



Ramadhan 2021

*Character building
Lesson and activity
book*



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Letter from Maulana

Salamon Alaikum Dear Children and friends,

Ramadhan Mubarak to you all!

We thank Allah for giving us another opportunity to see the beautiful and blessed month of Ramadan. A month which came with blessings, mercy, rewards and much more.

My dear friends, Ramadhan is like a land full of awesome gifts. It depends on you at the amount and what kinds of gifts you can pick during the time that you are there.

Your actions will be more rewarded during this month so build up all the rewards you can. Be kind to your siblings, help your elders, respect your parents. It's the little things that you do every day that build your character. Something as simple as a smile can bring you unknown amounts of reward. I want to set a challenge for you all this Ramadhan. I'm sure all of you are up for it. We will try our best to treat others the way we would like to be treated. To hold ourselves to a higher standard. To set an example for others around us. To be more patient then we were last month. To show kindness when we are not in the best mood. To offer help before being asked. It will be hard some days but I believe in you all!

May Allah (swt) bless you all and may you have a wonderful Ramadhan 2021!

H. J. Seyed Hadi
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Patience



DAY 1: PATIENCE THROUGH ANECDOTES

Vital read: patience has the best reward

It was a special day for Basim. It was his 8th birthday. He was very excited to have all of his family gathered at his house. Some of his school friends were also invited. His older siblings decorated the house beautifully and his parents made sure there was plenty of delicious food for family and friends. Every thing was the way Basim had planned and wished for.

When Basim cut the cake, all of his family recited durood and prayed for his successful future, health, and most importantly for his Imaan. It was the best birthday ever! exclaimed Basim after everyone left.

Basim had many presents to open now. His uncle gave him a remote control police car just as his own police car from work. His friends also brought his favorite candy and interesting story books for him to read. His parents bought him a new ipad where he can take his Quran class beside playing games. Basim was excited to open the gift his grandpa gave him.

Looking at the envelope it seemed like there was something special inside which he could not guess from outside, He knew it was something different. When Basim opened the envelope, it was very disappointing to see a small bag of seeds in it. Basim could not understand why his grandpa gave him such a gift. What does he suppose to do with it? He decided to ask his grandpa when he sees him next time. Few days later, when Basim visited his grandpa, he took the bag of seeds with him. Basim asked, "Grandpa! Why did you give me a small bag of seeds for my birthday gift?" Grandpa replied, "My dear grandson, these are not just ordinary seeds these are magical seeds, the seeds of patience."

Vocab word

صبر

Sabr is the arabic word for patience. One of the names of Allah is as-Sabur which means that Allah is the most patient one.

(العصر) AL-'ASR
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
وَالْعَصْرِ. إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ
إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ
وَتَوَاصَوْا بِالصَّبْرِ.

Basim could not understand what his grandpa meant but suddenly became very excited and insisted on planting them. His grandpa helped him plant the seeds and told him to water them everyday. Basim took the pot home and put it on his window sill making sure the plant was receiving enough sunlight.

A whole week passed by but Basim did not see anything coming out in the pot. He impatiently muttered, I don't know why grandpa gave me such a gift. But he remembered his grandpa's advice to water the seeds everyday so he did.

One morning, when he woke up he noticed little sprouts coming out of the seeds. He called his grandpa excitedly, Grandpa! I see the little sprout coming out! Be patient, my son soon you will see the magic. To his surprise, in a few days, he could see plants growing and eventually beautiful flowers coming out. Now he understood what his grandpa meant by magical seeds of patience. And indeed the fruit of patience was very beautiful. When Basim's grandfather came to visit him, he proudly showed his grandfather the beautiful flower and told him that indeed it was the best gift he could have ever received.

DAY 2: PATIENCE THROUGH ACTIVITIES

Food for thought

Patience is a great virtue to have. Is patience a choice or a wish? Patience is a choice, so it's something we have to decide to do rather than something we wish we had. Patience is a tool we can apply to a situation. Once we understand the benefits of patience and choose to apply it, we won't react with anger in most cases.

Our prophets and Imams always taught us to be patient. Prophet Muhammad (pbuh) was patient when the old lady used to throw garbage on him every day, he was patient when people of Taif spread the bed of thorns and our last Prophet (pbuh) became very injured. Because of his patience and good akhlaq, non muslims were drawn towards him and accepted the religion of Islam.

Activity: Seeds of patience (all ages)

What you need:

Pot, acrylic paint of choice, paint brush, soil, seasonal flower seeds

What to do:

- Use the colors of your choice and decorate the pot. Let it dry. Make this pot very personal, write name, Ramadan Mubarak, or a friend's name etc.
- After the class, With the help of parents or older siblings, the children will plant some seeds in a small pot and share it next day.
- The students will take care of the plant everyday following the instructions on the label.
- It will be very nice to see the grown seeds on the last day of the Ramadan program.



Kindness



DAY 1: KINDNESS THROUGH ANECDOTES

Vital read: Be kind to everyone

One bright sunny day, Imran and Haadi went to the neighborhood park to play. They both loved swinging and running around. On this particular day, they were both having fun riding around the park on their scooters. Imran noticed a boy sitting on the park bench quietly looking at the other kids playing. He hadn't seen him before, and the boy looked like he was bored. "That boy may be new to the neighborhood. We should go over and introduce ourselves and invite him to join us," Imran said to Haadi. Haadi replied, "But we are having so much fun on our scooters. And that boy doesn't have a scooter. If we ask him to play with us, we'll have to do something else." Imran paused and sighed, "I guess you're right. Maybe someone else will go and talk to him."

The boys continued to ride on their scooters. They were going very fast and going up and down slopes on the pavement. "Imran, do you want to race down that big slope?" Haadi yelled excitedly. "Sure, let's see who is the fastest of all," replied Imran. The two friends walked their scooters up to the top. They started racing again and again. Haadi won the first race. But Imran won the next one.

Imran and Haadi continued racing for a few minutes, until Imran remembered the boy on the bench and looked over to see what he was doing. Imran was sad to see that the boy was still sitting alone on the bench, watching the other kids play. No one had approached him like Imran had hoped. “Haadi, I’m going to go talk to the boy on the bench. He doesn’t seem to know anyone and I know if I were at the park alone, I’d want someone to show some kindness to me and invite me to join them. It’s not easy being the new kid.” Haadi shook his head in agreement and the boys walked over to the bench. The boy at the bench noticed Imran and Haadi walking over and shifted nervously on the bench as he wondered what they would say.

