



ISRE | ISLAMIC SPECIAL
RELIGIOUS EDUCATION

TERM 4 – K - 6 Syllabus 2021

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



Supplementary Term Video Links: <https://www.isre.org.au/2021-term-4-the-muslim-mindset/>

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

Office: 2/ 14 French Ave Bankstown NSW 2200 Tel: (02) 9708 0880 Email: info@isre.org.au

ISRE Copyright © 2021 This resource is for not-for-profit educational or personal use only. Any form of commercial use is strictly prohibited.

! 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’s peace be on them - used after the name of other Prophets.
- **RAA-** *RadhiAllahu’anhu / RadhiAllahu’anha*- May Allah be pleased with him/her. (Normally used for companions of the Prophet SAW).

Teachers are kindly reminded:



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



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

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		STORY (optional)	
WHITE BOARD ACTIVITY (optional)		VIDEO LINKS (optional)	



Supplementary Term Video Links: <https://www.isre.org.au/2021-term-4-the-muslim-mindset/>

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

Welcome to Term 4 scripture! We know many people had difficult times this year. The lessons this term looks at the super skills and ways of thinking Muslims have and how these help protect us and get us through tough times.

Who are you? We all 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. But we have more than that. We have an Australian **MUSLIM identity**.

- ☑ We **identify/call** 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 in the Prophet Muhammad SAW. As Muslims, we all belong to **one big community**, called the **Ummah**. This means that together we are one big family, one body, all **followers of the Prophet Muhammad SAW**. Even though Muslims live all over the world, Islam is for everybody. Alhamdulillah we are **blessed to be Muslim and belong to this big Muslim family!!** If we see another Muslim, even though they may be different in many ways, they are the same as us in many ways also. Islam is our religion with good rules to keep us happy and safe. Having a strong **Muslim identity** means we know we belong, we are proud of who we are, we know what we believe, and we show who we are in our **fantastic behaviour and actions!**

The Prophet Muhammad SAW was the **greatest man in history**. Muslims love the Prophet Muhammad SAW. He was the best role-model and teacher, and we try to follow his ways of doing things. He went through so many difficulties to teach us about Islam and what it means to be a Muslim. All the Prophets and their followers went through similar struggles also and their stories help encourage us to be brave and remember who we are and help get us through tough times.

The strong belief of Prophet Ibrahim AS.



Prophet Ibrahim AS was called the **Khalil Allah**, the Friend of Allah SWT. Ibrahim AS lived in a time where people worshipped statues or idols. Ibrahim AS was the only one in his town that believed in Allah SWT! He knew that the idols could not help him. The people of the town tried to bully him into believing their idols/ statues. Ibrahim AS **bravely** refused. He stuck to believing in Allah SWT! The people of the town were so angry they decided to build an enormous fire to put Ibrahim AS in. Just as Ibrahim AS is about to be thrown into the fire, Allah SWT 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 and 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!

The Muslims rushed to free Bilal RA. 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 Bilal ibn Rabah RA – a **HERO of Islam, who never forgot who he was and what he believed in!** Allah SWT honours, protects, and rewards the ones that **protect and honour** their Muslim identity!



LESSONS LEARNT:

- **Islam and being a Muslim is beautiful and the best blessing anyone could have.** We are so proud to be Muslim, to have this amazing gift from Allah SWT. Let's be the best Muslim we can, Inshaa'Allah.
- **Be strong in your 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 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.
- **Obeying Allah SWT will bring us closer to Allah SWT. Allah calls Himself *Al-Wadood***— The Affectionate, The Most-Loving. **Al-Wadood**, 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 us to go to Jannah**. When Allah SWT loves someone, He tells the **Angels** to love them too! 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!

Welcome to Term 4 scripture! We know many people had difficult times this year. The lessons this term looks at the super skills and ways of thinking Muslims have and how this helps protect us and get us through tough times.

Who are you? What is your identity? An “identity” describes **who you are**. We all 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. But we have more than that. We have an Australian **MUSLIM identity**.

- ☑ We **identify/call** 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 in the Prophet Muhammad SAW. As Muslims, we all belong to one big community, called the **Ummah**. This means that together, we are one big family, one body, all **followers of the Prophet Muhammad SAW**. 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). The Prophet SAW taught us that all Muslims, wherever they are in the world, whatever their background, young or old, belong to this Ummah like brothers and sisters and that we should care for each other. *“The example of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever.”* (Ṣaḥīḥ al-Bukhārī 6011, Ṣaḥīḥ Muslim 2586).

