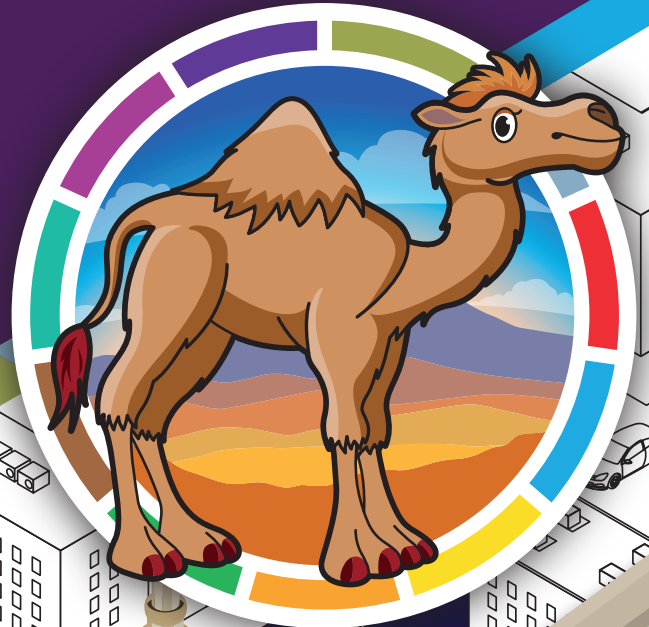


Qur'an City



Sura Al Shams Workbook

91 Qasam Place
979185

8-12
years





AL SHAMS - THE SUN



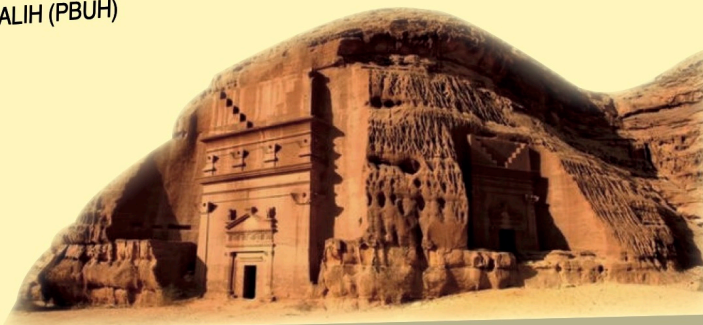
THE SOUL PROGRAMMED TO SUCCEED THROUGH PURIFICATION - FAILURE A RESULT OF CORRUPTION WITH A TANGIBLE EXAMPLE OF THAMUD

091

3

THE PEOPLE OF THAMUD

TANGIBLE HISTORICAL ANECDOTE OF THE PEOPLE OF THAMUD WHO FAILED TO LIBERATE THEIR SOULS BY SHOWING CONTEMPT FOR THE TRUTH WITH THEIR REBELLIOUSNESS AND REJECTION OF PROPHET SALIH (PBUH)



Ayaat 11-15

SUCCESS AND FAILURE OF THE SOUL

THE HUMAN BEING PROGRAMMED TO DISCERN BETWEEN WRETCHEDNESS AND GOD CONSCIOUSNESS

SUCCESS THROUGH PURIFICATION (NURTURING THE DIVINE SEED) AND FAILURE THROUGH ITS CORRUPTION (WEIGHED DOWN WITH ATTACHMENTS)

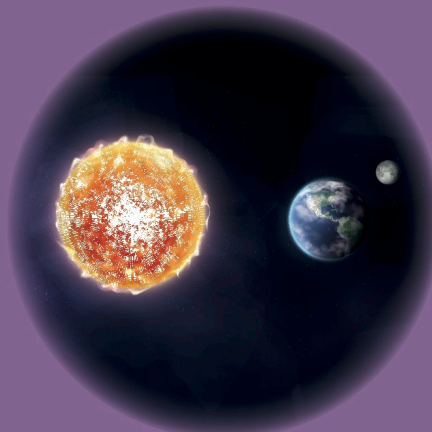


2

Ayaat 8-10

7 OATHS - 6 PHENOMENA REVOLVING AROUND THE SUN PAVING THE WAY FOR THE EXISTENCE OF THE HUMAN BEING (7TH OATH)

1. BRIGHTNESS OF THE SUN
2. MOON FOLLOWING IT
3. DAY REVEALING IT
4. NIGHT VEILING IT
5. SKY AND ITS CONSTRUCTION
6. EARTH SPREAD OUT
7. PERFECTION OF THE SOUL



