



Term 4 – K - 6 Syllabus 2020

The Muslim Mindset

Lesson 1- Your Muslim Identity

Lesson 2- The Muslim Mindset - Gratitude, & Optimism

Lesson 3- The Muslim Mindset – Resilience and Patience

Lesson 4- The Muslim Mindset – Empathy

Lesson 5- The Muslim Mindset - Managing Emotions

Lesson 6- The Muslim Mindset – Setting Goals and Planning

Lesson 7- Revision

Important Teacher Notes:

- Please **ABIDE** by the syllabus
- You need to make sure your lessons for that week corresponds with the topic.
- It is **VERY** important to inform your school and supervisor if you are unable to attend your Scripture Class.
- For any inquiries or questions please contact your supervisor or the ISRE office.
- Only use the approved links provided for each lesson.
- The ISRE program is non-sectarian and is provided to all Muslims students, regardless of their sectarian groupings. The aim of ISRE is to teach students to love, learn and live Islam.
- We welcome feedback or suggestions on how to improve the syllabus. Please email syllabus.isre@gmail.com

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! IMPORTANT NOTE TO TEACHERS:

As-Salamu ‘alaykum Dear Teacher,

Inshaa’Allah you are in the best of health and Iman. May Allah SWT reward you immensely for your teaching efforts. We encourage you to make scripture lessons as relevant and interesting as possible so that students enjoy coming to scripture! Please try to support the participation of each student.

Da’wah (spreading the message of Islam) is recognised by most scholars as being **OBLIGATORY** for all Muslims. The Prophet SAW instructed us to **“convey from me, even one verse” (Bukhari)**. As scripture teachers, we are fulfilling this obligation Inshaa’Allah.

The Benefits of Da’wah

1. Achieving the pleasure of Allah SWT (Glorified and Exalted is He).
2. You are given the great favour by Allah SWT to follow in the footsteps of the greatest man, Muhammad SAW, as a Da’ee.
3. You are an ambassador of Islam, inspiring others weekly.
4. “Allah (SWT), His angels and all those in the Heavens and on Earth, even ants in their ant-hills and fish in the water, call down blessings **on those who instruct others to beneficial knowledge**” (Tirmidhi).
5. You are being part of the change you want to see in the world! Your incredible efforts are continuing to inspire and improve future generations.
6. You are strengthening your own relationship with Allah SWT. The knowledge you read and share weekly increases your knowledge and spiritual growth.
7. By giving Da’wah and passing on authentic knowledge we are also protecting ourselves from the punishment of Allah SWT and gaining a Sadiqah Jariyah Inshaa’Allah.

NOTES on ABBREVIATIONS

***Please explain the importance and meaning of these salutations and encourage students to use these regularly. Please say these words **in their entirety** (e.g. “*Sub-hanahu Wa Ta’ala*”). Do **NOT** say the lettered abbreviation (e.g. “SWT”).

- **SWT-** *Subhanahu wa Ta’ala* - May He be Glorified - used after Allah’s glorious name.
- **PBUH-** (*Peace be upon him*) or **SAW-** *SalAllahu alayhi Wassalam* - used after the Prophet Muhammad’s name as a mark of respect and to say ‘May Allah SWT’s peace and prayers be upon the Prophet.’ (**PBUH** and the **SAW** are used interchangeably in the Syllabus).
- **AS-** *Alayhissalam*- May Allah SWT peace be on them - used after the name of other Prophets.
- **RAA-** *RadhiAllahu'anhu / RadhiAllahu'anha*- May Allah be pleased with him/her.

Teachers are kindly reminded:



Do’s

- ✓ **Follow the Syllabus closely**
- ✓ **Encourage worship by instilling the love of Allah SWT and our Deen (religion).**



Don’ts

- × **NOT to discuss sects, politics or other religions.**
- × **NOT to discuss hellfire, hate, the grave, punishment, jinn’s/Devils.**

TEACHING TIPS

The Prophet PBUH taught Islam to so many people around him. A companion once said: *“I’ve never seen any teacher gentler than the Messenger of Allah (PBUH).”* (Abu Dawud 931). We can utilise some of the Prophets’ teachings to help us teach scripture, for example:

- **Maintain direct eye contact with listeners**
- **Repeat lesson in different ways**
- **Ask questions to spark curiosity and interest**
- **Use questions to elaborate and expand**
- **Speak in a measured tone (appropriate to discussions)**
- **Use daily life examples/illustrations/gestures/visuals or objects to help explain points**
- **Give time between words for listeners to process information**
- **Have an attitude which shows kindness, gentleness, warmth and care to all students**



CLASSROOM MANAGEMENT

Some suggestions for maintaining a safe, respectful and engaging classroom:

- **BE PREPARED** by reading the syllabus ahead of time. This gives you added confidence and allows more time for thinking about ways to tailor lessons for your specific class (remember to run ideas by your supervisor).
- **Get to know your students:** Take the opportunity at the beginning of each year (or term) to learn students’ names and a bit about them. **Building positive relationships is key to engaging students and managing behaviour in the classroom!!**
- **Remain calm and positive!** Explain to students that you are all there for the same reason - because we are Muslim, we love Allah SWT and we want to learn about our religion altogether in a nice, fun environment. When you are calm, controlled and enthusiastic, you generate this positive energy to your students and model correct Islamic behaviour.
- **Praise! Praise! Praise! Encouragement** goes a long way. Try to say the students name and recognise their efforts. This can be as simple as a verbal acknowledgment such as “Masha ‘Allah, great listening Adam!” or “Thanks for your excellent behaviour Year 3!”
- **Break up the lessons:** Teachers should never spend the whole lesson talking themselves! Keep students actively engaged with discussions, small group work and short simple activities where the focus is not on the teacher. The Syllabus suggests some activities to maintain engagement.
- **Differentiate learning and tailor to student needs:** The Syllabus provides a guide on how lessons should proceed from Kindy onwards. You can add on lesson info from a higher grade or simplify learning towards a lower stage outcome if this suits your students.
- **Consider the classroom environment:** Having student sitting on the floor close to you or in a big circle often aids engagement and discussion.
- **Rules:** Discuss classroom rules during your first lesson of scripture. Students will be less likely to break the rules if you remind them that they had decided this rule was important in the first place! Students should already be familiar with the school behaviour policy and you can remind them of this. The classroom teacher present may also help you if needed.
- If a student is being disruptive, without drawing too much attention to their action, go stand by them. They realise you are aware of their behaviour and usually stop. If this doesn’t work, pause the lesson and wait for silence.
- **Review and reflect:** Occasionally you may need to stop everything and discuss respectful learning with the class, especially when discussing Allah SWT. Calmly, you can mention that Angels surround the classroom because we are all sitting together remembering Allah SWT and how pleased Allah

SWT is with gatherings where He is remembered. Give students a moment to reflect and then very briefly state the basic classroom rules again like putting your hand up, remain seated unless asked to move, use your manners, keep your hands, feet away from others etc.

STARTING YOUR LESSON

- SALAMS:** We know that teaching scripture may sometimes be challenging, and that a good start to each lesson is important, so teachers should start each lesson enthusiastically, using the Islamic greeting:

"As-salamu 'alaykum..."

"peace be upon you"

Encourage students to respond with the reply of *"wa-alaikum Assalamu wa Rahmatullahi wa Barakatuhu,"* (and may the peace and mercy and blessings of Allah be upon you). Please explain the meaning. Try to always use this greeting, as spreading this greeting was described in hadith as one of the best things that a Muslim can do!

- DUA:** Teachers may find it helpful to then begin their lesson by reciting and explaining the following Dua of Prophet Musa AS with students. Teachers should explain that this Dua can be used to help with important tasks, speeches, to improve confidence and communication. Teachers can mention how saying it helps calm you as you start your lesson.

*Rabbishrah lee sadree, Wayassir lee amree, Wahlul 'Uqdatam-mil-li saanee,
Yafqahoo qawlee* (Surat Ta-Ha, verses 25-28)

"O my Lord! Expand for me my chest (grant me peace, contentment and confidence); ease my task for me; and remove the impediment from my speech (remove incorrectness from my speech/ help me say the right things), so that they understand what I say."

- AL FATIHA/BISMILLAH:** Teachers may find it beneficial to start each lesson with Surat Al-Fatiha, or by saying "Bismillah" (in the Name of Allah) with students. We want students to understand that we start every good thing remembering Allah SWT. The syllabus aims to always include some discussion of Allah SWT's Glorious 99 Names each term in order to help increase an awareness and love of Allah SWT in our lives and in every act we do.

ENDING THE LESSON: At the end of each lesson, try to conclude with the following closing Dua. The Prophet SAW informed us that if this Dua is said at the end of a gathering, Allah SWT will forgive us for any intentional or accidental mistakes we might have made during the gathering.

Subhanaka Allahumma wa bi hamdika ashadu an la ilaha illa anta astaghfiruka wa atubu ilayk

O Allah! You are free from every imperfection; praise be to you. I testify that there is none worthy of worship except you; I ask Your forgiveness and turn to You in repentance.

SYLLABUS STRUCTURE: Lessons will generally contain the below structure/ information and icons:

LESSONS LEARNT / REFLECTIONS		ATTENTION TEACHER / PLEASE NOTE	 or ***
DEFINITION/IMPORTANT KEY POINT/ BENEFITS		STORY (optional)	
WHITE BOARD ACTIVITY (optional)		VIDEO LINKS (optional)	

LESSON 1: Your Muslim Identity

Kindy	• Students explore what it means to be an Australian Muslim.
Yrs 1 & 2	• Students extend understanding what it means to be an Australian Muslim.
Yrs 3 & 4	• Students explore examples of past and more recent prominent Muslims.
Yrs 5 & 6	• Students explore examples of past and current prominent Australian/ international Muslims and how this shapes their identity and how they can make a difference in society, locally and globally.

EARLY STAGE 1 – STAGE 2

KINDY – YEAR 2

Who am I? What is my identity? Identity is **who you are**. Each and every one of us have many different identities. Identity can mean where you come from- your background, what you believe in and where you belong. We all have an **Australian Identity** as we all belong in Australia. Today, we will talk about our Australian **MUSLIM identity**.

☑ We **identify** ourselves as Muslims because we believe in the words **LA ILLAH ILLA ALLAH**- there is no God worthy of my worship except Allah SWT. We also believe and **identify** with Prophet Muhammed SAW. As Muslims we all belong to one big community, called the **Ummah**. Together we are one big family, one body, all **followers of the Prophet Muhammad SAW**. Muslims live all over the world. Islam is for everybody. Alhamdulillah we are **blessed to be Muslim!!** Islam is a religion of strong values and good rules to keep us happy and safe. So, having a **Muslim identity** means displaying these values- in our fantastic **behaviour and wonderful actions!!**

⚠ (**NOTE:***Teachers if this is a new group that has not had scripture before this year- please remember to explain/remind them who Prophet Muhammed is before reading next part**).