Allah SWT gave us the biggest honour, gift and favour with Islam! Alhamdulillah we are **blessed to be Muslim and belong to this big Muslim family!!** Even though each of us is unique and different in many ways, Muslims have many things in common also. Islam, our religion, is a religion of strong values, self-respect, honour, and care for self and for others. Allah SWT told us in the Quran that, *“You are the best nation created [as an example] for mankind. You instruct what is right and prevent/stop what is wrong and believe in Allah SWT...”* (3:110).

Having a strong **Muslim identity** means displaying **behaviour and actions** that **match our belief**. It means we are proud of who we are, we know what we believe, and we show who we are with our fantastic behaviour and actions!

The Prophet Muhammad SAW was the **greatest man in history**. Muslims love the Prophet Muhammad SAW. He was the best role-model and teacher, and we try to follow his ways of doing things. The Prophet SAW advised us to hold tight to our Muslim identity with two things - the **Quran**, and his **teachings**.

He also went through so many difficulties to teach us about Islam and what it means to be a Muslim. In fact, all the Prophets and their followers went through struggles too and their stories help encourage us to be brave and remember who we are and help us get through tough times.



Prophet Ibrahim AS knew what he believed in and who he was:

Prophet Ibrahim AS was called the **Khalil Allah**, the “Friend of Allah” SWT. Ibrahim AS lived in a time where people worshipped statues or idols. Ibrahim AS was the only one in his town that believed in Allah SWT! He knew that the idols could not help him. The people of the town tried to bully him into believing their idols/ statues. Ibrahim AS **bravely** refused. He stuck to believing in Allah SWT! The people of the town were so furious, they decided to build an enormous fire to put Ibrahim AS in! Just as Ibrahim AS was about to be thrown into the fire, Allah SWT 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 and 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 stuck to his belief and trust in Allah SWT and so Allah SWT helped him during his difficult times.



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!

The Muslims rushed to free Bilal RA. 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 RA. 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 Bilal ibn Rabah RA – a **HERO of Islam, who never forgot who he was and what he believed in all his life.** Allah SWT honours, protects, and rewards the ones that **protect and honour** their Muslim identity.



LESSONS LEARNT:

- **Islam and being a Muslim is beautiful and the best blessing anyone could ever have.** We are so proud and blessed to be Muslim, to have this amazing gift from Allah SWT. Remember, the most important part of who you are is a Muslim. Don’t leave this identity at home or remember it just in scripture. Remember who you are, someone who has the most precious gift ever given - ISLAM - and remember this throughout our day, while in the playground, on the sports field, in class and for the rest of our lives.
- **Learn who you are:** We can understand more about who we are by understanding the Quran and learning about our Prophet SAW. The amazing way he lived gives us direction for who we want to be in life too. The more we learn and understand Islam, the more we strengthen our identity and become **confident** to show it in our **behaviour.** We can learn about Islam in so many ways – learning about Allah SWT through the Quran, learning His 99 Names, reading stories about Prophet Muhammad SAW, the other Prophets and our rich history of Muslim heroes, scholars, inventors, scientists and so many other Muslim role-models. Which strong Muslim role models do you know and who encourage you to be a strong Muslim or do things to make this world a better place?
- **Don’t compromise or change your identity.** Although we live in changing times, where things change depending on laws, fashion, trends from social media, Allah SWT has made His rules **so that we can always live peacefully and in the best way.** Allah SWT always wants the best for us. Our Muslim identity helps guide our actions (just like Ibrahim AS and Bilal RA). **Being Muslim gives us**

courage to stand up for what we believe in. Remember, what makes us the best is standing up for what's good and doing right and preventing bad things. Seek Allah SWT's Love and approval - and **not that of people who have forgotten Allah SWT!**

- **Obedying Allah SWT will bring us closer to Allah SWT. Allah calls Himself *Al-Wadood***— The Affectionate, The Most-Loving. **Al-Wadood**, the **source of all love and kindness. Allah SWT loves us more than anyone and wants us to go to Jannah.** 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*. When Allah SWT loves us, He tells the **Angels** (including **Jibril AS**) to love us. Imagine being mentioned in the heavens by Allah SWT and the Angels! Subhan Allah! How wonderful is it to be a Muslim Alhamdulillah!
- **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 things.