1

Ayaat 1-7

SUGGESTED SCHEMES OF WORK-SURA AL SHAMS

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
1	INTRO TO QUR'AN	INTRO TO QU'RAN	<p>Introduce the Qur'an as the final testament that God revealed. The Prophet (pbuh) said the Qur'an was to be:</p> <ol style="list-style-type: none"> 1. Read 2. Memorised 3. Understood 4. Applied 5. Teach 	<p>The 5 Golden Steps for reading the Qur'an</p> <p>Discuss the difference between mere recitation and understanding. The Qur'an was sent as a guide for humankind. Have a Fishbowl discussion as to how we as Muslims have paid lip service to the book.</p>
2	INTRO TO QUR'AN CITY	INTRO TO QU'RAN CITY	<ul style="list-style-type: none"> • 19 suburbs around a city centre • 114 buildings • Difference between Makki & Madani Suwer • Sura Al Shams is a Makki Sura • Qasam Place • Benefits of Sura Al Shams 	<ul style="list-style-type: none"> • Who am I? • Recite Sura Al Shams
3	INTRO TO SURA AL SHAMS	INTRO TO SURA AL SHAMS	<ul style="list-style-type: none"> • Discuss the building of Sura Al Shams • 3 Sections and 15 verses • Theme of the sura – The soul programmed to succeed through its purification. 	My Sura Al Shams Building
4	ALLAH TAKING AN OATH	SECTION 1 Aya 1	Allah takes an oath on things that can be symbolic or literal	Oaths in the Qur'an
5	THE SUN A SYMBOL	SECTION 1 Aya 1	<ul style="list-style-type: none"> • Allah swears by the sun& its brilliance Features and scientifi data about the sun. • Holy Prophet (pbuh) as the sun of spiritual energy. • Benefits f om the sun 	<ul style="list-style-type: none"> • Some smashing sun facts • Sun energy • The Holy Prophet my guide, my sunshine



SUGGESTED SCHEMES OF WORK-SURA AL SHAMS

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
6	THE MOON A SYMBOL	SECTION 1 Aya 2	Allah swears by the moon when it follows the sun Features and scientific data about the moon. Comparing the moon's role of reflecting the light of the sun to our reflecting the light of the Prophet (pbuh)- best example – Imam Ali (pbuh).	<ul style="list-style-type: none"> • Phases of the moon spinner. • Earth, sun and Moon quiz. • Earth, Sun & Moon colouring page.
7	THE DAY AND NIGHT	SECTION 1 Aya 3 and 4	<ul style="list-style-type: none"> • Day and night. • Rotation of the Earth. 	<ul style="list-style-type: none"> • Why do we have day and night? • Alhamdulillah for day and night.
8	CREATION OF HEAVENS AND HEAVENLY BODIES	SECTION 1 Aya 5	Discuss our solar system.	<ul style="list-style-type: none"> • Our solar system word search • Space crossword puzzle • Search the universe • Solar system code breaker • Solar system mobile
9	CREATION OF EARTH, THE CRADLE OF LIFE FOR MAN	SECTION 1 Aya 6	<ul style="list-style-type: none"> • Discuss what is found on our beautiful Earth. • Expansion of Earth – Dahwul 'Ardh 	Design your planet
10	CREATION OF EARTH, THE CRADLE OF LIFE FOR MAN	SECTION 1 Aya 6	Pollution – different types causes and effects	Plastic Pollution colour by numbers.
11	CREATION OF EARTH, THE CRADLE OF LIFE FOR MAN	SECTION 1 Aya 6	How to appreciate and respect our Earth	<ul style="list-style-type: none"> • Appreciating and respecting Allah • 5 ways we can help our earth • Recycling scavenger hunt • The 4 R's chatterbox



