



## TERM 4: K - 6 Syllabus 2023

	Kindy Syllabus	Years 1 – 6 Syllabus
<b>THEME</b>	<i>I am a Muslim</i>	<i>Guidance from Allah (SWT)</i>
<b>Lesson 1</b>	I Say “La illaha illa lah”	Give Salam
<b>Lesson 2</b>	I Say “Asalam alaykoom”	Show Respect
<b>Lesson 3</b>	I Say “Bismillah” and “Alhamdulillah”	Keep Promises
<b>Lesson 4</b>	I Say “Subhan Allah”	Speak Good
<b>Lesson 5</b>	I Say “In Shaa’ Allah”	Manage Anger
<b>Lesson 6</b>	I Say “Astaghfirallah”	Be Patient and Perseverant
<b>Lesson 7</b>	I Say “Jazakom Allahu Khayrun”	Revision



For Supplementary Term Video Links scan the QR code or go to:

<https://www.isre.org.au/2023-term-4-guidance-from-allah-swt/>



### Important Teacher Notes:

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

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# KINDY SYLLABUS

❗ **\*\*TEACHER NOTE:** If this is the first lesson of scripture lesson this year, please refer to Term 1 Syllabus at <https://www.isre.org.au/wp-content/uploads/2023/02/TERM-1-2023-Syllabus-K-6.pdf> and match it according to each week. If your class is advanced, you can refer Stage 1 (Year 1) content. Please make use of the links and colouring sheets provided.

## LESSON 1: I SAY “LA ILLAHA ILLA LAH”

Bismillah, OK, let's begin ...Welcome back to scripture! It's so wonderful to see you all and be able to learn about Allah SWT and Islam together Alhamdulillah! Are you ready to learn?

### Let's first recall our scripture class rules:

1. *We say “As-Salamu’alaykom,” when we meet.*
2. *We raise a hand and wait for permission when you want to talk.*
3. *We listen and face the teacher when he/she is talking.*
4. *We listen to others when they are talking without interrupting.*
5. *We participate in discussion.*
6. *We respect and look after our workbooks!*

In scripture we learn about Allah SWT. “Allah” is one of the Arabic words for God, and whenever we hear Allah SWT mentioned, we say “**Subhanahu wa Ta'ala**” (may He be glorified) out of respect for Allah SWT. Allah SWT **created everything** around us, the things we can see and those that we can't. He SWT made all the people, animals, plants, rivers, oceans, insects, planets, stars - every natural thing we see in the world!! Muslims are special people who believe that **there is only one God** - Allah SWT.

There is a special sentence Muslims say to explain this:

***La ilaha illa-lah,***

***There is no God but Allah***

***(\*\*Repeat together. You can play a game where you point to 4 students to say each word, e.g.***

***La..(1<sup>st</sup> student) illaha (2<sup>nd</sup> student) ...and so on, until it is complete and repeat game if you wish.***

La illaha illa lah means there is no one we should pray to or believe in except for Allah SWT. Allah SWT is the Creator of everything. Allah SWT has Power over everything. Allah SWT knows about everything. Allah SWT is the Owner of everything. Allah SWT is not like anyone or anything, He is not like anything and nothing is like Him. Allah SWT does not need anything or anyone! We need Allah SWT to protect us, take care of us, love us and guide us to the right things to do.

Saying La illah illa Lah has many rewards, in fact the more you say it the more good points or hasnat you get! It is the key to Jannah! This means we will be allowed to enter Jannah if we say and practice La illah illa Lah!! It is truly a beautiful sentence!

**LESSON LEARNT:** Allah is our god – This means that we only worship/believe in Allah SWT. We do not worship anything or anyone else. We only pray to Allah SWT and when we pray, we only ask Allah SWT for help.

## LESSON 2: I SAY “ASALAMU ALAYKOM”

We all know when we see one another Muslims have a special Islamic greeting - “As Salamu Alaykom!” But have you really thought about why it is so special and why Allah SWT choose this for all Muslims to use as a universal/global greeting?

When you **As Salamu Alaykom** to someone, you are giving them a special hello and saying **may peace/salam be upon you!** What is Salam? Salam is a special type of greeting, and it is also one of Allah SWT names “As Salam - the giver of peace and safety!” So, when you are saying to someone “As Salam Alaykom” you are asking Allah SWT to keep them safe and protected!! You are also telling them you are a person of peace/safety, and NO HARM will come from you either.

We reply with **Wa ‘alaykumu s-salam!** Again, returning the greeting of love and peace to them.

When we use this greeting, Allah SWT gives us lots of **‘hasanat’** – **hasanat** are like rewards, points, or ticks we get recorded for us every time we do a good deed. So, do you know how many hasanat for saying the Salam? 10 hasanat when we say Salam alaykom, whereas if we reply with the full greeting; Salam Alaykom, wa Rahmat Allah wa Barakatu will get us 30 Hasanat!!

**ACTIVITY:** Pick a partner and practice salam and replying.

**LESSONS LEARNT:** Giving Salam is a beautiful, good practice that Allah SWT loves! Let us practice it today when we see our family and friends! Imagine how many hasanat we could make every day!!!

## LESSON 3: I SAY “BISMILLAH” and “ALHAMDULILAH”

There is a special thing we can say whenever we begin doing anything.

Prophet Muhammad SAW used to start things by saying “Bismillah,” which means, “I start this action guided by the name of Allah/ or seeking help through the name of Allah, seeking His blessings.”

So, we should start everything by remembering Allah: “Bismillah” means in the name of Allah! We say Bismillah before eating, drinking water, getting ready (e.g., dressed) or anything special. If you are looking for things, (school clothes, bag etc), pause and say Bismillah! When we stop and remember Allah SWT by saying Bismillah, it helps us to not panic and to be more organised.

- ✓ **REWARD:** When we say Bismillah sincerely, Allah SWT makes our jobs easier and protects us from harm. We become more thoughtful about what we are doing and increases the good in our action(s). Saying Bismillah also gets us lots of Hasanat!

The next special word is “Alhamdulillah,” this is a special word that is used to thank Allah SWT for everything!! We can also use it to praise Allah SWT!!

There are so many things to be grateful and thank Allah SWT for. We should always think of everything that Allah has given us and say ‘Alhamdulillah’.

**Game 1 option:** Let’s play the Alhamdulillah game. Select students to state their name and one thing they are grateful for by answering: ALHAMDULILAH FOR MY..... and so on.

**Game option 2:** Alhamdulillah Simon says version. Replace Simon says with **“Alhamdulillah for my”**: point to random parts for students to point to e.g., Alhamdulillah for my eyes (student point to eyes

with you), Alhamdulillah for my hands, my nose→ I didn't say Alhamdulillah! Start again going faster and engage students with game selecting different body parts.

**LESSON LEARNT:** The most important thing we should be grateful to Allah SWT for is Islam, can we all say *Alhamdulillah I am a Muslim!*

#### **LESSON 4: I SAY "SUBHAN ALLAH"**

Today's special word is "Subhan Allah". "*Subhan Allah*" is a special word that we use to say how amazing, awesome, and perfect Allah SWT is. It is like a big "Wow!" to show our love and amazement of Allah SWT. This special word helps us feel happy and strong. When we say "Subhan Allah" our hearts remember Allah SWT and we feel peaceful.

Did you know that every single creation of Allah SWT says "*Subhan Allah*" in its own special way. All the animals on Earth, in the sea, in the sky, plants, trees, insects etc- all praise how perfect and wonderful Allah SWT is!!!

**LESSON LEARNT:** Let's say "Subhan Allah" and each time we do, Allah SWT will plant a huge tree for us in Paradise!!! (Remember our final home is Jannah! Let's prepare it with beautiful words of Allah SWT!)

#### **LESSON 5: I SAY "IN SHAA' ALLAH"**

Today's exciting words to learn are **In Shaa' Allah** (If Allah wills). Have you ever said something like tomorrow, I will meet you at the park? What if something happens, like it rains, and you can't go to the park? Although you made a plan, Allah SWT knew better about what would happen. This is why Muslims say In Shaa' Allah when we make plans; because only Allah SWT knows if our plans will actually happen.