EXTENSION Hadith: One day, the Prophet Muhammad (PBUH) was sitting with his companions (Muslim friends). He SAW said “I can't wait 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, let's be from those that the Prophet SAW will **identify as his followers** from the marks of our Wudu and the salah we used to carry out! Subhan Allah!

LESSON 2: The Muslim Mindset - Gratitude, & Optimism

KINDY	<ul style="list-style-type: none"> • Students learn the definition of gratitude and the word Alhumdulillah • 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

Being grateful is the act of showing our thanks. It is one of the most things a Muslim does. **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 to others as well.

Being grateful and thankful helps us show others that we care for them. We can say thank you to other Muslims by saying **Jazakum Allahu Khairun** (“May Allah reward you with goodness!”). It makes us feel really good when we remember all the gifts that Allah SWT has given us! And Allah SWT rewards us with more when we are grateful! Thinking in this positive way is an important part of being a Muslim and helps us get through tough times. Allah SWT gave us so many wonderful things we call blessings - family, friends, a home, food, hands and eyes. To thank Allah SWT, 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!

The first words ever said by a human!



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 SWT answered with “Rahimaka Rabbuka” (Your Lord has Mercy upon you)” (Sahih of Ibn Hibbaan 6165). That’s why we say this too when we sneeze!!! Since these were the first ever words uttered, it shows how important giving thanks to Allah SWT is! And when we thank Allah SWT, He gives us more from His Kindness! Alhamdulillah we are Muslim!!!

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

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

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 for all the good things that 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 your teacher for teaching you and say Jazakum Allahu khairun to your parents for the yummy dinner and for looking after you!

Who else can you thank and how can you do it??? (*Send a thank you card? Make a gift? Give a hug?*)

STAGES 2 & 3

YEARS 3 - 6

A Muslim mindset is always optimistic (positive) and grateful (thankful). Muslims have an attitude of gratitude. Gratitude is the act of showing thanks. Allah SWT is **Ash-Shakoor, the Thankful** and He loves it when we are thankful to Him and when we are thankful to people 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 because it encourages us to 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 tells us that He rewards us with more 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 reminds us in Surah “Ar-Rahman,”** (Chapter 55) to always be grateful. He asks us the same question thirty-one times, “***Which of the favours of your Lord will you deny?***”



Subhan Allah, 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 always benefiting from His creation - the sun, moon, clouds, rain, air, grasslands, animals, plants, rivers, oceans, our bodies, and countless other beautiful blessings!



The Prophet Muhammad SAW taught us how important it is to be grateful also. 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).

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 – and 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?***

Positive thinking:

The Prophet SAW always said Alhamdulillah for everything and was grateful in any situation. Even with all the troubles the Prophet SAW experienced, people often saw a smile on his face. The Prophet SAW 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). This helps us to always remember, there is good in any situation, a silver lining, if we look for it. Allah SWT promised us, **“truly, with every hardship there is ease!”** (Quran 94:6). We will all go through challenges or things we may not like, but 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. Muslims keep **positive thoughts about Allah SWT too** - we remember He loves and cares for us more than anyone else, that He will answer our Dua, 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.**

‘Alhamdulillah’: The first words ever said by a human!

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 SWT 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!!! *Since Alhamdulillah were the first words ever uttered, it shows how important giving thanks is!* And that when we thank Allah SWT, He gives us more from His 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 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, we experienced a huge health crisis; life changed, and Coronavirus was scary, but it also meant we had more time at home to connect with our 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 happier and a good Muslim:** It makes you appreciate Allah and His creations. 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.

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 do 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) and get through the tricky bits in life.

- ☑ 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 showing Sabr or 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. Muslims aim for a **“beautiful patience”** which includes:
- Stopping yourself from doing bad things (having self-control!) and sticking to good things
 - Accepting things Allah SWT has decided
 - Waiting without complaining
 - Never giving up on trying to do your very best.

- ☑ “Beautiful patience” makes you **resilient**. *Resilience is being able to go through a problem and still trying your best and being strong enough to bounce back after a tough time.* It is about getting through a problem and learning from it. These are some of the key super skills Muslims have. Muslims practice patience and resilience over and that's how we get good at it. We practice patience when fasting, while controlling ourselves to sit down and take three gulps when drinking water, while doing our Dhikr and so many other ways.