Vocab word:

عطف

Ataf is the Arabic word for kindness. One of the names of Allah is ar-Rahman which means that Allah (swt) is the most kind. Prophet Muhammad PBUH said, “Be kind, for whenever kindness becomes part of something, it beautifies it. Whenever it is taken from something, it leaves it tarnished.”

AL-MĀ‘ŪN (الماعون).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
أَرَأَيْتَ الَّذِي يُكَذِّبُ بِالْذِّينِ .
فَذَلِكَ الَّذِي يَدْعُ الْيَتِيمَ . وَلَا
يَحُضُّ عَلَى طَعَامِ الْمِسْكِينِ .
فَوَيْلٌ لِلْمُصَلِّينَ . الَّذِينَ هُمْ عَنْ
صَلَاتِهِمْ سَاهُونَ . الَّذِينَ هُمْ
يُراءُونَ . وَيَمْنَعُونَ الْمَاعُونَ .

“Salaam Alaikum, my name is Imran and this is Haadi. We haven’t seen you at this part before. Are you new to the neighborhood?” The boy replied, “Walaikum Salaam, yes, I’m new to the neighborhood; my family just moved here. My name is Hasan.” “Nice to meet you, Hasan,” Haadi responded. “Do you want to play with us? We can go on the swings or if you want, we can take turns racing with our scooters.” Hasan’s face lit up, “Sure! I’d like to do that.” The three boys ran back to the big slope and took turns racing down. They talked and got to know each other and realized that they were in the same grade and had a lot of common interests.

The boys played for hours until it was evening time. As they started to leave for home, Hasan turned to Imran and Haadi and said, “Thanks for including me, guys. I was nervous that I wouldn’t be able to make any friends in our new neighborhood. My parents told me that I should come to the park to meet people, but it’s not easy when everyone else already seems to know each other. I’ll never forget the kindness you’ve shown to me. May Allah (swt) reward you for it.” Imran and Haadi were glad that they decided to be kind to their new friend Hasan. Allah had rewarded their kindness with a great new friend.

DAY 2: KINDNESS THROUGH ACTIVITIES

Food for thought

Kindness is: being helpful, being considerate, being mindful of others, being , and being a good friend. Kindness is contagious. One small act of kindness or one smile can ripple into other kind actions. What does kindness mean to you? Why do you think it's important to be kind? How does being kind to someone else make you feel? How do you think other people feel when you are kind to them? Have you ever regretted not showing kindness to someone?

Activity 1: Kindness flower(ages 4-7)

What you need: Scissor, multi color construction papers, glue stick, sharpie or fine tip colored markers

What to do:

1. Cut out the petals, stem, leaf, and center of the flower.
2. Write the family member such as mom, dad, sister, brother, grandmother, or grandfather or any relatives or a friend's name on the center of the flower.
3. Write down words that describe the specific person. Smaller kids can seek help from parents or older siblings in writing. Tell them to write with pencil and kids can trace with a sharpie
4. Use a glue stick to glue the leaf to the stem and the center of the flower to the stem.
5. Then glue each petal to the center of the flower.
6. Kids can give their flowers to special people to express their kind words.



Activity 2: Act of Kindness Bingo

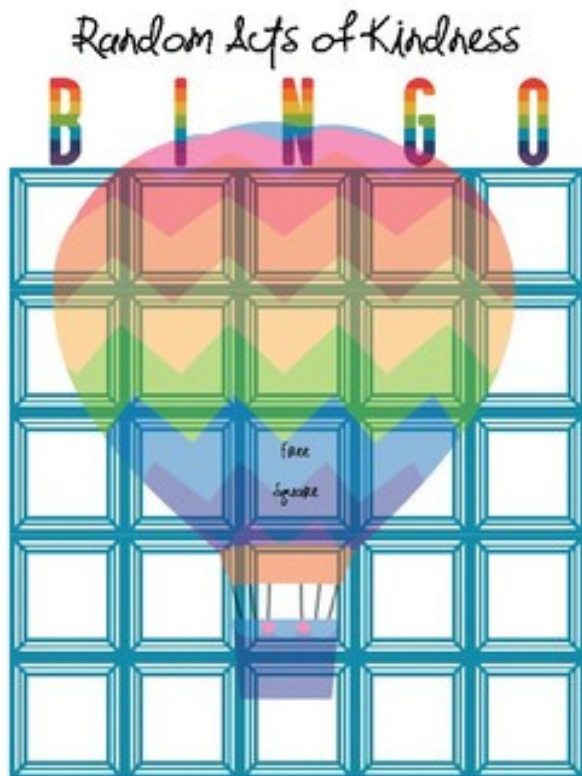
(ages 8-11)

What you need:

- paper
- pencils
- crayons or markers
- bingo stampers or highlighters.

What to do:

1. Make a sixteen square grid on a piece of paper. Kids can be instructed a day before to come prepared with a grid on 8 X 11 paper. Grid can also be printed, Don't forget to mention that the size of each square should not be too small.
2. Teachers can review the previous day's lesson and ask students to share one act of kindness to put on a bingo grid. Type all the responses on a shared screen so all kids can see it. Teachers can stop once there are 16 acts of kindness shared.



3. Now instruct students to write down all the acts of kindness randomly in each box such that each student has a unique bingo paper.
4. While students are working on making the bingo board, teachers can write each act of kindness on a small piece of paper and fold them.
5. Once all the students are finished writing, now bingo is ready to be played.
6. Play one or more rounds of bingo as time permits. kids can decorate the Bingo sheet with images that come to mind when they think about kindness (hearts, rainbows, helping hands).
7. Tell kids to decorate their unique bingo board at home and display the next day.



DAY 1: HUMILITY THROUGH ANECDOTES

Vital read: Do not boast

There were two girls named Hania and Rahma. Hania was very good at math. She was very proud and would always remind everyone about the competitions and challenges she had won. She would boast about how good she was even though she didn't put much effort into her work. She would always resist practicing math at home as well. She'd think to herself, "What's the point in practicing, I'm already so good and know math really well." Rahma, on the other hand, was not extraordinary at math, but she liked it and worked very hard at it. She would always remember to do her math work and do extra math drills. She was confident that working hard and doing dua to Allah would pay off. Hania would laugh at Rahma whenever she struggled with a math problem and brag about her own math skills. She didn't think about how it made Hania feel when she showed off.

On the day of their math exam, Hania, Rahma, and the other students went into the exam hall to take the test. Some were worried and some were relaxed but Hania wasn't worried. She bragged, "I have always gotten an A and I'm sure I will this time, too." She entered the exam hall where she saw Rahma sitting with her eyes closed. She seemed very focused. "What are you doing, Rahma?" asked Hania. "I'm praying to Allah that I do well on this exam. I've worked very hard and feel prepared, but I know I can only do well if Allah wills it. Without Allah's blessings, I'd be nowhere."