Who has the power to make things happen? Me or you? No, **only Allah SWT does**. He gives us the ability/power to do things.

**LESSON LEARNT:** Let's all practice saying In Shaa' Allah. I want to say that next week I will come to teach you about Islam, but what should I add to this? Yes, that's right! I have to say **In Shaa' Allah**, I will come again next week! Let's all try our best to remember this every day IN SHAA' ALLAH!

#### **LESSON 6: I SAY "ASTAGHFIRALLAH"**

Every single person makes mistakes but the **best of us are the ones who say sorry** when we make mistakes. One way we do this by saying **Astaghfirullah** (I seek forgiveness from Allah SWT). Allah SWT knows that from time to time we all make mistakes. But Allah SWT loves it when we realise we have done something wrong and try our best to apologise and fix things and stay away from doing wrong actions. Allah SWT says to ask Him for forgiveness all the time and to never give up!

Saying Astaghfirullah is one of the **best** things we can do! Prophet **Muhammad** SAW used to say it **more than one hundred times** every day - and that he was the best of human beings! So, let's try saying it as much as we can every day, inshaa'Allah!

**LESSON LEARNT:** Remember that whenever we say or do something wrong or make a mistake it does not make us bad, it just means that we are human! We should ask for Allah SWT to help make things better with this special word! Let's all practice saying it together – Astaghfirullah!!

Did you also know that by asking Allah SWT to forgive you – you will also get rewarded with hasanat!

## LESSON 7: I SAY “JAZAKOM ALLAHU KHAYRUN”

Our final special words for this term is to learn the beautiful way to thank each other as Muslims. "Jazakom Allahu Khayrun" is like saying "Thank you very much " in a special way. It means that you're really happy and grateful for something someone did for you. It's like giving a big thank you but even better because **Jazakom Allahu Khayrun** is making a Dua to Allah SWT asking Him to give them all sorts of good things in return – and when Allah SWT gives good to someone, it is better than any thanks you can give! So, when you say **Jazakom Allahu Khayrun**, you're telling that person that they did something wonderful, and that you really want Allah SWT to make even better good things happen for them. The way Muslim reply to **Jazakom Allahu Khayrun** is by saying, **Wa 'iyyākum - and to you too!** (in plural). How beautiful a way to be grateful to others and show kindness in return!

Let us practice saying **Jazakom Allahu Khayrun** together.

**LESSON LEARNT:** Muslims should try to always have beautiful manners, character, and behaviour- just like our Prophet Muhammad SAW. We should also practice using our special words to show these manners.

**\*\*TEACHER NOTE:** Please revise all the special words. You can use the questions below:

- What is it we say before we eat?
- What do we say to thank Allah? Or when we finish eating?
- What do we say if we see something amazing?
- What do we say if we make a mistake?
- What do we say to thank people?

**\*\*\*\*\* END KINDY SYLLABUS \*\*\*\*\***

# YEARS 1 - 6 SYLLABUS

## LESSON 1: Give Salam

Bismillah...Welcome back boys and girls to another exciting term of scripture! This term we will be learning all the beautiful manners that Islam teaches us. The first polite practice we will learn is how

Yr 1 & 2	<ul style="list-style-type: none"> <li>•Students are introduced to this command in the Quran.</li> <li>•Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students reflect on ways they can implement this command into their daily life.</li> </ul>

Muslims should greet one another properly and how important it is to do so!

We all know when we see one another we have a special Islamic greeting, **“Assalamu’ alaykom wa rahmatullahi wa barakaatuhu!”** But have you really thought about why it is so special and why Allah SWT choose this for all Muslims to use as a universal or global greeting?

Let us understand each part of it.

1. When you say to someone **Asalamu Alaykom**: You are giving them a special greeting and saying **may peace/salam be upon you!** What is Salam? Salam is a special type of comfort, and it is also one of Allah SWT names **“As Salam - the Giver of Peace and Safety!”** So, when you are saying to someone **“As Salam Alaykom”** you are asking Allah SWT to keep them safe and protected!! You are also telling them you are a person of peace and that **NO HARM** will come from you either.
2. **Wa Rahmatullahi** - meaning, *and the “mercy” of Allah SWT!* Subhan Allah - you are adding the Dua for mercy to your greeting of peace and you remind them of Allah SWT by mentioning His name! Allah SWT is the most merciful and kind and you are praying they get His mercy also.
3. **Wa barakaatuhu** - the blessings of Allah! and now we are hoping for them to receive the blessings/ good things from Allah SWT!

What an amazing greeting! Let’s say it and notice these 3 things again.



When we use this greeting, Allah SWT gives us lots of **‘hasanat’ – hasanat** are like rewards, points or ticks we get recorded for us every time we do a good deed. So, do you know how many hasanat for saying the Salam?

*“... A man passed by the Prophet of Allah SAW (Muhammad SAW) while he was sitting with some others and said “Asalaamu alaykom”. The Prophet SAW said, “He will have ten (10) hasanats.” Another man passed by and said “Asalaamu alaykom wa rahmatulAllah.” The Prophet SAW said, he will have 20 hasanats.” Then another man passed and he said “Assalamu-alaykom wa RahmatulAllaahi wa barakaatuhu.” The Prophet SAW said, he will have **30 hasanats”** (Bukhari). Alhamdulillah, how easy is it to get hasanat from Allah SWT! Just by saying the Salam and greeting others nicely!*

The Prophet SAW also told us to spread the Salam amongst each other with not only Muslims you know but those you do not. *"O people, exchange greetings of peace (i.e., say: As-Salamu 'Alaykom to one another..."* (At- Tirmidhi). Meaning if you recognise someone is a Muslim, then say the Salam because it is a command from Allah SWT! It is also compulsory to reply to any Muslim who greets you with Salam and return the greeting of love and peace. You should reply with at least **"Wa alaykom assalam,"** meaning, **"and may you have peace too!"**



**YEARS 1- 3 LESSONS LEARNT: (Years 4 – 6 continue to Virtues of Salam below).**

- **Spread the Greeting of As-Salam:** We should say As-salamu 'alaykom to all Muslims. Also, when we enter a house, we should say As-salamu 'alaykom even if there is no one in the house.
- **Be a giver of peace:** Do not say anything that may hurt others. Prophet Muhammad SAW said, **"The Muslim is the one from whose tongue and hand the people are safe,"** (Sunan an-Nasa'i). Encourage peace by forgiving the mistakes of others (siblings, friends, cousins etc).

**\*\*\* CONTINUE HERE for YEARS 4 - 6**

**Virtues of Salam**

- ✓ **Did you know this special greeting started in Jannah and will end in Jannah!!** The Prophet SAW said, *"When Allah created Adam AS, He said to him: 'Go and greet that company of angels who are sitting there - and then listen to what they are going to say in reply to your greetings because that will be your greeting and for your offspring. Adam AS said to the angels: 'As-Salamu 'Alaykom (May peace be on you).' They replied: 'As-Salamu 'Alaykom wa Rahmatullah (May peace be upon you and the Mercy of Allah).' Thus, adding in reply to him: 'wa Rahmatullah (and the Mercy of Allah)' to his greeting."* (Al- Bukhari and Muslim).
- ✓ **When we enter Jannah!** As the Believers enter the wide-open doors of Paradise, the Angels will greet them by saying, **"Peace be on you; you have become pure; so, enter it to abide eternally therein!"** (Qur'an 39:73). The Angels will welcome the Believers – congratulating them on their hard work and perseverance, **"Peace be on you for what you patiently endured! And excellent is the final home."** (Qur'an 13:24).
- ✓ Did you know, Allah SWT out of His Love and kindness will also greet the believers in Paradise! **Imagine the honour of receiving the greeting of "Peace", from Allah SWT, "a word from a Merciful Lord."** (Qur'an, 36:57). Allah SWT is the source of all peace and once we are given that we will be eternally safe inshaa' Allah!
- ✓ **Person who greets first is better** The Prophet SAW was the first one who would greet others. Abu Umamah reported: The Messenger of Allah SAW said, *"Verily, the best people to Allah are those who are first to greet with peace."* (Sahih). The Prophet SAW used to turn his face, body, and his speech directly towards the one he was talking to. We too need to give our full attention when greeting/speaking to anyone. Do not give your back or look away, look up (from devices) and give the greeting respectfully.
- ✓ **Shake off sins!** The Prophet SAW said, *"Two Muslims will not meet and shake hands without having their sins forgiven (by Allah) before they depart."* (Abu Dawud).
- ✓ **Enter your homes with Salam.** The Prophet SAW said, *"Dear son, when you enter your house, say As- Salamu 'Alaykom to your family, for it will be a blessing both to you and to your family."* (At-Tirmidhi).

