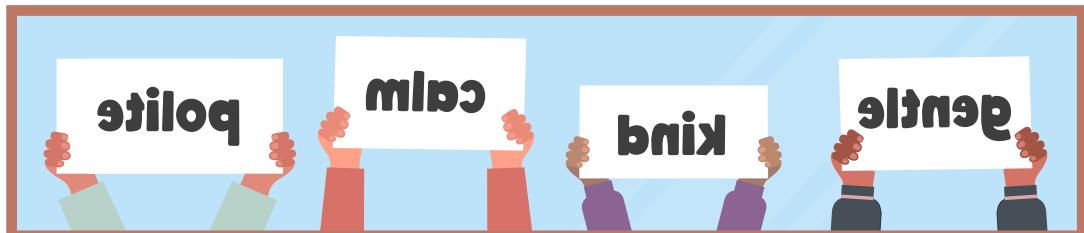
#!!@!



### Task 1

Help Musa to read the words that have been reflected in the mirrors. The first one has been done for you.

The speech of my beloved Prophet ﷺ was...



polite



## The Prophet ﷺ Listened Carefully

Our Prophet ﷺ was also the best **listener**!

When the Companions رضي الله عنهم spoke to him, the Prophet ﷺ would give his full **attention** to them. He would:

Look at them and give his full attention

Turn his whole body towards them

Listen patiently without interrupting

He made them feel like they were the only person in the room!

I will be a good listener like my Prophet ﷺ!





## Task 2

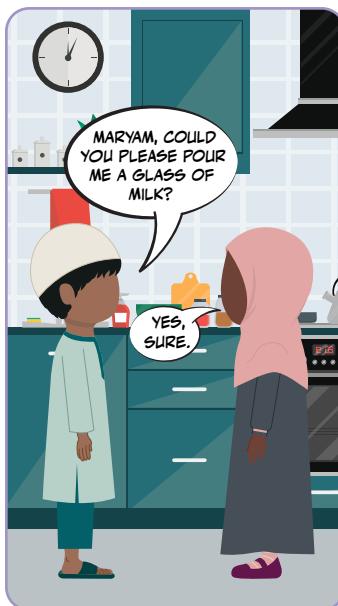
Look at each scene. Are the twins listening carefully like the Prophet صلی اللہ علیہ و سلم?

Circle yes or no.



Yes

No



Yes

No



Yes

No

Talk about your answers with a partner.

IT'S STORY TIME!

### Be Careful With Your Words

One day, some people said rude words to our beloved Prophet Muhammad صلی اللہ علیہ و سلم. The Prophet's wife, 'A'ishah رضی اللہ عنہا, became upset and replied with **unkind words**.

The Prophet صلی اللہ علیہ و سلم gently told her, "O 'A'ishah, do not be rude." She asked, "Didn't you hear what they said?!" He replied, "I already replied to them (in the best way)."

He then reminded her, "Allah does not like rudeness or bad words."

Even when others are mean, we should not reply with rude words. We should stay calm like the Prophet صلی اللہ علیہ و سلم.



### Task 3

Choose the correct words to help Asiyah answer the question.

bad

kindness

rudeness



How should I reply to someone who has said unkind words to me?

We should never use \_\_\_\_\_ words

to answer back because Allah does not like

\_\_\_\_\_.



Do the better thing. Reply gently and with \_\_\_\_\_.



Do you remember the Name of Allah that means **The Most Gentle**?

(Hint: See Lesson 4)

#### I Act On What I Learn

I will speak kindly and listen carefully, just like my Prophet ﷺ.



### Progress Check



1. How did the Prophet ﷺ speak to others?

2. What would the Prophet ﷺ do when someone spoke to him?

3. What should you do if someone says something unkind to you?

# My Prophet Always Spoke the Truth



## Learning Objectives

In this lesson, I will:



Recall that the Prophet ﷺ always spoke the truth

Explain why I should always speak the truth

Reflect on the consequences of lying



## Key Words

الصادق - The Truthful

Honesty

Consequence



## Thinking Starter

How do you feel when your friend lies to you?

Would you trust them again?



## The Truthful One

The Prophet Muhammad ﷺ was known as **as-Sadiq**, the Truthful. Everyone in Makkah knew him for his **honesty**! He would never tell a lie, even when he was joking.

as-Sadiq

الصادق

Honesty means being truthful all the time!

I am an honest Muslim like my Prophet ﷺ!




**Task 1**

Read and colour.



### I Am Truthful!

As Muslims, we must always tell the truth! Allah ﷺ tells us in the Qur'an:

يَأَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الْصَّادِقِينَ ﴿١١٩﴾

**“O believers! Be mindful of Allah and be with the truthful.”**

(Surah at-Tawbah:119)

Being truthful earns great rewards from Allah ﷺ!  
The Prophet ﷺ told us:

“Be truthful! Telling the truth leads to good actions, and good actions lead to Jannah.” (Muslim)

