



ISRE | ISLAMIC SPECIAL
RELIGIOUS EDUCATION

TERM 4 – K - 6 Syllabus 2022

The Muslim Mindset

<u>Lesson 1</u>	Sincerity
<u>Lesson 2</u>	Being Humble
<u>Lesson 3</u>	Optimism & Thinking Positively
<u>Lesson 4</u>	Empathy & Kindness
<u>Lesson 5</u>	Managing Emotions
<u>Lesson 6</u>	Resilience and Patience
<u>Lesson 7</u>	Revision



Supplementary Term Video Links: <https://www.isre.org.au/2022-term-4-the-muslim-mindset/>

Important Teacher Notes:

- Please **ABIDE** by the syllabus
- 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 © 2022. This resource is for not-for-profit educational or personal use only. Any form of commercial use is strictly prohibited.

LESSON 1: Sincerity (Ikhlas)

Kindy	<ul style="list-style-type: none"> • Students learn what sincerity and Ikhlas (doing things with excellence and clear intentions) means. • Students learn why they are important qualities for Muslims. • Students learn about an Islamic figure who showed these qualities.
Yrs 1 & 2	<ul style="list-style-type: none"> • Students extend understanding of sincerity and Ikhlas and their importance. • Students learn some ways they practice sincerity and Ikhlas.
Yrs 3 & 4	<ul style="list-style-type: none"> • Students explore ways to practice sincerity and Ikhlas and identify how it would benefit them. • Students learn about an Islamic figure who showed these qualities.
Yrs 5 & 6	<ul style="list-style-type: none"> • Students reflect on a way to practice sincerity and Ikhlas in their everyday lives and the benefits this could have for themselves and others.

EARLY STAGE 1 – STAGE 2

KINDY – YEAR 2

Welcome back to Scripture! This term we will talk about how Muslims use our minds – or our **Muslim Mindset!** A mindset is a set of beliefs, thoughts or ideas that shape how we make sense of the world and yourself. It influences how you think, feel, and behave in any given situation. As Muslims, Islam influences how we think feel and behave.

A Muslim is someone who believes in Allah SWT and follows the rules of Islam. When we follow Allah SWT rules and instructions they should be done with honesty, truthfulness and only for Allah SWT- this is called **sincerity!** (Or **Ikhlas**, in Arabic). (*Ask students to repeat these words*). The first thing we should be as Muslims is **sincere** and honest towards Allah SWT!

We know that Allah SWT is the creator/**Al-Khaliq** who created everything the entire universe! Allah SWT made the sun to shine in the day and the moon to shine at night. Everything in nature worships Allah SWT and obeys His commands. Muslims love Allah SWT and also worship Him too and try our best to love Allah SWT with **sincerity**. If we really love Allah sincerely and do things only for Allah SWT, and everything we do is to please Allah SWT and gain His love and approval!

If we want to be sincere, we need to think about everything we do and decide to only do things Allah loves. Every action we do should be with the aim to please Allah SWT. Muslims think about why we do something – this is called thinking about our **intention**- (can we repeat this). We should make our intention, the reason we do anything, to be pleasing Allah SWT!

Let's think of some examples to understand. **Why do you pray?** Is it because your mum said to OR is it because you love Allah SWT and know He is the only God and you want to make Him happy? Which is the correct reason or intention? **Why do give charity?** Is your aim to show off how much money you have to others or because you want to do kind things that Allah SWT loves? **Why do you say Bismillah before eating and Alhamdulillah after eating?** Is it because we want a reward from our parents? Or because we want to start with Allah's name for everything we do and thank Allah SWT so He can be happy and reward us? When we have the correct intention, Allah SWT loves it and rewards us.

There is a special chapter in Allah book; (called the Quran) that is all about being sincere to the one God- Allah SWT. This chapter/surah is called Surah Ikhlas, which means the Chapter of Sincerity.

Qul huwal laahu ahad	Say, "He is Allah, [who is] One,
Allah hus-samad	Allah—the Sustainer needed by all (Meaning everything relies on Him)

Lam yalid wa lam yoolad	He neither begets nor is born, (He does not give birth or was He created)
Wa lam yakul-lahoo kufuwan ahad	And there is none comparable to Him". (Nothing is like Allah) (112:1-4).

QUICK QUIZ:

- **What is an intention?** *A reason why we do something*
- **What should be the reason we do any actions as Muslims?** *To please Allah SWT*
- **What is sincerity?** *Being honest and truthful in your speech and actions.*

STAGE 2 & STAGE 3

YEARS 3 - 6

A Muslim Mindset!

Welcome Back! This term we will learn about the Muslim mindset, which is about how we should think, feel and act as Muslims. **A mindset is a set of beliefs, thoughts or ideas that influence how we make sense of the world and ourselves.** It is important to learn about how we think and the way our minds work because our thoughts affect our feelings, which then affect our behaviour. So how we think affects how we feel and how we act, and vice versa - if you change any part of this chain it impacts on the other bits (e.g., change the way you think or the way you act, and it can change your emotions). Islam gives Muslims a mindset or ways of thinking that influences how we feel and behave and so that we can live happy lives. This mindset or way of thinking makes us sincere, humble, positive, kind, calm, patient, resilient, Alhamdulillah. (We will discuss more this term inshaAllah!).

A Muslim mind should be sincere

Let us begin with sincerity (**ikhlas**). What does it mean to be sincere? Sincerity means being honest, genuine, truthful, clear and direct in your thoughts, words and actions. In order to be sincere we have to have the **right intention**- the intention is the reason why we do things and who we are doing it for.

So, example if I **intend** to go to school, I make an **intention** the night before and sleep early. Or if I made the **intention** to learn as much as I can at school, then I try to sincerely work hard with my studies and listen as much as I can to my teacher - because I really, sincerely want to learn.

Muslims know what our life goal is – to worship Allah SWT. **ikhlas**, (being true and sincere in our hearts) means we are always trying to keep this purpose. This starts with having the correct aim, goal or intention or **“Niyah”** in Islam. To be sincere, the first thing we need for every deed we carry out is to have the correct Niyah/ intention. Our goal for every act needs to be a sincerely for Allah SWT alone, no one else. Our Shahadah (La illaha illa Lah) means we aim to do everything for Allah SWT alone.

The Prophet SAW told us that **“Actions are judged by their intentions...”**. So, this means that all of our actions are judged and rewarded by Allah SWT according to our INTENTIONS. And so, we must be SINCERE and have IKHLAS that all we do is for Allah SWT.

Your intention begins in your heart. Everything you do must begin and end with a sincere intention to **please Allah SWT**. The Prophet SAW said: **“Allah does not look at your bodies/ your appearance, or wealth, but He looks at your hearts”** (Muslim). Whenever we make the intention for Allah SWT, anything we do can then turn into reward/worship. Let’s discuss some examples:

ACTION	CORRECT INTENTION	WRONG INTENTION	REWARD!
Pray/Salah	I am praying to Allah SWT- because I want to gain	I have to pray so I don’t get in trouble,	Correct intention makes you love what you are doing.

	Allah SWT love, security, protection and be rewarded by Him. Allah Loves it when I pray.	I just want to get it over and done with and rush my salah.	Less reward when intention is incorrect because you will not be sincere/ true when you pray.
Giving Charity	Allah loves it when I give charity, and He will reward me for it.	Showing off, telling people about how much you did.	When you do it for the love of Allah SWT, He will protect you and reward you in this life and the next. However, when you do it to impress people, rewards will be short-lived!
Saying Sorry to someone you hurt.	You are sincere and hope Allah SWT will forgive you to.	You are insincere and just said it because you have to.	Allah SWT knows what is in your heart and he will reward you according to your truthfulness.

Fix the intention/ Niyah and the mindset will be fixed

Remember Intention begins in your heart, say it in heart between you and Allah SWT (you are not required to say out loud). With the correct intention even, your thoughts are rewarded! This means when you intend to do a good deed to please Allah SWT, He will reward you even if you don't get the chance to carry it out. E.g., you may intend to fast the whole of Ramadan sincerely, but you got very sick towards the end and could not, you will still be rewarded for your sincere/true intention!! Subhan Allah look at the kindness/mercy of Allah SWT!

But His mercy doesn't stop there. What if you had a bad intention to carry out a bad deed, and then you decide not to- so Allah SWT will not be upset with you... e.g., you had a test and thought about cheating, then you changed your mind on the day and choose not to. Allah SWT will reward you for changing your bad intention into a good one!!



STORY (Optional): The Three Men Trapped in a Cave (A story of sincerity). (**Teachers please note you may play the link with the story at this point). This story was narrated by the Prophet SAW (Sahih).

One day Three men were on a journey when they were overtaken by a storm and so they hide inside a cave for shelter. A rock slipped down from the mountain and blocked the exit from cave. One of them said: *"The only way for our escape is to ask Allah in the name of some of our sincere deeds."* (So, to be saved by their sincere good actions).

So, the first man said: *"O Lord, my parents were very old, and I used to offer them their nightly drink of milk before my children and the other members of the family... O Allah, if I did this thing seeking **only your pleasure**, then do relieve us of the distress brought upon us by this rock!"* Immediately, the rock moved a little but not enough to let them pass out.

Then the second man said his good deed about leaving the haram for Allah SWT's sake and the rock moved a little more but not enough to let them pass out. Then finally the third man made Dua: *"O Allah, I hired some workers and paid them their money, but one of them left leaving behind his money. I then invested it in a business and the business grew and I bought many, many things. After a while, the worker came back and said: 'O servant of Allah, hand over to me my wages/ money.' I said to him: 'All that you see is yours; camels, cattle, goats...' He said: 'Don't joke with me, O servant of Allah.' I assured him: 'I am not joking.' I told him it was all from his money that I invested. So, he took all of it leaving nothing. O Allah, if I did this seeking **only for your pleasure**, do rescue us of our distress."* The rock then moved away, and all the three came out of the cave safe and sound!