- ✓ **Spread Salam to love one another.** The Prophet SAW said “.... Shall I inform you of something which, if you do, you will love one another? **Spread greetings amongst yourselves.** (Muslim).
- ✓ The Prophet SAW said, "Do not belittle any good deed, even your meeting with your brother (a Muslim) with a cheerful face." (Muslim). Subhan Allah!!! saying Salam will make us love each other and **purifies our hearts**. Surely, a pure heart becomes worthy of Allah SWT’s peace and safety.



### LESSONS LEARNT:

- **Make Salam a habit!** Salam, should be said when you are entering or leaving your home, when you meet your parent, when you walk into a room, when you meet someone, you know (or even to a Muslim you do not know!), when you have visitors or join a group of people, when you call our friend on the phone (instead of saying ‘hi!’) Subhan Allah, all these opportunities to wish others well and have others wish us well! And did you know, that when we say ‘Salams’ and send peace to each other we are also sending Salams and peace to the Angels around us!
- **Be a source of As-Salam:** When I say Salam to you, it implies that Insha’ Allah, **you are safe from me**. So, by saying Salam, we as **Muslims act with the name** and make sure **to be a source of As-Salam for others**. Prophet Muhammad SAW said, **“The Muslim is the one from whose tongue and hand the people are safe,”** (An-Nasa’i). Don’t say or write anything, face-to-face or online, that can hurt or cause distress to others. Don’t tease anyone for being short or having difficulty speaking. Moreover, forgive the mistakes of others such as siblings, friends, cousins, neighbours, etc. Prophet Muhammad SAW said, **“Forgive others and Allah will forgive you”** (Ahmad).
- Muslims have been blessed with a special greeting of Assalamu alaykom. Salam is safety and protection from harm and from faults, now and always. We copy our Prophet Muhammad SAW with this special greeting as it strengthens our love and brotherhood and helps develop good character and behaviour!

## LESSON 2: Show Respect

Yr 1 & 2	<ul style="list-style-type: none"> <li>• Students are introduced to this command in the Quran.</li> <li>• Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students reflect on ways they can implement this command into their daily life.</li> </ul>

### ALL STAGES

### YEARS 1 - 6

Today we will learn about showing respect. Showing respect means that we treat other people nicely and with kindness. When we are respectful, we act and speak in a way that is nice to the people around us. It includes saying “please” when we ask someone to do something for us, and “thank you” after someone has helped us. In Islam, it is really important that we show our parents and families respect, and treat them with kindness, love and warmth. In the Qur’an, Allah SWT says:



*Your Lord has decreed that you should worship none but Him, and that you should show kindness to your parents. Whether one or both of them reach old age with you, do not say “Uff!” to them out of irritation, and do not be harsh with them but speak to them with gentleness and generosity. (17:23).*

We receive a lot of rewards and Allah loves when we are good to our parents. Our parents look after us, care for us when we are sick, feed us when we are hungry, and teach us manners. They have taken care of us since we were babies, so the least we can do is show them respect and be nice to them.

### **DISCUSSION ACTIVITY:**

#### ***What are some things we can do to show respect to our parents?***

- Speaking to them with nice words, like saying “please” and “thank you”.
- Making sure we don’t raise our voice or yell, even when we’re angry.
- Helping them, when they ask us to do something.
- There is also a beautiful dua that we can say for our parents. This is the Dua of Prophet Ibrahim AS and is in the Quran (14:41): *Rabbanaghfirli waliwalidayya wa lilmu’mineena yawma yaquumul hisaab - Our Lord, forgive me and my parents and the believers on the Day the Reckoning takes place.* (\*\*Practise saying this with the students in English and in Arabic).

#### ***What can happen when we are disrespectful to the people around us?***

- We could hurt people’s feelings and cause them to feel upset.
- If we don’t treat people nicely, they may be disrespectful back to us.
- People who feel disrespected may not want to spend time with us or play with us.
- We might get into trouble with a parent or teacher.

It’s really important that we show respect to all people around - our siblings, neighbours, friends, classmates and teachers. Allah made us all to be different to each other - we have different hair, different eyes, different skin and different heights. Allah SWT made these differences to help us get to know each other and He honoured us all. We should never tease anyone about their differences because Allah SWT made and dignified us all and we do not have a right to take that honour Allah SWT gave away from anyone.

The Prophet Muhammad SAW was the most perfect human and we should always try to be like him, by copying the way he acted. The Prophet Muhammad SAW showed people love, compassion and mercy and spoke to people with kindness. The Prophet SAW was easy going and caring and made people feel comfortable around him and we should try to do the same.

The Prophet SAW treated people really well and Allah loves for us to do the same. People who spent time with the Prophet Muhammad SAW spoke about his good character. Anas RA said: *“I served the Messenger of Allah, may Allah bless him and grant him peace for ten years and he never said ‘Uff!’ to me. He did not say about anything I had done, ‘Why did you do it?’ or about anything I had not done, ‘Why didn’t you do it?’”* (Al-Bukhari).

Can you imagine how much respect the Prophet SAW showed Anas RA? A’isha said, *“There was no-one with a better character than the Messenger of Allah, may Allah bless him and grant him peace. Whenever any of his Companions or his household called him, he would reply, ‘At your service!’”* (Al-Bayhaqi, Dalā’il al-Nubuwwah 119).

Last but not least, Allah SWT created everything around us, including the trees, the sky, the rivers and the flowers and since these beautiful things are created by Allah SWT, and so we should show respect by looking after them too. One way to do this is to put our rubbish in the bin rather than throwing it on the ground. When we all look after the nature around us, it stays healthy and beautiful for longer.

**DISCUSSION ACTIVITY:** Think about the amazing things people said about the Prophet Muhammad SAW - if your family and friends were asked to describe the way you treat them, what do you think they would say? Would they consider you to be kind and respectful, or would they mention things that you might like to improve on?



**LESSONS LEARNT:**

- **Allah loves when we are respectful.** Allah SWT wants us to show beautiful character when we are around other people, like how the Prophet Muhammad SAW showed beautiful character with the people around him by being kind, merciful and compassionate. For example, the Prophet SAW gave his undivided attention when speaking to someone, he faced them, shook their hand, looked at them and was the last to withdraw his hand when giving salam – he made people feel cared for and listened to and like they were the most important person in the world.
- **Allah rewards us for being respectful.** We should treat other people the way we want to be treated. If we want to be treated nicely by other people, we should treat them with respect. Being respectful means we speak and act in a way that is kind and good to other people.
- **Showing respect to people improves our relationships.** Showing respect makes our relationships with other people better and much more peaceful.
- **Respecting the environment is important as well.** We can also show respect to the natural environment around us by taking care of it. Doing this is also a way to show gratitude to Allah for creating beautiful things for us, like green grass, trees, flowers and a clear blue sky.

**LESSON 3: Keep Promises, Don't Lie.**

Yr 1 & 2	<ul style="list-style-type: none"> <li>• Students are introduced to this command in the Quran.</li> <li>• Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students reflect on ways they can implement this command into their daily life.</li> </ul>

**Keeping promises** is a super important part of being a good Muslim. A promise is when a person intends to do something. We make all kinds of promises, big and small, just about every day; “I’ll finish it tomorrow” or “I won’t do this again” are all examples of promises. In the Quran, **Allah SWT does not like those who break their promises or tell lie.** So, when we make a promise, we should always try to:

- say “**Insha Allah**” which means we ask Allah SWT to help us keep our promise.
- make sure **we keep the promise** because breaking a promise is bad manners and like lying; we said we would do something, but we don’t do it can also hurt people’s feelings.



