AKHLAQ

Activity Book

Duʿas

Everyday Sunnahs

Character Development

Instilling Allah-consciousness



Name:	
Class:	
The second second	
A CASEP	



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

First Edition: 2023/1445 AH

For suggestions, corrections and feedback, please email us at info@quranictarbiyah.com

www.quranictarbiyah.com

www.lifewithallah.com

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About Quranic Tarbiyah

Vision

Nurturing a Quranic generation who love and live the Quran.

Mission

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

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 with baṣīrah (clear proof and certainty).
- 3. Constantly strive to strengthen their īmān and yaqīn (conviction).
- 4. Love the Messenger 🛞, 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 iḥsān.
- 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 and proud of their heritage and history.
- 9. Be well-equipped to deal with personal, local and global challenges, and become beacons of justice and mercy for the entire world.
- 10. Develop a love of lifelong learning, and a passion to serve the dīn of Allah.



Introduction

بسمائلكوألآحمز ألرجيم

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

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

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

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

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

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

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

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

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

Life With Allah

Jumāda al-Awwal 1445/November 2023



My name is	
My favourite book is	My favourite colour is
My favourite food is I am	a My religion is
I follow what Basic of Islam Prophet	and the have told me.

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

What is Akhlaq?

As Muslims, we should have the best



Our Prophet Muhammad صلى الله عليه وسلم said: "The best amongst you is the one who has the best manners and character."



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



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



Lesson 1



Read and Learn

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

اَلْحَمْدُ لِللهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُوْرُ

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

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

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

4

344

1

2

-24

Think

1







Thanking Allah

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

Allah has given us more than we could ever imagine.

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

I Act On What I Learn!

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



We can thank Allah by:

Saying Alhamdulillah

Following His commands



Believing that every blessing is from Allah

3



Allah has given me so many blessings.

Allah has promised:

لَبِنْ شَكَرْتُمْ لَأَزِيْدَنَّكُمْ

"If you are grateful, I will give you more." (Surah Ibrahim: 7)



Colour and Remember









Lesson 3

Keeping My Body Clean



وَاللهُ يُحِبُّ الْمُطَّهِرِيْنَ

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

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

There are different ways I can keep my body clean:









	V	Vord Bank		
	Salah Quran Long Muslim	v ,		
Allah	those who	stay clean.		
	y ing things:	who taught me	to be clean by	doing
I do wudu	before I want to pr 	ay	or touch	the
	befor	e and after	·	
I wash my	r clothes when they l	become	·	
	ails when they beco			
	You Know?		t On What I	Learn!
صلى الله عليه و سلم	et Muhammad said: "Allah is nd loves beauty."	body whe	ck my clothes n I go home a o make them s	nd try
		-13		

Lesson 4

Keeping the Things Around Me Clean

Our Prophet Muhammad صلى الله عليه و سلم said:

الطَّهُوْرُ شَطْرُ الْإِيْمَانِ

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

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

Keep your classroom clean

Put all the rubbish in the bin

14



Pick up anything that falls on floor



Wash your

34

Put all your books and bag in the correct place

















Before entering the bathroom, I should say:



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

After coming out of the bathroom, I should say:

غُفْرَانَكَ

I seek Your forgiveness. (Abu Dawud)

E Did You Know?

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







Wearing Clothes

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

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





After Wearing Clothes

اَلْحَمْدُ لِللهِ الَّذِي كَسَانِي هٰذَا الشَّوْبَ، وَرَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

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



[–] Did You Know?

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







Covering My Body

I am a Muslim and I cover what Allah has told me to cover from my body. Our bodies do not belong to us. They belong to Allah. Allah has created boys and girls differently.

Allah has told them how to dress properly.

I love my hijab!

I take care of my body.



Are the following sentences true or false? Tick the correct option.			
Sentences		True	False
A Muslim show them to cover	uld cover what Allah has told		
2 Boys and girls	s should dress the same.		
3 Allah has crec	ated boys and girls differently.		
Our bodies be we want with	elong to us and we can do what a them.		
Boys should c girls.	over more of their body than		





The Masjid: The House of Allah

The Masjid is the house of Allah.

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

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

> I love the Masjid.

My Checklist Before Going to the Masjid



I have done wudu



✓ My body is clean



My clothes are clean





I smell nice



Before entering the Masjid, I will say:

بِسْمِ اللهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَىٰ رَسُوْلِ اللهِ، اَللَّهُمَّ اغْفِرْ لِيْ ذُنُوْبِيْ، اَللَّهُمَّ افْتَحْ لِيْ أَبْوَابَ رَحْمَتِكَ

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









The Best Place

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

I love coming to the Masjid everyday.

The Masjid brings me closer to Allah.