Hania stood quietly for a second and pondered Hania's words. It hadn't crossed her mind before that she could only do well if it was a part of Allah's plan. This thought humbled Hania; she shouldn't be so proud of her own capabilities, because this was a blessing from Allah. When the exam started, Hania quickly started answering the questions. She couldn't remember how to solve a lot of the problems. Hania felt very flustered and tried to focus, but she just hadn't practiced enough to really have a good grasp of all of the math concepts. Oh Allah, please help me do well on my exam. I always brag about being the best at math. I'll be so embarrassed if I don't do well," Hania thought to herself. She looked over at Rahma and saw her writing continuously. She didn't seem nervous at all.

AL-NĀS (الناس)
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ
 أَعُوذُ بِرَبِّ النَّاسِ. مَلِكِ النَّاسِ.
 إِلَهِ النَّاسِ. مِنْ شَرِّ الْوَسْوَاسِ
 الْخَنَّاسِ. الَّذِي يُوَسْوِسُ فِي
 صُدُورِ النَّاسِ. مِنَ الْجِنَّةِ
 وَالنَّاسِ.

Vocab word

تواضع

Tawadae means being humble or practicing humility. It is entirely opposite to arrogance, which is considering oneself as superior or better than others. Imam Musa al-Kazim (a.s.) said: "Humility means that your behavior to people must be in the same way as you expect of their behavior."

A few days later, everyone received their graded exams. Hania had not done well at all. When her classmates asked how she did, she turned her paper over in embarrassment. She looked over at Rahma's desk and saw that Rahma had gotten 100% on her exam. When her classmates asked Rahma how she did, she also turned her paper over, smiled, and replied, "I did well, Alhamdulillah."

Hania was surprised at how humble Rahma was. She could have bragged and boasted about her perfect score, but instead she thanked Allah and didn't make a big deal of how well she did. After school, Hania approached Rahma and said, "Rahma, I saw that you got 100% on your exam. But you didn't make a big deal of it. I was so impressed by how humble you were when you could have bragged about it." Rahma replied, "I don't have anything to boast about. Anything good we have, we should always remember that it is from Allah and thank Him for it. Allah is the only One worthy of praise and he doesn't like it when we act proud or boastful." Rahma shook her head in agreement. She would always remember not to boast in the future.

DAY 2: HUMILITY THROUGH ACTIVITIES

Food for thought

Focussing more on oneself and considering oneself to be the best is “Pride”. Humility however is entirely opposite of being proud. Humility or “Tawadae” in arabic is the state of being low and modest in one’s own opinion and giving due respect to others.

Can pride and humility coexist? A person who is arrogant and proud can not be humble. Let’s witness it through an object demonstration.

Consider water as humility and air as pride. If a cup is empty, it is full of pride but as we start filling it with water (humility), the pride automatically leaves the cup. Hence, if a person starts practicing humility, the arrogance and pride in the personality vanishes.

Activity 1: Name that person (ages 8-11)

The participants need to be split into two teams. One person needs to be the go and timer person. Set a timer for 10-20 seconds. On the teacher's signal , each team needs to name as many famous humble people as they can in the time limit (e.g. Prophets, Imams, Scholars, worldly personalities e.g. Gandhi, Abraham Lincoln, Mother Teresa, etc.). The team with the most named after the time limit receives the point. Then, the next person in the line will go. Continue until everyone has gone or up to five turns. There should not be repeats of famous people.

Activity 2: Picture game (ages 4-7)

Pictures can say more than words. They can also help them to understand humility and pride.

What to do:

- Split the kids into two teams.
- Show an image of people being proud and humble.
- The first team to answer with pride or humility wins the point.
- Go to 10 points.



Truthfulness



DAY 1: TRUTHFULNESS THROUGH ANECDOTES

Vital read: Telling the truth is always the best option

Mariam and Ali were excited to have their friends over. They were going to spend the day with them. They had planned games and activities to do together. Mariam was the first one to wake up that day. She opened her eyes, quickly jumped out of bed and woke Ali up who was still in deep sleep. Maryam exclaimed, “Ali, Ali, wake up! It’s morning and we have to get ready, hurry up. It’s 8 o’ clock already”. When Ali heard the time, he immediately sat up straight and got out of the bed. Both changed their pajamas, brushed their teeth, washed their faces and almost ran to the breakfast table. Just as they finished their breakfast, the doorbell rang. “Mama, can I please open the door?” asked Ali. His mother nodded and he quickly went to open the door. His face shone with excitement to see his friends. Maryam and Ali both took their friends upstairs and started playing right away.

After playing some board games, the kids decided to go out to play in the backyard. It was so hot, though, that they decided to come back inside. Sarah, one of Mariam’s friends suggested playing dodgeball inside instead. “But dodgeball is an outdoor game and it’s not safe to play inside the house,” Mariam replied. “Nothing will happen, we’ve played it inside with our cousins before ”, insisted Sarah.

Everyone agreed that it would be okay to play inside and even though Mariam felt uncomfortable with it, she joined as well. In the middle of the game, Mahdi threw the ball towards Ali so forcefully that he could not catch the ball and it hit the vase on the end table. The vase shattered and broke into pieces. “Ya Allah! This should not have happened,” Ali exclaimed. Ali knew that his mother would not like what had happened. Everyone started collecting the pieces. Mahdi said, “Please don’t tell your mother about this. Let’s just throw these pieces away so that she won’t know what happened.” The children heard Mariam and Ali’s mother call them, “Children, please come downstairs for lunch”

Vocab word

الصدق

Al-sidq means truthfulness in Arabic. One of the titles of the Holy Prophet(s.a.w.w) is as-Saadiq. Long before he declared himself as the messenger of Allah(swt), the people of Makkah gave him this title because of honesty and truthfulness in his character. Even after they became his enemies, they trusted him with his honesty and kept their belongings with him.