**OPTIONAL CLASSROOM ACTIVITY: (\*\*You will need a paper and sticky-tape for this demonstration.)**

Ask students to think about a recent promise they've made. Write a promise on an A4 paper in the middle. Then say: When we break our promise, it feels like this! [Tear the paper with the promise down the middle]. *Would you trust someone who treated the promise like this?* No! But if the person changes and earns your trust, then slowly the tear can heal and be like before. [Place sticky tape on the tear and join the pieces back together].

### **Allah SWT loves those who always tell the truth and never lie!**

**Lying** is the opposite of truth - like "If I said the sky was green, would that be the truth or a lie?" In the Qur'an, **Allah SWT clearly tells us not to lie** many times. When we speak the truth, it means we are being honest and not hiding the truth from anyone which is the wrong thing to do. Our Prophet SAW was so honest that people gave him a special title '**As-Saadiq Al-Ameen, the truthful and trustworthy one!**' because they liked & respected his honest character and that he never lied and always kept his promises.

We need to be strong and brave to always speak the truth as this will please Allah SWT and gain us lots of hasanat/rewards inshaAllah. Here is a story that shows us the importance of **keeping promises and truth telling**.



#### **STORY: The Young Boy and the Robbers**

Many years ago, a young boy left his home on a journey to a faraway country to learn more about Islam. When he was leaving his mother gave him some gold coins and stitched them inside his jacket. On the way, robbers attacked the caravan in which he was travelling. They took all the money and valuables that the travellers had, but they couldn't find anything on the young boy.

The robbers angrily asked him 'Hey boy, do you have anything of value?' The young boy replied back 'Yes, I have gold coins stitched inside my jacket'. At first the robbers did not believe him and began to search but when they found the money they asked, 'Why did you tell us the truth even though you knew we would take your money?' The young boy calmly answered, 'I promised my mother that I would always speak the truth.' The robbers were amazed at the truthfulness of the young boy and started to feel so ashamed of themselves. They decided to return the money to him and the travellers. Later the young boy became a famous scholar/ great teacher and Sheikh, respected for his knowledge and goodness.



#### **LESSONS LEARNT**

- **Keeping promises and telling the truth makes you a good Muslim.** It's simple, Allah SWT loves those who always tell the truth, do not make false promises and never lie.
- **Always think well before you make a promise!** Keeping promises means you can trust that person will not break the promise and cause any harm. Sometimes you are unable to keep a promise like, if you promised to visit a friend but we're unable to get there. So, in this case you will need to apologise and truthfully explain why you could not keep the promise. This is why it is important to think well and plan before making a promise.
- **Trust is important in families, friends and school.** Telling lies and keeping false promises will make people not trust you but keeping promises and always truth telling will builds trust and you have a strong and happy relationship with everyone.

**STAGE 2**

**YEARS 3 - 6**

In this lesson we will continue to learn about how we can be better Muslims by discussing the importance of keeping promises and not lying! Let's start by looking at the definitions of promise keeping and truth telling.

**Promises** are a statement, oath or agreement that something will, definitely, for sure happen. A promise can be made verbally (by saying it), or it can be written down. We make all kinds of promises, big and small, just about every day; "I'll be there in five minutes" ... "I'll finish it tomorrow" ... "I won't do this again" ... "I'll meet you later" are all examples of promises. Keeping promises means you can trust that person will not break the promise and cause any harm; it is an important part of building a strong and happy bond. What does the Quran say about Promises:

Qur'an	Effect on Character
<i>"Absolutely! Those who honour their trusts ...surely Allah loves those who are mindful of Him." (Qur'an 3:76)</i>	<b>Allah SWT loves those who fulfil their promise;</b> clearly stating to be <b>honest and careful</b> when making promises so that you are able to fulfil the promise with someone.
<i>"...and fulfill (your obligations to) My Covenant (with you) so that I fulfill (My Obligations to) your covenant (with Me)." (Qur'an 2:40)</i>	<b>Allah SWT is telling us it is very important that we do not break a promise.</b> Fulfilling your promises is a means of gaining Allah SWT reward.



**OPTIONAL CLASSROOM ACTIVITY: (\*\*You will need a paper and sticky-tape for this demonstration.)**

Ask students to think about a recent promise they've made. Write a promise on an A4 paper in the middle. Then say: When we break our promise, it feels like this! [Tear the paper with the promise written on it down the middle]. *Would you trust someone who treated a promise like this?* No! But if the person changes and earns your trust, then slowly the tear can heal and be like before. (Place sticky tape on the tear and join the pieces back together].

**Lying** is the complete opposite of truth. So, anything that is said or written untrue, made-up and deliberately intended to mislead another person is a lie whether it be a white, small or big lie. For example, from an obvious lie is 'I am the tallest person in the world' to even a white lie that you had a stomach ache and could not finish your homework are forms of lying. **Allah SWT clearly instructs us not to lie** many times in the Quran:

Qur'an	Effect on Character
<i>"... Allah will clearly distinguish between those who are truthful and those who are liars." (Qur'an 29:3)</i>	<b>No one can get away with lying;</b> in the end it will be clear who was truthful and who was not. Remember Allah SWT is always watching.
<i>"They seek to deceive Allah and the believers, yet they only deceive themselves, but they fail to see it." (Qur'an 2:9)</i>	<b>Never think that a lie will get you out of trouble.</b> It won't. It will grow and spiral out of control causing harm to you and to others!
<i>"This is the Day when the truthful will benefit from their truthfulness.' For them are gardens [in Paradise] under which rivers flow, to stay there forever, Allah being pleased with them, and they are pleased with Him. That is the ultimate triumph." (Qur'an 5:119)</i>	<b>Always being truthful has the wonderful reward of paradise.</b> It's simple, Allah SWT loves those who always tell the truth and never lie. And when Allah SWT loves you, the Angels and others do to.

**\*\*\* EXTENSION for YEARS 5 and 6:** Connecting promises and truth with Allah SWT!

Allah SWT is **Al-Haqq - The Absolute Truth**. He says in the Quran: *“And say: ‘The Truth is from your Lord...’* (18:29). We know everything about Allah SWT is true and perfect, including **His promises**. When Allah SWT, promises something, it is guaranteed, **definitely 100% TRUE!** Example of Allah SWT’s **great and generous promises are in the Quran**; Allah SWT promises are:

- a Great Reward
- Respond to us
- Forgiveness
- Remember us
- Ease with our difficulties
- Blessings when we are grateful
- Help

**\*\*TEACHER NOTE:** You can refer to Syllabus Term 3 2022 for more on Allah SWT’s Promises & see Lesson 7-Al Haqq, Term 2 2023.

Here are some stories that show us the importance of **keeping promises and truth telling**.

**STORY: Honesty is Always Best.**



One night in Madina, the Khalifah Umar RA was patrolling the streets of Madina which he did regularly to check on the people’s living conditions. While passing by a small house, he overheard a mother telling her daughter, that they should add water to the milk so to increase the quantity so that they could make more money when selling the milk.

The daughter knew honesty was a key Muslim character and refused to be dishonest. She tried to remind her mother that tricking people and being dishonest was wrong and that they could get in trouble with the Khalifah for being dishonest. Her mother insisted saying that the Khalifah wasn't there to see them, and that the extra money would help to feed them. But the daughter stayed strong and said with a calm but bold voice, ‘The Khalifah may not be here, but we must not do this wrong thing because Allah SWT is watching!’

The next day, Umar RA sent a man to purchase milk from the daughter and mother. The milk was pure and not mixed with water. Umar RA was so impressed with the daughter's honest character and her mindfulness that Allah SWT was watching! After this the daughter and mother lived happily, and she showed her mother and us that honesty is always best.