The Prophet Muhammad SAW was the **greatest man in history** (you can google it!). He went through so many difficulties for us to be Muslim. All the Prophets and their followers went through similar struggles to **hold on to their Islam**. Some powerful stories include: **The strong belief of Prophet Ibrahim AS.**

Prophet Ibrahim AS was called the **Khalil** Allah- friend of Allah SWT. Ibrahim AS lived in a time where people worshipped statues, idols. Ibrahim AS knew that the idols could not help him, in fact he was the **only one** in his town that believed in Allah SWT. The people of the town commanded/bullied him to believe in their idols/ statues. Ibrahim AS **bravely** refused and stuck to his principles. The people of the town were so angry they decided to build an enormous fire to put Ibrahim AS in. Then as Ibrahim AS is about to be thrown into the fire, Allah SWT commanded/told the fire "**O fire, be cool and safe and peaceful for Ibrahim**" (21:69). Subhan Allah! (Remember Allah SWT is The Creator so He can change the creation as He commands). Ibrahim AS was safe untouched, unharmed inside that fire. To the amazement of the town, he walked out safe!!

This is a powerful lesson for us all. Ibrahim AS, a young man, **held onto his religion**, even when there was no support around him. He was an **ummah/nation on his own!** Ibrahim AS did not use the excuse that everyone is bad so I will join them, instead he was aware and mindful of Allah SWT- so much that Allah SWT changed the temperature of the fire for him!

 **Teachers: You **may** stop here for Kindergarten and proceed to LESSONS LEARNT or continue with 2nd story (optional based on students' capacity).

CONTINUE FOR YEARS 1 & 2



Another courageous Muslim is Bilal ibn Rabah RA. Bilal RA was amongst the early Muslims. Bilal RA was an African man who was forced to be a slave by some rich, mean people. When Bilal RA heard the message of Islam- he finally felt **free** for the first time in his life. Bilal RA then understood that the only one he had to obey was his creator, Allah SWT. This belief inspired him and gave him a new sense of **courage and importance!** His cruel owners tried to force Bilal RA to obey them and their idols. Bilal RA heroically refused and cried out repeatedly through all the tough things they put him through, **“Ahad”** (one), Ahad (one) - meaning Allah SWT is the Only One he would listen to!

Bilal RA was eventually freed by the Muslims. They paid his owner an enormous amount of money to free him. Allah SWT rewarded Bilal RA's bravery and dedication to truth- by making him the **first Mu'Azzin**, the first one to perform the **Adan** (call of prayer). He was also honoured by being one of the closest companions (friend) of the Prophet SAW.

Until this day, Muslims all around the world remember and honour the amazing character and sacrifice of Bilal ibn Rabah RA – a **HERO of Islam**. We learn from these stories that Allah SWT honours, protects, and rewards the ones that **protect and honour** their Muslim identity!



LESSONS LEARNT:

- **We don't compromise or change our identity.** Allah SWT made His rules **clear**, and we will be rewarded for holding on to our Muslim identity (just like Ibrahim AS and Bilal RA). Allah SWT has promised Jannah for those who **stay true** to their identity and follow his guidance through the Quran and the Prophet Muhammad SAW. We know Allah SWT **is watching**, and the **Angles are recording** our actions, so we try and seek His love and approval- **and not peoples!**
- **Obeying Allah SWT will bring us closer to Allah SWT. Allah calls Himself *Al-Wadood***— The Affectionate, The Most-Loving. **Al-Wadood** is the one who is the **source of all love and kindness**. We can see from Prophet Ibrahim AS story that Allah SWT has a **special love for strong believers**. We too can have a close relationship with *Al-Wadood*. **Allah SWT loves us more than anyone and wants to guide us to Jannah**. By holding tight and embracing our **Muslim identity and behaving like Muslims**- we gain respect, blessings and the love of Allah SWT! When Allah SWT loves, us he tells the **Angels** (including **Jibril AS**) to love us. Imagine your name being mentioned in the heavens by Allah SWT and the Angels! Subhan Allah! How wonderful is it to be a Muslim Alhamdulillah!
- **Spread the wisdom and beauty of Islam.** We need to carry our identity with us at all times.



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

STAGES 2 & 3

YEARS 3 - 6

Who am I? What is my identity? Identity is **who you are**. Each and every one of us have many different identities. Identity can mean where you come from- your background, what you believe in and where you belong. We all have an **Australian Identity** as we all belong in Australia. Today, we will talk about our Australian **MUSLIM identity**.



We **identify** as Muslims because we believe in the words **LA ILLAH ILLA ALLAH**- there is no God worthy of my worship except Allah SWT. We also believe and **identify** with Prophet Muhammad SAW. As Muslims, we all belong to one big community, called the **Ummah**. We are one big family, one body, all **followers of the Prophet Muhammad SAW**. Muslims live all over the world. Islam is for everybody. Allah SWT says, “We have created you **from male and female** and made you **peoples and tribes** so you may **know one another**” (49:13). Allah SWT gave us so much honour and favours with Islam!

Islam is a religion of strong values, self-respect and honour. Allah SWT has also told us in the Quran that “**You are the best nation** created [as an example] for mankind. You instruct **what is right (halal)** and ban what **is wrong (haram)** and believe in Allah SWT. We have been very blessed with the **perfect teachings** of Islam. So, having a **Muslim identity** means displaying **behaviour and actions** that **match your belief**.

The Prophet SAW advised us to hold tight to our Muslim identity with two things - the **Quran**, and his **teachings**. The Prophet SAW was the **greatest man in history** (you can google it!). He went through so many difficulties for us to be Muslim. All the Prophets and their followers went through similar struggles.



Some powerful stories include: The strong belief of Prophet Ibrahim AS. Prophet Ibrahim AS was called the **Khalil** Allah- friend of Allah SWT. Ibrahim AS lived in a time where people worshipped statues, idols. Ibrahim AS knew that the idols could not help him, in fact he was the **only one** in his town that believed in Allah SWT. The people of the town commanded him to believe in their idols/statues. Ibrahim AS bravely refused and stuck to his principles.

The people of the town were so furious they decided to build an enormous fire to put Ibrahim AS in. Then as Ibrahim AS is about to be plunged into the fire, Allah SWT commanded the fire, “**O fire, be cool and safe and peaceful for Ibrahim**” (21:69). Subhan Allah! Ibrahim AS was safe untouched, unharmed inside that fire. To the amazement of the town he walked out safe.

This is a powerful lesson for us all. Ibrahim AS a young man held on to his religion, there was no support around him- even his father was against him. He was an **ummah/nation on his own!** Ibrahim AS did not use the excuse that everyone is bad so I will join them, instead he was aware and mindful of Allah SWT- so much that Allah SWT changed the nature of the fire for him!



Another courageous Muslim is Bilal ibn Rabah RA. Bilal RA was amongst the early Muslims. Bilal RA was an African man who was forced to be a slave by some rich, mean people. When Bilal RA heard the message of Islam- he finally felt **free** for the first time in his life. Bilal RA then understood that the only one he had to obey was his Creator, Allah SWT. This belief inspired him and gave him a new sense of **courage and importance!** His cruel owners tried to force Bilal RA to obey them and their idols. Bilal RA heroically refused and cried out repeatedly through all the tough things they put him through, “**Ahad**” (one), Ahad (one) - meaning Allah SWT is the Only One he would listen to!

Bilal RA was eventually freed by the Muslims. Abu Bakr, the best friend of the Prophet SAW, paid his owner an enormous amount of money to free him and said he would pay whatever it took to free Bilal. Allah SWT rewarded Bilal RA’s bravery and dedication to truth- by making him the **first Mu’Azzin**, the first one to perform the **Adan** (call of prayer). He was also honoured by becoming one of the closest companions (friend) of the Prophet SAW. Until this day Muslim all around the world remember and honour the amazing character and sacrifice of Bilal ibn Rabah RA – **a HERO of Islam**. We learn from

these stories that Allah SWT honours, protects, and rewards the ones that **protect and honour** their Muslim identity!



LESSONS LEARNT:

- **We don't compromise or change our identity.** Although we live today in changing times where rules change depending on laws, fashion, trends from social media. Allah SWT has made his rules **clear**, and we will be rewarded for holding on to our Muslim identity (Just like Ibrahim AS, Bilal RAA). Allah SWT has promised Jannah for those who **stay true** to their identity and follow his guidance through the Quran and his Prophet SAW. We know Allah SWT is watching, and the Angels are recording our actions, so we try and seek His love and approval- and **not peoples!**
- **Obedying Allah SWT will bring us closer to Allah SWT. Allah calls Himself *Al-Wadood***— The Affectionate, The Most-Loving. **Al-Wadood** is the One who is the **source of all love and kindness**. We can see from Prophet Ibrahim AS's story that Allah SWT has a **special love for strong believers**. We too can have a close relationship with *Al-Wadood*. **Allah SWT loves us more than anyone else and wants to guide us to Jannah**. By embracing and holding on tight to our **Muslim identity and behaving like Muslims should**, we gain respect in this world and the blessings and love of Allah SWT! When Allah SWT loves, us He tells the **Angels** (including **Jibril AS**) to love us. Imagine your name being mentioned in the heavens by Allah SWT and the Angels! Subhan Allah! How wonderful is it to be a Muslim, Alhamdulillah!
- **It takes courage to stand up for what you believe in.** The more we learn and understand Islam- the more we strengthen our identity and become **confident** to show it in our **behaviour**. We can do this by listening to Quran, learning more about Allah SWT (99 names), reading stories about Muhammad SAW and other Prophets. Remember, IQRA (read) – knowledge is power!
- **Spread the wisdom and beauty of Islam.** We need to carry our identity with us at all times. We don't leave our identity at home or in the masjid or just in scripture. Instead, we **confidently** carry our identity throughout our day and for the rest of life.
- **Choose friends wisely:** The Prophet SAW said, ***"A person is likely to follow the belief of his friend, look (carefully) whom you choose to befriend"*** (Ahmad). The people we choose to hang around will affect our behaviour and identity. Try to hang around people that help you to improve. A good and honest friend reminds you, through their words or actions, to do the right thing all the time.