الفلق - AL-FALAQ
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ. مِنْ
 شَرِّ مَا خَلَقَ. وَمِنْ شَرِّ
 غَاسِقٍ إِذَا وَقَبَ. وَمِنْ شَرِّ
 النَّفَّاثَاتِ فِي الْعُقَدِ. وَمِنْ
 شَرِّ حَاسِدٍ إِذَا حَسَدَ

They all looked at each other and quickly decided that they wouldn’t say anything about what had happened. Mariam was not comfortable hiding it from her mother. While everyone was eating at the dining table, she asked her mother, “Mama, should we tell the truth even when we know that we have done something wrong?” Her mother replied, “Yes, my dear Mariam. Even when we make a mistake, being truthful is the best option. We all make some mistakes in life and it is fine as long as you don’t hurt someone intentionally.” Maryam felt reassured. Her mother’s words gave her the courage to tell the truth. She started, “Mama, we were playing with the ball inside and we accidentally broke the vase on the table. We’re sorry, we didn’t do it on purpose.” Her mother did not say anything for a second, but then hugged her and said, “My lovely daughter, I was not happy when I heard about the vase, but by telling me the truth, you have made me extremely happy.

DAY 2: TRUTHFULNESS THROUGH

ACTIVITIES

Food for thought

Telling the truth is not always easy but it is always the best thing to do. Sometimes we might not get the reward or acknowledgment of telling the truth instantly. Like all other good deeds, the real reward of the truthfulness would be given to us in aakhira- the hereafter.

Is it always easy to find the truth? Sometimes we do not have complete knowledge about things and hence not regard them as truth. In those times, we need to ask for help and learn new things to discover truth — such as when someone says a statement which is not clearly true or false to us (such as “I am ten feet tall” when we do not know how much ten feet is). Knowing when to ask questions, and remembering to use our minds when we hear things, is important for investigating what is actually true.

Activity: the true and false trivia(all ages)

What you need:

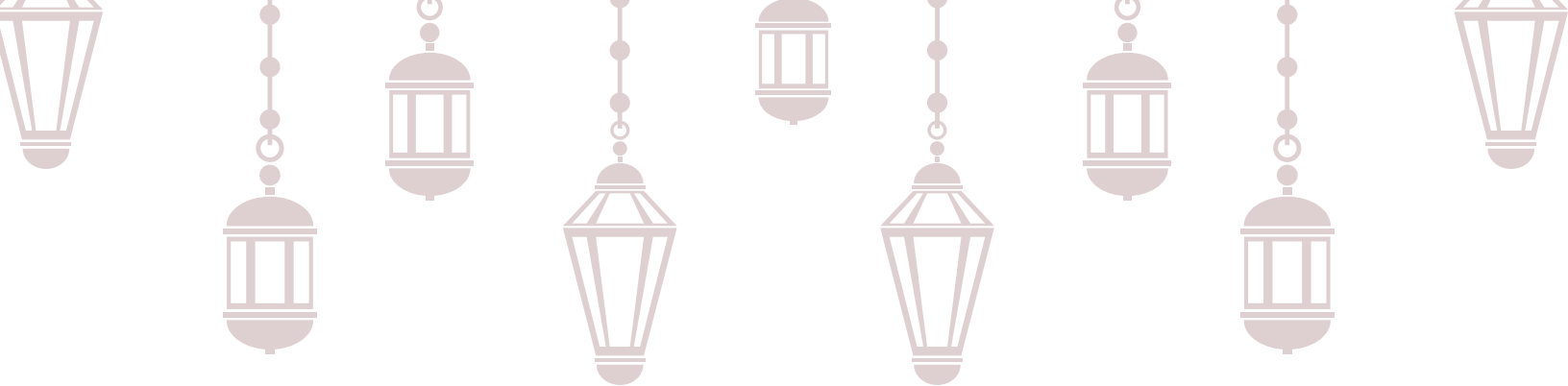
Materials needed:

- Blank Paper
- Popsicle stick
- Glue
- Color pencils/ crayons/ markers

What to do:

The children will make two signs which say “True” and “False” (or T and F for younger children). Simply use pieces of paper, or index cards taped to a popsicle stick. Color the “true” sign green and the “false” sign red. The children can also write true and false on two sides of a paper/ card stock.

Now the instructor will tell the children some things that would be true and some things that might be untrue while they hold up the correct sign for what the instructor says.



This game reminds us that we should always use our own knowledge to decide what's true – we do not have to believe without thinking for ourselves. Some of the things that could be asked are;

- Imam Ali ibn alHussain(a.s) was born in Ka'aba.
- The Father of Imam Mahdi(a.s) is Imam Hassan Askari(a.s).
- There are 114 Surahs in the Quran.
- Antarctica is located at the north pole.
- The Quran was revealed in the month of Shabaan.
- The Holy Prophet Muhammad (s.a.w.w) had one daughter Zainab(s.a).
- Ameerul momineen is the title of Imam Ali(a.s).
- Ramadan is the tenth month of Islamic calendar.
- The highest mountain of the world is K-2.
- The mother of Hadhrat Abbas is Lady Fatima (s.a).



Parents are blessings



DAY 1: PARENTHOOD THROUGH ANECDOTES

Vital read: Unconditional love of Parents

A long time ago, there was a humongous apple tree. A little boy loved to come and play around it everyday. He climbed to the treetop. He ate the apples. He took a nap in its shadow. He loved the tree and the tree loved to play with him. Time went by. The little boy had now become a teenager and he no longer played around the tree anymore.

One day, the boy came back to the tree and he discovered that it looked sad. “Come and play with me” the tree seemed to ask the boy. He grabbed all the apples on the tree and left happily. The boy did not come back after he picked the apples. The tree was deeply saddened once again.

One day, many years later, the boy who now had turned into a man returned and the tree was thrilled! “Come and play with me,” the tree seemed to have said. “I do not have time to play. I have to work for my wife and children. We need a house for shelter. Can you help me?” the man replied. “Sorry, but I do not have any houses. But you can chop off my branches to build your house.” So the man cheerfully cut all the branches of the tree and left happily. The tree was glad to see him happy but the man did not come back for years and years. The tree was again lonely and upset.

One hot summer day, the man returned and the tree was delighted. "Come and play with me," the tree seemed to say. "I am approaching my fifties. I want to go sailing so I can relax during my holidays. Can you give me a boat?" asked the man. "Use my trunk to build your boat. You can sail far away and be happy," the tree seemed to have replied. So the man joyfully cut the tree trunk to make a boat. He went sailing and did not show up for a long time. Finally, the man returned after many years. "Sorry, my boy. But I do not have anything for you anymore. No more apples for you," the tree seemed to have said. "No problem, I do not have any more teeth to bite," the man replied. "No more trunk for you to climb on," the tree seemed to have responded. "I am too old for that now too," the man said.

Vocab word

وصي

Wasi is the arabic word for guardian. Our parents are the chosen guardian by Allah SWT. The Messenger of Allah (peace be upon him and his family) said: "One who pleases his parents has verily pleased Allah, and one who has angered his parents has verily angered Allah."