**LESSONS LEARNT**

- **Telling the truth is part of having a good character** – Allah SWT commands us to keep all promises and to be truthful. Remember Prophet Muhammad SAW’s example; even before Prophethood, the people of Makkah gave him a special title ‘As-Sadiq Al-Ameen, the truthful and trustworthy one!’ because they respected his honest character and that he never lied and always kept his promises.
- **Be careful when making a promise** - we should always say ‘**Inshaa’ Allah**’ which means we ask Allah SWT to help us keep our promise. By keeping our promises, it helps us stay confident and calm and also gains the love of Allah SWT. However, if we are unable to keep our promise then we should apologise to the person and explain why we cannot keep our promise.
- **It is very important to be truthful and to keep promises** – Avoid saying “just joking”; either you are lying or you are speaking the truth. Nobody likes a liar and nobody trusts a person who breaks their promises. If you do happen to lie; then immediately make Dua by saying “**Astaghfirullah**” (I seek forgiveness of Allah) and try to make up for your mistake. Always remember keeping promises and truth telling will gain us many hasanat/ rewards!

## LESSON 4: Speak Good

Yr 1 & 2	<ul style="list-style-type: none"> <li>• Students are introduced to this command in the Quran.</li> <li>• Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students reflect on ways they can implement this command into their daily life</li> <li>• Students learn the Prophetic teaching to “speak good or stay silent” (Bukhari &amp; Muslim).</li> </ul>

### STAGE 1

### YEARS 1 – 2

Today, we will learn the importance of **speaking good and nicely in Islam**. Allah SWT has blessed us with the special gift of speech, and we should be thankful for it. Let’s learn how we should speak to make Allah SWT happy with us.

- ✓ **Speak the Truth:** Allah SWT says, “**Speak the truth**” (Qur’an 33:70). So, we should always speak the truth and not lie. We should remember that angels write every word that we speak. Our beloved Prophet Muhammad SAW always spoke the truth, and that’s why the people of Makkah called him “**Sadiq**” (the truthful).
- ✓ **Speak kind words:** We should use kind words when we talk to others. Allah SWT says, “**Speak kindly to people**” (Qur’an 2:83). Kind words can make people happy, and bad words can hurt their feelings. The best part is that Allah SWT rewards us when we use kind words. Prophet Muhammad SAW said, “(saying) a good word is also a charity” (Al Bukhari).
- ✓ **Speak politely:** Politely speaking means talking softly and respectfully. Allah SWT says, “**Lower your voice**” (Qur’an 31:19). We should speak politely to everyone, young or old, family or friend. Being loud doesn’t show strength. Real strength is in speaking softly, as it shows we can control our feelings and anger when talking to others. Prophet Muhammad SAW advised us, “**Allah is Gentle and loves gentleness, and He gives reward for it**” (Ibn Majah).

Do you know who we should always speak to politely? Allah SWT tells us to be good to our **parents** and speak nicely to them (Qur’an 17:23). Our parents always care for us. So, we must speak politely with them. Also, we should speak respectfully and politely to our **teachers** and **elders**.

Sometimes, we may say unkind words. When we realise our mistake, we should **say sorry** for it. Saying sorry for our mistakes shows we have good manners, and Allah SWT rewards us for such good behaviour.



### STORY: How the Smartest Companion of Prophet Muhammad SAW Spoke

Salman Al-Farsi RA was a beloved and intelligent companion of Prophet Muhammad SAW. He knew many languages. He was the first to translate the Quran into Persian. Even though he was very smart, he didn’t talk a lot. He wanted to make Allah SWT happy, so he spoke only when he knew it would be good for everyone. For example, he talked when he had questions or wanted to help someone. So, he always followed the advice of Prophet Muhammad SAW, who said, “**Anybody who believes in Allah and the Last Day should talk what is good or keep silent**” (Al Bukhari).



### LESSONS LEARNT:

- **Speak the truth:** When we speak the truth, people have confidence in us, and we can make good friends. Telling lies can hurt people’s feelings and get us into trouble. So, it’s always better to speak the truth.

- **Kind words make us happy:** We should use kind and polite words when talking to someone. Do you know which polite words we can use to speak kindly? Examples of kind words are “Thank you”, “Please”, “Sorry”, “Don’t worry”, “Are you okay?” etc. These kind words make everyone happy, and they enjoy talking with us.
- **Speak Politely:** We should talk politely to everyone even when they are doing something wrong. For example, when someone is talking loudly, instead of saying, “Why are you always shouting?” we can say, “Could you talk more softly, please?”.
- **Silence is better than talking:** It is a good idea to stay quiet when we have nothing nice to say. Instead, we should remember Allah SWT with words like “**Subhan Allah**”, “**Alhamdulillah**”, “**Allahu Akbar**”, “**Astaghfirullah**”, “**la ilaha illallah**” to earn great rewards.

## STAGES 2 - 3

## YEARS 3 - 6

In today’s lesson, we shall learn the importance of **speaking good and nicely**. The Quran has many verses on the manners of speech, showing our religion values good speech. Allah SWT says, “**tell My servants to say what is best**” (Qur’an 17:53). Allah SWT blessed us with the amazing ability to speak to share our thoughts and feelings with words. We should thank Allah SWT by speaking in ways that please Him. Let’s learn how we should speak to please Allah SWT.

- ✓ **Speak the Truth:** The first and foremost is to speak the truth. Allah SWT orders us to “**speak the truth**” (Qur’an 33:70). So, we should always tell the truth and not lie. We should remember that every word we speak is written down by angels, as Allah SWT says, “**He [i.e., man] utters no word except that with him is an observer (angel) prepared (to record)**” (Qur’an 50:18). Also, telling the truth helps us gain the trust of others. Our beloved Prophet Muhammad SAW always spoke the truth, even before his Prophethood. That’s why the people of Makkah used to call him **Sadiq (the truthful)**.
- ✓ **Speak kind words:** We should use kind words when speaking to others. Allah SWT says, “**Speak kindly to people**” (Qur’an 2:83). Using Kind words in our speech can make others happy, while bad words can hurt someone’s feelings. The Prophet Muhammad SAW always used kind words with everyone around him. Anas RA narrated, “*I served Prophet SAW for ten years, and he never said to me, “Uff” and never blamed me by saying, “Why did you do so or why didn’t you do so?”*” (Al Bukhari). The best part is that Allah SWT rewards us for using kind words. Prophet Muhammad SAW said, “**(saying) a good word is also a charity**” (Al Bukhari).
- ✓ **Speak politely:** Speaking softly and politely is a way to show respect and humility. Allah SWT says, “**Lower your voice**” (Qur’an 31:19). We should talk gently to everyone, young or old, rich or poor, educated or uneducated. Prophet Muhammad SAW advised us, “**Allah is Gentle and loves gentleness, and He grants reward for it**” (Ibn Majah). Remember, being loud doesn’t show strength. The real strength is speaking softly, as it shows we can control our emotions when talking to others. Especially when angry or in an argument, we should choose words that bring peace. Allah SWT says, “**When the foolish ones talk to them, they simply say: “Peace to you”**” (Qur’an 25:63).
- ✓ Do you know who we should always speak to politely? Allah SWT ordered us, “**Be good to your parents. If one or both of them reach old age in your care, never say to them [even] ‘uff,’ and do not repel (push away) them but speak to them a noble word.**” (Qur’an 17:23). So, we should always speak respectfully and politely to our **parents**. In the same way, our **teachers** and **elders** deserve our respect, and we should speak to them respectfully and politely.
- ✓ Sometimes, we may say unkind words. When we realise our mistake, we should apologise for it. Saying **sorry** also counts as speaking good, and Allah SWT rewards us for doing so.
- ✓ **Speak to advise good:** Do you remember the story of Prophet Musa AS? When Pharaoh was mistreating people, Allah SWT ordered Musa AS to talk to him? Allah SWT told Musa AS, “**Speak to**

*him gently, so perhaps he may be mindful or fear [Allah]*" (Qur'an 20:44). Remember, Pharaoh was the most wicked person ever walking on earth. He did Shirk, called himself a god, and forced people to worship him. Yet Allah SWT ordered Musa AS to **advise him politely**. If someone as bad as Pharaoh deserved polite advice, shouldn't we also politely advise people who make much smaller mistakes? So, when we see someone doing wrong, we should **advise** them **politely**.