SUGGESTED SCHEMES OF WORK-SURA AL SHAMS

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
12	THE SOUL & HE WHO MADE IT PERFECT	SECTION 1 Aya 7	<ul style="list-style-type: none"> What is nafs – “self” Allah has created us from one nafs, and from this one nafs (self) its opposite or pair. 	Opposites
13	EXISTANCE IS BASED ON OPPOSITES	SECTION 1 Aya 7	Every existence, feeling has an opposite. To understand one, we need to understand the other	Existence is based on opposites
14	DEGREES / STAGES OF NAFS (SELF)	SECTION 1 Aya 7	<ul style="list-style-type: none"> The Commanding Nafs The Knocking Nafs The Content Nafs 	<ul style="list-style-type: none"> Stages of nafs The Three Self in us The Three Nafs
15	THE 7 OATHS	SECTION 1 Ayah 1-7	6 phenomena revolving around the sun paving the way for the existence of the human being (7th Oath)	<ul style="list-style-type: none"> Have a “fishbow discussion” on 1-7 Brightness of the sun, moon following it, day revealing, night veiling, sky and its construction, Earth spread out, Perfection of SOUL
16	HOW TO INVEST OUR TIME THE CHOICE IS OURS	SECTION 2 Aya 8	<ul style="list-style-type: none"> Each one of us must choose whether to utilize our God-given potential. Invest time in the spiritual life. 	<ul style="list-style-type: none"> Taqwa Connect 4 Poster eat less, sleep less & talk less
17	INSPIRED THE NAFS TO UNDERSTAND WHAT IS RIGHT & WRONG	SECTION 2 Aya 9	<ul style="list-style-type: none"> Every self has within it the 2 driving forces attract and repulse. The constant battle between the nafs. 	<ul style="list-style-type: none"> Tug of War Attractive and Repulsive



SUGGESTED SCHEMES OF WORK-SURA AL SHAMS

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
18	SUCCESS OF THE SOUL	SECTION 2 Aya 9	We need to strive to purify our nafs, but this can only be done if we recognise its impurities.	Spiritual and Physical wellbeing.
19	FAILURE OF THE SOUL	SECTION 2 Aya 10	The love of this world bedazzles us, and we are drawn to it and held prisoners, this stops us reach our full potential and thus we are disappointed.	<ul style="list-style-type: none"> How does anger affect your life? Success and failure of the soul
20	THE PEOPLE OF THAMOOD	SECTION 3 Aya 11-15	The people of Thamood who were blessed with bounties & wealth. They lived in carved houses in huge rocks in the mountains. They were idol worshipers.	The people of Thamood – colouring page
21	THE SHE CAMEL A SIGN FROM ALLAH	SECTION 3 Aya 11-15	Prophet Saleh (pbuh) preached to them for a long time about Allah but they didn't listen to him and asked for a sign from Allah.	<ul style="list-style-type: none"> She camel of Prophet Saleh (pbuh) Camel Wordsearch Camel puzzle
22	THE SHE CAMEL AND THE SPRING	SECTION 3 Aya 11-15	The people of Thamood were commanded to share the spring on every alternate day with the she camel. They didn't like it.	<ul style="list-style-type: none"> Sharing is caring Learn to share
23	ALL ABOUT THE CAMEL	SECTION 3 Aya 11-15	Let us learn all about Allah's most beautiful creation The Camel	<ul style="list-style-type: none"> Camel suited to its environment. Camel the ship of the desert Camel mask Camel Crossword



SUGGESTED SCHEMES OF WORK-SURA AL SHAMS

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
24	PROPHET SALEH (PBUH) AND THE PEOPLE OF THAMOOD	SECTION 3 Aya 11-15	Historical anecdote of the people of Thamood who failed to liberate their souls by showing contempt for the truth with their rebelliousness and rejection of Prophet Saleh (pbuh)	Story board Prophet Saleh (pbuh) and the people of Thamood
25	ASSESSMENTS	ENTIRE SURA	An open book assessment of Sura Al Shams	<ul style="list-style-type: none"> • What I learnt from 091 • Take the challenge – Quiz time • Construct your Sura Al Shams building



WHO AM I?

My name is very BRIGHT and ENERGETIC
I am named after a celestial body.
I contain the names of 2 celestial bodies.
I live in the Qasam Place.
I have a yellow roof and 3 sections in my building.
I share the Qasam Place with 16 neighbours and all of them have a yellow roof.
I can remove intense grief when coupled with Sura Al Layl.
One of my verses contains "The ship of the desert".
I contain 6 oaths all of them revolving around the sun.
Life without me would be unbearable.
I play a very important part in the plant kingdom
My theme is centred around the SOUL.

Who am I? My House Number is:

Write 3 of my neighbours and their house numbers:

.....

Why do you think my 16 neighbours and myself live in the Qasam place?

.....

What are the 2 celestial bodies mentioned in me?

.....

Write down 2 benefits of reciting me.

.....

.....

Draw and decorate my building.