From the story we can see that every time one of the men mentioned his good deed, he mentioned that it was performed with Ikhlas/ sincerely, as a deed as they knew a deed performed without Ikhlas will not be accepted by Allah SWT. We can also learn from story also that any good deed can be rewarded - if we have the correct sincere intention. The Prophet SAW said, **“Allah will reward you for whatever you spend with the intention of gaining Allah’s pleasure...”** (Muslim).



LESSONS LEARNT

- **Awareness of intentions makes you aware of Allah SWT and your purpose in life:** Whatever good deed you are doing – stop and remind yourself you are doing it for Allah SWT only. Being here in scripture right now – let’s stop and make the intention that we are all here because we want to be here for Allah’s love and nothing else. That when we are showing care and respect to each other in scripture or in class – we are doing so because we want Allah SWT’s love. If you are respecting parents, careers, teachers - make your intention to do it so that you are pleasing Allah SWT since He loves it when you show respect. And whenever you are sincere and make Allah SWT your goal, you will find all other good things follow!
- **You can turn all your actions into rewards by adapting a sincere mind!** Turn your everyday tasks into reward. E.g., just by starting with Bismillah when you eat or by saying Alhamdulillah (thanking Allah SWT for His blessings) when you finish, or just by eating healthy because you know Allah SWT loves it! Even the simple act of sleeping can be for Allah SWT – just make the intention that you are resting in order to be able to get stronger and worship Allah SWT the next day! Any little deed with good intentions is better than a mountain of deeds with the wrong intention!
- **The opposite of sincerity is to be fake.** In today’s world there are a lot of fake celebrities with fake profiles that encourage the wrong intentions and actions. Always try to follow the Prophet SAW by having Ikhlas in all your actions. Do not follow the careless, fake celebrities who only intend to do things for money and fame. Insincerity will waste your good deeds.

LESSON 2: Being Humble (Khusho’ and Tawadda)

KINDY	<ul style="list-style-type: none"> • Students learn what being humble and humility mean and that these are important qualities for Muslims.
Yr 1 & 2	<ul style="list-style-type: none"> • Students extend understanding of importance of being humble and that it is the opposite of arrogance.
Yr 3 & 4	<ul style="list-style-type: none"> • Students explore ways to be humble and show modesty • Students learn about an Islamic figure who showed these qualities.
Yr 5 & 6	<ul style="list-style-type: none"> • Students understand the importance of being humble for this world and the next.

EARLY STAGE 1 – STAGE 1

KINDY – YEAR 2

Today boys and girls we will learn about another way of Muslim thinking, feeling and behaviour – humility and humbleness.

What does it mean for a Muslim to be humble or have humility?

Being humble means, we remember that Allah SWT is the Most Powerful. Allah SWT is **Al-Kabeer!** The Great! He created everything and He owns everything as He is **Al-Malik - The King** (Owner of everything). Being humble means that we understand everything belongs to Allah SWT. This is part of

our belief in Allah SWT. We know that we live in Allah SWT’s Kingdom, that He decides what is right and what is wrong, and that Allah SWT is our Master.

The Prophet SAW said: “... Allah has revealed to me that you **must be humble towards one another, so that no one wrongs another or boasts to another.** (Muslim). So, this means that we must treat each other in kind, nice ways and not show off or act too proudly or arrogantly in front of others, and especially not online. All the good we have - including our skills and talents - are from Allah SWT. Being humble also means to listen respectfully to others and try to learn good things from others.

The opposite of being humble is **arrogance**, showing off, being rude and **thinking that you are better than others!**

Ways to Be Humble/Showing Humility:

- **Be amazed by and grateful to Allah SWT** – look around the world and think about how amazing Allah SWT! He is so powerful that He created the universe and all that is in it! Think about all the great things Allah SWT gave you and say Alhamdulillah!
- **Be kind to parents and elders** – they were kind and looked after you when you were little! Allah SWT says about parents: *“And spread the wings of mercy humbly over to them, and say, “My Lord! Have your mercy on them, just as they had mercy on me when I was small”* (17:24).
- **Have a soft kind heart:** This means being kind to others and speaking politely, not yelling or speaking rudely or harshly, even if people say rude things to you.
- **Use manners (Adab):** Say please and thank you and apologise if you make a mistake.
- **Don’t show off** in the way you dress, talk and act.
- **Don’t look down on others or think you’re better than them.**
- **Understand we always have a lot to learn.** Don’t think you know it all! Listen and learn from teachers and others!

STORY: The Prophet Muhammad’s Humility Towards Others:



Even as the leader of the whole Muslim world, the Prophet SAW was still very humble! At home, the Prophet SAW was not too proud to do housework - he would mend his own sandals, repair his clothes, swept the floor and serve his own food (not wait have someone else bring it to him and he never complained about food!). He slept on the floor and barely had any belongings even though he could have had all the luxury in the world! When his daughter Fatima RA came to see him, he SAW would get up and let his daughter sit in his own spot. He would sit at the same level as his companions – not on a throne like most leaders of his time. He even helped with the hard jobs and helped build the Masjid just like everyone else.

OPTIONAL Activity – Describe each scenario and then discuss the proud versus humble response.

Scenario	Showing off response	Humble response
Winning a game.	We are better than those losers!	Alhamdulillah, thank you Allah for letting us play really well today!
Getting high mark in a test.	Look at me...I am so smart!	Alhamdulillah, doing my best like Allah SWT loves has paid off.

Looking in the mirror	I'm more good-looking than any other kid in my class!	Alhamdulillah! Oh Allah, just as You have made my external features beautiful, please make my character beautiful too.
-----------------------	---	--



LESSONS LEARNT

- **Remember being humble means you put Allah SWT first.** You can acknowledge your strengths and talents – but know that these and any achievements come from Allah SWT’s mercy and kindness. It’s OK to feel happy about an accomplishment – just make sure to say ‘**Alhamdulillah**’ and thank Allah SWT and others who have helped!
- **Don’t show off:** There’s a reason Allah doesn’t like those who show off – it makes others feel bad, unhappy, jealous and envious. How do you feel when you get compared to someone who may have more than you or be better at you than something? Allah SWT made us all different and unique, we each have somethings that are good and bad about us. We don’t need to show off the good things to others – we just need to be grateful to Allah SWT for them and learn how to use our special strengths and skills for good.

STAGES 2 & 3

YEARS 3 – 6

Today boys and girls we will learn about another way of Muslim thinking, feeling and behaviour – humility and humbleness.

What does it mean for a Muslim to be humble or have humility?

Being humble means, we remember that Allah SWT is the Most Powerful. Allah is **Al-Kabeer!** The Great! He created everything and He owns everything. He is **Al-Malik - The King and The Owner.** It means that we know that all Power and control belongs to Allah SWT (or in Arabic, ‘**la hawla wala quwwata illa billah!**’). Humility is part of our belief in Allah SWT. The word ‘Muslim’ means to submit in ultimate humbleness to Allah SWT, knowing that we live in His Kingdom, and He decides what is right and what is wrong. It means we know our place in the universe – that Allah SWT is our Master, and we are His slaves. We need Him and He needs nothing.

The Prophet SAW said: “... Allah has revealed to me that you **must be humble towards one another, so that no one wrongs another or boasts to another.** (Muslim), so this means that we don’t think that we are better than others, or show off or act too proudly or arrogantly, since all the good we have, including our looks and talents - are from Allah SWT. Being humble also means we understand others might have different opinions and views from us and that our views might not always be right! We all **have a lot to learn** and no-one knows it all, except Allah!). So, try to listen and learn from others!

Humbleness and humility are important characteristics of Muslims and a key to get into Jannah! There’s great reward for showing humility, “...no one humbles himself for the sake of Allah except that Allah raises his status.” (Muslim) and also, “**Shall I not tell you about the companions of Paradise? They are every humble person...**” (Bukhari). The Prophet warned against the opposite of humbleness – *arrogance*, which “**means rejecting the truth and looking down on people...**” (Muslim) and said, “No one who has the **weight of a seed of arrogance** in his heart will enter Paradise!” (Muslim).

Practical Ways to Be Humble/Show Humility with Allah SWT:

- **Be humble in salaat/prayer** by giving it your full attention: *‘Successful are those...Those who humble themselves in their prayers’* (Quran 23:2). Remember this is your 5 daily meetings with Allah SWT so dress and try your best each prayer. Know that Allah SWT deserves more than even your most perfect prayer and that even if you prayed all day and all night, it still wouldn’t be able to give Allah SWT what He deserves or to thank Him for enough for all He has done.
- **Be shy to do something that Allah SWT does not like** and turn back to Him with sincerity when you mess up. Acknowledge that you are in desperate need Allah SWT’s forgiveness!
- **Accept and trust His Plan.** Understand Allah SWT has infinite wisdom and you have only the little bit He gave you, and that He is Perfect, and you are not. Accept Allah knows what is best for you.
- **Be amazed by and grateful to Allah SWT** – so say Alhamdulillah for everything and try to worship Him as best as you can by doing all the compulsory deeds He asked for and as many of the extra good deeds as you can. Look around the world and be inspired and amazed at His creation!