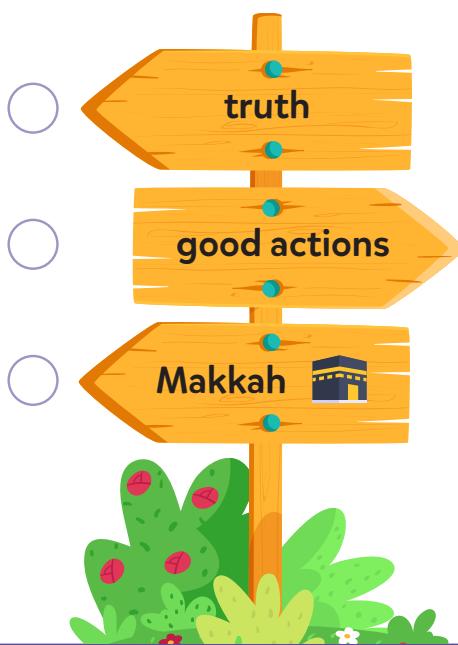




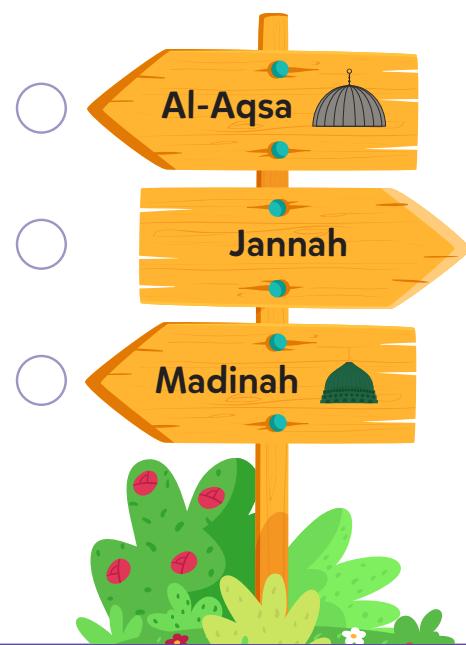
## Task 2

**Tick the correct signs.**

Telling the truth leads to:



Good actions lead to:



## The Consequences of Lying

When Prophet Adam عليه السلام was in Paradise, Shaytan whispered to him, saying: “If you eat from this tree, you will become an angel and live forever!”

But it was a lie! Shaytan tricked Adam عليه السلام into disobeying Allah.

Lying has serious **consequences**:

- 1 It makes Allah unhappy with us.
- 2 It makes people lose trust in us.
- 3 It hurts others.
- 4 It makes our hearts rusty and dirty.

A **consequence** is something that happens because of what you do.



Shaytan wants us to lie...

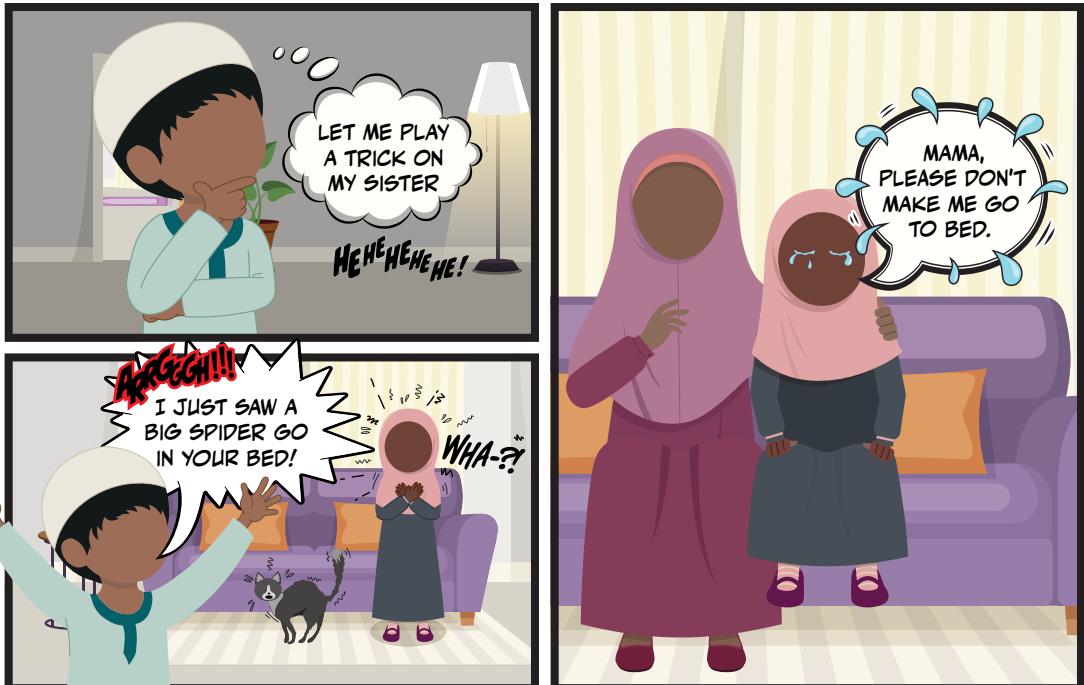
...but Allah loves those who always tell the truth!





### Task 3

#### Lies Never End Well!



Write down three consequences of telling this lie:

#### I Act On What I Learn

I will always speak the truth, just like my Prophet ﷺ!