EXTENSION Hadith: One day Prophet Muhammad (PBUH) was sitting with his companions (Muslim friends). When he SAW said "I love/long to see my brothers (sister)." They (companions) questioned: Aren't we your brothers, O Messenger of Allah? He SAW said: You are my companions, and our brothers/sisters are those who have, so far, not come into the world. The companions asked: Messenger of Allah, how would you recognise those persons of your **Ummah**/nation who have not yet been born?

The Prophet SAW is talking about us, he is excited to meet us. Because although we were not around at the time of the Prophet SAW, we believe in him and carrying out his teachings. He SAW replied to the question with: "They (us) on the day of judgement (day we all meet Allah SWT) will come with **GLOWING faces, hands, and feet, because of the traces of ablution/wudu.**" So, the Prophet SAW will **identify** us from the marks of our Wudu and the salah we used to carry out! Subhan Allah!



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

LESSON 2: The Muslim Mindset - Gratitude, & Optimism

KINDY	<ul style="list-style-type: none"> • Students learn the definition of gratitude and the word Alhumdulilah • Students learn the importance of gratitude, positive thinking
Yr 1 & 2	<ul style="list-style-type: none"> • Students develop their understanding of gratitude, positive thinking • Students develop understanding of how to develop the habit of gratitude
Yr 3 & 4	<ul style="list-style-type: none"> • Students understand that when they are thankful, Allah SWT will give them more • Students learn how being grateful to Allah and thankful to others can improve their lives
Yr 5 & 6	<ul style="list-style-type: none"> • Students learn the hadith about the affairs of a believer always being good due to their gratitude • Students understand that in every hardship is ease

EARLY STAGE 1 – STAGE 1

KINDY – YEAR 2

A Muslim must always be grateful. Being grateful means to be thankful. **Who do you think we should be most thankful to?** Allah SWT of course! Allah SWT is **Ash-Shakoor, the Thankful** and so He loves it when we are thankful to Him and when we are thankful to others as well. We say thank you to others by saying **Jazakum Allahu Khairun**.

Being thankful shows good manners and helps us show others that we care for them. It also helps us feel good when we think about all the gifts that Allah SWT has given us. He gave us many wonderful things we call blessings - family, friends, a home, food, hands and eyes. To thank Him we say **Alhamdulillah** (All thanks and praise is to Allah). Do you know where the word **Alhamdulillah** came from? Alhamdulillah was the first word that Allah SWT allowed the first man Adam AS to say!



Allah SWT created Adam AS from clay and moulded him into the first ever man. When Allah SWT made him come alive, Adam AS sneezed and said **“Alhamdulillah!”** Allah then answered with “Rahimaka Rabbuka” (Your Lord has Mercy upon you).” (Sahih of Ibn Hibbaan 6165) - that’s why we say it too when we sneeze!!! So, if these were the first ever words uttered, it shows how important giving thanks is! And when we thank Allah SWT, He gives us His mercy and kindness! Alhamdulillah we are Muslim!!!

Do you know that Muslims should always try to say Alhamdulillah when both good or bad things happen? Muslims should remember that everything that happens is from Allah SWT and Allah **always** wants the best for us because He loves us so much. So, Muslims know that whatever happens is good and we try to look for the good in everything.

Optional Activity – What are you grateful for?

Go around and allow each student to say **“Alhamdulillah, Allah gave me...”** Allow each student 5-10 seconds to answer. Select one student to count down on their fingers and make a noise when the time is up. Teacher can start by giving the student ideas students can be grateful for: Islam, family, friends, shelter, food, eyesight, sports skills... Teacher can go first and say, **“Alhamdulillah, Allah gave me my pet...”** or **“Alhamdulillah, Allah made me Muslim”**



LESSONS LEARNT:

- We say Alhamdulillah because we know all good things come from Allah SWT. We say Alhamdulillah from the bottom of our hearts, and we say it all the time because Allah loves those who thank Him and He gives us more and more when we are grateful!

- Allah SWT doesn't like ungrateful people and neither do people. Make sure you say thank you to your friends when they help you, thank you to your teacher for teaching you, Jazakum Allahu khairun to your parents for the yummy dinner and for looking after you. **Who else can you thank and how would you do it?** (send a thank you card, buy a gift, give them a hug?)



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

STAGES 2 & 3

YEARS 3 - 6

A Muslim mindset is always optimistic (positive) and grateful (thankful). Muslims have an attitude of gratitude. Allah SWT is **Ash-Shakoor, the Thankful** and so He loves it when we are thankful to Him and when we are thankful to others as well. **Who do you think we should be most thankful to?** Allah SWT of course! Muslims say **Alhamdulillah** (all thanks and praise to Allah) to thank Allah SWT. We show others we care for them by saying thank you or to a Muslim we say, "**Jazakum Allahu Khairun**" (may Allah SWT reward you with all goodness!).

Gratitude or Shukr gives us happiness when we think about all the good things/blessings that Allah SWT has given us. Gratitude is key to being a Muslim, to peace and success: "**...and be grateful to Allah so that you may be successful**" (Quran, 62:10). Allah SWT also tells us He rewards us when we are grateful: "**... And We will reward the grateful**" (Quran 3:145) and "**If you are grateful, I will surely increase you (give you more)**" (Quran, 14:7).

Allah SWT asks us in Surah "Ar-Rahman," (Chapter 55) the same question thirty-one times, "**Which of the favours of your Lord will you deny?**" SubhanAllah, even if we tried to count the blessings of Allah SWT, we would never be able to count them all. We need to remember we are benefiting from His creation - the sun, moon, clouds, rain, air, grasslands, animals, plants, rivers, oceans, our bodies, and countless other beautiful blessings!



What are some ways we can show Allah SWT that we are grateful for what He gave us?

- Following the guidelines in the Quran and the living in a way that follows the Prophet SAW is **the best way** to thank Allah SWT.
- Saying **Alhamdulillah** and performing our **Prayers (Salah)** are ways of showing thanks.
- The Prophet SAW taught us to perform **Sujood ash- Shukr**, which is simply when you put your head to the ground in *Sajdah*, in any direction, even without Wudu, to show gratitude to Allah SWT... "**When anything came to the Prophet SAW which caused pleasure (or made him glad), he prostrated himself in gratitude to Allah**" (Abu Dawud 2774).

Sujood ash-Shukr gives you an immediate Iman boost and defeats negative and selfish thinking. When we put our head to the ground it makes us feel humble and connected to Allah SWT – it gives us a way to show Allah SWT we love Him for what He gave us. It reminds us that any good we have, has been given from Allah SWT. **Have you seen sporting Muslims on TV thanking Allah SWT by doing the Sujood ash-Shukr after a goal or thanking Allah SWT after a game?**

Even with all the troubles the Prophet SAW experienced, he always had a huge smile on his face and thought positively about others and his situation. The Prophet SAW also said, **“Amazing is the situation of a believer, as there is good for him/her in every matter...If something good happens to them, they thank Allah and it is good for them. If they experience harm, they thank Allah and it is good for them.”** (Muslim). In this life, we will go through challenges or things we may not like. A Muslim understands and accepts that Allah SWT is the Best Planner and sometimes, what seems like a really bad situation, may be in fact better for us later. We must not forget all our blessings during these times and try our best to stay positive. We keep **positive thoughts about Allah SWT** and remember He cares for us more than anyone else and that He has blessed us with so much like:

- ✓ Our health
- ✓ Being able to go to school
- ✓ Living in a peaceful country without much Coronavirus
- ✓ Family and friends
- ✓ Access to food and clean water
- ✓ Being able to attend scripture
- ✓ Having clean air to breathe

Even if you *think* that you don’t have many blessings, **remember that you are a Muslim and that is the biggest and best blessing anyone could ever have!!! It means that Allah SWT loves you, and that is more important than anything else in this world.**

The Prophet SAW always said Alhamdulillah for everything and was grateful in any situation:

 Once Aisha RA saw the Prophet SAW awake at night, in Sujood to Allah SWT for a very long time. She said, **“You have already been guaranteed Jannah, why are you doing sujood for so long?”** The Prophet SAW replied, **“shouldn’t I be grateful to Allah?!”** (Bukhari 1078 & Muslim 2819).

Do you know, Alhamdulillah was the first word that Allah SWT ever allowed Adam AS to say?!

 Allah SWT created Adam AS from clay and moulded him into the first ever man. When Allah SWT made him come alive, Adam AS sneezed and said **“Alhamdulillah!”** Allah then answered with **“Rahimaka Rabbuka”** (Your Lord has Mercy upon you).” (Sahih of Ibn Hibbaan 6165) - That’s why we say it when we sneeze too!!! *So, if these were the first words ever uttered, it shows how important giving thanks is!* And that when we thank Allah SWT, He gives us His mercy and kindness! Alhamdulillah we are Muslim!!!

Activity – 10 Second Rule Gratitude Game

*Remember, how we mentioned some of Allah’s blessings? Now let’s go around the class and have each student say 3 examples of a gift from Allah SWT. Each student gets 10 seconds to answer and not a second more! ***Select a student to show the 10 second countdown on their hands and make a noise when the time is up! Teacher can start by saying “Alhamdulillah for...” and give students ideas of things they are grateful for such as, Islam, family, friends, shelter, food, eyesight, sport skill...and so on. (E.g. “Alhamdulillah for... being Muslim, my family and my cat.”). ***For older kids you could try – “say 2 things you are grateful for and 1 way you could show gratitude,” e.g. “alhamdulillah for my mum and my teacher, and 1 way to say thank you is to make Dua for them...”)*



LESSONS LEARNT:

- **Success in Life:** Gratitude (Shukr) leads to success. **What are some ways to show Allah SWT and others that you appreciate and care for them?**
 - *Help clear the table say thank you to your parents for the yummy dinner*
 - *Give a thank you card to your teacher for her patience,*
 - *Say thanks to a friend for playing with you,*
 - *Thank your coach after every training,*
 - *Thank Allah by following the 5 Pillars,*
 - *Thank Allah SWT for the beautiful world He gave us by looking after the environment*
 - *Give your grandparent a present and say JazakumAllahu khairun for helping you,*
 - *Make Dua for someone you care about,*
 - *Say Alhamdulillah when something good or bad happens,*
 - *Do Sujood ash-Shukr when you do well in a test.*

- **Your optimism and gratitude impacts on others:** People who are negative or ungrateful, tend to complain more, feel more grumpy and can behave with arrogance and most people do not enjoy being around people like that because they send out negative vibes and make them feel unhappy too. The opposite is true too- when you are positive you send out good vibes and people want to be around you so they can feel good too!