Practical Ways to Be Humble in your interactions with Others:

- **Be kind to parents and elders** – they looked after you when you were little and now deserve your kindness. Allah SWT says about parents: *“And spread the wings of mercy humbly over to them, and say, “My Lord! Have your mercy on them, just as they had mercy on me when I was small”* (17:24).
- **Have a soft kind heart** (e.g. be kind, gentle and forgiving) **and soft speech** (speak politely, don’t yell or speak rudely or harshly): *“The true servants of the Most Merciful are those who walk upon the earth in humility and calmness, and when the foolish/ignorant address them (with bad words), they say back words of peace.”* (Quran 25:63).
- **Use manners** (Adab): Say please, thank you, excuse me and apologise if you make a mistake.
- **Don’t be too proud to accept good advice** or to check with others if unsure about something.
- **Don’t look down on others or thinking you’re better than others** - Islam teaches us that race, wealth, gender or background doesn’t make us better than others. We don’t know how much Taqwa is in other peoples’ hearts, and no-one has a guarantee what hand they will end up getting their Book in so we can’t judge who is more loved by Allah SWT or not.
- **Don’t show off** or even walking in an arrogant or proud way (like you own the place!). *“And don’t turn your face away from others with pride or walk with arrogance through the earth. Verily, God likes not the arrogant boaster.”* (Quran 31:18). Allah SWT doesn’t like show-offs and neither do most people. When you show off, it makes others feel small, unhappy and jealous and not want to be around you!
- **Have Hayaa** (modesty, dignity, honour, decency) in the way you dress, talk and act, both online and in real life. When you don’t you can develop a bad reputation that you may regret later in life!
- **Don’t think you’re too important** to do hard work, chores or help others – even as the leader of the whole Muslim world, the Prophet SAW was still humble! At home, the Prophet of Allah was not too proud to do housework - he would mend his own sandals, repair his own clothes, swept the floor and served himself food (he didn’t wait have someone else bring it to him and he never complained about food!). He slept on the floor and barely had any belongings even though he could have had all the luxury in the world! When his daughter Fatima RA came to see him, he SAW would get up and let his daughter sit in his own spot. He would always sit at the same level as his companions – not on a throne like most leaders of his time. He even helped with the hard labour of digging dirt out of the trenches and helped build the Masjid just like everyone else.

STORY: The Dangers of NOT Being Humble.



The opposite of being humble is being arrogant, proud and having a hard heart that does not care about Allah or others. Remember the story of when Iblis was very arrogant? Subhan Allah, long, long ago Iblis lived in the heavens amongst the angels. When Allah SWT decided to make Adam AS, the first ever human, and He SWT made Adam AS from dirt or dark clay. Allah SWT gave a special honour to Adam AS and told all the angels and Iblis to bow down to Adam AS. All the angels did what Allah SWT told them to do but Iblis did not. He was too proud! He said, *“how can I bow to something made from mud when I am made from fire?!”* He thought he was better than Adam because of where he came from. Subhan Allah, Iblis’s problem was not that he didn’t believe in Allah SWT – he talked to Allah! His problem was that he let his arrogance, selfishness and pride stop him from being humble to Allah SWT.

This story teaches us to remember to be careful whenever we start to think we are better than others and to not follow in Iblis’s arrogant footsteps. It also is a good story to remind us that being humble does not mean we put ourselves down or forget the strengths that Allah SWT gave us or let others humiliate us – Allah SWT give honour to Adam AS, and to all people Alhamdulillah.

OPTIONAL Activity – Describe each scenario and then discuss the proud versus humble response.

Scenario	Showing off response	Humble response
Winning a game.	We are better than those losers!	Alhamdulillah, thank you Allah for letting us play really well today!
Getting high mark in a test.	Look at me...I am so smart!	Alhamdulillah, doing my best like Allah SWT loves has paid off.
Looking in the mirror	Wow, I’m more beautiful than any other kid in my class!	Alhamdulillah! Oh Allah, just as You have made my external features beautiful, please make my character beautiful too.



LESSONS LEARNT

- **Remember that humility is not weakness or mean putting yourself down.** You can acknowledge your strengths and talents – but know that these and any achievements come from Allah SWT’s mercy and kindness. It’s OK to feel happy about an accomplishment – just make sure to **say ‘Alhamdulillah’** and thank Allah SWT and remember to thank others who may have helped you!
- **Humility is understanding no-one is perfect, except Allah SWT!** Be willing to improve yourself, people need to learn, change and improve in life. Stay humble when you get feedback or kind advice – there may be something useful for you – listen and say thank you. You don’t have to follow through on all advice and have a think about if there is something that might be helpful.
- **Do not fall into Iblis’s trap** and think you’re better than others, like he did. Treat everyone with kindness and put Allah SWT’s commands before your own ego.
- **Don’t use social media to show off your blessings/ achievements.** There’s a reason Allah doesn’t like those who show off – it makes others feel bad, unhappy, jealous and envious. How do you feel when you get compared to someone who may have more than you or be better at you than something? Allah SWT made us all different and unique, we each have somethings that are good and bad about us. We don’t need to show off the good things to others – we just need to be grateful to Allah SWT for them and learn how to use those special strengths and skills for good.

LESSON 3: Optimism and Thinking Positively (Husn al-Dhan)

Kindy	<ul style="list-style-type: none"> • Students learn the definitions of hopeful, positive thinking and how these are important ways Muslims think about Allah SWT (“Husn al-Dhun Billah”) and others. • Students learn that the Prophet SAW was optimistic and learn about an example of him showing “Husn al-Dhun.”
Yr 1 & 2	<ul style="list-style-type: none"> • Students learn that “Husn al-Dhun” strengthens our connection with Allah SWT (Iman) and our trust (Tawakkul) in Him. • Students learn “...thinking well about Allah is a part of excellent worship of Allah (Al-Tirmidhi) and that • “Hoping for good is also an act of worship of Allah” (Al-Tirmidhi).
Yr 3 & 4	<ul style="list-style-type: none"> • Students learn- some of the many ways our Deen helps us stay positive and optimistic. • Students understand that the Prophet SAW linked optimism with good and kind words. • Students learn the importance of avoiding suspicion. • Students learn about an Islamic figure who demonstrated optimism and Husn al-Dhun.
Yr 5 & 6	<ul style="list-style-type: none"> • Students develop their understanding of the importance of hope (“Amal”), optimism and positive thinking (Husn al- Dhun) and ways these benefit their everyday lives. • Students understand how positivity and optimism can impact on others and the world around them.

EARLY STAGE 1 & 2

KINDY- YEAR 2

So, this term we have been learning about the Muslim mindset and today is **about having good or positive thinking about Allah SWT, which helps us to think positive about life, about ourselves and others.** This helps us live with a hopeful and happy mind, and in a positive, confident and an optimistic way. Positive thoughts not only help us to feel happy, peaceful, energetic, safe, hopeful, and optimistic but they also send out positive vibes that can be felt by those around us too!

Husn al-Dhan Billah:

The Prophet SAW said, **“Positive thinking about Allah (Husn al-Dhan Billah) is a form of excellent worship”** (Al-Tirmidhī). This means we should always try to think positive or good, hopeful thoughts about Allah SWT. Allah says, **“I am as My servant thinks I am”**. (Bukhari) and **“If he thinks good of Me, he will have it. If he thinks bad of Me, he will have it.”** (Ibn Hibbān). So, Allah SWT is strongly encouraging us to think of Him in positive ways. Thinking positive is really important because when you think bad things, you will likely get bad things. For example, if you think, *“no I can’t do that”*, well you definitely won’t do it! But if you think, *“I can do it insha’Allah!”*, you will, even if it might take a couple of goes to get it right. When we think good about Allah SWT, we expect and hope for good things to happen. We might think for example:

- ✓ Allah SWT loves me so I will be OK!
- ✓ Allah SWT is the best helper and protector so I can be brave and give this a try!
- ✓ Allah SWT is Kind and always listens, He will accept my Dua in the best way.
- ✓ Allah SWT loves my good deeds, I’m going to keep trying my best!
- ✓ Allah SWT made me skills and talents, I will figure out how to solve this problem

The Prophet SAW said: **“How wonderful the situation of the believer is! Every situation is good for him/her.... If something good happens, they are thankful to Allah, which is good for them. And if something bad happens, they have patience, which is good for him/her.”** (Muslim). So, this means things can always be positive, depending on how we respond. Muslims know there is always something to say Alhamdulillah for! Just being Muslim is the biggest gift anyone could have Alhamdulillah!

STORY: The Prophet SAW’s good expectation of Allah SWT



The Prophet SAW spend many years in Makkah teach the people about Allah SWT, but many people did not want to listen. They tried all sorts of horrible things to get the Prophet SAW to stop talking about Allah SWT and it got so bad in Makkah that the Muslims and the Prophet SAW had to leave their homes to escape the horrible treatment they were receiving. After almost everyone had left, it was time for the Prophet SAW and his friend Abu Bakr RA to escape from Makkah. They to hideout in a small cave because the Makkan's were following them and trying to catch them. As they hid in the small cave, Abu Bakr became frightened for the Prophet because their enemies got very, very close to their cave. In fact, the Makkan's were standing right in front, and they were so near that if they looked down just a little, they would see them and catch them. But the Prophet SAW had good expectations that Allah SWT – and despite the difficult situation, he stayed optimistic and positive that Allah SWT would help them. He whispered to Abu Bakr RA calmly, *“Don't worry, Allah is with us! We're two, but Allah SWT is our third!”* And Allah SWT rewarded the Prophet SAW's good expectation of Allah and saved them by letting their enemies leave without even noticing that they were right there!



LESSONS LEARNT:

- **Positive thoughts about Allah, ourselves and others:** Allah SWT not only wants us to have good thoughts about Him *but about ourselves and others also*. He warns us against thinking negative things: **“O you who have believed, keep away from much negative assumptions (thoughts)...”** (49:12). This means we need to try to think good things about ourselves and others.
- **Allah SWT warns us away from unhealthy, harmful, negative** thinking because it can lead to trouble and hurt us and others. Instead, try to do things to counter, replace or disprove your negative thoughts. Remember, thoughts are just thoughts - you can notice and accept them being there, but you don't have to act on them or give them any of your energy. You can try doing something fun or calming instead like reading Quran, saying Aowzu billahi minnal shaytan al rajeem, being grateful, making Dua or talking to a helpful person.