Who's a super Muslim you know who shows lots of patience and never gives us trying? One of the best stories of resilience and patience is in the Quran - **the story of Prophet Ayoub AS.**

- ☑ Prophet Ayoub AS had many blessings; he was rich, had lots of followers and children, and was happy and healthy. For 70 years, he had everything you could want. But then one day, Ayoub AS became horribly sick. All his body was affected – all except for his heart and his tongue (which he continued to constantly use to praise Allah SWT). Because Ayoub AS was so sick and unwell, no one wanted to be around him - he lost all his friends and followers. He had no-one left beside him, except for his loving wife. But do you think Ayoub AS ever complained? No, never! He accepted what Allah SWT had decided. Ayoub AS said, “I lived seventy years in richness and health, why shouldn't I be patient for seventy more years?!” 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 once again blessed Ayoub everything he had before and even more!

SubhanAllah, now when people try to be patient, they often remember Prophet Ayoub AS, and make Dua to be like him!



LESSONS LEARNT:

- **Muslims try to be patient and have self-control.** What can help you get good at this? (*Read stories about the Prophet's patience practice, look at Muslim role-models who have these super skills, remember Allah SWT loves patient people, keep working at and learning new things, practice ways to stay calm, try different ways to solve a problem, practice self-control by following the Sunnah, fasting, being on-time with Salah/prayer, making yourself sit down and take three sips of water even when extra thirsty...*)
- **Resilient Muslims have clever ways that help them get through tough times.** We:
 - 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.** We accept the things we can't control as part of Allah SWT's Bigger Plan for us.
 - 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. You will find good in any situation if you look closely. Think about Allah SWT's kindness; thank Him and thank others.
 - **Practise patience:** Remember, Sabr helps us have self-control and be resilient, but we need to put effort into it. The Prophet taught us: *When we try to be patient – Allah SWT will help us be patient* (Bukhari & Ahmad).

!!!STOP HERE FOR KINDY & YEAR 1

EXTENTION POINTS FOR YEAR 2: *Some more ways to help us get through a tough time:*

- **Acknowledge feelings:** as 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.
- **Get outdoors:** Allah SWT encourages us in the Quran to get out into the world and explore His creation! This can help get our body and minds ready to solve any problem.
- **Exercise and look after your body:** staying healthy and strong helps us cope better.
- **Read Quran and Pray (Salah):** this helps you feel calm, safe and happy.
- **Tasbih, Dhikr, Istighfar:** these activities remind us of Allah SWT and help us feel calm.
- **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. Allah SWT **doesn't give us anything we can't deal with** (Quran 2:286) and He tells us 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., keeping in touch with family and friends and doing kind things for others – all great ways to get hasanat, help us feel better and get us through a tough time.

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 patiently, 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 things Allah SWT doesn't like - and we do this as best as we can. Some bits in life we might find easy, some bits might be tricky. This is normal. 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: **“...and encourage one another to the truth and encourage patience.”** (Quran103:3).

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).

We can see patience then is a very important skill a Muslim must have!!! But what is patience? Some people think patience is just 'waiting'. In Islam, the idea of patience, or **Sabr**, means so 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. Sabr includes practising **self-control** and Islam trains us to do this in so many ways (e.g., with fasting, making our daily prayers, saying a Dua before entering or leaving, even by following Sunnah practices like stopping and sitting down when drinking, sipping with three gulps. This Sabr of self-control has huge effects on our lives, in this world and the next.

Muslims aim for **“beautiful patience”** (Quran 70:5) which includes:

- Stopping yourself from doing bad things (having self-control!) and sticking to good things
- Waiting without complaining
- Accepting things Allah SWT has decided on (belief in Qadr)
- Never giving up on trying to do your very best.

“Beautiful patience” is part of **resilience**. *Resilience is being able to go through a problem and still trying your best and being strong enough to bounce back after a tough time.* It is about getting through a problem and learning from it. These are some of the key super skills Muslims have. Muslims practice patience and resilience over and that's how we get good at it. We practice patience when fasting, while controlling ourselves to sit down and taking three gulps when drinking water, while doing our Dhikr and so many other ways. The Prophet SAW describes the Muslim as 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 again 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 keep going during tough times. *Who’s a super Muslim you know who shows lots of patience and never gives up trying their best?* 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.**