**STORY: The Way the Wisest Companion of Prophet Muhammad SAW Spoke.**

Salman Al-Farsi RA was a beloved companion of Prophet Muhammad SAW. He was known for his knowledge and wisdom. He knew many languages and was the first to translate the Quran into Persian. Even though he had a lot of knowledge, he was known for his silence. He spoke **only when needed**. He showed us that being silent doesn't mean we are weak or have no ideas. It simply means we understand the importance of words and that not everything needs a response. So, being silent shows our patience and wisdom. Prophet Muhammad SAW advised us, **"Anybody who believes in Allah and the Last Day should talk what is good or keep silent."** (A Bukhari). Salman RA practised silence, yet he also spoke when he had questions to ask, advice to share, or saw any injustice to people. So, he chose to speak only when he knew his words would please Allah SWT and benefit himself and others.



**LESSONS LEARNT:**

- **Politely speaking** shows our good manners and strong character. When we speak nicely, we follow the manners of Prophet Muhammad SAW and please Allah SWT because He loves those who have the best manners and character. Prophet Muhammad SAW said, **"There is nothing heavier in the scales of a believer (on the Day of Judgment) than good character"** (Abu Dawud).
- **Silence is wisdom:** It is wise to practice Silence, especially when our words don't benefit anyone. The Messenger of Allah SAW said, **"Avoid excessive talking except when remembering Allah"** (Riyad as-Salihin 1518). So, instead of talking all the time, it is better to remember Allah SWT by saying words like **"SubhanAllah"**, **"Alhamdulillah"**, **"Allahu Akbar"**, **"Astaghfirullah"**, and **"La ilaha illallah"** to gain great rewards.
- **Speaking the truth** builds our trust with others. People can have confidence in our words, which makes our relationship strong with them. Think about the friends you trust the most. Naturally, we all trust those who speak the truth to us and others.
- **Speaking using kind** words brings happiness and peace. People around us feel respected, and it creates a positive environment. Sometimes, even when we don't mean to be unkind, our words can hurt someone. In those situations, we should try to understand their feelings and point of view, admit that our words might have upset them and apologise to make them feel better. Do you know some kind words that we can use when we talk? Examples of kind words are "Thank you", "Please", "Sorry", "Don't worry", "Are you okay" etc.
- **Speak to bring positive change:** When someone is doing wrong, we should politely invite them to do good. When we speak politely, others can understand our message without getting upset or angry. Our politeness makes them realise we like them but dislike what they do. For example, when someone is talking loudly, instead of saying, "Why are you always shouting? Can't you be quiet for once?" we can say, "It's a bit loud in here. Could you talk more softly, please?"

In conclusion, our ability to speak has great power and responsibility. When we speak responsibly following the teachings of our Prophet Muhammad SAW and Islam, we make Allah SWT happy. We also benefit ourselves and make society more peaceful.



## LESSON 5: Managing Anger

Yr 1 & 2	<ul style="list-style-type: none"> <li>• Students are introduced to this command in the Quran.</li> <li>• Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students reflect on ways they can implement this command into their daily life</li> <li>• Students learn the Prophetic teaching “Don’t get angry” (Bukhari) and that ‘the strong one is not the one who wrestles well, but who is able to control their anger.’ (Bukhari)</li> </ul>

### STAGE 1 – STAGE 2

### YEAR 1 – YEAR 2

Emotions or feelings are things we feel inside ourselves. 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... Well done! All feelings are from Allah SWT and can help us, but we need to know how to manage and control feelings so that they don’t hurt us or others. Today, we are learning about how to manage anger. Allah SWT loves those who control their anger. He says in the Qur’an that those who truly believe in Him are those who “... **restrain anger and who forgive people**” (3:134).



### STORY: Who is a Strong Man?

One day, the Prophet SAW asked his friends, “Do you know who a strong man is?” They replied, “the one who can throw others down, the strongest one who can wrestle everyone else.” The Prophet SAW replied, “the strong man is NOT someone who can throw everyone else down, but the one who can control himself when he is angry. (Bukhari). So, the Prophet Muhamad SAW taught us that being strong isn’t fighting others – being strong it is controlling our anger.

**Here are some ways that the Prophet SAW taught us to do this:**

1. **Ask for protection with Allah SWT** – Saying “**A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem**” I ask for your protection, Oh Allah from the cursed one!” will help us calm down. Let’s practice saying it together.
2. **Stay calm and silent** – “If any of you becomes angry, let him/her keep silent” (Ahmad). Anger can sometimes make us think, say or do rude and nasty things. This is why the Prophet SAW taught us to stop and stay quiet.
3. **Sit down, or if sitting, go lie down. If anger still does not go away, then do Wudu** (Dawood). When you feel angry, you can go drink some water or wash your face or go sit down or have a little lie down to help calm your mind and body.

**OPTIONAL ACTIVITY:** Let’s practice some of these strategies now so that we remember how to use them later.

OK, you will need to sit or lie down quietly and comfortably. Now say quietly, “**A-oo-thoo Bill laa-hee, “O Allah, please protect me,” Mi-nash Shaytaan-nir-ra-jeem**”, “from the cursed” .... Now say it silently in your head as you take a deep breath in... **A-oo-thoo Bill laa-hee** [inhale]..... now say in your head **Mi-**

**nash Shaytaan-nir-ra-jeem”** as you breathe out [exhale]..... Remember Allah is watching you, and He can take care of you..... OK, now.... practise staying **silent**.....

How did that feel? Next time you are angry, stop, calm your anger and think – then choose wisely what to do next. Remember, there are Angels recording your every action. **Remind yourself that Allah SWT is always watching**, so we need to make good choices that Allah SWT likes - not let our anger hurt someone or wreck things or get out of control.



### **LESSONS LEARNT:**

**Control your anger by being aware of Allah SWT and yourself.** Whenever you feel angry and want to react in an angry or hurtful way, **STOP, SAY A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem” and THINK.** If the Principal or your parent or the Prophet of Allah SWT was standing right there – would you still respond angrily or would you try to calm yourself down? Now, remember, Allah SWT is ALWAYS there watching – and He loves those who control their anger. Make a good choice, calm down and find someone who can help.

## **STAGE 2 & 3**

## **YEARS 3 - 6**

Emotions or feelings are ways we feel inside ourselves. Taking care of our feelings is just as important as taking care of our body. Today we are learning ways Islam teaches us to manage our feelings of anger. Like all emotions, anger can help us. For example, when we see something that is unjust or that Allah SWT doesn’t like, anger can motivate us towards making a good change. But Islam teaches us that we should never let our anger get out of control because that could hurt us and others.

Allah SWT loves those who control their anger. He says in the Qur’an that those who truly believe in Him are those who **“... restrain anger and who forgive people”** (3:134). The Prophet SAW also taught us ways to manage anger. The Prophet SAW asked his friends, **“Do you know who a strong man is?”** They replied, **“the one who can throw others down, the strongest one who can wrestle everyone else.”** The Prophet SAW replied, **“the strong man is NOT someone who can throw everyone else down, but the one who can control himself when he is angry.** (Bukhari). So, our beloved Prophet Muhammad SAW taught us that being strong isn’t fighting others – being strong it is fighting to control our own anger.



### **STORY: The Example of Prophet Muhammad SAW Staying Calm.**

The Prophet SAW was the best example of staying calm. He never got angry about what others did to him. For example, once there was a smart, scholarly man called Zayd ibn Su’nah but he wasn’t yet a Muslim. He wanted to test the Prophet’s behaviour to see if he was a real Prophet. He wanted to see how calm the Prophet SAW could be. He was thinking of a plan to try to make the Prophet angry to test him when he saw a man come and complain to the Prophet SAW about his village being poor. So Zayd went and said to the Prophet SAW **“Here, I’ll give you money to help that man and you can pay me back later.”** But Zayd, determined to test the Prophet Muhammad SAW, came back to the Prophet a few days before the money was due and tried to start a fight the Prophet! He grabbed the Prophet SAW’s shirt and started saying that the Prophet had delayed paying him back and nasty things and lies about the Prophet SAW and his family! The Prophet’s friends were with him and got very upset and tried to frighten the man away. But the Prophet SAW just smiled and paid Zayd back and told Umar to give him extra as well for frightening Zayd! Zayd told them about his plan to try to make Prophet

Muhammad SAW angry to test him and that on seeing the Prophet's calmness and patience, he had now seen all the signs of a Prophet. Zayd then happily became a Muslim! (Adapted from At-Tabarani).