STAGES 2 & 3

YEARS 3 – 6:

So, this term we have been learning about the mindset of a Muslim and how what we think is connected to how we feel and act. Having positive thoughts or expectations about Allah SWT, or **Husn al-Dhan Billah**, is a crucial part of our Muslim mindset. When we have positive thoughts about Allah SWT it helps us live our life with **Optimism**. Optimism is a positive mindset or way of thinking that helps us stay confident and happy because it means we have a hopeful, positive view or attitude or view on life. Optimists expect things to turn out well or that there is always hope for something good to happen. Optimists look to see the opportunities in challenges and look for positive side of things. Muslim optimism is similar – remember, with hardship comes ease from last term – and the Prophet SAW taught us the situation of a believer is always good, we are patient and thankful Alhamdulillah. However, Muslim optimism sees the origin of all good as coming from Allah SWT, not us.

Examples of how Husn al-Dhan helps you in your everyday life:

So, when we have **Husn al-Dhan Billah**, good thoughts about Allah SWT, it means that we think optimistic, positive thoughts like:

- ✓ *I can do this, and I will Insha'Allah. Allah gave me what I need to figure this out.*
- ✓ *Allah SWT is Al Wadood, the All Loving, He loves me, He is here for me - I am never alone.*
- ✓ *Even if I messed up, Allah is Ar-Rahman, Ar-Raheem and He will forgive me if I sincerely turn back to Him and Insha'Allah, and I will do better next time Insha'Allah.*
- ✓ *Alhamdulillah – even though I lost something special, Allah SWT has given me so much more.*
- ✓ *Allah SWT will certainly answer my Dua and He will do so in the best way for me!*

- ✓ *I don't understand why this has happened, but I know Allah SWT knows what is best for me and I will be OK insha'Allah.*
- ✓ *Even though this is difficult for me, and I don't like this, I can get through this because Allah promised never to give me something I can't handle. Allah will help me get through this Insha'Allah.*

This sort of positive thinking about Allah helps Muslims stay strong, hopeful, and become successful Alhamdulillah. It helps us to confidently deal with things or figure things out. It so beneficial for us that the Prophet SAW said, **“Positive thinking about Allah is a form of excellent worship”** (Al-Tirmidhī 3970, Hasan). Our positive thoughts not only help us to feel happy, peaceful, energetic, safe, hopeful, and optimistic but they also send out positive vibes that can be felt by those around us too! The Prophet SAW taught us how to reframe our thinking so that we can see everything as good: **“How wonderful the situation of the believer is! Indeed, all situations are good for him/her... If something good happens to him, he is grateful to Allah, which is good for him. And if something bad happens to him, he has patience, which is good for him.”** (Muslim) and Allah SWT taught us **“Indeed, with every hardship is ease!”** (Quran 94:5). So, this means we can always think of a positive side to any situation!

Special Times for Husn al-Dhan Billah:

The Prophet SAW taught us that Husn al-Dhan is especially important when:

- **Making Dua for something** – be confident Allah SWT will respond with what is best for you and as long as we are putting in effort too.
- **Asking for forgiveness** – but remember it doesn't mean we do bad things on purpose and expect Allah to be OK with that – sincerity, Ikhlas is connected to our actions.
- **Going through a difficult challenge, in life or with death** – there are times where it may feel like things are really horrible and everything seems to be going wrong... and some of the things we need to get through these tough times are **optimism, hope and Husn al-Dhan**. Our optimism comes from knowing the big picture – these hardships are temporary and there's hope for something much better awaiting us - Allah SWT's love and His everlasting Jannah! But we need to have practiced this sort of thinking during good times to be able to do it in hard times. We will learn about more ways that Muslims get through tough times later this term inshaa'Allah.

Allah says, **“I am as My servant thinks I am”** (Bukhari) and **“If he thinks good of Me, he will have it. If he thinks bad of Me, he will have it.”** (Ibn Hibbān). So, Allah SWT is strongly encouraging us to think of Him in positive ways! This also reminds us that when you think bad things, you will likely get bad things. For example, if you think, *“no I can't do that”*, well you definitely won't do it! But if you think, *“I can do it inshaa'Allah!”*, you will, even if it might take a couple of goes to get it right.

STORY: The Prophet SAW's good expectation of Allah SWT



The Prophet SAW spend many years in Makkah teach the people about Allah SWT but many people did not want to listen. They tried all sorts of horrible things to get the Prophet SAW to stop talking about Allah SWT and it got so bad in Makkah that the Muslims and the Prophet SAW had to leave their homes to escape the horrible treatment they were receiving. After almost everyone had left, it was time for the Prophet SAW and his friend Abu Bakr RA to escape from Makkah. They to hideout in a small cave because the Makkan's were following them and trying to catch them. As they hid in the small cave, Abu Bakr became frightened for the Prophet because their enemies got very, very close to their cave. In fact, the Makkan's were standing right in front, and they were so near that if they looked down just a little, they would see them and catch them. But the Prophet SAW had good expectations that Allah SWT – and despite the difficult situation, he stayed optimistic and positive that Allah SWT would help them. He whispered to Abu Bakr RA calmly, *“Don't worry, Allah is with us! We're two, but Allah SWT is our third!”* And Allah SWT rewarded the Prophet SAW's good expectation of Allah and saved them by letting their enemies leave without even noticing that they were right there!

Positive thoughts about ourselves and other Muslims

Allah SWT wants us to have good thoughts *about ourselves and others also*. He warns against assuming negative things: **“O you who have believed, keep away from much negative assumptions (thoughts). Indeed, some assumptions are wrong...”** (49:12). This teaches us that we need to try to think good things about ourselves and others. Some negative thoughts are normal and can even help us and usually, **Allah SWT doesn't judge us for our thoughts - only our actions**. But He warns us away from unhealthy, harmful, negative thinking because it can hurt us and others. Instead, try noticing your thoughts, and how they may be affecting your life and behaviour. Try to counter, replace or do things to disprove negative thoughts. **Remember, thoughts are just thoughts - you can notice and accept them, but you don't have to act on them or give them any of your energy**. You can also try doing something fun or calming, like reading Quran, saying Aowzu billahi minnal shaytan al rajeem, being grateful, making Dua or talking to a helpful person.



LESSONS LEARNT:

- **Muslim optimism and positive thinking are another Muslim superpower:** Alhamdulillah we are Muslim and have this strength to help us get through life. It is another **proof that Allah SWT** wants to make things easier for us – that He wants us to live positive, happy, successful lives.
- **Husn al-Dhan comes from a proper understanding** of Tawheed (that Allah is One and Only), Allah SWT's beautiful Names and His Quran – we need to learn more about Allah SWT if we want to be able to have good and positive thoughts about Allah SWT.
- **Don't assume bad from yourself: Husn al-Dhan** encourages us to be confident and to think good about ourselves. Allah SWT loves the strong Muslim; He made you special and unique and honoured you – so think and expect good of yourself too! And if you try hard and still don't do well, you can stay optimistic because Allah SWT rewards you for trying hard.
- **Don't assume bad from others either:** Don't assume that person knows that they hurt your feelings or should know what they did was wrong. They may not know, and you might need to explain it to them – you could say *“Hey, I actually felt bad when you made that joke about me, please don't do that again.”* If you have a doubt someone – don't jump to conclusions - **verify information**, check your understanding or make up an excuse for them. Try to empathise with others - perhaps the person who passed by you not replying to your Salam, just didn't hear you. Instead of assuming that a friend is ignoring you, check-in with them, maybe they might be going through something tough and just needed some space. The Prophet SAW: **Beware of suspicion... do not spy on one another; do not look for other's faults; do not be jealous of one another; do not envy one another; do not hate one another; and do not abandon one another... Be brothers!** (Bukhari).
- **Watch your thinking and vibes:** When we are too **negative**, we tend to be grumpier, ungrateful and complain more. Most people usually don't like being around others who send out these negative vibes as it makes *them* feel unhappy too. The opposite is also true - **when you are positive, you usually send out good vibes**, and others want to be around you so they can feel good too. If you're feeling down or thinking negative, try thinking about some positives you have in your life or things you can look forward to. This can help you shine out your positive light into the world and help you make a positive difference for others too Inshaa'Allah!

LESSON 4: Empathy & Kindness (Rahma)

Kindy	<ul style="list-style-type: none"> • Students learn what kindness means and that this is an importance for Muslims. • Students learn examples of the Prophet SAW’s kindness.
Yrs 1 & 2	<ul style="list-style-type: none"> • Students reflect on benefits the benefits of kindness for their lives. • Students learn about an Islamic figure who showed these qualities.
Yrs 3 & 4	<ul style="list-style-type: none"> • Students understand the notion of community and Ummah and that Muslims should care for others.
Yrs 5 & 6	<ul style="list-style-type: none"> • Students understand concepts of empathy and kindness and “Rahmah” ways they can show these in their everyday lives. • Students understand the benefits of these qualities and reflect on ways these can make a positive difference in society, locally and globally.

EARLY STAGE 1 & 2

KINDY- YEAR 2

This week we are learning about, empathy and kindness and “**Rahma.**”

Allah SWT is the **Most Kind, Loving and Compassionate, Ar-Rahman, Ar-Raheem.** These Names are connected to the idea of “**Rahma**” or loving kindness and generosity. Kindness and care for others is a very important part of being a Muslim. Allah SWT is **The Loving, Al Wadud, The Caring, Ar-Ra’uf** and He wants us to be kind, loving and caring too!

To show loving kindness and care towards others we use **empathy**. Empathy is when we try to understand how someone else is feeling, or what they are thinking. For example, you might be watching the movie and actually feel sad when the main character feels sad. Kindness is when we actually **DO** something to show you care for them and can be doing something that is helpful, generous, gentle, friendly and considerate, without expecting anything in return. Kindness is loved by Allah SWT and is so important that the Prophet SAW said: “**kindness is a sign of faith...**” (Muslim) and “**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). So, Muslims need to treat others kindly and nicely, the same way we would want to be treated.