#### P Progress Check



1. What was the Prophet ﷺ known as? What does it mean?



2. Why should you always speak the truth?



3. What happens when we lie?





I Learn, I Act, I Share

## I ACT LIKE MY PROPHET

صلى الله عليه وسلم

**LEARNING FOR A  
Life With Allah**

### The Good Manners Game!

- We have been learning about the beautiful manners of our beloved Prophet ﷺ. He listened carefully, said salam, helped others, and shared the little he had. He smiled the most and spread happiness wherever he went. Let's reflect on our good manners within the past week!

#### Instructions

Within each box, write a good manner that you have shown in the past week. They could be something like: "Helped my mum with the groceries" or "Smiled at my teacher"!

Once everyone has filled all of their boxes, the game begins!

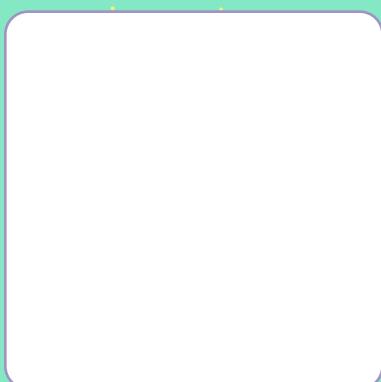
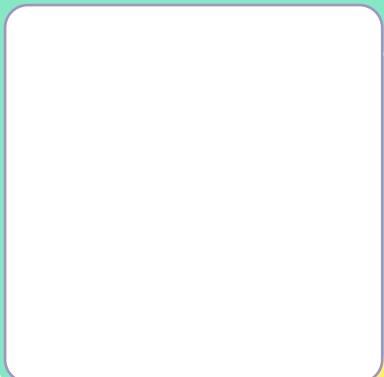
1. The teacher will call out good manners, one-by-one, at random. If you have that manner (or something close to it) on your piece of paper, then circle it!
2. If you're first to circle 3 in a row, you win!

**JAZAK  
ALLAHU  
KHAYRA**



**PLEASE  
TAKE MY  
SEAT**





## CHALLENGE

Do all 9 acts  
of kindness  
in one day!



GREAT JOB!



LISTEN  
WELL



## Lesson 22

# My Prophet

صلى الله عليه وسلم

# Always Remembered Allah



## Learning Objectives

In this lesson, I will:



Recall when Prophet Muhammad

صلى الله عليه وسلم

did dhikr

Identify the best phrases of dhikr

Discuss the benefits of dhikr



## Key Words

Dhikr (remembering Allah) - ذِكْرٌ

Comfort

Peaceful



## Thinking Starter

Who or what have you been thinking about today?



## My Prophet صلى الله عليه وسلم Loved Dhikr

Our beloved Prophet Muhammad صلى الله عليه وسلم remembered Allah at all times. He loved Allah very much and loved to always remember Him.

Allah سُبْحَانَهُ وَتَعَالَى loves when we remember him!

Dhikr (ذِكْرٌ) means remembering Allah





## Task 1

Match the times to the correct pictures.

The Prophet Muhammad ﷺ did dhikr throughout the day!  
He taught us to remember Allah:

Before sleeping



When waking up



In the morning & evening



When wearing clothes



When entering or leaving the house



## We Always Remember Allah!

We can remember Allah in our **hearts** by thinking about Him.

Allah is so Kind!

Allah is Perfect!

Allah is so Powerful!

We can do dhikr by saying:

سُبْحَانَ اللَّهِ  
SubhanAllah

How Perfect is Allah!

الْحَمْدُ لِلَّهِ  
Alhamdulillah

All praises and thanks are for Allah

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest

لَا إِلَهَ إِلَّا اللَّهُ

La ilaha illa Allah

There is no god worthy of worship except Allah



## Task 2

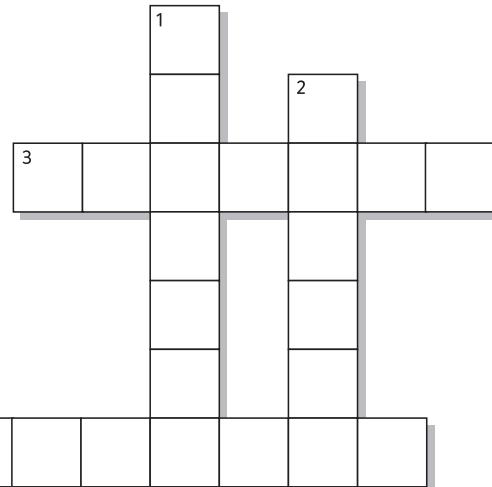
Complete the crossword.

**Down:**

1. **SubhanAllah** means: How \_\_\_\_\_ is Allah!
2. **Alhamdulillah** means: All praises and \_\_\_\_\_ are for Allah.

**Across:**

3. **La ilaha illa Allah** means: There is no god worthy of \_\_\_\_\_ except Allah.
4. **Allahu Akbar** means: Allah is the \_\_\_\_\_.