I love the house of Allah

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

After leaving the Masjid, I will say:

بِسْمِ اللهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُوْلِ اللهِ ، ٱللّٰهُمَّ إِنَّىٰ أَسْأَلُكَ مِنْ فَضْلِكَ

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



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



Did You Know?

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




Remembering Allah

Dhikr means to remember Allah. It is a way of worshipping Allah. Allah loves those who remember Him. Dhikr can be done anytime and anywhere.

We are rewarded by Allah every time we do dhikr.

I Act On What I Learn!

THE FOR THE

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



سُبْحَانَ اللهِ Allah is perfect! Why do I always see Mama doing dhikr?

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

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

Wow! No wonder she's always doing dhikr!

Me set



۰.**

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

لَآ إِلَنْهَ إِلَّا اللهُ، ٱللهُ أَكْبَرُ





لا إله إلا الله Trace and Colour







Allah's Wonderful Creation

Allah is Al-Khaliq The Creator of all you see

He made the moon and stars And even you and me

We see the beautiful creations of Allah all around us

The creations of Allah tell us that Allah exists

I Act On What I Learn!

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



Big or Small, Fast or Slow Circle what type each animal is.					
Cheetah	BIG	SMALL	FAST	SLOW	
Elephant	BIG	SMALL	FAST	SLOW	
Crocodile	BIG	SMALL	FAST	SLOW	
Ant	BIG	SMALL	FAST	SLOW	
Tortoise	BIG	SMALL	FAST	SLOW	
Camel	BIG	SMALL	FAST	SLOW	
Spider	BIG	SMALL	FAST	SLOW	
Fish	BIG	SMALL	FAST	SLOW	
36					





Entering and Leaving My Home

When I enter the home:

- I pray the du'a for entering the home.
- I greet the people in my home with 'Assalamu

Alaykum wa Rahmatullahi wa Barakatuh'.



When I leave the home:

38

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

I Act On What I Learn!

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

Read and Learn



ٱللَّهُمَّ إِنِّيْ أَسْأَلُكَ خَيْرَ الْمَوْلَجِ، وَخَيْرَ الْمَخْرَجِ، بِسْمِ اللهِ وَلَجْنَا، وَبِسْمِ اللهِ خَرَجْنَا، وَعَلَى اللهِ رَبِّنَا تَوَكَّلْنَا

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



When I leave my home I say:

بِسْمِ اللهِ تَوَكَّلْتُ عَلَى اللهِ ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ

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







Saying Salam

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

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

I. Peace - We are making du'a that Allah protects them from bad things

ٱلسَّلَامُ عَلَيْكُمْ

- 2. Mercy We are making du'a for Allah's kindness
- 3. Blessings We are making du'a for special goodness and happiness

I should:

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

وَعَلَيْكُمْ ٱلسَّلَامُ

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

Count the Rewards



Always try your best to get all 30 rewards!





Colour and Remember

I will say salam to everyone I meet.

I Act On What I Learn!

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

Lesson 14

Respecting My Parents

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

I can be kind to my parents by:



Read and Learn

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



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

Let's learn the du'a

Think

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



Write the correct answer in the speech bubble.				
A man came to our Prophet Muhammad صلى الله عليه وسلم and said: 'O Messenger of Allah, who should I be the most kind to?'				
The Prophet صلى الله عليه وسلم said:				
The man asked: 'Then who?'				
The Prophet صلى الله عليه وسلم said:				
The man asked: 'Then who?'				
The Prophet صلى الله عليه وسلم said:				
The man asked: 'Then who?'				
The Prophet صلى الله عليه وسلم said:				
46				







Being Kind to Others

To be kind to others, I should:





Maryam wants to be kind today. Tick all the actions she should do.				
🔲 Saying JazakAllahu Khayra	Giving someone a hug			
Ignoring someone	Saying mean things			
Fighting	Taking things			
Asking someone to play together	Not sharing			
Think What will you do today to be kind to the person sitting next to you?				
	49			





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



Being Kind to Animals

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

008

We should thank Allah for the animals He has created.



I Act On What I Learn!

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





Story Time

Rescues a Camel صلى الله عليه وسلم The Prophet

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

Hiks...

Hiks...

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

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

Hiks...

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

> "Who does this camel belong to?"

Hiks...

A man came and said:

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



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



Forgive and Forget

When I am angry, I should:

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

2

Say:

أَعُوْذُ بِٱللهِ مِنَ ٱلشَّيْظَنِ ٱلرَّجِيمِ



3

I Act On What I Learn!

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

I Can Forgive Others...



others because Allah loves when I forgive.



Lesson 18

ملى الله عليه وسلم Eat Like My Prophet

When I eat:



Read and Learn

Before eating and drinking I say:

بِسْمِ اللهِ

In the Name of Allah. (Abu Dawud)

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

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

بِسْمِ اللهِ أَوَّلَهُ وَآخِرَهُ

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

🖞 [–] Did You Know?