The many benefits to empathy and kindness: Empathy helps people like you more – people that don’t have empathy aren’t very good friends! Not only do others feel better when you are kind, but you feel happier when you do kind things! Kindness is contagious and has a ripple effect, so we get lots and lots of Hasanat for kindness and Allah SWT rewards kindness like nothing else (Bukhari)! Subhan Allah!

We should always try to do kindness whenever possible because the Prophet SAW said: “**You must be gentle (or kind) ... gentleness/kindness is not in anything except that it beautifies it, and it is not removed from anything except that it degrades it.**” (Ahmad).

What about when someone is unkind to us?

We often find it easier to be kind when others have been kind to us – **but what about when someone has been unkind to us? Is it OK to do something unkind back?** Allah SWT tells us over and over in the Quran that even when someone has done something bad, we should try NOT to do same things back to them but try responding with kindness and good instead. Muslims should **not** have the mindset or thinking that “*I’ll only be nice to you if you’re nice to me!*” However - If someone has made you feel unsafe or is trying to harm you - please remember that **being kind to yourself is just as important** so

this means you might need to say: “Stop! I don’t like that!” or move away to keep yourself safe or go find someone who can help you. Allah SWT loves us to be strong, assertive, confident Muslims too!

STORY: Examples of the Prophet Muhammad SAW’s empathy, care and kindness

Allah SWT described the Prophet Muhammad SAW as a “*Rahma*” or loving kindness and mercy for all the world (21:107). He SAW taught us to be especially kind to our mothers, families, and relatives, the elderly, the poor and weak, to neighbours and friends - to everyone, even animals and the planet! Let’s look at some ways the Prophet SAW was kind to children:



Anas ibn Malik RA was a young boy who used to serve the Prophet SAW. Anas RA said, “*I never saw anyone who was more compassionate (kind) towards children than Allah’s Messenger!*” (Muslim). The Prophet SAW showed kindness to all children. He played and joked with them, he would hug them and make Dua for them. Little girls in Medina would even take him by the hand and take him to go sort out whatever problem they had (Bukhari). He would let kids hide in his robe and he would laugh as he gave piggyback rides to lines of children! He would even carry children as he gave the Friday Khutbah or prayed! Anas RA told us: “*I served the Prophet SAW for ten years and he never said to me, “Shame!” or “Why did you not do such and such!”*” (Bukhari). Once, when Anas RA forgot to do what the Prophet SAW had asked him to do, the Prophet SAW just smiled at him and gently reminded him of what he was meant to do! The Prophet SAW was so kind to kids that a boy called Zayd ibn Haritha RA, even chose to live with the Prophet SAW instead of with his own family! If the Prophet heard a baby cry while he was praying, he would shorten his prayer because he knew that the mother would be worried about her baby (Al Bukhari). Subhan Allah, the Prophet Muhammad SAW’s empathy and kindness made people love him and Islam so much!



LESSONS LEARNT:

- **Treat others the way you want to be treated.** Before doing something unkind, think – would you like it if people did that to you? Unkind words hurt others and it can be hard to fix things after you’ve said them!
- **A Muslim should be known for their kindness and care for others.** Try doing small kind things regularly like giving gifts, smiling, saying salam, please and thank you, listening to your teacher, and see the positive ripple effects this creates for yourself and others!
- **Empathy is something we develop with practice.** What are some ways you can practice empathy or kindness every day? (E.g.: *Ask someone if they want to play with you, help a sibling, ask if a friend is OK*).

STAGES 2 & 3

YEARS 3 - 6

This week we are learning about, empathy and kindness and “*Rahma*.”

Do you know how Allah SWT introduces Himself before almost every Surah of the Quran? He tells us He is the **Most Kind, Loving and Compassionate, Ar-Rahman, Ar-Raheem**. These Names are connected to the idea of “*Rahma*” or loving kindness, care and generosity. Kindness and care for others is a very important part of being a Muslim. Allah SWT is **The Loving, Al Wadud, The Caring, Ar-Ra’uf** and He wants us to be kind, loving and caring too!

To show loving kindness and care towards others we use **empathy**. Empathy is when try to understand how someone else is feeling, or what they are 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 makes us want to help others. Kindness is when we actually **DO** something to show another person that you care for them. Kindness can be doing something that is helpful, generous, gentle, friendly and considerate, without expecting anything in return. Kindness is a key Muslim manner and characteristic (Akhlaq).

Kindness is so important as the Prophet SAW said: **“kindness is a sign of faith...”** (Muslim). **“None of you truly believe, until you wish for your brother/sister** (Muslims call each other brother/ sister) **what you wish for yourself”** (Bukhari). So, Muslims need to treat others kindly and nicely, the same way we would want to be treated. 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, we need to help and care for each other as if we are all connected and part of the same body!

The many benefits to empathy and kindness:

- Empathy helps people like you more – people that don’t have empathy are more selfish and aren’t very good friends! And not only do others feel better when you are kind, but you feel happier when you do kind things too! Kindness helps make the world a more positive place!
- Empathy and kindness are Muslim super skills that help us live good lives. Researchers have found that practicing empathy and kindness helps our mental, social, emotional and physical wellbeing and makes us better leaders, problem solvers and thinkers.
- Allah gives us heaps of Hasanat! The Prophet SAW said **“...there is reward for kindness to any living creature!”** (Bukhari) and that Allah SWT **does not reward anything else like it (kindness)”** (Muslim).
- When we do kind things to help others, Allah SWT sends help to us too – e.g.: when you give charity to help others, you are also preventing disasters from happening (Al-Tirmidhi); **“whoever helps to get rid of a worldly distress for someone, then Allah will relieve them of a distress later.”** (Ibn Majah); when we make Dua for others, angels make Dua for us too. Subhan Allah, kindness is contagious and has a ripple effect!

We should always try to do kindness whenever possible because the Prophet SAW said:

- **“Kindness is a mark of faith, and whoever is not kind, has no faith”** (Muslim)
- **“Whoever has no kindness, has no good in them”** (Muslim).
- **“You must be gentle (or kind) ... gentleness/kindness is not in anything except that it beautifies it, and it is not removed from anything except that it degrades it.”** (Ahmad).

What about when someone is unkind to us?

We often find it easier to be kind when others have been kind to us – **but what about when someone has been unkind to us? Is it OK to do something unkind back?** Allah SWT tells us over and over in the Quran, **“... Repel (or repay) evil with good...”** (Quran 13:22) - that even when someone has done something bad, we should try NOT to do same things back to them but try responding with kindness and good instead. Muslims should **not** have the mindset or thinking that **“I’ll only be nice to you if you’re nice to me!”** The Prophet SAW said, **“Do not be people without minds of your own, saying that if others treat you well you will treat them well and that if they do wrong you will do wrong. But (instead) try to make yourselves do good if people do good and not to do wrong if they do evil.”** (Al-

Tirmidhī). The Prophet SAW “...would not repay an evil deed with an evil deed, rather he would pardon and overlook.” (Al-Tirmidhī).

However - If someone has made you feel unsafe or is trying to harm you - please remember that **being kind to yourself is just as important** so this means you will need to stand up for yourself (by saying “Stop! I don’t like that”) or move yourself away to keep yourself safe or go find someone who can help you. Allah SWT loves us to be strong, assertive, confident Muslims too! **Remember, being kind DOES NOT mean we let someone oppress us or make us feel unsafe!**

STORY: Examples of the Prophet Muhammad SAW’s empathy, care and kindness

Allah SWT described the Prophet Muhammad SAW as a “*Rahma*” or loving kindness and mercy for all the world (21:107). He SAW taught us to be especially kind to our mothers, families, and relatives. He said “...the most complete faith is the one who is the best in conduct and is the most kind to his family” (Al-Tirmidhi). He taught us to be kind to the elderly, the poor and weak, to neighbours, friends - to everyone, even animals and the planet! Look at some ways the Prophet SAW was kind to children:



Anas ibn Malik RA was a young boy who used to serve the Prophet SAW. Anas RA said, “*I never saw anyone who was more compassionate (kind) towards children than Allah’s Messenger!*” (Muslim). The Prophet SAW showed kindness to all children. He played and joked with them, he would hug them and make Dua for them. Little girls in Medina would even take him by the hand and take him to go sort out whatever problem they had (Bukhari). He would let kids hide in his robe and he would laugh as he gave piggyback rides to lines of children! He would even carry children as he gave the Friday Khutbah or prayed! Anas RA told us: “*I served the Prophet (peace and blessings of Allah be upon him) for ten years and he never said to me, “Shame!” or “Why did you not do such and such!”*” (Bukhari). Once, when Anas RA forgot to do what the Prophet SAW had asked him to do, the Prophet SAW just smiled at him and gently reminded him of what he was meant to do! Anas RA also had a younger brother called Abu Umayr, and whenever the Prophet SAW used to see he would always show kindness by asking, “*O Abu Umayr, how is your pet bird Nughayr?*” (Al Bukhari). The Prophet SAW was so kind to kids that a boy called Zayd ibn Haritha RA, even chose to live with the Prophet SAW instead of with his own family! The Prophet SAW had empathy – he could understand how others felt - if the Prophet heard a baby cry while he was praying, he would shorten his prayer because he knew that the mother would be worried about her baby (Al Bukhari). Subhan Allah, the Prophet Muhammad SAW’s empathy and kindness and towards others made people love him and Islam so much!



LESSONS LEARNT:

- **Treat others the way you want to be treated.** Before doing something unkind, think – would you like it if people did that to you? A lot of people on social media 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. Be aware that seeing or doing unkind things online and frequently playing or watching violent video games or movies can make you less empathetic over time.
- **Empathy and kindness are key to the Muslim way of being (Akhlaq).** A Muslim should be known for their kindness and care towards others. Try doing small kind things regularly like giving gifts,

smiling, saying salam, please and thank you and see the positive ripple effects this creates for yourself and others!