## The Benefits of Dhikr

Allah ﷺ tells us in the Qur'an:

٢٨ ﴿أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُ الْقُلُوبُ﴾



**“Surely, in the remembrance of Allah do hearts find comfort.”**

(Surah ar-Ra'd:28)

Dhikr gives us so many blessings! Dhikr:



Increases our love for Allah



Protects us from Shaytan and other bad things



Makes us feel peaceful



### Did You Know?

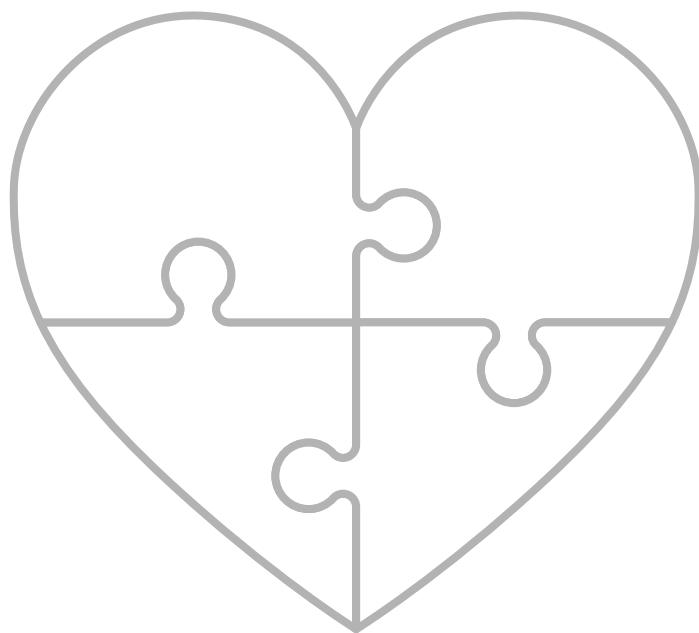
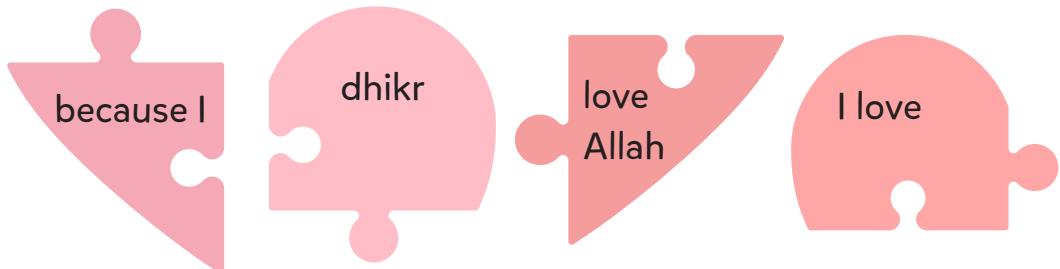
When you remember Allah, Allah remembers you!





### Task 3

Re-arrange the words to make a sentence and fix the heart.



**I Act On What I Learn** I will remember Allah throughout the day.

### P Progress Check



1. When did the Prophet Muhammad ﷺ do dhikr?



2. What are the best phrases of dhikr?



3. What blessings do we get when we do dhikr?



## Lesson 23

# My Prophet Always Made Du'a

## Learning Objectives



In this lesson, I will:

Define 'du'a'

Identify what I can make du'a for

Recall who the Prophet ﷺ made du'a for

## Key Words

Du'a - دُعَاءٌ

Worship - عِبَادَةٌ

Ameen - آمِينٌ



## Thinking Starter

If you could have anything in the world, what would you want?



## I Can Ask Allah!

Our beloved Prophet ﷺ always made du'a. Du'a is when we talk to Allah and ask Him for anything, big or small!

The Prophet ﷺ said:



الدُّعَاءُ هُوَ الْعِبَادَةُ

"Du'a is worship." (Tirmidhi)



Every time we make du'a, we are worshipping Allah, just like when we pray!



I love Allah!

## Did You Know?

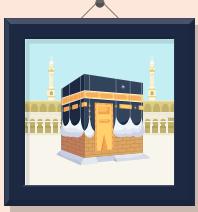
Allah loves it when we ask Him!

## We Always Ask Allah

I always ask Allah...



...to give me a gigantic palace full of sweets and chocolates in Jannah.



...to take me to Makkah and Madinah.

...to be happy with me forever and ever.



...to bless me with the best gift - seeing Him in Jannah!



...to make me the next Salahuddin!



### Task 1

Draw a picture of something you want to ask Allah for. Then write a short du'a under your drawing.

---



---



---

## Our Prophet ﷺ Loved Du'a

Our beloved Prophet Muhammad ﷺ loved talking to Allah!

He always made lots of du'a. He made du'a for himself, for his family, and even for us: his Ummah!



### Did You Know?

At the end of our du'a, we say 'Ameen', which means 'O Allah, accept my du'a!'

#### IT'S STORY TIME!

### A Du'a for Me and You

One day, 'A'ishah رضي الله عنها saw Prophet Muhammad ﷺ looking very happy. She said, "O Messenger of Allah, please make a du'a for me!"

He ﷺ said: "O Allah, forgive 'A'ishah's past and future sins, what she did in private and what she did in public."

'A'ishah was so happy, she laughed until her head fell into his lap! The Prophet ﷺ asked, "Does my du'a make you happy?"

She replied, "Of course!"

The Prophet ﷺ then told her, "I make this du'a for my Ummah in every prayer."

I love my Prophet  
صلی اللہ علیہ وسلم





## Task 2

Write a short letter to Allah.

Dear Allah,

I love You. Thank You for \_\_\_\_\_.