Alhamdulillah, Allah SWT and the Prophet SAW taught us lots of things we can do to manage our anger.

**Here are some of the strategies that the Prophet SAW taught:**

1. **Ask for protection with Allah SWT** - *One day the Prophet SAW noticed two men arguing. He SAW said, 'I know a word which, if he (the men 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 Shaitan, the outcast, or cursed one), what he feels (his anger) would go away'* (Bukhari). So, we seek Allah SWT's protection when we are angry because anger can lead to very harmful things. If we practice saying this while we are calm, it will be easier for us when we are angry! (\*\*\*)Repeat "**A-oo-thoo Bill laa-hee Mi-nash Shaytaan-nir-ra-jeem**" - I ask for your protection, Oh Allah..."
2. **Change position or go make Wudu.** Prophet Muhammad SAW said, "**If one of you is angry while he is standing, let him sit down so his anger will leave him; otherwise, let him lie down**" (Ibn Hibbān) and also said, "**If anger still does not go away, then do Wudu**" (Dawood). Movements like sitting or lying down can help us calm down and prevent us from doing harmful things. Ritual movements with water help to soothe and cool down the fire of anger inside of us. So doing Wudo or Ghusl (ritual shower) (Abu Nuaim) or having a drink of water, washing your face can also help.
3. **Stay 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 that we may later regret. This is why the Prophet SAW taught us to stop and stay quiet. You DON'T need to respond to things straight away. Take time out to think about options and why you are feeling angry. Sometimes, we may realise it's not worth even responding at all. Let's practice **sitting completely silent for a bit**, just breathing and 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.... Silently..... How does that feel? Being silent gives you a chance to stop and think – and then calmly choose what to do next.
4. **Be mindful of Allah SWT and your reactions.** Whenever you feel angry and want to react in an angry way, just **STOP** and pause. Imagine if the principal or your parent or if the Prophet of Allah SWT was standing right there watching you – would you still respond angrily or try to calm yourself down? Now **remember that Allah SWT is always there**, always watching you. *Would Allah SWT like the way you want to react?* Remember there are Angels recording your every action. You are representing Muslims and Islam and you don't have to do what anger wants. Remember anger is a strong emotion that can bring out the worst in us or let us say or do something we may later regret.
5. **Salah & Qur'an:** Prayer would help to calm the Prophet SAW and it can help you too. Salah and Qur'an help to shift our focus to what is really important! When we connect with and focus on Allah SWT, we feel better. The movements we make in Salah, if done properly and slowly, help to calm our bodies, strengthen our mind, and release stress and anger.
6. **Stay Calm and look after yourself.** Once a man said to the Prophet SAW, "*Advise me!*" *The Prophet (SAW) said, "Do not become angry and furious."* *The man asked (the same) again and again, and the Prophet SAW said in each case, "Do not become angry and furious."* (Al-Bukhari). The Prophet SAW also taught us we have a responsibility to look after ourselves. So, we should do things that

help us stay calm and avoid things that make us angry. For example, not having enough sleep makes us feel grumpy! What we eat affects our mood (the Prophet SAW taught there are foods that can help us feel better). Exercise can help us deal with stress and anger. **Be aware of things that can make anger worse** like social media, music, doing bad deeds or being around certain or negative people. Playing violent video games increases anger. **Try taking time out, going out into nature, getting some sunshine, doing Tasbih** instead – this will help you not easily get angry and help calm you down if you feel angry.

7. **Let Allah SWT solve it** – Sometimes we might feel angry because of something that we think is unfair or if we feel like we can't do anything about a situation. Trust in Allah to help you and know that Allah SWT is always just and fair and is the Truth and He sees and hears everything. He will deal with every injustice, either in this world or the next.
8. **Practice kindness and forgiveness.** Allah SWT says He loves those who control their anger **and forgive** at the end of the Aya (Qur'an 3:134). **Doing a kind or good deed**, like forgiveness can help to relieve stress and anger. Muslims should try not to hold grudges or drag things out or stay angry at another Muslim for more than 3 days (Al Bukhari), especially if they have apologised. If you have a problem with someone, try your best to talk it out or problem solve things out peacefully. Make an effort to put past problems behind and start a new page.
9. **Speak to someone you trust.** Sometimes feelings can get worse if we bottle them up. The Prophet SAW taught there is a cure or treatment for every ailment, so it is OK to speak to someone if anger is becoming a problem. Find an appropriate person to talk to so you can deal with anger before things get out of control.



#### **LESSONS LEARNT:**

- **You CAN choose how you respond to anger:** Don't let your anger or feelings overpower you or take you away from Allah SWT. Our emotions aren't always based on facts or what is best for us, and they don't determine who you are. Use your heart and mind to stop, think and then do. Ask, would Allah like it if I respond this way? We need to copy the Prophet SAW **and only express emotions in ways that are pleasing to Allah SWT.** Learning how to react in ways that Allah loves and which are best for you and others is doable – it just takes practice!
- **Islam gives us many opportunities and ways to practice regulating our emotions so that we can succeed in life.** We accept that emotions are just part of life and know that we can handle things in ways pleasing to Allah. Allah SWT knows we will get angry from time to time but Alhamdulillah, Islam gives us many tools and coping strategies because Allah SWT loves us and wants ease for us and to help us get through the test of life.

## LESSON 6: Be Patient and Persevere

Yr 1 & 2	<ul style="list-style-type: none"> <li>• Students are introduced to this command in the Qur'an.</li> <li>• Students understand some ways this command should guide daily actions.</li> </ul>
Yr 3 & 4	<ul style="list-style-type: none"> <li>• Students understand the significance of this commands for themselves and others.</li> <li>• Students understand some strategies for implementing this command.</li> </ul>
Yr 5 & 6	<ul style="list-style-type: none"> <li>• Students learn about Tawakul (trust in Allah) and how this helps us stay patient and perseverant.</li> <li>• Students understand that Allah SWT does not burden a person with more than they can bear.</li> <li>• Students reflect on ways they can implement this command into their daily life.</li> </ul>

### STAGE 1

### YEARS 1 - 2

This life may not always be easy. Sometimes we may go through challenges that are really tricky. But Allah SWT gave us some skills to help us with difficult things, such as the skills of **patience** and **perseverance**. Patience is **more** than just waiting for things to become easy. Patience is going through something hard and trying not to get angry or frustrated. It is also about our **actions** and **behaviours** while we wait. With patience comes perseverance – perseverance means that you keep **trying** your best even as things become hard.

Let's learn how to **practice** being patient and persevering.

**Know that Allah SWT tested you for a reason and that He knows best:** Allah SWT will always do whatever is best for us. In the Quran, Allah SWT says, "...Allah is the best of Planners." (Qur'an 8:30). We should always keep in mind that Allah SWT does everything for a reason. That means that there is a lot of good in the challenges that we go through. So, we should not get angry and ask why this is happening to us. Everyone is tested in different ways.

**Remember there will be some good:** Allah SWT promises with hard things will be good things too. Try to think about some good things that may be with the difficulty, for example, learning to ride a bike might be hard at first but some good things are that you are getting strong muscles while you practice and soon it will be lots of fun. Similarly, learning to read Qur'an might be hard at the start but you are getting double the reward/ hasnat.

**Talk to Allah SWT as much as you can:** Ask Him for help. He can help you in your situation so try turning to Him as much as possible.

**Try doing your best:** Don't give up. Keep going with the trust that Allah SWT will help you and he will! Allah SWT tells us in the Quran to "...seek help through patience and prayer." (Qur'an 2:153).