- **Choose kindness when possible:** If you disagree with someone, instead of saying something rude or unkind - try to understand where they're coming from by asking questions. Once a man came and told the Prophet SAW he wanted to do something very bad. The Prophet SAW listened, he didn't judge or tell the man off. He asked him questions to help the man empathise and understand how his actions could hurt others.
- **Empathy is something we develop with practice.** What are some ways you can practice empathy or kindness every day? E.g.:
 - *Show your parent that you understand how tired they must be and clean your room or offer them a break while you help a sibling.*
 - *Ask a friend if they are OK when you notice they seem upset.*
 - *Notice when someone is on their own at lunch and ask if they would like to play.*
 - *Try to understand your sibling's point of view next time you have a disagreement.*
 - *Show manners and respect to your parent/ teacher/bus driver/coach etc – show gratitude for how hard they work to help you.*
 - *Show kindness by really listening to people by turning your whole body towards the person that is talking and giving full attention like the Prophet SAW used to.*

LESSON 5: The Muslim Mindset - Managing Emotions

Kindy	<ul style="list-style-type: none"> • Students understand that emotions are given to us by Allah SWT and can be used to help us. • Students learn Islam teaches us ways to manage all emotions. • Students learn some Islamic/ Prophetic strategies for managing emotions (i.e. worry and anger).
Yr 1 & 2	<ul style="list-style-type: none"> • Students understand there are appropriate and inappropriate ways to respond to strong emotions. • Students develop understanding of some Islamic/ Prophetic strategies for managing strong emotions.
Yr 3 & 4	<ul style="list-style-type: none"> • Students understand that being mindful of Allah SWT helps us manage our emotions. • Students extend understanding of strategies for managing strong emotions based on the Quran and teachings of the Prophets and learn about an example of an Islamic figure who demonstrated this • Students understand that appropriate/ inappropriate ways of managing their emotions have an impact on their lives and others around them.
Yr 5 & 6	<ul style="list-style-type: none"> • Students extend understanding of the impact of managing emotions and some strategies for managing strong emotions based on the Quran and teachings of the Prophets • Students understand the Prophetic teaching that 'the strong one is not the one who wrestles well, but who is able to control their anger.' (Bukhari).

EARLY STAGE 1 – STAGE 2

KINDY – YEAR 2

Today we are learning how Muslims manage feelings. **Emotions or feelings are things we feel inside ourselves and in our bodies** like happiness, sadness, fear, or anger. Can you show me a happy face? A sad face? An angry face? OK, let's see if you can take a deep slow breath and show me a calm face now... Well done! Remember, when we learnt about kindness? That was about looking after other people's feelings. Today we are talking about looking after our OWN feelings.

Feelings are normal and OK.

There are different emotions, and some are uncomfortable. **Allah SWT gave us feelings and emotions to help us** - even the uncomfortable ones! For example, fear helps to keep you safe. All the Prophets (peace be upon them) felt emotions. A Muslim must know how to take care of their feelings and emotions, because they can affect our thinking and actions. Taking care of our feelings is just as important as taking care of your body with healthy food and exercise. One way of taking care of our feelings could be to stop and have a think about what you are feeling and why (what your feelings might be trying to tell you). If we don't look after feelings or let our feelings take over, it can lead to trouble. For example, if you felt angry, and so you kick someone - that could get you into big trouble!

Muslims have many good ways to help take care of our emotions!

Alhamdulillah, Allah SWT and the Prophet SAW taught us lots of things we can do to manage and take care of our feelings. For example, if we feel worried, Muslims can talk to Allah SWT by making Dua or pray, or recite Quran or do Wudo, or name our feeling like the Prophet SAW did, do a kind deed, go out into nature and do Tasbih, think positively, remember the good things Allah SWT gave us or have some quiet time - and there's lots more the Prophet SAW taught us to do to feel better! And when we do, it helps us calm down and remember that Allah SWT is always there for us and we feel much better.

A strong person is the one who controls their anger:

Anger can be OK but NOT if you use it to hurt someone or wreck things - **Allah SWT loves those who control their anger (3:134)**. The Prophet SAW warned us against acting when we are angry and said: **"A strong person is not the one who wrestles someone down, a strong person is the one who controls themselves when angry."** (Bukhari). So, if we're angry, **we need to STOP and THINK before we act!**

The Prophet SAW taught us things we can do when we get angry – here is one special way:

- ✓ **Ask for protection with Allah SWT** - *One day the Prophet SAW saw two men arguing. 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). *Let's practice saying this together now while we are calm so that it will be easier for us to say if we are angry!*



QUICK QUIZ:

1. **Muslims listen and learn from our body and emotions – and balance feelings with our mind and heart. Who can you talk to about how your feeling?** *Talk to Allah SWT, trusted adults, or friends.*
2. **What are some things Muslims do to feel better when we feel worried or angry?** *Try to calm down by saying "**A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem**", recite Quran, pray, name how we are feeling, do Wudo, if standing, sit down, if sitting lie down, think good thoughts of Allah SWT, think positively, practice gratitude, do a kind deed etc.*

STAGES 2 & 3

YEARS 3 – 6

Today's lesson is on how Muslims manage emotions. **Emotions or feelings are things we feel inside ourselves** and in our bodies like happiness, sadness, fear, or anger. Can you show me a happy face? A sad face? An angry face? OK, let's see if you can take a deep, slow breath and then show me a calm

face now... Well done! Remember last week we learnt about Empathy and Kindness? That was about looking after other people's feelings. Today we are learning about looking after OUR OWN feelings.

Emotions and feelings are normal and OK and have a purpose.

Allah SWT gave us feelings and emotions and they can help us - even the uncomfortable ones! For example, fear helps to keep us safe in emergencies! We must try to notice and manage feelings and emotions, because they can affect our thinking and actions. One way of noticing feelings could be to stop and have a think – what am I feeling now? Why? What are my feelings trying to tell me? We can try to understand emotions, but we **must be careful not to follow feelings blindly** because this can lead to trouble. For e.g., if you kick someone because you feel angry, that could get you into big trouble!

YOU CAN CHOOSE WHAT YOU DO WITH YOUR EMOTIONS.

Please understand that just because you have a feeling, it doesn't mean you need to act on it! Not all feelings are helpful or based on facts. You CAN control the way you **respond to feelings**. Alhamdulillah, Islam teaches us lots of things we can do to help manage feelings - **the key to remember is that we always only respond to feelings in ways that Allah SWT would like because that is what is best for us!**



STORY: Zamilooni, Zamilooni, A Story the Prophet Muhammad SAW's experience of emotions:

The Prophets felt emotions, even the uncomfortable ones. The following story shows us some of the **feelings** experienced (**in bold**) by the Prophet Muhammad SAW and some of the ways he coped or managed (underlined) - e.g., **by praying, moving away to a safe place, having some quiet time to think and connect with Allah SWT and talking about worries with trusted people**. Let's go through the story and see how many feeling words you can notice? (**Students can count emotions noted in the story!)

Muhammad SAW always believed in One God and always **hated** the bad things he saw the people doing in Makkah, even before he became a Prophet. He would go to Cave Hira, to get away from the bad things people were doing and just sit alone and think and pray to Allah SWT as best as he could.

And then one day, Angel Jibril AS just suddenly appeared to Muhammad SAW in the Cave of Hira in the form of a man – the same man he had seen in a dream! Jibril AS commanded Muhammad SAW to "Read!" but Muhammad SAW didn't know how to read or write so **confused**, replied, "I don't know how to read." Angel Jibril grabbed and squeezed the Prophet so hard that the Prophet SAW **felt it was almost unbearable**. Jibril AS let go of him and again told Muhammad SAW to read, who again, for a second time replied, "I don't know how to read." Jibril squeezed him so hard again and all happened again for third time and then Jibril AS commanded, "Read, in the Name of your Lord, Who has created..." (Quran 96.1-5). The Prophet SAW finally repeated the words Jibril AS had said but then **shocked** and **afraid**, ran out of the cave and down the Mountain! About halfway down he heard Jibril's voice booming out and telling him, "Oh Muhammad! You are the Messenger of Allah, and I am Angel Jibril!" The Prophet Muhammad SAW looked and saw Angel Jibril in his huge true self, with 600 wings and as huge as the whole sky! No matter where the Prophet SAW looked, there was angel Jibril AS! The Prophet SAW gazed in **amazement** and when Jibril left, continued to running home. He got home trembling and **confused**. He said to his wife Khadijah RA, who he **loved and trusted** very much, "Cover me! Cover Me!" Zamilooni, Zamilooni! Khadijah RA **lovingly covered his shoulders with a blanket and hugged him**. The Prophet SAW talked to Khadijah about his worries, "O Khadijah! What is wrong with

me? I'm **afraid** that something bad might happen to me." and he told her what had happened in the cave. Khadijah **comforted** him and said, "Don't **worry**, this is good... Allah will never do anything bad to you, by Allah, you keep good relations with your family and relatives, speak the truth, help the poor and disadvantaged, your generous to your guests and help those in need!" (Bukhari). This helped **calm** the Prophet SAW and then later, to help him **feel even more certain**, Khadijah RA and the Prophet SAW went and got advice from a trustworthy, wise old man, one of Khadijah's cousins, who confirmed to them that Muhammad SAW was indeed, the Prophet of Allah SWT!

Subhan Allah, as you can see, the Prophet SAW had emotions and dealt with them in a healthy and appropriate way and got help from someone (Khadijah and her cousin) when needed.

Sunnah of Managing Anger and other uncomfortable emotions.