Please help me \_\_\_\_\_.

Please forgive me for \_\_\_\_\_.

Please make my family \_\_\_\_\_.

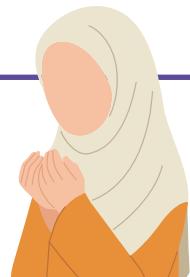
Please \_\_\_\_\_ the Ummah.

Ameen.



## Task 3

Now, face the qiblah respectfully, raise your hands, and ask Allah for what you want.



### I Act On What I Learn

I will make du'a every day, just like my Prophet ﷺ

## P Progress Check



1. What is du'a?

---



2. What can you make du'a for?

---



3. Who did the Prophet ﷺ used to make du'a for?

---



# My Prophet ﷺ Taught Me How to Protect Myself



## Learning Objectives

In this lesson, I will:



- Identify how I can seek Allah's protection
- Memorise a du'a for protection
- Recognise the protective power of the Qur'an



## Key Words

The Protector - الحافظ

Harm

Fort



## Thinking Starter

What do you do when you feel unsafe or scared?



## Allah Protects Me

Allah ﷺ is **al-Hafidh, the Protector**.

He protects us from all types of **harm**, whether great or small!

Our beloved Prophet ﷺ taught us how to seek Allah's protection. We can do this by saying our dhikr and du'a every day. If we say our dhikr every morning and night, Allah ﷺ keeps us safe for the day!



Allah is the Best Protector!

Allah takes the best care of me!

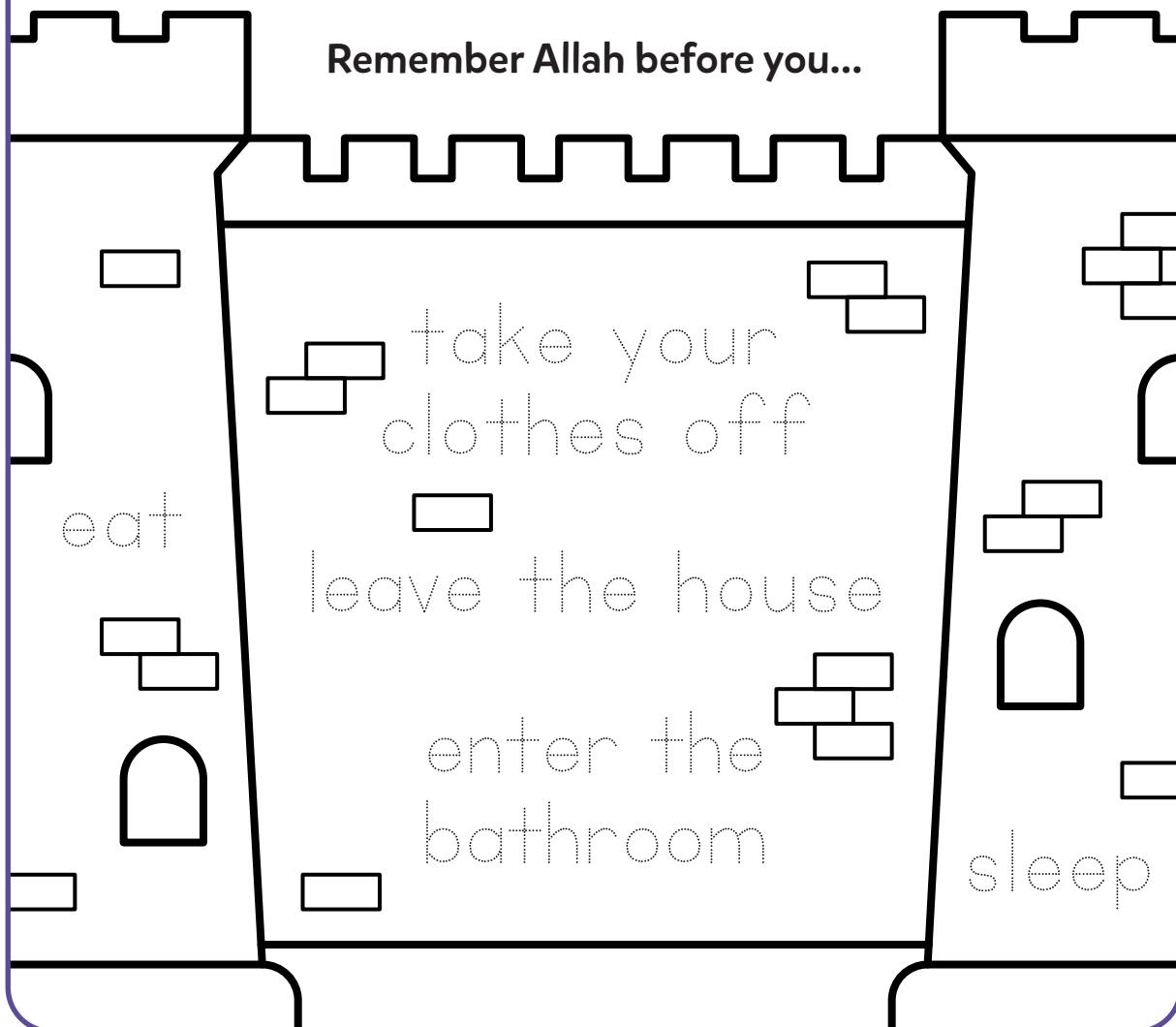




### Task 1

Dhikr is like a strong fort which protects you from Shaytan and all bad things.