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

After I finish eating, I say:

ٱلْحَمْدُ لِلهِ الَّذِي أَطْعَمَنِي هٰذَا، وَرَزَقَنِيْهِ مِنْ غَيْرٍ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

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







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

I Act On What I Learn!

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

Lesson 19

Drink Like My Prophet صلى الله عليه وسلم

Water is a great blessing of Allah.

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



Read and Learn

Before drinking water, I say:

بِسْمِ اللَّهِ In the Name of Allah (Tabarani)



After drinking water, I say:

اَلْحَمْدُ لِللهِ

All praise and thanks be to Allah (Tabarani)

After drinking milk, I say:



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

Think

?

MILK

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



Lesson 20

Sharing and Not Being Greedy



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

Allah loves those who share things with other people.

Ask Yourself

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

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

Story Time

The Guest of the Prophet صلى الله عليه وسلم

A poor and hungry man came to the Prophet صلى الله عليه وسلم but he only had water that he could give him. The Prophet صلى الله عليه وسلم asked if anyone could give him food. A Sahabi called Abu Talhah took the man home to feed him.

.....

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

.....

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





However, it was only enough for the quest. Abu Talhah and his wife turned down the lamp so that their guest couldn't see that they both had empty plates.

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



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



Sharing what Allah has given us





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



Sneezing

Hehe

Achuu! Alhamdulillah!

1

11

3

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

Oops, sorry. Yarhamuk-Allah!

Lesson 21

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

11

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

⁼ Did You Know?

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

66




Cover Your Cough and Sneeze

11

2

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

1

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

11

3

11

Put the tissue in the bin.

4

Wash your hands with water if you need to.



		W	/ord Ba	nk —		
Sneez	e	Germ	s	Arm	S	Tissue
t	i	s	S	u	e	z
S	n	9	е	r	m	S
S	n	е	е	z	e	i
9	е	r	t	i	S	S
t	i	s	a	r	m	s

Fun Fact!

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

Respecting My Teachers

Lesson 22

I can show respect to my teachers by:







Thank You!



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





To

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

JazakAllahu Khayra

From ____

Remember

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

Lesson 23

Truthfulness and Lying

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

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

A Muslim does not lie.

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

[–] Did You Know?

Our Prophet صلى الله عليه وسلم was so truthful that he was given the title of As-Sadiq which means "The Truthful". Find and Write

		Solve th	ne secret m	essage.			
i	w	I	n	e	v	r	
6				*	T		
V	Vrite the le	tter next t	o each pict	ure to find	the answe	r.	
6			6				
	_						
_		*		*)	
	:		6	*			
	-				_		
			- 74 -				





Being the Best Friend

76



I will choose friends with good manners.



I will help my friends in doing good things.



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



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



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



I will make duʿa for my friends.



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



I will not fight with my friends.

I will be the best friend, inshaAllah!

Friendship Recipe

What ingredients make a good friend?



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





Speaking Politely

I speak like my beloved Prophet صلى الله عليه وسلم:



I speak gently.

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



I say the truth.



I don't backbite.



I don't use foul language or be rude.

I thank others.

Remember

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



Connect the pictures to the correct polite expressions.



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

80

Tick

Speak Beautifully

Help Maryam to speak beautifully. Tick the correct responses.

Give me the pen now!

Please can I use that when you're finished?

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

Open the door!

Haha! She fell down.

Why does this always happen to me?

Please may I borrow your pen?

It's mine and I want it back now!

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

Can you please open the door?

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

Whatever Allah decides is best!

Think

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

Lesson 26

Classroom Rules



Trace and Learn



Think

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

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

Find and Count



Lesson 27

I Am Kind to My Neighbour

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



I Act On What I Learn!

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



Draw

Your neighbour is ill. You want to give them a gift to make them feel better. Draw the best gift you could give to them.



Helping and Thanking Others

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

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

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

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

جَزَاكَ اللهُ خَيْرًا

May Allah reward you with goodness

Let's learn the du^ʿa for thanking others!

I Act On What I Learn!

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

Trace and Colour





I Am a Responsible Muslim

Lesson 29

✻

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

We learn to do new things. We become stronger.

We can take more responsibility as we get older.

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

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



A Muslim is responsible in:



A Muslim is active and not lazy.

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

Let us look at some examples of how the Prophet صلى الله عليه وسلم and Sahabah were active and the first to do good.

The Sudden Noise

⋇

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

Buying a Well for the Muslims

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

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

> > 93

Write





Going to Sleep

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

Before sleeping, I should:







sleep on my

stomach



Sleep on the right side



Memorise

Before sleeping I should say:

ٱللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

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

Do Wudu & Sleep

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

Imagine that! The angels could be making du[`]a for you every night.

Let's learn the du[`]a for sleeping!

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Maze

Head to Bed!

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



I Act On What I Learn!

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

MY VALUES



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