(النصر) AL-'NASR
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ.
وَرَأَيْتَ النَّاسَ يَدْخُلُونَ فِي
دِينِ اللَّهِ أَفْوَاجًا. فَسَبِّحْ
بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ إِنَّهُ
كَانَ تَوَّابًا

"I really cannot give you anything, my boy. The only thing left is my dying roots," the tree seemed to have said with tears. "I do not need much now, just a place to rest. I am tired after all these years," the man remarked. "Good! Old tree roots are the best place to lean on and rest, Come, come sit down with me and rest," the tree seemed to have heartily whispered. The man sat down on the grass, leaning his weak body on the tree stump. The tree was so glad it seemed to have smiled with tears...

This is a story for everyone. Our mother and father do many things to keep us happy but even then we keep complaining. We should understand the effort they make to keep us happy and fulfill our demands. The tree is like our parents. When we were young, we loved to play with our Mum and Dad. When we grow up, we leave them... only come back to them when we need something or when we are in trouble. No matter what, our parents will always be there and give everything they could. Just to make you happy.

DAY 2: PARENTHOOD THROUGH ACTIVITIES

Food for thought

Parents are the blessings of Allah SWT. Parents are our best well wishers and always pray for us. We should realize the importance of our parents and should respect them under any circumstances.

Today's activity will remind you of the story we read yesterday. Place your apple tree craft at a visible spot in your room, it will remind you of the unconditional love of your parents.

Activity: Apple tree craft (all ages)

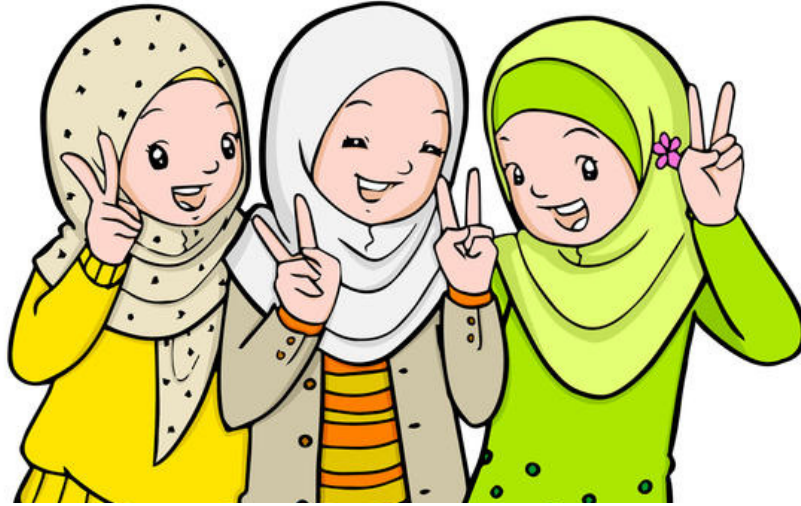
What you need: Paper Plate, Empty Paper Towel Roll, Green Paint, Paint Brush, Red Construction Paper, Scissor

What to do:

- First cut small red pieces out of construction paper. You can cut them round, oval, heart shaped or apple shape.
- Pour some green paint on the paper plate and spread it with the sponge or brush making sure the plate is all covered with the paint.
- While the paint is still wet, spread the red cut pieces on the plate so it looks like apples on the tree.
- Make two slits opposite to each other on paper roll and insert the plate into the slit. Paper roll is the stem of the tree. If you like, you can paint the roll brown



Restraining anger



DAY 1: RESTRAINING ANGER THROUGH ANECDOTES

Vital read: Be in charge of your feelings

It was the first day of second grade, and Zara had just moved to a new city. As she walked onto the playground, she was approached by a group of girls. One of the girls said, “Salaam Alaikum, my name is Sana. These are my friends, Zainab and Maryam. Do you want to play tag with us?” Zara smiled eagerly and said, “I’d love to!” Zainab screamed, “Sana you’re it!” The girls shrieked and ran in different directions across the playground. Sana darted after Zara, but Zara narrowly escaped her grasp every time. Finally, after chasing her for fifteen minutes, Sana caught Zara. “Tag! You’re it!” She screamed as she darted away. Zara felt a little frustrated as she thought to herself, “Why did she only chase me? I don’t want to be it.” Nevertheless, she put on a smile and chased after her new friends. When class started, Sana, Zainab, Zara, and Maryam ran into class. Maryam sat down next to Zara. She exclaimed, “I’m going to tell Miss Fatima that we have a new student.”

Zara froze. She didn’t feel ready to talk in front of the whole class. “Maryam, no, please don’t say anything,” she cried. Maryam raised her hand anyways and announced, “This is my new friend Zara, and she just moved here from Florida.” Zara’s face turned red with embarrassment. Miss Fatima said, “A new student! Wow! Zara, can you please introduce yourself?” Zara mumbled her name and where she was from as fast as she could and then slid down into her seat.

She felt very unhappy that her new friend disrespected her wishes. The next day, before class, the girls played tag again. Sana seemed to single out Zara and chased her more than any of the other girls. Zara grew more frustrated as the day went on. After a whole week of feeling singled out by her new friends, Zara was losing her patience. During a game of four-square, after she was knocked out of the king square by Zainab. "This isn't fair! You always pick on me and never listen to what I want! I don't want to play with you anymore!" she yelled as she ran away. Sana, Zainab, and Maryam stared after her in shock. For the next few days, Zara sat alone at lunch and stayed in the classroom for recess. But she started to miss her friends. Finally, Zara decided to approach the girls.

AL-IKHLĀṢ (الإخلاص)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
قُلْ هُوَ اللَّهُ أَحَدٌ. اللَّهُ الصَّمَدُ.
لَمْ يَلِدْ وَلَمْ يُولَدْ. وَلَمْ يَكُنْ لَهُ
كُفُوًا أَحَدٌ

Vocab word

الكاظم

Al-kaadhim means someone who swallows anger. It is the title of our seventh Imam, Imam Musa ibn Jafar (a.s.). He (a.s.) had so much control over his emotions that he became famous for restraining his anger.

"I just wanted to say I'm sorry for getting angry. That was rude of me. The truth is, I felt disrespected by the way I was getting treated. I didn't like that you ignored my wishes and always chased me during the games. But I should have controlled my anger and I'm really sorry. Do you think we can be friends again?" Zainab smiled and gave Zara a hug. "I'm sorry we mistreated you, Zara. We never meant to make you feel bad," she said. Sana and Maryam both nodded. "We promise we'll be more fair in our games and listen to what you ask." Maryam added. "We missed you!" Sana chimed in. Zara smiled at her friends, and they all hugged before walking into school. As Zara walked into class, she marveled at how easy it was to get her friends to listen if she withheld her anger and spoke to them kindly. From then on, Zara decided she would do her best to hold her temper and speak to people nicely.