Anger can be OK but NOT if you use it to hurt someone or wreck things - **Allah SWT loves those who control their anger (3:134)**. The Prophet SAW warned us against acting when we are angry and said: "**A strong person is not the one who wrestles someone down, a strong person is the one who controls himself/herself while in anger.**" (Bukhari). So, if we're angry, **we need to STOP and THINK before we act!** The Prophet SAW also taught us many things that can help when we feel angry (and other uncomfortable feelings) (***)*Teachers can select from the following points*):

1. **Ask for protection with Allah SWT** - One day the Prophet SAW saw two men arguing. 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). Let's practice saying this together now while we are calm so that it will be easier for us to say when we get angry!
2. **Salah and Adhan**. Salah is a gift from Allah SWT to help us stay emotionally healthy. Adhan and prayer helped to calm the Prophet SAW and it can help soothe you too. Both help us shift our focus, five times a day, to what is really important, Allah SWT! And when we connect with and focus on Allah SWT, we feel better. The movements we make in Salah, if done properly and slowly, help calm our bodies, strengthen our mind, and release stress.
3. **Change position or make Wudu**. 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). Movements like these give bodies and minds relief.
4. **Stay calm and silent** – "*If any of you becomes angry, let him/her keep silent*" (Ahmad). Anger can sometimes make us think and say rude or nasty things. This is why the Prophet SAW taught us to stop and stay quiet. Try to just **pause and breathe**. This will help you get calmer and then you can *then* talk about how you are feeling. Let's practice just **sitting silently**, thinking quietly in our head "**A-oo-thoo Bill laa-hee**, "O Allah, please protect me," as you breathe in, and then **Mi-nash Shaytaan-nir-ra-jeem**", "from the cursed" one as you breathe out... take deep, slow breaths... how does that feel? Being silent gives you a chance to stop and think – and to chose to do good!
5. **Be self – aware and aware of Allah SWT**: When you are mindful that Allah SWT is watching you and with you at every moment it helps you manage emotions in ways He loves. Try to notice and understand your emotions. Think about what has helped you feel calm in the past or what things

you could try. Be aware of things that negatively affect your emotions (like **social media, gaming, and music, doing a bad deed** etc).

6. **Take time out to connect with Allah SWT:** There were times when the Prophet SAW would take time out for just him and Allah SWT (Islamic Mindfulness or **Muraqabah**) or when he would seclude himself at the mosque (Atikaf) and even when he would get up alone in the middle of the night to pray (Tahajjud) or worship Allah SWT (Qiyam al-layl).
7. **Practice kindness and forgiveness.** Allah SWT loves those who control their anger and forgive (3:134). Doing kind things (like forgiveness) can help you feel better too! **Doing a good, kind deed** helps to increase happiness and relieve stress.
8. **Talk to Allah SWT** by making **Dua**, every day, anytime, anywhere for whatever you need. The Prophet SAW made Dua every day and night for protection from sadness and anxiety.
9. **Reciting Quran, Dhikr** (word of remembrance), **Azkar** (routine Dua), These things make us give us protection and help us feel more calm and happier!
10. **Go out into nature and do Tasbih** - feeling the warm sunlight, looking around at all the wonderful colours - the green leaves and blue sky – and being amazed by Allah SWT’s creation can help!
11. **Think positive and practice gratitude** – Alhamdulillah for all the good things Allah SWT gave you!
12. **Name how you are feeling**, like the Prophet SAW did. There were times the Prophet SAW cried in front of others and labelled his feelings out loud “... ***the eyes of Allah's Messenger SAW started shedding tears. [they] said, "O Allah's Messenger, even you are crying?!" He said, "....this (crying) is mercy." Then he wept more and said, "The eyes are shedding tears and the heart is very sad, but we will not say except what pleases our Lord... "*** (Al-Bukhari). So, the Prophet SAW taught us that crying is a gift and mercy from Allah SWT and that it’s OK to say how you are feeling. Just naming the emotion, like the Prophet SAW did, can help you feel more in charge of your emotions.
13. **Look after your body – Sleep, eat healthy and exercise.** Not having enough sleep makes you feel grumpy! You need about 9 hours of sleep. Keeping physically active helps you feel happier and more able to deal with feelings. What you eat can affect your emotions - the Prophet SAW also taught us that there are foods that can help us feel better. The Prophet SAW taught us to look after our bodies and that our bodies have a right over us!
14. **Be careful if online.** The things that we watch, listen to or do affect our emotions. Social media affects your emotions and thinking, especially if you’re comparing yourself to others. If you are watching and doing the wrong things online, it can affect your emotions and thinking e.g., playing violent video games may increase your anger.
15. **Just accept the uncomfortable feeling** – it won’t last forever! Avoiding feelings can sometimes make things worse. It’s OK to not be happy all the time. Know that Allah SWT won’t give you any feelings you can’t handle, He tests those He loves and wipes off bad deeds with every distress. Understand that life will not always be rosy and happy – there will be hard times, but they will pass insha’ Allah. Alhamdulillah, the Prophets gave us many tools we can use to get over the hard times!

16. **Speak to someone you trust.** Sometimes feelings can get worse if we bottle them up. Like the Prophet SAW, you can speak to someone trustworthy about how you are feeling.



LESSONS LEARNT:

- **You can choose how you respond to feelings and situations: Ask, would Allah like it if I respond this way?** The Prophet SAW expressed his feelings, he cried, even as a grown up and in front of others. He even told others when he loved them. **But he only ever expressed emotions in ways that are pleasing to Allah SWT.** You might have some feelings inside you, and that’s OK – the important thing is to only express them in ways that Allah SWT says is OK.
- **Be the driver of your life.** Don’t let your feelings take you away from Allah SWT or overpower you. Use your mind to stop, think and then do. Your emotions and feelings aren’t always based on facts or what is best for you and don’t determine who you are. Learning how to react to your feelings in ways that Allah loves, and which are healthy for you and won’t hurt others is doable – it just takes practice!
- **Islam gives us so many opportunities to learn how to regulate emotions and impulses so we can succeed in life** – Muslims train to regulate themselves from a young age – e.g., we control our impulses and regulate our emotions when we fast Ramadan (e.g., controlling your impulse to eat and choosing not to fight by responding with, “I’m fasting, I’m fasting”). We accept happiness and sadness – all emotions are just part of life. Alhamdulillah, we have many coping strategies because Allah SWT loves us and wants ease for us and to help us get through the test of life.

LESSON 6: Resilience and Patience

Kindy	<ul style="list-style-type: none"> • Students learn the meanings of resilience and patience and that these are important qualities for a Muslim.
Yr 1 & 2	<ul style="list-style-type: none"> • Students developing learning of patience and resilience from an Islamic perspective and strategies for developing these qualities. • Students learn about an Islamic figure who showed these qualities.
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 • Students learn that strong, resilient, and patient Muslims can make positive impacts for themselves and those around them.
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 about Tawakul and how this helps Muslims.

EARLY STAGE 1 & STAGE 1

KINDY – YEAR 2

Today we are learning about **Resilience and Patience (Sabr)**. Allah SWT made this life a big test for us to see who will try to do their best. Sometimes tests are easy, and some tests are a bit tricky. To pass the tests Allah SWT gives us, we must do lots of good deeds and not behave badly. Allah SWT tells us in the Quran, we’ll need patience or **Sabr** (3:200) to get through the hard and tricky parts.

So, what is patience? Patience is being able to deal with the hard or tricky parts without being annoyed or angry. Allah SWT is **Al-Haleem**- the Most forbearing/patient. And He loves it when we practice patience too. Some people think patience means just waiting. But in Islam it means much more, it’s about our behaviour while we wait! It includes:

- Stopping ourselves from doing bad things and sticking to good things
- Accepting things Allah SWT has decided

- Waiting without complaining, not getting angry or blaming others
- Trying to do our very best and never giving up.

Patience makes us resilient. **Resilience means we can go through a problem and not breaking or giving up and we are strong enough to bounce back** afterwards. It is about getting through a problem and learning from it. These are some of the **super skills** Muslims have. Muslims practice **patience and resilience** with so many things and that's how we get good at it. We practice patience when:

- Fasting (how tough is it when you start but then with practice and patience it gets easier?)
- Praying (it takes grit and perseverance and strengths to get up for Fajr every day!)
- Helping parents, teachers or others (it's not always easy being nice but we do because Allah SWT loves it!).



STORY: One of the best stories of strength, resilience, and patience is the story of **Billal Ibn Rabah RA.**

Ummayya was a very mean man who treated Muslims very badly and owned slaves. Bilal was one of these slaves but was also a very brave, resilient man. He heard what Prophet Muhammad SAW taught and decided to become Muslim. When Ummayya and his family went to worship idols, Bilal would secretly pray to Allah SWT instead. But, one day Ummayya found out about Bilal's secret prayers and that he had become Muslim. He called Bilal and said, "Bilal, do you worship and bow down to Allah?" Bilal was not afraid and replied, "Yes, I do worship Allah SWT, the only God." Ummayya became very angry. He began to punish Bilal RA to try to stop him from believing in Allah. But Bilal was strong in his belief in Allah and refused to worship idols. He kept repeating "AHAD-AHAD", "One God, One God." Bilal stayed strong and patient and kept reminding himself of Allah SWT, AHAD-AHAD. The Prophet Muhammad SAW found out about what was happening and rushed to free Bilal RA from Ummayya!

Mashaa' Allah, Bilal was resilient – he got through that terrible experience with Ummayya and just got stronger and stronger in his faith! He became one of the most favourite friends of the Prophet SAW. The Prophet SAW loved Bilal RA so much and recognised his strength, skills and talents. He gave Bilal RA the honour of being the first caller for prayer in Islam, the first Mue'azzin, because of Bilal's beautiful, strong voice. The Adhan tells us it is time for prayer or Salah and is called out beautifully, like Bilal RA used to. Subhan Allah! May Allah SWT make us all like Bilal, resilient and patient, standing up for truth, strong in our belief in Allah SWT and in our love for the Prophet SAW! Ameen!