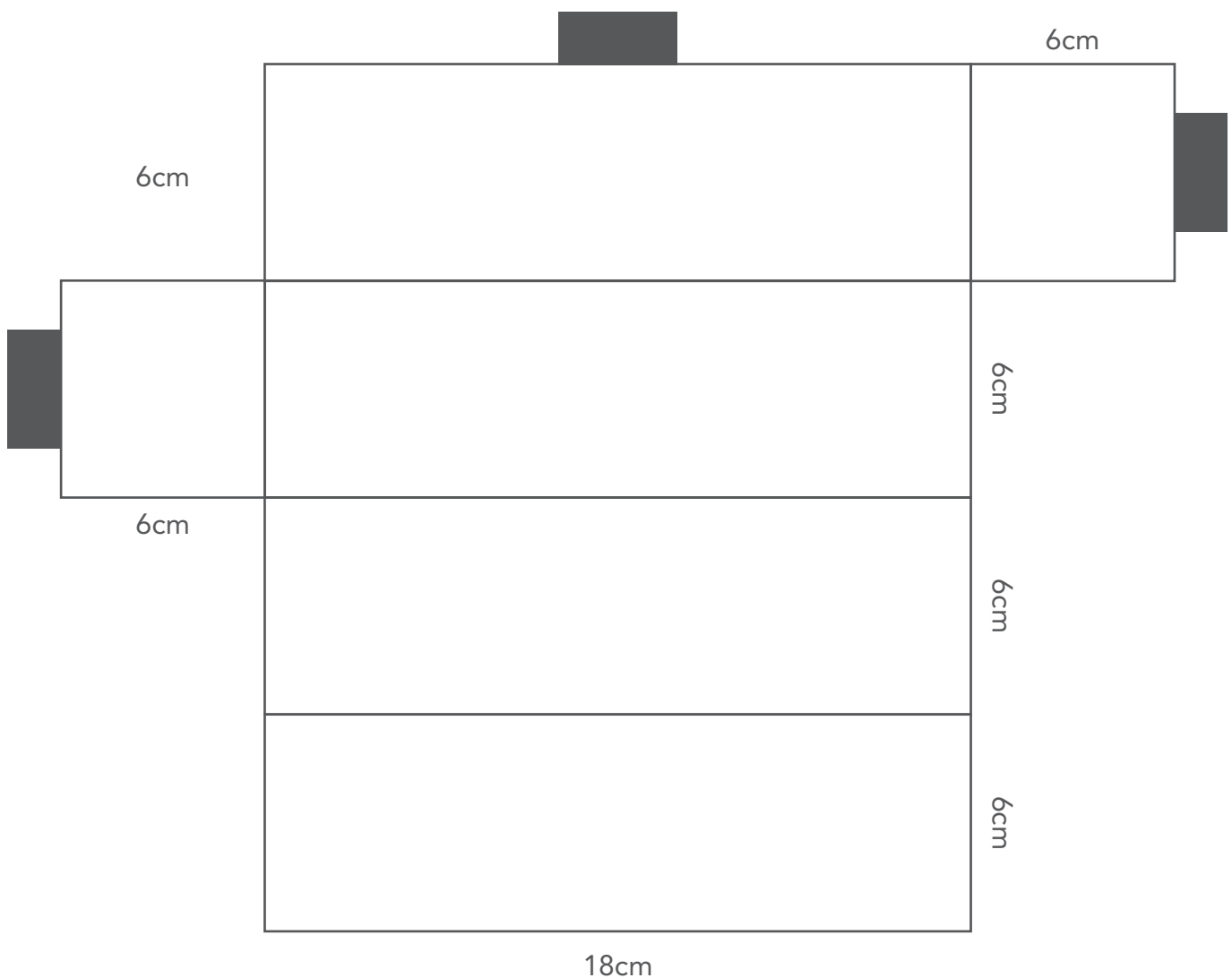
MY SURA AL SHAMS BUILDING

YOU WILL NEED

- A4 white card
- Pair of scissors
- Pencil and ruler
- Colour pencils / felt tips/ paint

Draw the cuboid template below on your A4 card. Mark the 3 sections and label them.
Draw the pictures in each section and colour.

Cut the net. Stick the tabs and your Sura Al Shams building is ready.



OATHS IN THE QUR'AN

When Allah makes an oath it is to draw to our attention something that is very important.

Below are 14 things on which Allah takes an oath on, Unravel and write them down.