DAY 2: RESTRAINING ANGER THROUGH

ACTIVITIES

Food for thought

Anger is an emotion felt by every human being. It is natural to feel angry at some point in life. However, like all other emotions, anger needs to be moderated by us. Although it is perfectly fine to feel angry, is it okay to let it out in any way we want? The expression of anger should not hurt or harm anyone or anything including the person experiencing it. Whenever we feel angry, we should stop and think. Think in the following way;

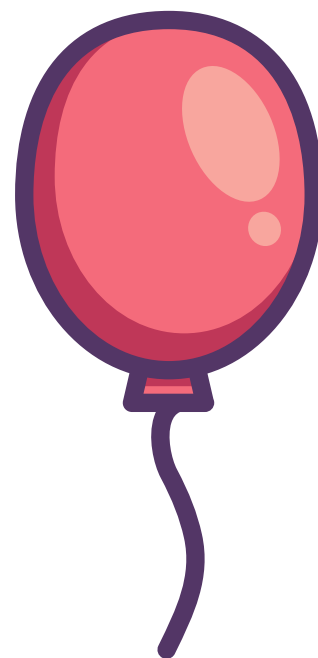
- T-Is it True?
- H-Is it Helpful?
- I-Is it Inspiring?
- N-Is it Necessary?
- K-Is it Kind?

Activity 1: Filling up balloons (All ages)

What you need: One Balloon

What to do: If the balloon is not inflated, it does not have any air and can be molded into any shape. A balloon is like a person who is not angry and can listen to and understand anyone's opinion.

- Think of something that can make you angry and blow some air into the balloon. Think of another thing that can make you upset and blow some more air into the balloon. Now keep blowing the balloon with air until it is fully inflated and hold it. What happens if you keep filling your balloon with the air? It will pop. Similarly, if we get too angry, we can lose control over our emotions and can hurt or harm someone.
- What are some of the ways we can calm ourselves down when we are angry? With each response, take some of the air out of the balloon until it reaches the original state.
- Just like the balloon, we can manage our feelings in different ways. We can decide to explode and cause harm ourselves and to others or we can opt for controlling our emotions, practice some calming strategies and save our relationships.



Activity 2: The colored candy game (all ages)

What you need:

Colored candy (skittles or similar)

What to do:

- For every **red** candy, say one thing that makes you angry
- For every **brown** candy, show us how to breathe when you are angry
- For every **green** candy, show a calm down activity
- For every **yellow** candy, say one thing that makes you excited
- For every **blue** candy, recall one choice that you made when you were angry and could have done different.
- For every **orange** candy, tell one good choice you made when you were angry.



Generosity



DAY 1: GENEROSITY THROUGH ANECDOTES

Vital read: Being generous while praying

It had been a long day for Zainab. She had fasted for the first time and towards the end of the day, she felt really hungry. While she was doing iftar after Maghrib salaah, she truly thanked Allah for the food in front of her. Today was the first time that she realised the pain of hunger. Her father gave her twenty dollars as a reward for fasting. At night before going to sleep, she asked her mom if she could spend this money on a toy of her choice. “Yes, my daughter, you can get any toy that costs less than twenty doéars with this reward money. But remember to always take out some share for the needy.” “InshaAllah mommy, now please read me a story so I can go to sleep”

Her mother started, “tonight is the night when Imam Ali(a.s.) got struck by a poisonous sword which eventually led to his martyrdom. I’ll tell you a story from his life. Abu Dharr Ghifari was a companion of the Prophet(s.a.w.w). He narrates that one day he was praying with the Prophet (s.a.w.w) in Masjidun Nabi when a beggar came to the masjid. Everyone was praying and no-one responded to his pleas for help. The beggar raised his hands and said: “O Allah! Bear witness that I came to Your Prophet’s masjid and no one gave me anything.” Imam Ali (a.s) was in rukoo. He stretched his hand towards the beggar and pointed out his little finger on which was a ring. The beggar came forward and took the ring.

AL-QADR (القدر)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. إِنَّا
أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ. وَمَا
أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ. لَيْلَةُ
الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ.
تَنْزَلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا
بِإِذْنِ رَبِّهِمْ مِنْ كُلِّ أَمْرٍ سَلَامٌ
هِيَ حَتَّى مَطْلَعِ الْفَجْرِ

Vocab word

سخاء

Sakhaa is the arabic word for generosity. “Sakhi” is a person who is generous and who always prefers the needs of others over his/her needs. One of the names of Allah is al-Kareem which means that Allah (swt) is the most generous one. Allah (swt) gives to us in the most beneficent manner and also forgives us very generously when we sin. When we show appreciation to Allah (swt) or when we perform a small act of kindness, Allah blesses and rewards us abundantly.

Allah(swt) loved this gesture and revealed an ayah in Quran which says,

“Indeed, your wali is only Allah and His messenger(s.a.w.w.) and those who believe - those who establish salah and pay the zakah whilst in rukoo.”

Zainab was in her deep thoughts and just when her mother finished, she said, “ Mommy, I want to spend my money for Allah. I want to give it to someone who truly needs it.” Her mother kissed her forehead and said “inshaAllah. May Allah(swt) reward you for this generosity. The little girl went to sleep thinking about it.

DAY 2: GENEROSITY THROUGH ACTIVITIES

Food for thought: Feed a greedy fire

Generosity goes hand in hand with empathy. A generous person not only cares for others but also practically help others in the best way he can. Allah said in the Quran: *“And verily you, O Muhammad, are on an exalted standard of character.”* (68:4) Generosity was among the countless good qualities of the Prophet Muhammad. He was the most generous of people and he used to be most generous in Ramadan .

Can we only be generous with our belongings or money? What are some other resources we can be generous with? How can we be generous with time? What is generosity with talent?

Activity 1: feed a hungry fire

Light a candle or bonfire or show children a video clip of a fire. The greed in us is like a burning fire. The more fuel we put in it the bigger it gets. What could be the fuel for our fire of greed? The fuel for the fire of greed is our wishes and desires. If we control our desires and try to be happy with what we have, we can be content. This contentment makes us think more about others and be generous in our lives.

Does a fire ever get enough wood? We all know that the more we feed a fire, the more it will spread. Similarly, there is no end to the desires and wants one can have. To fulfill those desires, we sometimes become stingy and do not give to the deserving. Just like the only way to stop a fire from consuming wood is to dump water in it. The best way to stop the fire of greed taking over us is to extinguish it with the water of thankfulness on what we already have.