- **Live your own story:** Looking at other people's lives on social media can make us compare ourselves and feel ungrateful for the things we have. Train your mind to look carefully for the things you do have and say Alhamdulillah. Appreciate your own life instead of wasting your time watching others.

- **Sometimes we need to wait a little or look a little harder to see the positives, but there is always good in every situation. Can you think of something you thought was hard or bad but had something good in it too?** E.g.:
 - *This year, the world experienced a huge health crisis; life changed, and Coronavirus was scary, but it also meant we had more time in Ramadan at home to connect with family and the Quran,*
 - *being sick was not fun, but it also meant your body developed stronger immunity,*
 - *being teased by a bully felt horrible, but it taught you how to stand up for yourself,*

- **Gratitude makes you mindful and appreciative of Allah's creation.** Try to appreciate the taste of your food and say alhamdulillah for your senses. Appreciate the feel of sunshine on your face. Take a *deep breath in through your nose* and say *bismillah* as you breathe in and *then breath out through your mouth* and say *alhamdulillah* that you are alive.



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

LESSON 3: The Muslim Mindset – Resilience and Patience

KINDY	<ul style="list-style-type: none"> Students learn the meanings of resilience and patience and how important these qualities are in Islam
Yr 1 & 2	<ul style="list-style-type: none"> Students developing learning of patience and resilience and how to become resilient and patient.
Yr 3 & 4	<ul style="list-style-type: none"> Students extend understanding of resilience and patience from an Islamic perspective and strategies for developing resilience and patience
Yr 5 & 6	<ul style="list-style-type: none"> Students understand that Allah SWT does not burden a person with more than they can bear. Students learn how confident, strong Muslims and make positive impacts.

Allah SWT made this life a big test for us. Some of the parts of this test we might find easy and some bits might be hard or tricky! To succeed in any test, we go through it as best as we can. To pass the tests Allah SWT gives us, we focus on doing the good things He told us to do and keep away from bad things. And, as Allah SWT tell us in the Quran, we'll need patience (or **Sabr**) to succeed (3:200).

- ☑ Allah SWT is ***Al-Saboor, The Most Patient*** and He loves when we are patient. Some people think patience means just waiting. But in Islam it means much more. For example, you could be waiting in a canteen line and think you are being patient. But if you are waiting in the canteen line and complaining about how long the line is or trying to sneak in front of others – that is not real patience. Or you could be learning how to do something new, like riding a bike - patience is not just sitting there, waiting to magically learn how to ride - patience in Islam is pushing the pedals, even after you've fallen off the bike, time and time again. It is **"beautiful patience"** which means:
- Stopping yourself from doing bad things
 - accepting things Allah SWT has decided on
 - waiting without complaining
 - never giving up on trying to do your very best.

- ☑ Patience makes you **resilient**. *Resilience is being able to go through a problem and still be strong.* It is about getting through a problem and learning from it. Getting good at patience and resilience needs **practice**.

 There are many amazing stories of patient and resilient Muslims that inspire us to be more resilient. You might know of some famous Muslims who inspire you. **Ibtihaj Muhammad**, is one recent example. Ibtihaj wore the scarf (hijab) when she was a young girl. She used to get teased by some school kids when she played sport with her scarf on which made her feel sad. She also felt sad when she looked at her toy dolls because none of them looked like her. But did Ibtahaj give up? No, she made her own little cloth hijabs for her dolls and later made dolls that looked like her. Lots of people liked her Muslim dolls and they started buying her dolls! And Ibtihaj found a sport that she liked where she could also wear her Hijab. And then one day, because she patiently trained so very hard and never gave up, she even won an Olympic medal, with the help of Allah SWT!



LESSONS LEARNT:

- **What can you practice or do to become more patient and resilient?** (*read stories about the Prophet's patience practice, look for the good in problems, keep working at and learning new things, practice ways to be calm...*)
- **Resilient Muslims** have clever ways that help them get through tough times. They:
 - Remember it is normal to have good and bad times – they are part of the test!
 - Remember things **change** – that is normal, **nothing stays the same except for Allah SWT**.
 - Remember **we all make mistakes** because *we are not perfect* – **only Allah SWT is perfect and does not make mistakes** – we do, it is part of being human! We know **mistakes** are an opportunity to

learn and we can feel better after a mistake by asking Allah SWT and others to forgive us and then trying hard to make things better. If we fail, we get back up and try again, we don't give up.

- **Look for the positives and say Alhamdulillah:** (remember last week?!). We say *Alhamdulillah* when things are good **and** or not and accept that Allah knows what's best for us. You will find good in any situation if you look closely. Think about Allah SWT's kindness, and thank Him and thank others.
- **Practise patience:** Remember, Sabr is not just waiting. It also means to keep working to try to make things better. If one way doesn't work, try another way to solve the problem. When we try to be patient – Allah SWT will help us be patient (Bukhari & Ahmad). We accept the things we can't change as part of Allah SWT's Bigger Plan for us.

⚠ *****STOP HERE FOR KINDY & YEAR 1**

EXTENTION POINTS FOR YEAR 2: *Additional ways to help you through a tough time:*

- **Acknowledge your feelings** – like the Prophet SAW taught us. (We'll talk more about this Week 5).
- **Make Dua** – this helps us stay brave and strong because talking to Allah SWT feels better than talking to anyone else – He knows exactly what we feel, exactly what we want, and He is the Best Helper. Dua gives us hope because we know Allah SWT is the One who can make things better. We ask Allah SWT for help first and then also from trusted adults/friends.
- **Exercise and look after your body** (like Islam teaches) to help stay strong and cope better.
- **Read Quran and pay (Salah):** this helps you feel calm, safe and happy.
- **Tasbih, Dhikr, Istighfar** - mindful activities remind you of Allah SWT and help you pass any problem.
- **Remember Allah SWT gives challenges to those that He loves**, like the Prophets (peace be upon them); they were the most tested, patient, resilient people of all. **Every hurt or challenge is a chance to get rid of some bad deeds and get closer to Allah SWT** (even if it is just the prick of a thorn). Remember, Allah SWT **doesn't give us anything we can't deal with** (Quran 2:286) and that **"with every problem there is ease/relief"** (Quran 94:5) - with every problem there is also something good that can help us if we look for it!
- **Do good deeds, charity and stay connected** with others (e.g. visiting the mosque, keeping in touch with family and friends, and doing kind things for others) are actually great ways to help you feel better and get you through a tough time.



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

STAGES 2 & 3

YEARS 3 - 6

Allah SWT made this life a big test for us. **He created death and life to test who has the best deeds.** (*Qur'an 67:2*). To succeed in any test, we go through each part, focused and patient, and do it as best as we can. To pass the tests Allah SWT gives us, we do the good things He told us to do and keep away from the things Allah SWT doesn't like - and we do this as best as we can. Some bits we might find easy, some bits might be tricky. Allah SWT told us He will test us with lots of different things but that **those who continue with patience, or Sabr, will succeed** (Quran 2:155- 156). Over and over in the Quran, Allah SWT encourages us to be patient:

"O you who believe, carry on patiently and endure... that you may be successful." (Quran 3:200). And: **"... Verily, man is in loss, except for those who believe and do good deeds, encourage one another to the truth and encourage patience."** (Quran, Surah 103). The Prophet SAW also said: **"patience is half of faith..."** (Al-Baihaqi 7/31880) and **"there is no gift that is better... than patience"** (Muslim 1053).

Some people think patience is just ‘waiting’. But in Islam, **Sabr** means much more. For example, you could be waiting in a canteen line and think you are being patient. But if you are waiting in the canteen line and complaining about how long the line is or trying to sneak in front of others – that is not real patience. Or you could be learning how to do something new, like riding a bike - patience is not just sitting there, waiting to magically learn how to ride - patience in Islam is trying to push the pedals, even after you’ve fallen off the bike time and time again. Muslims aim for **“beautiful patience”** (Quran 70:5) which means:

- Stopping yourself from doing bad things
- waiting without complaining
- accepting things Allah SWT has decided on
- never giving up on trying to do your very best.

Patience makes you **resilient**. *Resilience is being able to deal with problems and even becoming stronger and growing because of what you went through.* We practice patience and resilience to get good at them. The Prophet SAW describes the Muslim is a resilient person. He said:

 **"The example of a believer is that of a fresh tender plant; from whatever direction the wind comes, it bends it, but when the wind quietens down, the plant becomes straight again..."** (Bukhari). This tells us that even though a Muslim might go through difficult times, with winds (or life’s challenges) pushing us over, we don’t stay down, we don’t give up, we are flexible and we stand up straight as soon as we can - and just like a young plant, we keep growing and reaching upwards for the sunlight (or the good things around us!). Allah SWT loves it when we are strong and resilient like this: **“The strong believer is more beloved to Allah than the weak believer, but there is goodness in both ... Be eager for what benefits you, seek help from Allah, and do not be frustrated. If something befalls you...say: Allah has decided what He wants (‘Qadarullaahi-wa-ma-shaa-fa-alal’)...”** (Muslim).



There are many amazing stories of patient and resilient Muslims that can inspire us to be more resilient. The Prophets were the most tested, resilient, patient people of all. One of the best stories of resilience and patience is in the Quran - **the story of Prophet Ayoub AS.**

Allah SWT had given Ayoub AS many blessings; he was a respected man, extremely wealthy, with lots of followers and children, he was happy and heathy. He had everything you could want for 70 years. But then Allah SWT tested Prophet Ayoub AS. He became horribly sick for years and years. All his body was affected - except for his heart and his tongue, and he continued to constantly praise and remember Allah SWT. Because Ayoub AS was so sick and unwell, no one wanted to be around him - he lost all his friends and followers. Then it got even harder for Prophet Ayoub AS - Allah SWT tested him by taking away all his children. He had no-one left beside him, except for his loving wife. Throughout all of this, do you think Ayoub complained? No, he never complained, he accepted what Allah SWT had decided for him. Ayoub said, “I lived seventy years in richness and health, why shouldn’t I be patient for seventy years?” So, Ayoub continued praising Allah SWT, with whatever was left of his strength. Finally, one day, he found out that his beloved wife had sold all her hair for money to keep supporting him, and this made him so upset that he asked Allah SWT to cure him. Allah SWT immediately answered his Dua and then once again blessed Ayoub everything he had before and even more!



LESSONS LEARNT:

- **Resilient Muslims** have clever ways that help them get through tough times. They:
 - **See the big picture** - it is normal to have good and difficult times – they are part of the test. Believing in **Qadr** helps us accept Allah SWT knows what is best for us and accept His Plan. It may be that we had wanted something that was bad for us and Allah SWT knew better: **“it may be that**

you dislike something that is good for you and that you like a thing that is bad for you. Allah knows and you do not know” (Quran 2:216).