QUICK QUIZ:

- **What is Sabr?** (Patience, waiting, accepting, not giving up).
- **Describe a time you practiced patience?**
- **Why is it good to have Sabr?** (Allah SWT will reward patient, when we keep trying we learn new things, when we don't give up we finish our work and achieve our goals).
- **How can you be braver and more resilient like Bilal RA?**

OPTIONAL Class Activity: (**Teachers please see to activity at the end of Stage 3).

STAGES 2- 3

YEARS 3 - 6

Today we're learning about having a mindset based on resilience and patience, or **Sabr**.

What is patience, resilience and Sabr?

Allah SWT made this life a big test for us to see who is best in good deeds. (67:2). To succeed in any test, we should try to go through it patiently, and do it as best as we can. Some tests are easy, and others may be harder. This is normal and it is ok to struggle but is very important to remind ourselves what Allah SWT has told us; **He rewards those who are patient**. Allah SWT says in the Quran, **“Seek help through patience and prayer. Allah is truly with those who are patient.” (2:153)**. The Prophet SAW said: *“there is no gift that is better... than patience”* (Muslim). So, Sabr or patience 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. Patience is all about self-control, trying our best and perseverance and our mindset and behaviour while we may be waiting. Sabr leads to Resilience. **Resilience** is being able to go through a problem. It can also be learning from a challenge we have gone through. Prophet SAW describes the Muslim as a resilient person. He SAW 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 get right back at it and just like a young plant, we keep growing and reaching upwards for the sunlight (or the good things around us!).

Why is Sabr important for our everyday life:

Sabr allows us able to learn and grow our brains and become better people. If we all gave up when doing hard things, you would never have learnt how to ride a bike or swim and so many other cool things and we would never have all the amazing inventions we now have. If people weren’t patient with each other, we’d have no friends! So Sabr has huge effects on our lives, in this world and the next. Allah SWT loves it when we are strong, resilient and patient and when we practice these, Allah SWT makes us good at it and it becomes easier to do. It is a super-skill Islam teaches us from a young age.

How to practice Sabr

Islam trains us to have Sabr, self-control and resilience in many ways. For example, we show Sabr and patience when we:

- Fast (how tough is it when you start but then with practice and patience it gets easier?)
- Pray 5 times daily (it takes grit and perseverance and strength to get up for Fajr every day!)
- Are mindful to follow the Prophet’s habits even with basic actions (e.g. which foot to start with when dressing).
- Stop ourselves from doing bad things even though we may really want to or stick to saying and doing good things even though they may be hard to do Muslims remember Allah SWT tells us: **“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).
- Persistently try to do our very best at everything (**Ihsan**) and never give up.
- Rely on Allah SWT and **trust in Allah’s SWT plan/ have Tawaqul**).
- Accept things Allah SWT has already decided. If something bad happens Muslims accept it and say **‘Qadarullaahi-wa-ma-shaa-fa-alal’** (Muslim).
- Keep going or wait patiently without complaining, getting angry or blaming others. Muslims remember that the Prophet SAW taught us to thank Allah SWT for the good and be patient with the bad, so there will always be a benefit for us.

- Remember the bigger picture – everyone makes mistakes, and our failures, difficulties and tests are just **opportunity** – to learn, to gain rewards, to get closer to Allah SWT, and get rid of some bad deeds: **No tiredness, disease, sadness, or hurt or distress happens to a Muslim, but that Allah removes some of their bad deeds** even if it is just getting pricked by a thorn! (Bukhari) and that we get elevated higher in Jannah because of it.



STORY: There are many amazing stories of patient and resilient Muslims that can inspire us to keep going during tough times One of the best stories is the story of **Billal Ibn Rabah RA**.

Once there was a man called Ummayya – he was a very mean man who treated Muslims very badly and owned slaves. Bilal was one of the slaves, but he was also a very brave and smart man who heard about what Prophet Muhammad SAW taught and decided to become Muslim, before he even met the Prophet SAW! And so when Ummayya went to worship idols, Bilal would secretly pray to Allah SWT instead. But one day, Ummayya found out about Bilal's secret prayers and that he had become Muslim! He called Bilal and said, “Bilal, do you worship and bow down to Allah?” Bilal was not afraid. He replied, “Yes master, I do worship Allah SWT, the One and Only God.” Ummayya became very angry. He began to horribly punish Bilal RA to try to stop him from believing in Allah. But Bilal was strong in his belief in Allah SWT and he refused to worship idols. He kept repeating “AHAD-AHAD”, meaning “One God, One God.” Despite whatever horrible things Ummayya did, Bilal stayed strong and patient and kept reminding himself of Allah SWT, repeating AHAD-AHAD. Alhamdulillah the Prophet Muhammad SAW found out about what was happening, and he rushed to free Bilal RA from mean Ummayya!

SubhanAllah, Bilal was resilient – he got through that terrible experience with Ummayya and it just made him stronger and stronger in his faith. He became one of the most favourite friends of the Prophet SAW. The Prophet SAW loved Bilal RA so much and recognised his strength, skills and talents. Bilal not only had the strongest of faith (Iman) and love for the Prophet, the strongest and resilient heart and inner-self but he also had one of the strongest and most beautiful voices and so the Prophet SAW gave Bilal RA the honour of being the first caller of prayer in Islam, the first Mue’azzin! The Adhan tells us it is time for prayer or Salah and called out loud and beautifully, just like Bilal RA used to. Subhan Allah! May Allah SWT make us all like Bilal, resilient and patient and strong in ourselves and in our belief in Allah SWT and our love for the Prophet SAW! (Ameen!)



LESSONS LEARNT:

- You are enough.** Allah SWT promised in the Quran that He does not give anyone except what is within their capacity (2:286). Allah SWT is telling us, you **CAN** do this, you **WILL** get through it. You are capable of handling any problem or test that comes your way. Allah SWT gave you what you need to deal with your tests because you were meant to face them. You are guaranteed you have the ability to pass them. Remember you are resilient even if you feel like you are not. Allah SWT put strength, courage, and capacity for personal growth and healing inside you. This does not mean you have to do it all on your own – Allah SWT gave you a voice to reach out for help as part of the tools He equipped you with. He gave you friends and family and a community to reach out to. He taught us to be an Ummah so we can look out for each other. He made others have more wisdom and expertise so we can go to them when we need to learn and grow as part of our test. And He put a cure for every illness so we can seek it.
- Trust Allah SWT and practice patience.** Allah SWT is the one who is in control of every single situation, therefore He asks you to be patient and have TRUST in His plans for you. When you are patient, Allah SWT is on your side; (watching, listening, helping and guiding you)- and this will make

you confident, strong and able to bounce back and get through anything in life - Just like Bilal RA!
Remember, **“With every difficulty there is relief (or ease)” (94:5)** and that being patient will have beautiful outcomes and rewards so don’t give up!

*****OPTIONAL Class Activity** - Teacher will need to bring 2 packs of playing cards/ or about 50 foam cups to class. Divide students into 2 groups. Team A and Team B, or team girls and team boys. Give each group a pack of cards/ or stack of foam cups and ask them to build a pyramid using the cards/ cups. Give them 60 seconds and set the timer. Whoever builds the highest pyramid when the timer ends will be the winning team. This activity uses patience. So, observe the groups and discuss as a class when time is up which group worked well under pressure, who showed patience, and who was able to bounce back and start again when their pyramid collapsed. If you notice a student becoming frustrated, remind them our lesson was on Sabr (patience and resilience) and to keep trying! Have fun!

LESSON 7: REVISION

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

**Teachers, please pick questions to review learning on strengthen our Muslim mindset!

Sincerity: We learnt this term that our actions will be rewarded by Allah SWT by our intentions. Always have the correct intention and do things sincerely/honestly.

- **Name an action that we do with sincerity?** (*Praying, learning, kindness EVERYTHING!*)
- **What part of the body does sincerity start from?** (*Heart! and your thoughts become actions!*)
- **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!*)

Being Humble

- **What does it mean to be Humble?** (*Be soft hearted, gentle, not show off or too proud, or arrogant*)
- **What are some ways we show humility?** (*use manners, remember Allah knows best, be grateful*)
- **Name 3 blessings from Allah SWT?** (*e.g., your body, your family and friends, the world around*)

Optimism and Thinking Positively

- **What is Husn Al-Dhan?** (*Having good expectations and thinking good thoughts about Allah SWT.*)
- **How does optimism and thinking positive of Allah SWT, of yourself and others help you in life?** (*It helps you stay confident, get through difficulties, live happily with others, avoid problems etc.*)

Empathy and Kindness

- **What does it mean to show empathy and kindness?** (*To think of other people’s feelings and be caring, helpful, generous.*)
- **Give an example of empathy from the Prophet SAW** (*E.g. shortened his prayer when he heard a baby cry, noticed how others felt and checked in on them.*)

➤ **What's one way you have shown kindness to others?**

Emotions

- **What things can we do if we feel angry?** (*Seek Allah SWT's protection by saying Aowzi billahi mina-shaytanil rajeem, sit down, lie down, do Wudo, stay silent, forgive etc*).
- **What else can we do to manage uncomfortable emotions?** (*pray, make Dua, read Quran etc*).

Resilience/patience

- **What does Sabr mean?** (*To be resilient or patient, to wait, to accept, to not give up on actively keep trying to do good and keep away from bad*).
- **What is one way you can show Sabr in your life?** (*e.g. be more patient with sibling? Try harder in maths homework? Keep trying to learn to ride a bike? Not give up on trying to be a good*).

MUSLIM IDENTITY POEM:

Ask for student volunteers to read out these verses with passion. (Or students to make up their own poem or song about how proud, happy and blessed they are to be Muslim).

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.
M-U-S-L-I-M - I'm so blessed to be a Muslim

***** 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.**