Trace and colour.



### Protection From all Harm

The Prophet ﷺ said that if we say this dhikr three times in the morning and evening, nothing can harm us:



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاوَاتِ وَهُوَ السَّمِيعُ الْعَلِيمُ

3x

**“In the Name of Allah, with whose Name nothing in the heavens or earth can cause harm. He is the All-Hearing and the All-Knowing.”**

(Abu Dawud)

Sometimes we can't see the things that might harm us, but Allah سبحانه وتعالى sees everything. Allah is the Most Powerful and only He can protect us from everything!



### Task 2

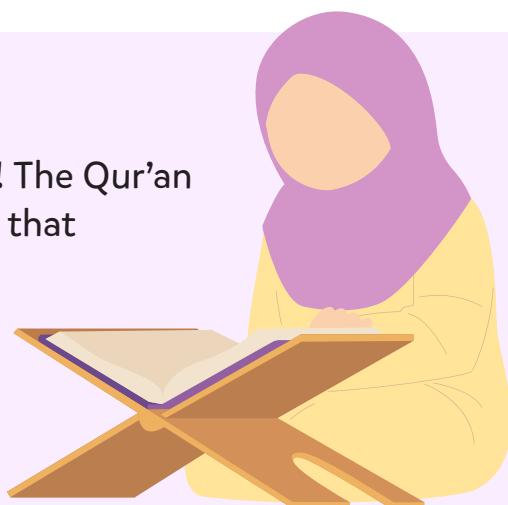
Number the shields to put the dhikr in the right order.



### The Qur'an Protects Me

The best dhikr is reciting the Qur'an! The Qur'an has lots of special Surahs and Ayahs that protect us.

The Prophet ﷺ told us to recite Ayat al-Kursi and Surah al-Ikhlas, al-Falaq, and an-Nas every morning and evening.



Can you recite Ayat al-Kursi to your friend?


**Task 3**

Colour the boxes which are TRUE to help Maryam reach the fort.



START

The Qur'an is the best dhikr.

Shaytan tells you good things.

You shouldn't recite Surah al-Ikhlas in the morning.

Allah hears and knows everything.

Ayat al-Kursi protects you from bad things.

The Qur'an does not protect you.

You shouldn't remember Allah in the morning.

Dhikr is a powerful shield.

Allah is the best Protector.


**I Act On What I Learn**

I will ask Allah to protect me every morning and evening!

**P Progress Check**


1. How can we seek Allah's protection?

2. Which du'a should we say three times in the morning and evening?

3. Which Surahs of the Qur'an give special protection?

## Lesson 25

# My Prophet ﷺ Taught Me What to Do When I Make a Mistake



## Learning Objectives

In this lesson, I will:



Recognise that everyone makes mistakes

Practise asking Allah for forgiveness

Explain what I should do when I hurt others



## Key Words

Sin

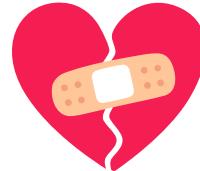
Forgiveness

**The Most Forgiving** - **الْغَفُورُ**



## Thinking Starter

When you accidentally hurt someone, what can you do to make them feel better?



## Everyone Sins

A **sin** is when we do something that Allah has told us NOT to do.

The Prophet ﷺ said:

“Every human sins, and the best of those who sin are the ones who turn to Allah and say sorry to Him.” (Tirmidhi)

O Allah, I'm sorry I took Khalid's pencil. I will give it back tomorrow.





### Task 1

Tick (✓) the sentences that are true.

1. Every human makes mistakes.
2. A mistake is when we say or do something wrong.
3. A sin is when we listen to Allah.

### I Ask Allah for Forgiveness!

Whenever we commit a **sin**, we seek Allah's **forgiveness**. Forgiveness is saying sorry to Allah for the wrong action that we did.

If we commit a sin, the Prophet ﷺ taught us to say:

أَسْتَغْفِرُ اللَّهَ وَأَتُوْبُ إِلَيْهِ

“I seek Allah's forgiveness and turn to Him.”

(Bukhari)



### Did You Know?

When we're truly sorry, Allah will forgive our sins, even if they reach the sky!



### Allah Is al-Ghafur

Allah is **al-Ghafur**: The Most **forgiving** and He LOVES to forgive us!