- Know Allah SWT **gives challenges to those that He loves**, like the Prophets (peace be on them).
 - Understand **things change** - *nothing stays the same except for Allah SWT.*
 - Know **we all make mistakes** because *we are not perfect* – **only Allah SWT is perfect and does not make mistakes** – *we do*, it is part of being human. We know that when we make a mistake, we can feel better by asking Allah SWT and others to forgive us and then trying hard to make things better. If we fail, we get back up and try again, we don’t give up.
 - Know difficulties are an **opportunity** to learn, to gain rewards, to get closer to Allah SWT, and get rid of some bad deeds: **No disease, sadness, or hurt happens to a Muslim, without Allah SWT removing some of their bad deeds** even if it is just getting pricked by a thorn! (Bukhari 5641, 5642).
 - Remember that Allah SWT **doesn’t give us anything we can’t deal with** (Quran 2:286) and that Allah reminds us that **“With every difficulty there is relief (or ease)”** (Quran 94:5-6). With every problem there can be good in it if we look for it.
 - **Gratitude and optimism** (as mentioned last week). Think positively about Allah SWT. Thank Him and thank others – your positivity shines through you to others and helps you through tough times. Say *Alhamdulillah* when things are going well **and** when they’re not what you’d like.
 - **Manage feelings** – like the Prophet SAW taught us. (We’ll talk more about this Week 5).
 - **Make Dua** – it helps us stay brave and strong because having Allah SWT to talk to feels better than talking to anyone else – He knows exactly what we feel, exactly what we want, and He is the Best Helper. Dua gives us hope because we know Allah SWT is the real One who can make things better. We ask Allah SWT for help first and then also from trusted adults/ friends.
 - **Exercise and look after their bodies** (like Islam teaches) to help stay strong and cope better.
 - **Reading Quran and Salah (praying)** helps you feel calm, safe and happy.
 - **Tasbih, Dhikr, Istighfar**: mindful activities remind you of Allah SWT and help you pass any problem.
 - **Good deeds, charity and staying connected** with others (e.g. *visiting the mosque, keeping in touch with family, and helping out a friend*) are actually great ways to help you feel better and these connections help us be resilient. Muslims are told to **hold firmly to the rope of Allah and not be divided** (stay connected) and that the believers are like a body - when one part aches, the whole-body aches. So, looking after others is part of looking after ourselves!
 - **Practise patience**: Remember, Sabr is not just waiting. It means to keep working hard to try to make things better. If one way doesn’t work, think of another way to solve the problem. When we *try* to be patient, Allah SWT helps us to *be* patient (Bukhari & Ahmad). Accept things you can’t change because they are part of Allah SWT’s Plan.
- If patience is half of our faith and the Muslim is compared to being a resilient young plant, we need to develop **resilience and patience**. **What can you do to practice and enhance these skills?** (*read stories about the Prophet’s patience, practice thinking about the good in problems, write down 3 positives each day in a journal, work at learning new things, practice ways to be calm...*)
 - Resilient Muslims are strong and confident and manage challenges. **How can you challenge yourself and make a positive impact on the world around you?** (*think about local and global problems and design ways to solve them, keep trying different ways to help others, join a volunteer group, suggest or try out a new idea on how to improve your school, try out for SRC/ leadership roles in your school, stand up against bullying, give kind advice to friends....*).



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

LESSON 4: The Muslim Mindset – Empathy

Kindy	<ul style="list-style-type: none"> • Students learn what empathy is and its importance in Islam and for their everyday lives.
Yrs 1 & 2	<ul style="list-style-type: none"> • Students learn examples of the Prophet SAW showing empathy. • Students reflect on benefits of empathy.
Yrs 3 & 4	<ul style="list-style-type: none"> • Students understand the notion of community • Students learn ways to show empathy in their everyday lives
Yrs 5 & 6	<ul style="list-style-type: none"> • Student reflect on ways empathy can make a positive difference in society, locally and globally.

EARLY STAGE 1 & 2

KINDY- YEAR 2



In Islam we are **not true believers until we love for others, what we love for ourselves** (Bukhari & Muslim). Allah SWT is the **Most Kind, and Compassionate (Ar-Rahman, Ar-Ra'uf.)** and **The Caring and Loving (Al Wadud)**. **“Allah is Kind and He loves kindness in all things”** (Sahih Bukhari 6528). So, Muslims must care for each other and be kind because Allah SWT loves it.

One of the reasons people really loved the Prophet SAW so much was because of his kindness and empathy. Empathy is when we are able to understand and care about how someone else is feeling, or when we can imagine what someone else might be thinking. For example, you might be reading a book or watching the movie and actually feel sad when the main character feels sad. Empathy helps us imagine how we would feel if we were that person, or what it might feel like to walk in their shoes. Empathy makes us want to help others. It allows us to be kind. Kindness adds on a bit more to empathy – it’s when you actually **do** something to show another person that you care for them. Empathy and kindness are very important parts of being good Muslims because, as the Prophet SAW said, **“kindness is a sign of faith...”** (Muslim). The Prophet SAW encouraged us to feel empathy for each other by explaining that, **“The believers in their shared kindness... are just like one body. When one of the limbs aches (or suffers), the whole body responds to it...”** (Bukhari). So, Muslims need to be able to understand and feel for others as if they were all connected and part of the one body and respond to others to show that we care.



Why else do we need empathy?

- Empathy helps people like you more – people that lack empathy are more selfish and aren’t very nice friends.
- Empathy and kindness make us happier.
- It makes us better leaders, problem solvers and thinkers.
- It helps us change the world around us into a more positive and happier place.



The Prophet Muhammad SAW was the best example of empathy and kindness. Here is an example of how the Prophet SAW felt empathy for others, even animals:

There was a young boy whose nickname was Abu Umayr. He had a pet bird who he loved dearly and always used to play with. Whenever the Prophet SAW used to see Abu Umayr, he would go up to him and say, **“O Abu Umayr, how is your bird Nughayr?”** (or Abu Umayr, what’s Nughayr doing?) (Bukhari,

5850; Muslim, 2150). Unfortunately, one day the bird Nughayr died and Abu Umayr was really sad. When the Prophet SAW heard this, he immediately went to see Abu Umayr and comforted him until he felt better.



LESSONS LEARNT:

Empathy is learnt and develops with practice: Ask yourself, if you were in that situation how would you feel? Listen and look at other people’s body language, what are their faces, bodies and words telling you?

Notice and name feelings – if you are aware of your own feelings, it’s easier to understand other people. The Prophet SAW noticed and named what he was feeling – e.g. one day he was very sad and crying and he named it - “The eyes are shedding tears and the heart is very sad” (Sahih al-Bukhari 1303). (We learn more about emotions next week).

Practice doing kind things – it feels great and is contagious! Smile at someone, give them a gift, ask if they are OK, say salam or thank you, make Dua for them if they are unwell. Remember, there is reward for kindness to any living creature! (Sahih al-Bukhari 2466).



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STAGE 2 & 3

YEARS 3 - 6

“Allah is Kind and He loves kindness in all things” (Sahih Bukhari 6528). So, Muslims must care for each other and be kind. In fact, in Islam we are not true believers until we love for others, what we love for ourselves (Bukhari & Muslim). Allah SWT is the **Most Kind, and Compassionate (Ar-Rahman, Ar-Ra’uf), The Caring and Loving (Al Wadud)** and He loves it when we behave like this too.

One of the reasons the Prophet SAW was such a good leader and people loved him so much was because of his kindness and empathy. Empathy is when we are able to understand and care about how someone else is feeling, or when we can imagine what someone else might be thinking. For example, you might be reading a book or watching the movie and actually feel sad when the main character feels sad. Empathy helps us imagine what it’s like from another person’s point of view, or what it would feel like to be in their shoes. Empathy helps us understand others and makes us want to help them. Empathy makes us want to help others. It allows us to be **kind**. Kindness builds on empathy – it’s when **you actually do something** to show another person that you care for them or their feelings. Both empathy and kindness are very important parts of being a good Muslim because, as the Prophet SAW said, **“kindness is a mark of faith, and whoever is not kind, has no faith”** (Muslim) and **“whoever has no kindness, has no good in them”**(Muslim 2592). The Prophet SAW encouraged us to feel empathy for each other by explaining that, **“The believers in their shared kindness, compassion and sympathy are just like one body. When one of the limbs aches (or suffers), the whole body responds to it with wakefulness and fever”** (Bukhari). So, Muslims need to be able to understand and feel for others as if they were all connected and part of the one body and respond to others to show that we care.



Why else do we need empathy?



- Empathy helps people like you more – **people that lack empathy** are more selfish and don’t trust others and aren’t very nice friends or people you like to be around!

- Empathy makes us happier. It helps us understand ourselves better and we feel great when we do kind things for others.
- People who have empathy are better leaders, problem solvers and creative thinkers.
- It helps communities become stronger and changes the world around us into a more caring and happier place.



The Prophet Muhammad SAW was the best example of empathy and kindness. **“He is distressed when you suffer; [he is] concerned over you and ...[is] kind and merciful.”** [Qur’an 9:128]. Here are some examples of how the Prophet SAW felt empathy for others:

1. Once the Prophet SAW started crying when he saw a camel that was so hungry that it was just skin and bones. He put his hand on its head and comforted it. He admonished the owner of the camel, *“don’t you fear Allah who gave you this camel? ...”* [Abu Dawud].
2. In another example, once a companion saw a bird with its two young, and they took the young ones from the nest. The mother bird was circling above in the air, beating its wings in grief. The Prophet, seeing the mother bird so upset said, *‘Who has hurt the feelings of this bird by taking its young? Return them to her!’* (Sahih Muslim)
3. There was a young boy whose nickname was Abu Umayr. He had a pet bird who he loved dearly and always used to play with. Whenever the Prophet SAW used to see Abu Umayr, he would go up to him and say, *“O Abu Umayr, how is your bird Nughayr?”* (or Abu Umayr, what’s Nughayr doing?) (Bukhari, 5850; Muslim, 2150). Unfortunately, one day the bird Nughayr died and Abu Umayr was really sad. When the Prophet SAW heard this, he immediately went to see Abu Umayr and comforted him until he felt better.
4. Sometimes, the Prophet SAW would start his prayer thinking that he would do a long prayer - but then he would hear a baby crying in the background. He knew that the mother would be worried about her baby crying and so he would do the prayer short instead. (Sahih al Bukhari 678).
5. One evening, Prophet Muhammad came to do the evening prayer carrying his grandchild (Hasan or Husayn). The Prophet put the child down beside him and started the prayer. When he prostrated (did Sujood) during the prayer, he stayed down in prostration for a long time. A man got a bit worried and he raised his head and saw the Prophet SAWs grandchild on the back of the Prophet SAW and so he went back to his Sujood. When the Messenger finished praying, the people said to him: ‘O Messenger, when you prostrated it took a long time, we thought that something had happened to you, or that you were receiving Revelation.’ He said, ‘Nothing happened, but my grandson was riding on my back and I did not want to hurry him up...’ (Saheeh al-Nasaa’i, 1093). SubhanAllah, the Prophet SAW understood the child was having fun and didn’t want to ruin it for him!
6. The Prophet SAW could imagine how others might feel and told us that **“two people should not talk secretly and ignore a third person with them, because that would hurt their (the third person’s) feelings”** (Bukhari and Muslim).