Activity 2: What do we have extra?

Each child will have 5 minutes to bring two toys/ belongings that they think as extras. Each child will share/ discuss the ways they can help someone with each of these things.

Forgiveness



DAY 1: FORGIVENESS THROUGH ANECDOTES

Vital read: forgiving everyone

Grandma was sitting on her rocking chair waiting for Zaki, Ali and Mariam to come for the story before going to sleep. Soon the kids came and sat with the grandma. “Which story are you going to tell us tonight, grandma?” asked Mariam eagerly. “I have a very special story to tell you tonight. Tonight’s story is about an Imam (a.s) who has the same name as you, Ali, and is our fourth Imam. Can you guess who he is?” “Yes, yes, I know. You are talking about Imam Ali Ibn al Hussayn(a.s),” said Mariam. “You guessed it right Mariam. Let us start the story.” They all recited Bismillah and salawat together and then the grandma continued, “Imam Ali Ibn al Hussayn(a.s) is also called Imam Zain-ul-Abideen (a.s). It means (the adornment of the worshippers). One day, the Imam(a.s) was sitting with his companions when a man came and started insulting him. He used unkind words and abusive language towards him. He called him names and behaved in a mean way. Imam Zain-ul-Abideen(a.s) did not say anything but let the man complete what he had to say. After some time, the man left and everyone else remained sitting.

The Imam (a) asked his companions, who were sitting there watching the incident, if they wanted to know what his reply to the man's insult would be. If they do, then they would have to come with him. Imam Zain-ul-Abideen (a), along with his companions, went to the man's house. On his way, the companions heard him reciting the verse from the Holy Quran. He recited, "The ones who spend (for the sake of A'ah) in prosperity and adversity, and those who control anger and forgive people. And A'ah loves those who are good in their deeds." (Quran 3:134). When they reached the house and knocked, the man came out angrily thinking that Imam (a) has come to treat him the way he has insulted him.

(قريش) QURAYSH
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
 إِيْلَافٍ قُرَيْشِيٍّ. إِيْلَافِهِمْ رِحْلَةَ
 الشِّتَاءِ وَالصَّيْفِ. فَلْيَعْبُدُوا
 رَبَّ هَذَا الْبَيْتِ. الَّذِي
 أَطْعَمَهُمْ مِنْ جُوعٍ وَآمَنَهُمْ
 مِنْ خَوْفٍ

Vocab word

مغفرة

Maghfirah means forgiveness. We should always try and forgive people who have wronged us in any way. Allah is al-ghaffoor (meaning the most forgiving one) and he forgives many of our wrongdoings. We should also try and forgive people as it also helps us in getting closer to Allah.

Before he could say anything in his anger, the Imam (a) said, "O brother! You said some words about me. If what you said is true, I repent, but if it is false, May Allah forgive your sins." The man regretted his speech, kissed the forehead of the Imam (a), and said, "I said things which are not true about you and they are true about myself." "My dear children, it is very hard to remain calm when someone says something bad about us or harms us. We immediately feel like taking revenge but if we forgive the other person, it will not only make the other person our friend but will also make Allah happy that we are controlling our anger," explained Grandma. Both the kids promised to forgive whoever had done anything wrong to them to make Allah happy.

Grandma kissed their foreheads before they went to their rooms to sleep.

DAY 2: FORGIVENES THROUGH ACTIVITIES

Food for thought: forgiving others and seeking forgiveness

Forgiving someone who has hurt or harmed you in any way is a heroic act. However, if you have done something wrong to anyone, it takes a lot of courage to seek forgiveness too. What do you think is more difficult; forgiving or seeking forgiveness?

Although both the actions help you in becoming a stronger person, the one who forgives gets more reward and thawaab. What do you think is the reason for it?

Besides asking for forgiveness from people whom we have hurt intentionally or unintentionally, we should always seek forgiveness from Allah (swt) for all of our mistakes. Allah (swt) forgives beyond the capacity of any of His creations. He accepts our repentance and forgives our sins very easily. We should always remember that no matter how big the sin is that we have committed, Allah's willingness to forgive us for it is much greater.

Activity 1: Forgiveness Chain (all ages)

This activity requires a group of children as participants. If it is played in person, the instructor becomes the first link of the chain. Each next child who answers the questions is added as the next link. Before answering a question, each child must say “linked”. If the game is being played virtually, the instructor opens up the “white board feature” of the program and let the children draw their link and say “linked” one by one as they answer one question. The instructor must ask the questions randomly.

1. What is the meaning of forgiveness?
2. Have you ever had to say sorry to your mom or dad?
3. What does it mean when you say, you're sorry?
4. How did you feel when you forgave someone?
5. Who was the most difficult person to forgive and what did he/she do to you? (the children must answer without taking the name)
6. Share an incident when you asked someone for forgiveness.
7. What are the best days/nights to seek for forgiveness from Allah?
8. What is easier for you, seeking forgiveness or forgiving someone?

Gratitude



DAY 1: GRATITUDE THROUGH ANECDOTES

Vital read: Realize the Blessings of Allah

One day, Muhammad went to his friend Isa's house to play. They were having a lot of fun together playing with Isa's things. Isa had a lot of model vehicles in his room. He liked using kits to build real looking models of planes, trucks, and cars. Isa had one model fire truck that Muhammad was really fascinated by. All of the little details made it look just like a real fire truck. He would always admire it when he was at Isa's house.

"I really like this fire truck of yours, Isa", Muhammad said. "Thanks! Let me show you this new model car I'm working on," Isa replied. He showed Muhammad what he was working on. Muhammad was surprised by how many little pieces were used to make the model car. The boys continued to play until Muhammad's mother came to pick him up.

Just as Muhammad was about to leave, Isa asked his mother if he could give his model fire truck to Muhammad.

Isa's mother replied, "That's very kind of you. I'm sure he'll like it very much." Isa ran to his room and carefully picked up the fire truck.

"Muhammad, I know you really like this firetruck model. You're my good friend and I'd like you to have it." Muhammad smiled, "Thank you, Isa! Wow, this is great. That's so nice of you."

"Muhammad was so happy to be given the fire truck. He couldn't wait to get home and display it. As soon as Muhammad got home, he ran to his room to find a spot for his fire truck. But before Muhammad could put the truck down, he tripped over a book he had left on the ground and the fire truck fell to the ground. A few of the pieces of the front of the engine fell off. Muhammad's heart sank. He was so excited to have the fire truck and it was ruined before he even got to enjoy it at home. "Why me? Why would this happen to me? All I wanted was to display it nicely in my room," Muhammad complained. Muhammad's father walked in the room to see what had happened and quickly understood.