### STORY: Hajar Keeps Trying and Doesn't Give Up

Does anyone here know about the amazing story of Hajar? Hajar was the wife of Prophet Ibrahim, a close friend of Allah SWT! Ibrahim AS was told to leave his family in the desert. Hajar and her baby, Ismail, were left alone on this dry land that was completely empty! Hajar didn't have any food or water when her baby started crying. She became worried and decided to search for something to feed her baby or find someone to help her in the distance. Hajar found a mountain called Mount Safa and ran to it. But when she found nothing, she ran to another mountain called Mount Marwa. Hajar ran between

these mountains 7 times looking for help! After that, Allah SWT sent Angel Jibril AS to her and he showed her something we call Zamzam water. Zamzam water is a special type of water that is very clean and is good for you!

So, why was what Hajar did so special? Because she showed patience in her hard times. She didn't question Allah or become angry. She also put in her own effort by running between the mountains 7 times! Because of her patience and perseverance, Allah SWT gave her Zamzam water!



### LESSONS LEARNT:

- **Life is a test; it has both the good times and the bad times.** In the good times, we need to remember to thank Allah SWT for what He gave us. In the hard times, we need to keep our trust in Allah SWT and hope for better. We need to remain patient because we know that things happen for the best and that Allah SWT will always do what is best for us. Allah SWT is always on your side!
- We should have patience and persevere because **Allah SWT will be happy with us** if we do, and it is what He has commanded us to do. We also need these qualities because it was **what Prophet Muhammad SAW did** as well, so it is one way to follow our Prophet. And this good character will be one of the things making us **stronger and better!**
- **Patience is a very difficult but rewarding quality to have.** Being patient is a sign of strong faith and love of Allah SWT. While it may not be easy to always be patient, and sometimes we may get angry or sad, try to remember to do better the next time and that Allah SWT always rewards you for doing your best and love those who keep trying.
- **Perseverance means that we always put our own effort in as well.** We need to apply ourselves, work hard and then leave the rest to Allah SWT. For example, if I have a test coming up, I need to study and practice a lot for it. That is part of my perseverance. And then once the test is over, I leave the rest to Allah SWT and will be happy with whatever I get.

### STAGES 2 – STAGE 3

### YEARS 3 - 6

This life is not easy and sometimes we go through tests that are really tricky. In our bad times, Allah SWT gave us some skills to help us such as **patience** and **perseverance**. Patience is going through hard times but trying not to get angry or question Allah SWT. Patience is **more** than just waiting for things to become easy. It is about how our **actions** and **behaviours** are while we wait. After patience comes perseverance, which means that you keep **trying** your best even as things become hard.

Let's learn how to **practice** being patient and persevering.

**Know that Allah SWT tested you for a reason and that He knows best:** Allah SWT will always do whatever is best for us. In the Quran, Allah SWT says, “...Allah is the best of Planners.” (Qur’an 8:30). We should always keep in mind that Allah SWT does everything for a reason. That means that there is a lot of good in the tests that we go through.

**Look for the good:** Allah SWT promises with hard things will be good things too and the Prophet SAW promised the situation of a Believer can always be good if we are patient and thankful. Try hard to look for the good things that may be there, e.g. learning to ride a bike might be hard at first but you are getting strong muscles while you practice and soon it will be lots of fun. Similarly, learning to read Qur’an might be hard at the start but you are getting double the reward/ hasnat and Allah’s love!

**Don't blame others, complain or get angry at Allah SWT:** He is the only one that can help you so turn to Him as much as you can. We should not get angry and ask why this is happening to us. Everyone is tested in different ways. For example, if I have a very bad flu and am really sick, I show my patience through not complaining or getting upset and I ask Allah SWT for help. I show my perseverance by putting in my own effort to help my situation. Like going to the doctor or buying medicine etc.

**Try doing your best:** Don't give up. Keep going with the trust that Allah SWT will help you and he will! Allah SWT tells us in the Quran to *"...seek help through patience and prayer."* (Qur'an 2:153)

Now, let's look at how **special** a person who is patient is to Allah SWT! Allah SWT tells us in the Qur'an that: *'Indeed the patient will be given their reward **without limit.**'* (39:10). He also tells us that *Allah SWT is **with** the patient* (8:46) Subhan Allah! These verses teach us that patience is so special to Allah SWT that He promised to be with the people who stay patient in their tests and that He will give them so much reward without any limit!

Muslims **always** practice patience and perseverance without even knowing it! For example, when we pray, when we fast, when we help others, when we stay away from bad things - this is all practicing our patience and developing our perseverance.



### **STORY: Hajar, a Model of Resilience**

Does anyone here know about the amazing story of Hajar? Hajar was the wife of Prophet Ibrahim AS, a close friend of Allah SWT! Ibrahim AS was told to leave his family in the desert. Hajar and her baby, Ismail, were left alone on this dry land that was completely empty! Hajar didn't have any food or water when her baby started crying. She became worried and decided to search for something to feed her baby or someone to help her in the distance. Hajar found a mountain called Mount Safa and ran to it. But when she found nothing, she ran to another mountain called Mount Marwa. Hajar ran between these mountains 7 times looking for help! After that, Allah SWT sent Angel Jibril AS to her and he showed her something we call Zamzam water. Zamzam water is a special type of water that is very clean and is good for you!

So, why was what Hajar did so special? Because she showed patience in her hard times. She didn't question Allah or become angry. She also put in her own effort by running between the mountains 7 times! Because of her patience and perseverance, Allah SWT gave her Zamzam water! Another cool fact: when people go to do Hajj, they actually have to also run between Safa and Marwa 7 times! This is because of Hajar! So, what she did is still something that we practice till now! Muslims still try to drink Zamzam water because of its special qualities! Subhan Allah, see how Allah SWT rewarded Hajar for her patience and perseverance and how He honoured her, even until today!



### **LESSONS LEARNT:**

- **Being tested in this world is very normal!** This life has both the good times and the bad times. In the good times, we need to remember to thank Allah SWT for what He gave us. In the hard times, we need to keep our trust in Allah SWT and hope for better. We need to remain patient because we know that things happen for the best and that Allah SWT will always do what is best for us. We need to talk to Allah SWT and ask for His support. That is how we can keep strong during the hard times. As difficult as it is, you always have Allah SWT on your side!

- We should have patience and persevere because **Allah SWT will be happy with us** if we do and it is what He has commanded us to do. We also need these qualities because it was **what Prophet Muhammad SAW did** as well, so it is one way to follow our Prophet. And also, because good character will be one of the things setting someone apart from everyone else; it is one way of making ourselves become **better!**
- **Patience is a very difficult but rewarding quality to have.** Allah SWT himself is with the patient person. It makes you become very special to Allah SWT and makes your rank very high among the Muslims. Being patient is a sign of strong faith and love of Allah SWT. While it may not be easy to always be patient, and sometimes we may get angry or sad, try to remember to do better the next time and that Allah SWT always rewards you for doing your best and love those who keep trying.
- **Perseverance means that we always put our own effort in as well.** Of course, we need to make Dua to Allah SWT and ask for help. Dua is an important step, but it needs to be coupled with our own effort. We need to apply ourselves, work hard and then leave the rest to Allah SWT. For example, if I have a test coming up, I need to study and practice a lot for it. That is part of my perseverance. And then once the test is over, I leave the rest to Allah SWT and will be OK with whatever I get.

## LESSON 7: Revision

Yr 1 & 2	• Students review their learning this year.
Yr 3 & 4	• Students review their learning this year.
Yr 5 & 6	• Students review their learning this year.

### ! **ALL STAGES (\*\* Teachers can select from the following questions):**

What was your favourite lesson this term? Why?

What was one thing you learnt this term?

Whose behaviour do we try to copy every day and night? Why?

What is the full Islamic greeting? What does it mean? What the reply for the Salam?

Why is it important to show respect? What are some ways you can show respect everyday life? How could this help you?

Why is it important to keep our promises?

What are some ways we can speak good or nicely? How does this help you in your everyday life?

What are some things we can do to help manage our anger? What could happen if we don't?

What are some ways you can practise patience in your everyday life? How would this help you?

**\*\*\* Please remember to wish students a lovely and safe holiday break!**

***Jazakum Allahu Khayrun for all your dedication and hard work. May Allah SWT accept your deeds as a Sadaqah Jariyah and grant you endless rewards. Ameen!***