LESSONS LEARNT

Empathy and kindness are extremely important for Muslims and for the world. ***How can we develop and show empathy like the Prophet SAW?***

Really look at and listen to others: Allah SWT gave us our senses and emotions to help us and so we can help others as well. **“Say: It is He who has created you, and made for you hearing, seeing, and understanding...”** (Quran 67:23). The Prophet SAW really listened to people – he would turn his whole body towards the person that was talking to him and give his full attention. *Do you listen like this?*

When you feel for others and help them, Allah SWT helps you! The Prophet SAW said, **whoever relieves (gets rid of) a worldly distress for someone, then Allah will relieve them of a distress later** (Ibn Majah).

Don’t be quick to judge others: Try to understand them. Get to know them by asking questions. Once a man came to the Prophet SAW and told him that he’d made a big mistake. Another man came and told the Prophet SAW he wanted to do something very bad. The Prophet SAW listened, he didn’t judge or tell them off. He asked them questions to try to guide them and they explored ways to make things better. If you think someone has done a wrong, give kind advice if you can and make Dua for them.

Treat others the way you want to be treated. Don’t talk badly about others – would you like it if people did that to you? Stand up for others if they’re getting bullied. Would you like it if you were being bullied? Would you want someone to help you? If we want others to feel for us, we need to do the same for others too! A lot of people on social media are quick to judge and are very mean and even cyberbully because it is easier to do these mean things when you can’t see the person you are hurting. But unkind words hurt, whether they are online or not and doing/seeing this decreases your empathy. Frequently playing or watching violent games may also make you less empathetic over time.

Empathy is contagious and makes the world better for everyone. Practice kindness – there is reward for kindness to any living creature (Sahih al-Bukhari 2466). Give a gift, smile at others, send salams, say thank you and make Dua for others. And don’t forget to say kind things to yourself if you notice that you’re not feeling OK!

Empathy is learnt and develops with practice. *How will you use your empathy to make the world a better place?*

- *Show your parent that you understand how tired they must be and clean your room, offer them a break while you babysit siblings or provide them a shoulder massage.*
- *Ask a friend if they are OK when you notice they seem upset*
- *If you notice someone alone at recess or lunch, ask if they would like to play*
- *Make Dua for people all around the world who are suffering*
- *Start a fundraiser/petition for an important cause you care about*
- *Try to understand your sibling’s point of view next time you have a disagreement.*
- *Let someone who looks tired in front of you in the canteen line*
- *Be respectful and kind to your teacher/bus driver/check-out person/coach etc – they work very hard to help you.*
- *Share food with someone who may have none*
- *Offer homework help to friend or younger sibling who may be struggling*
- *Help an elderly grandparent with some chores or by patiently listening to them.*
- *Be a fair team player when playing sport – how would you feel if someone cheated? Thank the referee or umpire, they have a tough job that helps you have fun and play.*



LESSON 5: The Muslim Mindset - Managing Emotions

Kindy	<ul style="list-style-type: none"> • Students learn Islam teaches us ways to manage all feelings/ emotions, (what to do when we are sad, happy or angry). • Students will reflect on consequences of anger. • Students learn some strategies for managing anger
Yrs 1 & 2	<ul style="list-style-type: none"> • Students extend learning of some strategies for managing emotions from the teachings of the Prophets. • Students will reflect on consequences of anger
Yrs 3 & 4	<ul style="list-style-type: none"> • Students develop learning of some teachings of the Prophets, including Salah, which helps manage our emotions. • Students understand the Prophetic teaching that ‘the strong one is not the one who wrestles well, but who is able to control their anger’
Yrs 5 & 6	<ul style="list-style-type: none"> • Students extending learning of some teachings of the Prophets which help manage emotions. • Students learn the how managing their emotions can have an impact on their lives and other around them.

EARLY STAGE 1 - STAGE 2

KINDY – YEAR 2

Allah SWT created us with **emotions** and **feelings**. Allah SWT gave us these emotions to help us through life. Happiness can tell us when we feel loved and connected, anger might tell if something is unfair or we are getting blocked from something we want, sadness can tell us we miss something, fear helps keep us safe. All the Prophets (peace be upon them) felt emotions just like we do. For e.g., the Prophet Muhammad SAW felt so sad and cried when some of his loved ones passed away; he laughed when playing with children; he was worried and afraid when he first met Angel Jibril AS. He felt all emotions like us, yet he was able to **manage** them correctly. A **Muslim mindset** helps us to **manage our emotions** and **actions** in order to be successful (in both this life and the next) and gain the love and mercy of Allah SWT.

We have been given many effective tools to help manage our everyday emotions and actions such as:



- **Dhikr- Remembrance of Allah SWT:** special words to remember Him e.g. Bismillah
- **Quran:** Speech/words of Allah SWT to read/recite and listen to.
- **Salah and Dua:** Speaking directly to Allah SWT!

All of these tools make us stronger, help us manage our feelings and give us better **self-control**.

Let’s have a look at how Islam teaches us to manage **anger**. Anger is a normal reaction to things that upset us, to things we don’t want. However, if we don’t manage our anger, we may cause problems for ourselves and people around us. If we act inappropriately on our anger, it can lead to lots of trouble.

So, the Prophet SAW taught us that: **“A strong person is not the one who throws people down, a strong person is the one who withholds himself/herself from anger”** (Sahih- Al Bukhari). For this reason, the Prophet SAW taught us ways to help deal with anger and not let it overpower us.

So, how did the Prophet SAW advise us to manage this emotion?

1. Firstly, Seek refuge/protection with Allah SWT.

One day the Prophet SAW watched two men arguing and getting very angry He SAW said, ‘I know a word which, if he (the man arguing) were to say it, what he feels would go away. If he said **“A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem”** (I seek refuge with Allah from the cursed one),’ what he feels (his anger) would go away’ (Bukhari). We need to say this as soon as we notice ourselves feeling angry. Repeat it as long as you need to calm yourself down.

2. Try to be calm and silent.



When we become angry or upset, we can sometimes lose control and say things that can be rude, mean and are hurtful for a long time. That is why it is extremely important to **pause and breathe**. Think about what you are about to do or say. **Practice deep breathing, (as described in Lesson 2)** and also repeat the Dua above, repeat some Dhikr (like **Astaghfirullah**, or **La ilaha Illallah**) or any Quran to help you calm down. It will help make you more mindful of what is happening around you and help you start to think about appropriate and positive actions to take.

Activity: ***Teacher- Ask a student to scrunch up a paper and then ask if he/she unwrinkle any wrinkles? - the answer is no! The scrunched-up paper, just like harsh words can damage things and leave a mark!*

3. Change position and make Wudu

Prophet Muhammad SAW said, **“If one of you got angry while standing then sit down, or if sitting down then lay down. If anger still does not go away, then do Wudu”** (Dawood). Do this with **awareness** - feel the water trickle down your arm, feeling the cold water on your face, grounding yourself back in the here and now. Movement and moving around can help release some of the anger building up in our body.

4. Salah

Salah is a gift from Allah SWT to help keep our emotions controlled and healthy. Salah was gifted to the Prophet SAW at a time when he was feeling really upset. Allah SWT knows that we sometimes feel overpowered by many thoughts and feelings. Salah helps us focus on the here and now rather than getting carried away by other thoughts and worries. Be aware of the words coming out of our mouth. Feeling the floor where we stand and kneel. This exercise trains our brain to be a good filter removing bad feelings and helps keep it positive throughout our day. And again, the physical movement during prayer and stillness in between can really help release stress. Allah SWT says in Quran: **“He has succeeded who purifies himself, who remembers the name of his Lord and prays.”** (Quran, 87:14-15).

We need to understand that although we **cannot control** people or things in the world around us, we **CAN control** the way **we react** to things. To be successful we need to continue to try to manage our emotions - not let them control us.



LESSONS LEARNT:

- **Manage emotions with patience and words of Dhikr.** We need to start pausing and thinking about our emotions. Choose to manage them in ways that are respectful to others and pleasing to Allah SWT. Practice your Dua daily. We should practice saying words like Alhamdulillah, Subhan Allah and Astaghfirullah when we are calm so that they are rolling off our tongue automatically when we are upset - instead of some inappropriate language!
- **In the remembrance of Allah SWT our hearts feel calm and peaceful.** When we stop pause and remember Allah-we will feel happy all the way **deep in our heart!** This is **real happiness** because it is Allah SWT’s Love!
- **Dealing with emotions correctly means we will have better relationships with Allah SWT and people.** When we allow our emotions to overpower us, we will behave in a way that is displeasing to Allah SWT and to those around us.
- **We need to listen to our body and emotions.** Talk to Allah SWT about what you’re going through and talk about how you’re feeling with trusted adults or friends.

- **Keep away/ minimise social media/devices – it effects your emotions.** Sometimes the things we watch or listen to can affect our emotions. If you are watching the wrong things it can affect your emotions e.g. playing violent video games may increase you anger. Be mindful of what **you are allowing** in your mind!!

 Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

STAGES 2 & 3

YEARS 3 – 6

Allah SWT created us with **emotions** and **feelings**. Allah SWT gave us these emotions to help us through life. Happiness can tell us when we feel loved and connected, anger might tell if something is unfair or we are getting blocked from something we want, sadness can tell us we miss something, fear helps keep us safe. All the Prophets (peace be upon them) felt emotions just like we do. For e.g., the Prophet Muhammad SAW felt so sad and cried when some of his loved ones passed away; he laughed when playing with children; he was worried and afraid when he first met Angel Jibril AS. He felt all emotions like us, yet he was able to **manage** them correctly. A **Muslim mindset** helps us to **manage our emotions** and **actions** in order to be successful (in both this life and the next) and gain the love and mercy of Allah SWT.