MANNT OIU -----

GFI ---

ETMI ----

RSAT ----

VANEHE -----

IASIN ----

VIOEL ----

QYMIAA -----

LSAEGN - ----

KAMAK ----

HDAUH ----

UNS ---

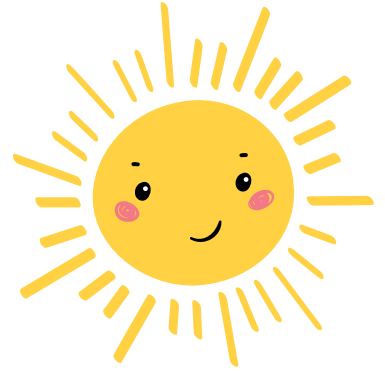
GINTH ----

Draw any ONE oath from the above list:



SOME SMASHING SUN FACTS

More energy from the sun hits the Earth every hour, than the amount we use on the planet in an entire year.



Explain in the space below, why we need the Sun here on Earth.
Use the words in the box to help you.

Heat

Light

Plants

Energy

Life

Animals

Growing

Happy

Weather

Sunshine

Warm

Holiday

Ready for a challenge?

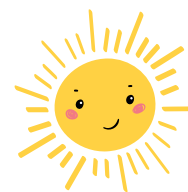
Try and look up:

- What would happen if all buildings were painted white?
- How solar power works?
- How big the Earth is, compared to the Sun?
- How many hours of sunshine does an Icelander see in summer?



OUR SUN

All creations great and small, use the energy of the Sun.
Complete the boxes below:



GERMINATING PLANT

WORMS

MUM

FISHES

THE MOON

A POTTER



THE HOLY PROPHET (PBUH) MY GUIDE, MY SUNSHINE

The Holy Prophet (pbuh) spiritually, he is the source of energy. By adopting his teachings, we will be able walk on the path of brightness and true guidance.

Below are some etiquettes of the Prophet (pbuh). Please match the columns:

When he spoke

His hands

He brushed his teeth

He would always sit

He always knew

He used to

He loved

When he entered the mosque

He believed that all human beings

He always

He spoke in short

He was always first

He travelled

He never interrupted

He never spoke

He used to fast

in a circle with his companions

pomegranates

patch his clothes and grind the

wheat

always had a beautiful scent

he would smile

he would always sit at the first
available space twice a day

to greet others

the times of salaa

anybody's speech

with a frown on his face

greeted children

were equal like the teeth of a comb

and meaningful sentences

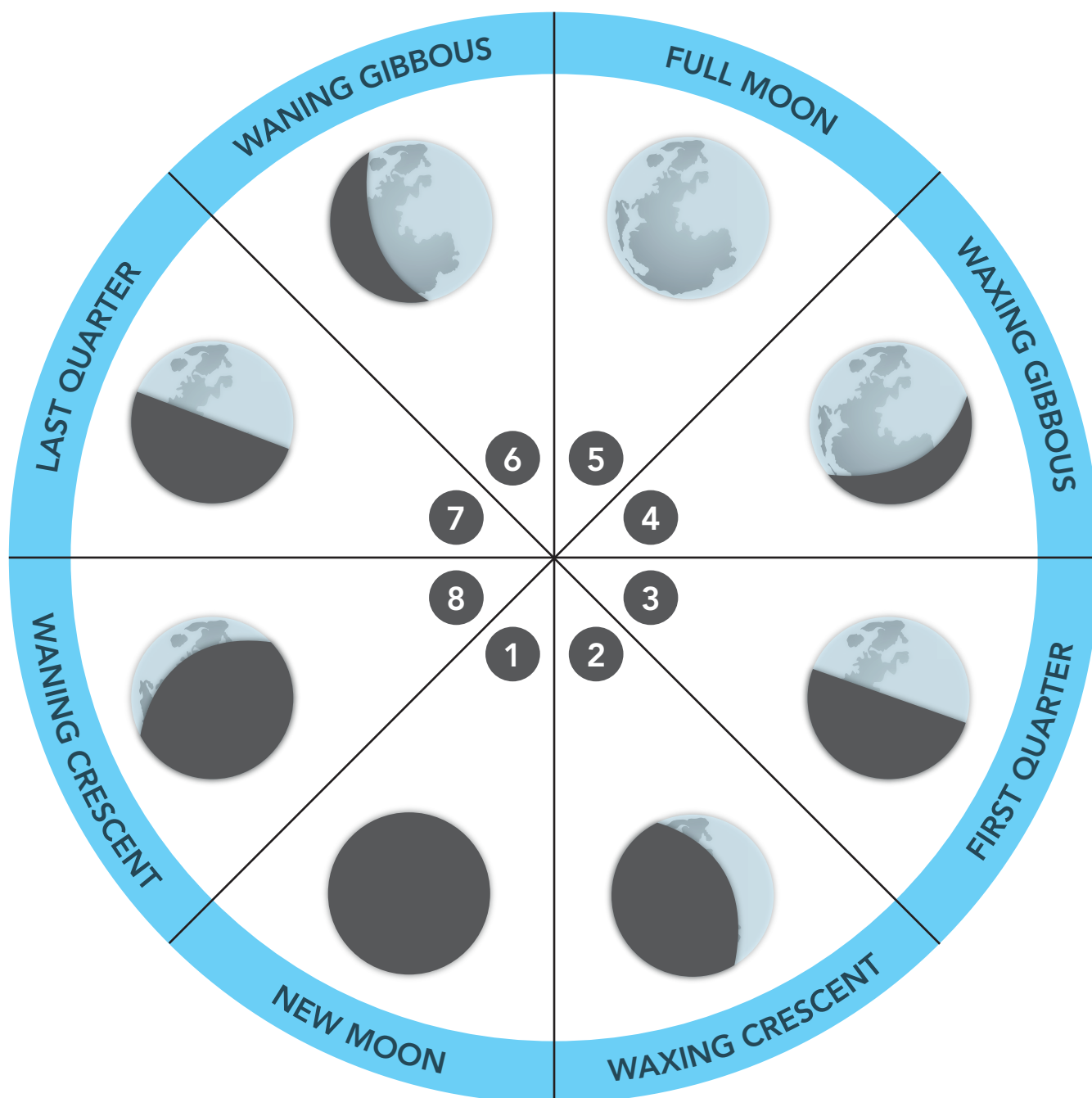
on Thursdays

in Rajab and Sha'ban



MOON PHASES SPINNER

Cut out the discs and use a split pin to join in the middle.



EARTH, SUN AND MOON QUIZ

1. What shape are the Earth, Sun and Moon?

.....

2. Which is largest, the Earth, Sun or Moon?

- The Earth
- The Sun
- The Moon

3. How long does it take the Earth to travel once around the Sun?

.....

4. How long does it take the Moon to travel once around the Earth?

.....

5. How long does it take the Earth to turn once on its axis?

.....

6. Which part of the Earth is in daylight?

- The part facing the Sun
- The part facing away from the Sun
- The part facing the Moon

7. Which of these is NOT true?

- The Sun rises in the east and sets in the west
- The Sun is highest in the sky at midday
- The Sun moves westwards around the Earth

8. Why does the Moon seem to change shape?

- Because it gets bigger and smaller
- Because we only see the part of the Moon that is lit by the Sun
- Because sometimes it is cloudy

9. Imagine you were standing underneath a tree. When would the shadow of the tree be shortest?

- At sunrise
- At midday
- At sunset



10. Why, in some parts of the world, are the days longer in the summer than in the winter?

- Because the Earth is tilted as it moves around the Sun
- Because the Sun gets brighter in the summer
- Because the Earth spins more slowly in the summer

11. Which is the smallest?

- A planet
- A star
- A galaxy

12. What do we call an object that is in orbit around a planet?

- A star
- A satellite
- A comet

13. Which is the third planet from the Sun?

14. Why is a day on Mars about 37 minutes longer than a day on Earth?

- Martian watches don't keep very good time.
- Mars spins more slowly on its axis than Earth does.
- Mars spins faster on its axis than Earth does.

15. In which direction does the Earth spin?

- From west to east.
- From east to west.
- From north to south.