Prophet Ayoub AS had many blessings; he was a respected, wealthy, had lots of followers and children, and was happy and healthy. For 70 years, he had everything you could want. But then one day, Ayoub AS became horribly sick. All his body was affected – all except for his heart and his tongue (which he continued to constantly use to praise Allah SWT). Because Ayoub AS was so sick and unwell, no one wanted to be around him - he lost all his friends and followers. He had no-one left beside him, except for his loving wife. But do you think Ayoub AS ever complained? No, never! He accepted what Allah SWT had decided. Ayoub AS said, “I lived seventy years in richness and health, why shouldn’t I be patient for seventy more years?!” 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 once again blessed Ayoub everything he had before and even more! SubhanAllah, now when people try to be patient, they often remember Prophet Ayoub AS, and make Dua to be like him!



LESSONS LEARNT:

Patience and self-control are important super skills Muslims aim for. Patience is half of our faith. What can help you get good at this? (*Read stories about the Prophet’s patience practice, look at Muslim role-models who have these super skills, remember Allah SWT loves patient people, keep working at and learning new things, practice ways to stay calm, try different ways to solve a problem, practice self-control by following the Sunnah, fasting, being on-time with Salah/prayer, making yourself sit down and take three sips of water even when extra thirsty...*)

Muslims are resilient. We use clever ways to help us get through tough times. We:

- **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. It may be that we 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*. We accept the things we can’t change or control as part of Allah SWT’s Bigger Plan.
- 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 too if we look for it.
- **Have 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 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 real One who can make things better. We ask Allah SWT for help first and then also from trusted adults/ friends.
- **Read Quran and Pray Salah** - it helps you feel calm, safe and happy.
- **Tasbih, Dhikr, Istighfar**: mindful activities remind you of Allah SWT and help you pass any problem.
- **Exercise and look after our bodies** (like Islam teaches) to help stay strong and cope better.
- **Get outdoors**: Allah SWT encourages us in the Quran to get out into the world and explore His creation! It also helps make our body and minds stronger and calmer.
- **Good deeds, charity and staying connected** - keeping in touch with family and helping others are great ways to get hasnat and to help us feel better and solve problems. 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 helps us have self-control and be resilient, but we need to put effort into developing these skills. The Prophet taught us: *When we try to be patient – Allah SWT will help us be patient* (Bukhari & Ahmad). *Alhamdulillah*, so many Muslim habits can help us to practice self-control and patience.

What can you do/ have you done before to help you bounce back after a tough time, like that young green plant that the Prophet SAW described Muslims as?

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"> • Students 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 can 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 one of the characters 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. Kindness takes empathy further– it’s when you actually **DO** something to show another person that you care for them.

Empathy and kindness are Muslim super skills that help us live good lives, help us get through tough times and are very important part of being a good Muslims because the Prophet SAW said, “**kindness is a sign of faith...**” (Muslim). Not only is kindness and care for others part of our faith but we need to treat them how we would want to be treated, love for them what we love for ourselves. “**None of you truly believe, until you wish for your brother/sister** (Muslims call each other brother/sister) **what you wish for yourself**” (Bukhari & Muslim). And Muslims need to help each other. The Prophet SAW said, “**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 care for each other as if we are all connected and part of the one body.

☑ Why else do we need empathy?

- Empathy helps people like you more – people that don’t have empathy are more selfish and don’t make very nice friends. It also makes us better leaders, problem solvers and thinkers.
- Doing kind things make us happier.
- 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:

Showing empathy and kindness to others is a key part of being Muslim: It is part of our faith and the way (sunnah) of the Prophet SAW. It is something we practice to get better at. 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 your own feelings** (this is also what the Prophet SAW did as we will see next week) **so you can get good at noticing how others might be feeling too.** Practice smiling (the Prophet’s Sunnah and a charity in Islam!) and notice its effect on others? Try giving a gift or asking if someone is OK and see the amazing impact you can have!

Empathy helps us and others get through tough times: It feels great to do caring things for others and encourages others to be caring as well. Remember, the Prophet SAW told us **“there is reward for kindness to any living creature!”** (Sahih al-Bukhari 2466) and that when we give charity to help others, we are also preventing disasters from happening to us (Al-Tirmidhi).

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 are 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 a 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 Muslim super skills and part 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). So, kindness and care for others a key part of our faith. Muslims need to treat others how we would want to be treated, love for them what we love for ourselves: **“None of you truly believes until they wish for their brother/sister (Muslims call each other brother/sister) what they wish for him/ herself”** (Bukhari & Muslim). The Prophet SAW taught us it is not enough to just care, we need show empathy with action: **“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 care for and respond to others as if we are all connected and part of the one body.