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So, the Prophet SAW taught us that: **"A strong person is not the one who throws people down, a strong person is the one who withholds himself/herself from anger"** (Sahih- Al Bukhari). For this reason, the Prophet SAW taught us ways to help deal with anger and not let it overpower us. Once, a man came to Prophet SAW and asked him, 'what can you advise/guide me on? The Prophet SAW said, **"Don't get angry."** The man asked again "What else?" and the Prophet SAW replied again **"Don't get angry."** The man asked, "what else" again for the third time and the Prophet SAW replied, **"Don't get angry!"** (Al-Bukhari).

So, how did the Prophet SAW advise us to manage this emotion?

1. Firstly, Seek refuge/protection with Allah.

One day the Prophet SAW watched two men arguing and getting very angry He SAW said, 'I know a word which, if he (the man arguing) were to say it, what he feels would go away. If he said **"A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem"** (I seek refuge with Allah from the cursed one), what he feels (his anger) **would go away'** (Bukhari). We need to say this as soon as we notice ourselves feeling angry. Repeat it as long as you need to calm yourself down.

2. Try to be calm and silent.



When we become angry or upset, we can sometimes lose control and say things that can be rude, mean and are hurtful for a long time. That is why it is extremely important to **pause and breathe**. Think about what you are about to do or say. The Prophet SAW said: **“If any of you becomes angry, let him/her keep silent” (Ahmad). Practice deep breathing, (as described in Lesson 2) and repeat the Dua above, repeat some Dhikr (like Astaghfirullah, or La ilaha Illallah)) or any Quran to help you calm down. This will help you activate the thinking parts of your brain, make you more mindful of what is happening around you and help you start to think about appropriate and positive actions to take.**

Activity: ***Teacher- Ask a student to scrunch up a paper and then ask if he/she unwrinkle any wrinkles? - the answer is no! The scrunched-up paper, just like harsh words can damage things and leave a mark!*

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- **In the remembrance of Allah SWT our hearts feel calm and peaceful.** When we stop pause and remember Allah-we will feel happy all the way **deep in our heart!** This is **real happiness** because it is Allah SWT’s Love!
- **Dealing with emotions correctly means we will have better relationships with Allah SWT and people.** When we allow our emotions to overpower us, we may behave in a way that is displeasing to Allah SWT and to those around us. **The best Islam belongs to those from whose tongue and hand people are safe (Sahih). Be mindful and think before you speak- Ask yourself is it necessary? Would Allah SWT like this? Will it add to my scale of good deeds or will it take away my deeds?**
- **We need to listen to our body and emotions.** Talk to Allah SWT about what you’re going through and talk about how you’re feeling with trusted adults or friends. Learn healthy and appropriate

ways to communicate what you're feeling – don't keep it bottled up. Identify and name what you are feeling. Allah SWT doesn't expect perfection - He does want us to continue to try and better ourselves. When we make a mistake and act incorrectly then remember Allah SWT and say 'Astaghfirullah,' repent and start again. Never ever give up on yourself because Allah SWT looks at your effort, not results!

- **Keep away/ minimise social media/devices – it effects your emotions.** Sometimes the things we watch or listen to can affect our emotions. If you are watching the wrong things it can affect your emotions e.g. playing violent video games may increase you anger. Be mindful of what **you are allowing** in your mind!!

EXTENSION:

Feeling	Examples of things you can say to help manage
Happy /Thankful/relief	Alhamdulillah
Sad	Recite Quran (e.g Surat Ad-Duha), say Dua and/or words of Dhikr e.g. La howla walla kowta illah billah, Alhamdulillah...etc
Angry	<i>A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem</i>
Worried/ stressed	Ya hayyo ya Qayyom bi Rahmatika Astagheeth X3
All occasions/emotions	Salawat of the Prophet SAW



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

LESSON 6 – The Muslim Mindset – Setting Goals and Planning

Kindy	<ul style="list-style-type: none"> • Students learn that Muslims should always actively seek to improve themselves. • Students learn the Prophetic teaching about doing things to the best of their ability.
Years 1 & 2	<ul style="list-style-type: none"> • Student learn that Muslims shouldn't waste time.
Years 3 & 4	<ul style="list-style-type: none"> • Students learn that our ultimate goal is to please Allah SWT and to achieve Jannah and that all other goals should be linked to this ultimate goal. • Students learn the importance of Dua for all our plans. • Students understand they should plan and try their best and put their trust in Allah (Tawwakul).
Years 5 & 6	<ul style="list-style-type: none"> • Students learn examples of Muslims who set high standards for themselves and worked hard to achieve them. • Students practice setting self-improvement (spiritual and worldly) goals. • Students learn that we will be asked about how we spent our time and youth. • Students learn that while some of our plans may fail or need to be reviewed, the Plan of Allah is perfect.

EARLY STAGE 1 & STAGE 1

KINDY – YEAR 2

Today's lesson is all about **Goals and Planning**. So, **what is a goal?** (Not the soccer type goal!). A goal is a little bit like a wish. The difference between a goal and a wish, is **hard work and planning**. A plan is to set out small steps that you need to do to achieve a goal. A wish without a plan or hard work is just a wish! But a goal, with hard work and planning, and with Allah SWT's help, is a wish come true!

Why are plans and goals important? Allah SWT describes Himself as **The Planner**. He does not do anything random. His creation is all by design and measure. He tells us that everything is according to a plan, to a step-by-step process. The majestic plan of Allah SWT is perfect. Our plans will not be, but we still need to try to copy the way of Allah SWT. Our plans should have some small steps to start with. The Prophets would plan and so did all the successful Muslims who followed them. Goals and plans make our minds strong and focused, give us something to look forward to, give us confidence that we can take steps to achieve big dreams, help us do things to the best of our ability and not waste time.

What kind of goals should Muslims have? As Muslims, our first goal is to please Allah SWT! When you make a goal to please Allah SWT, then Allah SWT rewards you for your intention and effort, even if you work hard and aren't able to achieve the goal.

Examples of goals that might please Allah SWT? The first thing you need to do before setting goals for life, is to DREAM BIG. Your goal could be to learn the Quran and teach it too, or to do your prayers/Salah 5 times every day. Goals about helping others is a great way to please Allah SWT! You could plan to make your school friendly – and start by talking to someone new, or lonely. Your goal could be to help save the planet - start by planting a tree which could give you countless rewards!

What are some goals that will make both you and Allah SWT happy? (Making parents happy by staying out of trouble at school, becoming a top student/ going to university, being a kind friend, cleaning the playground, being respectful to your teachers, doing your homework as best as you can...)

In the early days of Islam, the Prophet Muhammad SAW and his followers were being attacked by the Quraysh in the city of Makkah. He asked Allah SWT for help and made a plan for himself and all the Muslims to travel to Madina safely away from harm, without getting caught! Together with his close friends Abu Bakr RA and Ali RA, they devised a plan to trick the mean people who were trying to hurt

them. Ali RA hid in the Prophet's bed and pretended to be him. While the attackers waited outside for him to wake up so they could catch him, the Prophet SAW and Abu Bakr RA carefully snuck out of the city in the darkness! They went a secret way, opposite to the way the Quraysh thought he would go and they had someone cover their footstep tracks so no-one would be able to follow them. Then they hid in a cave for 3 days! Part of the plan was to organise helpers with food and a guide with directions. And eventually after much planning and effort, and with the help of Allah SWT, they arrived at Madina safely, Alhamdulillah! Allah SWT made their goal a success! Allah SWT had big plans for the Prophet SAW in Madina and for many years, the Prophet SAW and his followers lived there safely and peacefully, until they grew big and strong enough to return to their homes in Makkah!



LESSONS LEARNT:

- Always ask Allah SWT for help to achieve your goal, by **making lots of dua**. Remember to say **Bismillah** before starting something. Always remember to say **Inshaa'Allah** when you plan to do something. **Thank Allah SWT** when you achieve something by saying **Alhamdulillah!**
- While it is important to **do your best** to achieve your goals, the final result is always up to Allah SWT. You just need to try your best and you will get rewarded by Allah SWT for **your effort!**



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STAGE 2 & STAGE 3

YEAR 3 – 6

Today's lesson is all about setting GOALS and planning. **So, what is a goal?** A goal is a little bit like a wish. The difference between a goal and a wish, is **hard work and planning**. A plan is to set out small steps that you need to do to achieve a goal. A wish without a plan or hard work is just a wish! But a goal, with hard work and planning, and with Allah SWT's help, is a wish come true!

Allah SWT describes Himself as **The Planner**. He does not do anything random. His creation is all by design and measure. He tells us that everything is according to a plan, to a step-by-step process: ***"Indeed everything that We have created is according to a measure"*** (Quran, 54:49) and ***"Indeed Allah had recorded the measurements of all that he had created 50,000 years before He created the Heavens and the earth"*** (Sahih Muslim). So, even Allah SWT set things out and recorded them before He did them, SubhanAllah! Allah SWT's majestic Plan is perfect. Our plans will not be, but we still need to try to copy the way of Allah SWT. The Prophets would plan (see example story below) and so did all the successful Muslims who followed them.

Goals and plans give us direction and confidence. They help us stay focused and excited about the future and help us do things to the best of our ability and not waste time. We should write down our goals in clear words. You can stick it somewhere you will see every day as a reminder. Then, work on the steps for your plan. Carefully list all tasks, big and small, and if you can, include the time needed and when they need to be done. Always try to remember to say **'inshaa'Allah'** when setting a goal! (Quran 18:23).

What kind of goals should Muslims have? Allah SWT tells us what our purpose in life is: ***"I have not created men/women except that they should serve Me"*** (51:56). So, we must remember that our first goal should be to please Allah SWT. When you make a goal to please Allah SWT, then Allah SWT **rewards your intention and effort**, even if you work hard and aren't able to achieve the goal. Allah SWT has complete power over the results/ whether or not we achieve something - no matter how

awesome our goal-setting is, how detailed our plan is, how hard we work or how confident we feel, **we still might end up failing** and NOT achieve our goals. Muslims can handle this because we know that Allah SWT **tests some of us with failure and others with success** and it is **the clear intention and the effort we put in** towards our goals **that gets rewarded by Allah SWT**. We are just encouraged to **perform everything we do to the very best of our abilities**. This is called 'Ihsan'. Ihsan is **always aiming high** to achieve your full potential.

What are some goals that will make both you and Allah SWT happy?