الْغَفُورُ

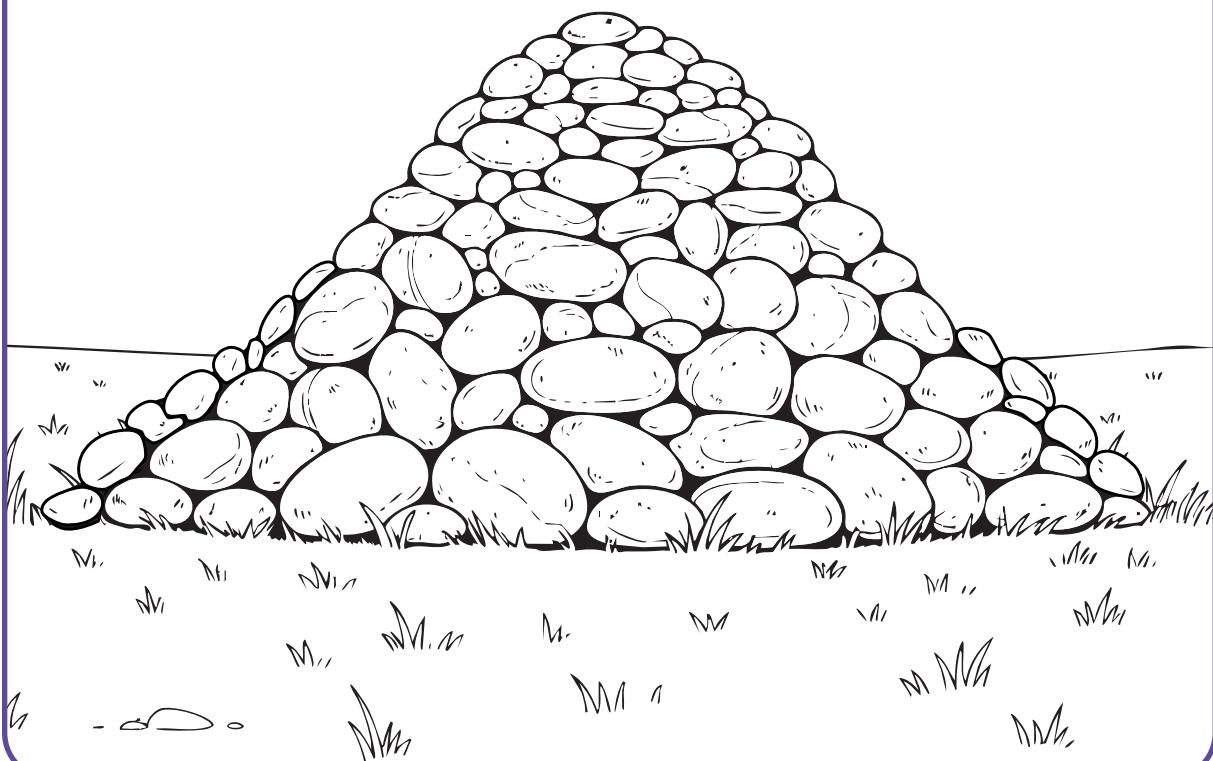




## Task 2

Clean your heart by saying “Astaghfirullah”!

**Cross out a pebble each time you say it.**



## I Make Things Right

At times, we make mistakes that hurt other people. Our beloved Prophet ﷺ taught us to try and fix our mistakes.

We should say sorry to the person that we hurt and make sure they are okay. We should try our best not to do the wrong thing again!





### Task 3

#### What happens next?

Prepare a short role play with your partner based on the following.



#### I Act On What I Learn

1. Face the qiblah. Lower your head and sit quietly for two minutes.
2. Say sorry to Allah for the mistakes you have made in the last week.

O Allah,  
I am really sorry. I  
listened to Shaytan and  
hurt my little sister  
yesterday.

#### P Progress Check



1. Who makes mistakes?
2. What should we do if we commit a sin?
3. What should you do if you hurt or upset someone?

IT'S NASHID TIME!

# Remember Allah

[Chorus]

You can always tell when Allah remembers you  
Just remember Allah, that's all you have to do  
All you have to do to have Allah remember you  
Is just remember Allah, Jalla Jalaaluhu

Remember when you're swinging  
Remember when you're singing  
Remember when you're biking  
Or hiking through the trees

Remember when you're laughing  
Remember when you're crying  
Remember when you're working  
In the garden on your knees



## [Chorus]

Make dhikr when you're playing  
 And dhikr when you're praying  
 Make dhikr when you're walking  
 Or standing in a line

Make dhikr in your head  
 Or when you're laying on your bed  
 Make dhikr in a chair  
 Make dhikr anywhere

## [Chorus]

Dhikr is reflection  
 That brings Allah's protection  
 Puts you in the right direction to love Allah

## [Chorus]

By Dawud Wharnsby





I Learn, I Act, I Share

## A DAY CONNECTED TO ALLAH

LEARNING FOR A  
Life With Allah

Throughout the day, our beloved Prophet ﷺ would constantly remember Allah ﷺ. For a week, try to become close to Allah by saying the following dhikr or du'a. Colour in a star every time you make the dhikr or du'a.