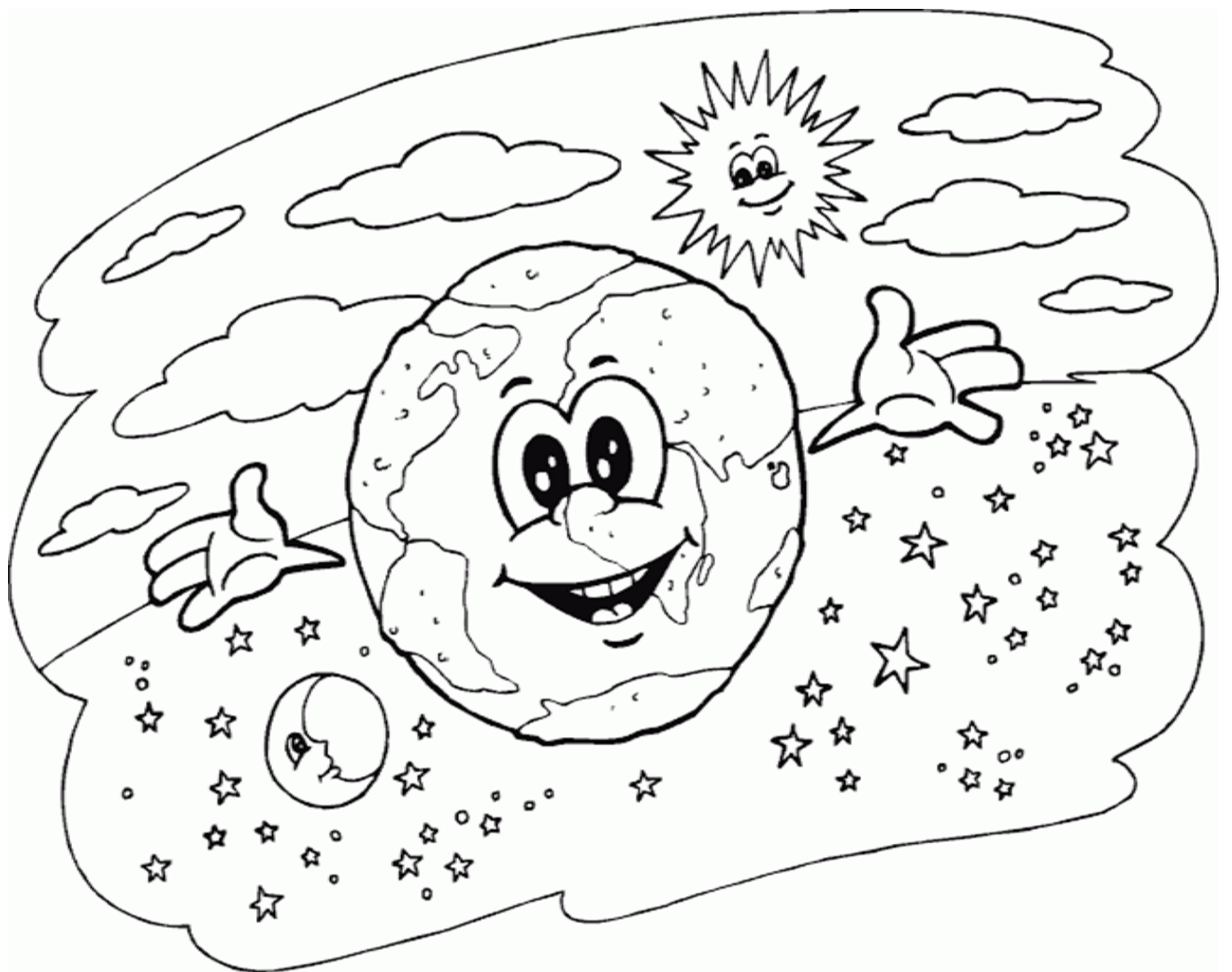
16. Why do we have seasons on Earth?

- The Earth is closer to the Sun in summer than it is in winter.
- The Sun is brighter in summer than it is in winter.
- The Earth's axis is tilted.