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 would like to be around!
- People who have empathy are also better leaders, problem solvers and creative thinkers.
- Empathy makes us happier and helps us get through problems in life. It helps us understand ourselves and others better and we feel great when we do kind things.
- It helps make communities strong and changes the world into a 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, hows 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, his 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). Subhan Allah, the Prophet SAW was kind even to a young child. He 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

Having empathy and kindness is a key part of being Muslim and is important for making a more positive world. **Empathy is something we develop with practice. 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?*
- **Notice and name your own feelings** (this is also what the Prophet SAW did as we will see next week) **as it can help you get better at noticing how others might be feeling too.**
- Remember, when you care 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). When we give charity to help others, we are also preventing disasters from happening to us (Al-Tirmidhi) and when we make Dua for others, the angels make Dua for us! (Ṣaḥīḥ Muslim 2732).

- **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.
- **Practice kindness – "there is reward for kindness to any living creature"** (Sahih al-Bukhari 2466) and kindness is contagious! Give a gift, smile, send salams, say thank you and make Dua for others. Don't forget to also say kind things to yourself!

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 give 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 example, 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. A **Muslim mindset** helps us to accept and **manage our emotions** and **actions** in order to be successful (in both this life and the next) and gain the love of Allah SWT.

Muslims have many effective tools to help manage our everyday emotions 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 we don't want or upset us. However, we can manage our anger so that it doesn't cause problems for us or people around us. If we act inappropriately on our anger, it can lead to lots of trouble.

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**. Try to identify what you are feeling and what your anger is trying to tell you. Think about what you are about to do or say. **Practice deep breathing (as described in Lesson 2)** and also repeat the Dua above, or 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 they can unwrinkle the wrinkles? No, the crunched-up paper, just like harsh words can damage things and leave a mark!

3. Change position and make Wudu

The Prophet 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 these with **awareness** - feel the water trickle down your arm, feel the cool water on your face, grounding yourself back in the here and now. Movement can help release some of the anger building up in our body and calms the mind.

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.** Try pausing and thinking about your 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 SWT, we feel happy all the way **deep in our heart!**
- **Dealing with emotions correctly will help us have a better relationship with Allah SWT and people.** When we allow our emotions to overpower us, we can behave in a way that might be displeasing to Allah SWT or hurt those around us.
- **We need to listen to our body and emotions.** Talk to Allah SWT about what you’re going through and how you’re feeling. Get the help of 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 your anger. Be mindful of what **you are allowing** in your mind!!

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. The Prophet SAW identified and accepted feelings but only reacted in ways that were pleasing to Allah SWT. Once he said, “the eyes shed tears and the heart is sad... but we will only say what is pleasing to our Lord.” (Bukhari 1303). 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 of Allah SWT.

Muslims have many effective tools to help manage our everyday emotions 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 we don't want or upset us. However, we can manage our anger so that we don't cause problems for ourselves or 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. 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 they can unwrinkle the wrinkles? 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/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 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 feel happy all the way **deep in our heart!** This is **real happiness.**
- **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	A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem
Worried/ stressed	Ya hayyo ya Qayyom bi Rahmatika Astagheeth X3
All occasions/emotions	Salawat of the Prophet SAW

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.
Yrs 1 & 2	<ul style="list-style-type: none"> • Student learn that Muslims shouldn’t waste time.
Yrs 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).
Yrs 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 by 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 or aim high. 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 anything and 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!**

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, Subhan Allah! 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 (start by setting a goal to talk to someone new/lonely this 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/ completing all your homework ...

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!

LESSON 7: REVISION

Kindy	• Students review learning about their Muslim identity and mindset
Yrs 1 & 2	• Students review learning about their Muslim identity and mindset
Yrs 3 & 4	• Students review learning about their Muslim identity and mindset
Yrs 5 & 6	• Students review learning about their Muslim identity and mindset

This term we discussed how to strengthen our Muslim mindset! Allah SWT 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...”** (Tirmidhi).

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, action...)
- 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? (Have Allah SWT's love, follower of Prophet Muhammad SAW, the greatest man as my role model, part of a big Ummah/Muslim family! Over 1 billion!)

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.....

***** 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.***