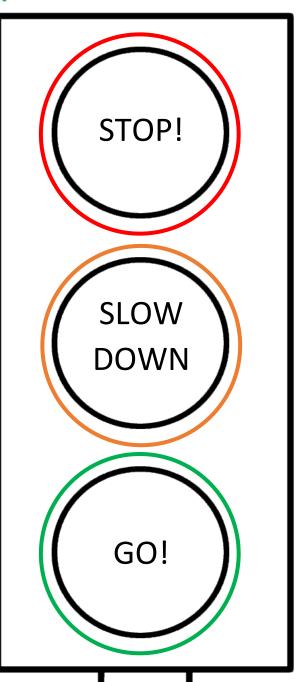
**Teachers:** This is an optional activity sheet to do in class or to hand out to send with students home. You may print as many as you like. Please print in colour if possible.



NAME:

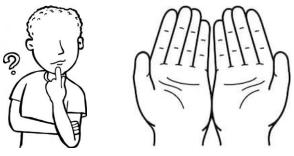


Shhhh



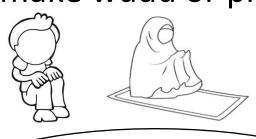
STEPS TO MANAGE MY ANGER

**THINK** – Pause, say Dua and remember Allah SWT.



FEEL – Take a deep breath, try to calm down and keep silent.

ACT – Change your position, make wudu or pray.



"A-oo-thoo Bill laa-hee Mi-nash
Shaytaan-nir-ra-jeem" (I seek refuge with
Allah from the cursed one),"

Prophet Muhammad PBUH said "I guarantee a house in Jannah for the one who GIVES UP ARGUING, even if he is in the right; and I guarantee a home in the middle of Jannah for one who ABANDONS LYING even for the sake of fun; and I guarantee a house in the highest part of Jannah for one who has GOOD MANNERS." (Abu Dawud)