The first thing you need to do before setting goals for life, is to DREAM BIG because Allah SWT will ask us on the Day of Judgement about how we spent our health, time, money, knowledge, youth and energy. What did we do for Islam, with our unique talents, abilities and skills that He gave us? Did we help others or just ourselves?! Goals about helping others are a great way to please Allah SWT! Some goals could be:

- ✓ to learn Arabic or the whole Quran and teach it to others
- ✓ to do all your daily prayers/Salah from now on.
- ✓ You could plan to improve your marks at school, become a top student and go to university,
- ✓ be more friendly to your peers (you could start by setting a goal to talk to someone new or lonely every week).
- ✓ to help find a cure for cancer, end world poverty, or save the planet (start by planting a tree).
- ✓ be the first Australian Muslim to conquer something,
- ✓ to start a new program at your school that helps your local community
- ✓ to be the most respectful person you can be to your friends/teachers,
- ✓ to write a book and share some important knowledge
- ✓ to be the most improved in your class
- ✓ to make your parents happy by staying out of trouble at school, or completing your homework to the best of your ability...

- ☑ Whatever your goal, make sure they help you to achieve your purpose in life: **pleasing Allah SWT**. Think about your intentions... Why do you want to achieve this goal? "The **reward ... depends on the intentions** and every person will get the reward **according to what they intended**" (Sahih Muslim). Remember, it is not whether you succeed that matters, but the intention behind it and the effort you put in: "**whoever...exerts the effort... effort is ever appreciated (by Allah)**" (Quran 17:19).



Example of the Prophet Muhammad SAW

In the early years of Islam, Prophet Muhammad SAW had an important goal as part of his mission to spread the message of Islam. The Muslims and the Prophet SAW needed to escape the cruelty of the Quraysh leaders in Makkah and travel to the safety to a town called Madina (or Yathrib as it was then known). The Prophet SAW had faith that Allah SWT would protect him, but he knew he needed to put the effort too and so he carefully planned a **secret mission** with his closest companions. Every angle and alternative were thought out and everyone involved understood their role. His plan included:

- Making sure all the Muslims who could travel had set off to Madina months before the Prophet SAW did, so the leaders of Makkah wouldn't suspect anything.
- On the night of the Prophet's secret escape, his cousin Ali RA hid in the Prophet's bed and pretended to be him and while the attackers waited outside for him, the Prophet SAW and his friend Abu Bakr RA carefully snuck out of the city in the darkness!

- They went a secret way, first opposite to the usual way to travel to Madina and they covered their footsteps/tracks so no-one would be able to follow them.
- They planned to hide in a cave named Thawr for three days. Helpers were instructed to bring food and cover the footprints/tracks, so nobody knew the location.
- Allah SWT helped with their plan by allowing a spider to build a web and a bird to build its nest right across the entrance of the cave so that no-one would suspect they were hiding inside!
- Then they took a long and hidden path to Madina so they wouldn't be caught. A secret guide was hired to help them find their way.

And Alhamdulillah, they made it to Madina, safe and sound, guided and supported by Allah SWT! Allah SWT was pleased with this migration, or **Hijrah** – and it became the beginning of the Islamic calendar and a new start for the Muslim community/**ummah**. SubhanAllah, *'they plan and Allah plans. And Allah is the Best of Planners.'* (Quran 8:30).

How to do goal setting with a Muslim Mindset?

- **Have Tawwakul** – have trust in Allah SWT! *"whosoever puts his trust in Allah, then He will suffice him."* (Quran 65:3). If you achieve your goals, it is ONLY because of Allah SWT's mercy and help.
- **Be prepared and work hard** – Say bismillah before you start and remember it is your effort that matters. The Prophet SAW said, **'Tie your camel first, and put your trust in Allah SWT'**! (al-Tirmidhī). Ask Allah SWT for help and put in the hard work as well: **'Man will not get anything unless he works hard'** (Quran 53:39).
- **Make Dua** – remember that Allah SWT knows everything, including whether the goal you have set is good for you. When asking Allah SWT for help to achieve your goal, remember to ask Allah for the goal to be in your benefit and to replace it with a better goal, if it is not.
- **Reflect on your progress** and make changes to your plans if needed. Don't get discouraged if things don't go according to plan, or if there is a roadblock. Understand **Qadr** (Divine destiny), be patient and flexible – know that everything will happen exactly when Allah SWT wants it to happen.
- **Thank Allah SWT if your goal is achieved** – say **Alhamdulillah**, and/or perform **Sujood ash-Shukr** (Prostration of gratitude) if you achieve your goal. (Put your head to the ground in Sujood and thank Allah SWT for the success He gave you).



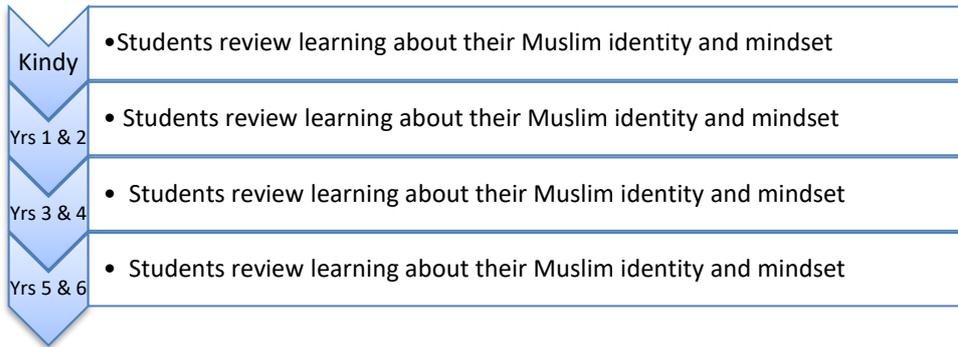
LESSONS LEARNT

- Our **number 1 goal** is behaving in such a way that is pleasing to Allah SWT in everything we do. All other goals need to fit in with this. Use proper manners with Allah SWT - never say you will do or plan something without **saying Inshaa'Allah (if Allah SWT wants it to happen)**.
- Dream big and set goals with the intention for maximum reward/**hasanat**. For example, intend for the highest level of Jannah (Jannat Al-Firdaus). Plan to do much more than just the daily 5 prayers!
- Don't give up or get frustrated if things are taking longer than expected, or if things don't go your way. Allah SWT rewards all the effort put in and Allah SWT is with those **who are patient** (Quran 8:46). Allah SWT is the Best of Planners and will open the right doors at the right times. Put your **trust in Allah SWT** and ask Allah SWT to guide you to the right way to accomplish your goals. Keep making Dua and with help from Allah SWT, you will achieve great things Inshaa'Allah!



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LESSON 7: REVISION



This term we discussed how to strengthen our Muslim mindset! Allah SWT Himself said: *...My servant (us) continues to come closer to Me with voluntary/extra acts of worship so that I shall love him/her. When I love him/her, I am their **hearing** with which they hear, their **seeing** with which they see... Were they to ask [something] of Me, I would surely give it to them...* (Sahih al-Bukhari). This means when we are mindful of Allah SWT in our thoughts, actions, words etc. Allah SWT will allow us to only look, see, touch, do or act in a way that pleases Him! Subhan Allah you will be guided, protected to goodness always as The Prophet SAW said: **“Be Mindful of Allah and Allah will protect you”**.

Identity

We learnt this term that our Muslim Identity comes from our beliefs and is shown in our behaviour...

- Name 1 thing that identifies you as a Muslim from the outside. (name, hijab, kufi hat, actions)
- Name some things that identify us as a Muslim from the inside? (Honesty, truthful, polite, kind, merciful, respectable, humble etc.).
- Why are you proud to be a Muslim? (Follow the rules of Allah SWT, I am a follower of Prophet Muhammad SAW- The greatest man, I am part of the Muslim Ummah/family! 1 billion and counting!)
- OR check out the MUSLIM POEM/ RAP ACTIVITY below!!!

Gratitude

- What does it mean to be Thankful?
- What are some ways we thank Allah SWT?
- What is the name of Allah SWT that means The Thankful?
- Name 3 blessings from Allah SWT (from your body, in your class, the world around you?)

Resilience/patience

- What does it mean to be resilient or patient?
- How do you practice patience?

Empathy

- What is empathy? (kindness, considerate)
- Give an example of empathy from the Prophet SAW (refer lesson for answers).
- How and who have you shown empathy to? (family, friends, pets etc.)

Emotions

- What are the steps we take when we feel angry? (refer lesson)
- What can we say when we feel happy? Sad? Worried? Amazed?

Goal setting

- What is our top goal and purpose in life?
- What goal do you want to achieve over the school holiday break that will please Allah SWT?
- What steps do you need to achieve this?

MUSLIM IDENTITY POEM/ RAP COMP:

Ask for student who think they are good performers/confident speakers and see if they can read out these verses with passion. Or ask students to make up their own poem or song about how proud, happy and blessed they are to be Muslim, or what being Muslim means to them.

Poem:

MUSLIM

Islam is my identity
My love for Allah is for eternity
The Quran will guide me,
It is my light
And just like the Messenger,
I want to shine bright!
He taught us to live life kindly
And to show everyone lots of empathy
And to avoid getting angry
To trust Allah's plans for me
I will do anything just to see
My rewards with Allah finally
Because my ultimate goal in life, you see
Is Jannah, for eternity.

Rap: (Write M – U – S – L – I – M on the board or each letter on a A4 page and point at it/get the students to hold up the letters and have the rest of the class to join in when it is the M – U – S – L – I – M parts)

M-U-S-L-I-M

I'm so blessed to be with them....

M-U-S-L-I-M

I'm so blessed to be with them.....

Say: M-U-S-L-I-M

I'm so blessed to be with them....

Say: M-U-S-L-I-M

One billion strong, all year long

Prayers to Allah, even in Hong Kong

You can never be wrong, if you read the Quran

Cause it's never been changed since day one.

But they don't know the power we had

The power we had, The power we have

So Muslimeen don't you ever feel sad

Take many looks, go read the books

You'll see all the facts, that your friends overlooked

So always be proud, you can say it out loud

I am proud to be down, with the Muslim crowd!

Say: M-U-S-L-I-M

I'm so blessed to be with them

Say: M-U-S-L-I-M

I'm so blessed to be with them.....



Supplementary videos available at ISRE website: <https://www.isre.org.au/2020-term-4-the-muslim-mindset/>

***** Please remember to wish students a lovely and safe holiday break! *Jazakum Allahu Khayrun teachers for your dedication and hard work. May Allah SWT accept your deeds as a Sadaqah Jariyah and grant you endless rewards. Ameen.***