### After waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ



### Before doing wudu

بِسْمِ اللَّهِ



### Before eating or drinking

بِسْمِ اللَّهِ



## After Eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِّنِي وَلَا قُوَّةٌ



## After I put on my clothes

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِّنِي وَلَا قُوَّةٌ



## When I meet my friend

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ



## When I make a mistake

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ



## Before sleeping

اللَّهُمَّ يَا سَمِّكَ أَمُوتُ وَأَحْيَا



## Word Bank

### Aa

- Assist
- Attention
- Ayat al-Kursi

### Ee

- Energy
- Etiquette
- Example

### Kk

- Kindness
- Knowledge - عِلْمٌ

### Bb

- Begin
- Bismillah - بِسْمِ اللَّهِ
- Blessing - بَرَكَةٌ

### Ff

- Follow
- Forgiveness
- Fort
- Friend
- Frustrated

### Li

- Listener

### Cc

- Care
- Character
- Cheerful
- Chores
- Comfort
- Consequence
- Create

### Gg

- Generous
- Gentleness
- Grateful
- Greeting
- Gulp

### Mm

- Manners - آدَابٌ
- Miracle
- Mistake

### Nn

- Nightmare

### Dd

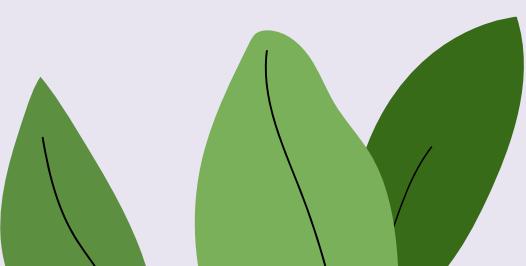
- Delicious
- Dhikr (remembering Allah) - ذِكْرُ اللَّهِ
- Du'a - دُعَاءٌ

### Hh

- Habit
- Halal
- Harm
- Healthy
- Honesty
- Humble

### Oo

- Obey
- Obligation



## ADAB & AKHLAQ

### LEVEL 2

#### Pp

- Peaceful
- Polite
- Private
- Protect
- Proud
- Provide

#### Ss

- *Sadaqah* (Charity)
- *Sahabah* (Companions)
- *Salam* (Peace)  
- السلامُ
- Sharing
- Shepherd
- Sin
- Sip
- Smile
- Spread
- Stomach
- Sunnah - سُنّة
- Support

#### Rr

- Receive
- Respect
- Responsible
- Right
- Rude

#### Tt

- **The All-Knowing** - الْعَلِيمُ
- **The Most Forgiving** - الْغَفُورُ
- **The Most Gentle** - الْرَّفِيقُ
- **The Protector** - الْحَافِظُ
- **The Truthful** - الصَّادِقُ

#### Uu

- Ummah - أُمَّةٌ

#### Ww

- Waste
- Work
- Worship - عِبَادَةٌ



# Memorisation Checklist

Q

Qur'an

H

Hadith

A

Adhkar

## Page 5: The importance of seeking knowledge

طَلَبُ الْعِلْمِ فَرِيضَةٌ عَلَى كُلِّ مُسْلِمٍ

H

“Seeking knowledge is an obligation for every Muslim.”

## Page 21: Helping others

وَاللَّهُ فِي عَوْنَى الْعَبْدِ مَا كَانَ الْعَبْدُ فِي عَوْنَى أَخِيهِ

H

“Allah will always help a person as long as the person is helping somebody else.”

## Page 45: What to say before doing anything

بِسْمِ اللَّهِ

A

“In the Name of Allah.”

## Page 51: What to say before we start eating

بِسْمِ اللَّهِ

A

“In the Name of Allah.”

## Page 51: What to say if we forget to say Bismillah before eating

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

A

“In the Name of Allah at the beginning and at the end of it.”

Page 51: What to say after eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِي مِنْ غَيْرِ حَوْلٍ مِّنِي وَلَا قُوَّةٌ

“All praises and thanks are for Allah, who has fed me and provided food for me without any strength or power from myself.”

Page 58: What to say before we drink

بِسْمِ اللَّهِ

“In the Name of Allah.”

Page 58: What to say after drinking

الْحَمْدُ لِلَّهِ

“All praises and thanks are for Allah.”

Page 66: What to say before sleeping

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

“O Allah, in Your Name Alone, I die and I live.”

Page 66: What to say after waking up

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.”

Page 80: Smiling is charity

تَبَسُّمُكَ فِي وَجْهِ أَخِيلَّكَ لَكَ صَدَقَةٌ

“Smiling at your brother is charity.”

Page 83: Good word is charity

الْكَلِمَةُ الطَّيِّبَةُ صَدَقَةٌ

“Speaking a good word is charity.”

H

Page 97: Du'a is worship

الدُّعَاءُ هُوَ الْعِبَادَةُ

“Du'a is worship.”

H

Page 102: Protection from all harm

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ  
وَلَا فِي السَّمَاوَاتِ وَهُوَ السَّمِيعُ الْعَلِيمُ  
3x

A

“In the Name of Allah, with whose Name nothing in the heavens or earth can cause harm. He is the All-Hearing and the All-Knowing.”

Page 106: Seeking Allah's forgiveness

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

“I seek Allah's forgiveness and turn to Him.”

A





# MY VALUES



I Am a Servant  
of Allah



I Love Allah &  
His Messenger



I Am Strong in  
My Belief



I Aim for the  
Best



I Polish My  
Heart



I Am Kind



I Help My  
Ummah



I Am  
Responsible



**Quranic Tarbiyah**

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## Be Like Prophet Muhammad ! ﷺ

How did the Prophet ﷺ treat others? How did he speak, eat, and drink? How did he remember Allah?

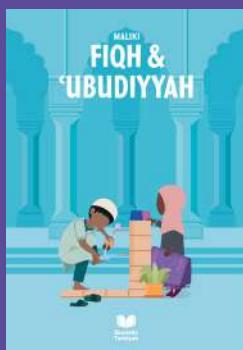
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