'AL-FĀTIHAH (الفاتحة)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.
الرَّحْمَنِ الرَّحِيمِ. مَالِكِ يَوْمِ الدِّينِ.
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ. اهْدِنَا
الصِّرَاطَ الْمُسْتَقِيمَ. صِرَاطَ الَّذِينَ
أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ
عَلَيْهِمْ وَلَا الضَّالِّينَ

Vocab word

شكر

Shukr is the arabic word for gratitude. We use this word often to thank

others. Being appreciative is a positive emotion and it is important to use it often.

We should learn to appreciate the blessings of Allah.

One of the names of Allah is ash- Shakur which means that Allah is the most grateful

He sat with Muhammad to console him. He said, "I understand that you are disappointed about the firetruck, Muhammad. But Alhamdulillah this is something that can be fixed. Only a few pieces fell off and they can be put back together. Be thankful for your situation instead of focusing on the bad things that happened." Muhammad replied, "But I've never built a model fire truck and I don't even have the instructions. I won't be able to fix it today. I have to wait until I see Isa again to ask him for help. And I want it fixed now. I'm not sure what there is to be thankful for."

"Muhammad, we are blessed in so many ways. We can't even count all the ways that Allah has blessed us. We have our families, good health, our homes, and so many other things beyond what we need. Even when something happens that you don't like, try to see all the things that you do have. You will feel content if you are grateful for what you have." Muhammad listened to his father's words and realized that even though he was disappointed, he had so much to be thankful for. "Alhamdulillah. I'm truly blessed."

DAY 2: GRATITUDE THROUGH ACTIVITIES

Food for thought

We take many things for granted. Every breath we take is a blessing of Allah. We cannot thank Allah enough for what he has blessed us with. Month of Ramadan is also a blessing of Allah SWT through which we can purify not only our bodies but also our souls as well. God reminds us in the Holy Quran, that He will give us more.

“Remember when your Lord said to you, ‘If you give thanks, I shall give you greater (favors).’ (14:7)

What are some of the ways we can practically show our gratitude for all the blessings of Allah?

Activity 1: The gratitude tree

What you need: White paper, Green acrylic paint, Brown acrylic paint, Yellow acrylic paint, Red Sharpie, Paint brush

What to do:

- Begin by making the trunk of the tree with your forearm. Use brown paint on the outer side of your arm and then pressed onto paper. While painting their forearms, think our bodies are just like a trunk of a tree which protects the tree from bad things and keeps good things as water inside the tree. We should also protect ourselves from bad deeds and perform good deeds.
- Make the leaves of the tree with green handprints. Fill in gaps with a paintbrush. We can serve with our hands which are also the blessing of Allah SWT.
- Use fingerprints to add some leaves to the branches. Tell kids that our fingerprints are unlike anybody else in the world. We are each made special and with purpose.
- After the paint dries, kids can write the things they are thankful for on each branch of the tree. Our words are a reflection of our hearts. Let's use words to express our thankfulness.



Happiness



DAY 1: HAPPINESS THROUGH ANECDOTES

Vital read: The secret of happiness

Sameer was a very smart and intelligent boy and his parents were very proud of him. But it was very hard to make him happy. He was always sad and complaining about things. His parents used to buy him expensive toys which would make him happy for only a few days and then he would become sad again. At school he always earned good grades but he would always complain about how he could have gotten a better score rather than being happy about his success. Because of his complaining nature and sadness, his friends did not want to speak to him anymore. Eventually, he ended up having no friends. One day a new student came to his class. Teacher introduced the new student Ali and told him to sit next to Sameer. As usual Sameer was not interested in making a new friend. Ali was a very happy, and social boy. With time, Sameer noticed that Ali was always smiling and made new friends in a few days and everyone seemed to like him. Sameer always wanted to be famous and happy like Ali but did not know what to do. Ali noticed that Sameer was always sad and asked him if he wanted to be his friend.

Soon Sameer and Ali became best friends. They found out that their houses were very close to each other so they decided to walk to school every day. Sameer noticed that every day Ali used to give money to a poor beggar on his way to school and sometimes if he forgot money then he would give his lunch to the beggar. Soon the month of Ramadan came and both friends on the way to school would talk about what they ate last night for Iftar. One day Sameer asked Ali about the secret behind his happiness. Ali knew Sameer would ask this question one day. He responded, "Sameer once my father told me this hadith of Prophet Muhammad(pbuh),

الكوثر - AL-KAWTHAR

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ. فَصَلِّ
لِرَبِّكَ وَانْحَرْ. إِنَّ شَانِئَكَ هُوَ
الْأَبْتَرُ.

Vocab word

سعادة

Sa'aada is an Arabic word for happiness. the greatest source of happiness is giving, sharing and making Allah happy. whenever you are about to do anything, evaluate in your head if this action would make Allah(swt) and ahlulbayt(a.s) happy

"Look at those below you and do not look at those above you, for it is the best way not to belittle the favors of Allah."

Since then I have always found myself lucky and blessed of what I have unlike the others who do not have those bounties." He told Sameer that if you start thinking this way, you will feel happy like me. Sameer was very thankful for the beautiful hadith shared by Ali. He promised Ali that he will always be thankful for what he has and will also help the poor. Ali was very excited to hear that and told Sameer that he has a plan. Both of them decided to save money so they can buy new clothes for Eid day and buy clothes for the poor beggar they used to see everyday on their way to school. When they gave the new clothes to the beggar on Eid day, it was the happiest day for Sameer in years. Since then Sameer found the secret behind true happiness and lived happily ever after..

DAY 2: HAPPINESS THROUGH ACTIVITIES

Food for thought

The easiest way to be happiest is by helping others and realizing the countless blessings we have. The true happiness and satisfaction is when other people are happy from us and most importantly Allah(swt). We can make Allah(swt) happy by obeying him and following the footsteps of Prophet Muhammad(pbuh) and Ahlul Bayt(a.s). On this Eid, you can make it special not only for you but for someone who is in need.

What are some of the ways you can make this day special for other?

Activity 1: Making Eid cards

Create a unique Eid card for someone special. It can be hand delivered or mailed if possible

What you need:

- White paper or construction paper
- Scissors
- Colored markers
- Colored pencils or crayons
- Ruler etc.

What to do:

- Lets be creative. Draw, color, and write Eid Mubarak.
- Don't forget to add a personalized note inside the card.





Islamic Center of Zahra

Islamic Center of Zahra(s.a)
Department of Education
Children's committee

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