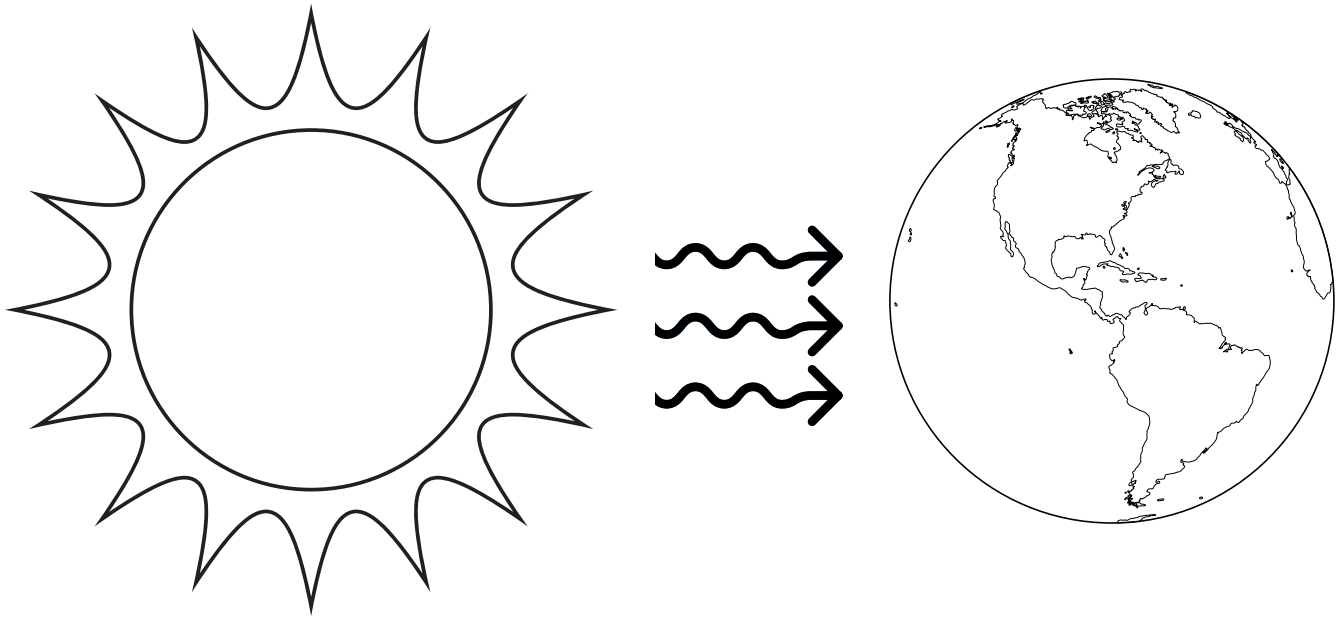


THE EARTH, SUN AND MOON

Get your colour pencils out and have a go ...



WHY DO WE HAVE DAY AND NIGHT?



1. In the space below explain why we have day and night by using the words from the word bank below:

Spins

Night-time

Daytime

Sun

Light

Reflect

Axis

Earth

.....

.....

.....

.....

.....

.....

.....

2. Colour in the picture to show which part of the Earth is in daytime and which part is in night-time.



ALHAMDULILLAH FOR DAY AND NIGHT



DRAW ACTIVITIES/
SOUNDS OF THE DAY



DRAW ACTIVITIES/
SOUNDS OF THE NIGHT

OUR SOLAR SYSTEM WORD SEARCH

E S C T J Y L X K O S C N F D X S Z J A K P Z K F
 J N Z X F S Z D J F Y R B J G C D R Y G B L A U K
 W C U E Q G R J K D U U V R N I O U N R V A F S W
 E U T T U L Z E S T N R L Y V A I C F K L N C M D
 B W K W P I Z W A P I S L R Z K V J O V F E K A A
 B V F J W E G S K Q R E F W E N S T R V P T W Y B
 Y A L F W L N T V U W H Y O L G Q E Y V N Q I S A
 W N R S E K S Q G V D T M G U N B E W Z X B A K F
 R Y N J Y Y U H T Z Q E X W H B S I J M U H D I Y
 D Z V K X J N N A E R G H R U W Y S I V V W Q A G
 X P V S B B O Y B C M A E Z I N A P F A P Y D P X
 B R G I Y O Y G U H I O H Y D F N Q G M Y Y U O O
 C N A A M O J R H O S Y C V H T I J V Y Q T C Y Z
 S L V S L O Y V A J P M W I J N X C M X P I R F T
 H T F T F A J M O L Z G V F H Y I L Q B R V J F R
 F A A E R O P P N K I T D P X Y B K A V H A E Z R
 F C I R A R N O A S L Z Q O Z F H M E S V R J Y N
 D N O O W U B W K V T S F K V C L N W O Z G W Y P
 H Z M I D P T L V N I C T V V N U E B C J Z Y V E
 V S O D D R C D N K M J R T H S L U Y K D U V G L
 R E T I P U J X R Q Y U R A N U S K K E K B J K J
 K Z T Z X T G I L M Z Q M H T R A E Y I Y U K U C
 A Y W V B M K B D J W R P E C E J N Q I U A C K W
 M A R S I S A O S O U Q U L U X R H F C P R F C X
 G F C A Q G O D F A Y Y Z I M G Q W Q U Y E G N G

Asteroid

Comet

Mars

Star

Gravity

Jupiter

Saturn

Earth

Neptune

Planet

Dwarf

Moon

Venus

Crater

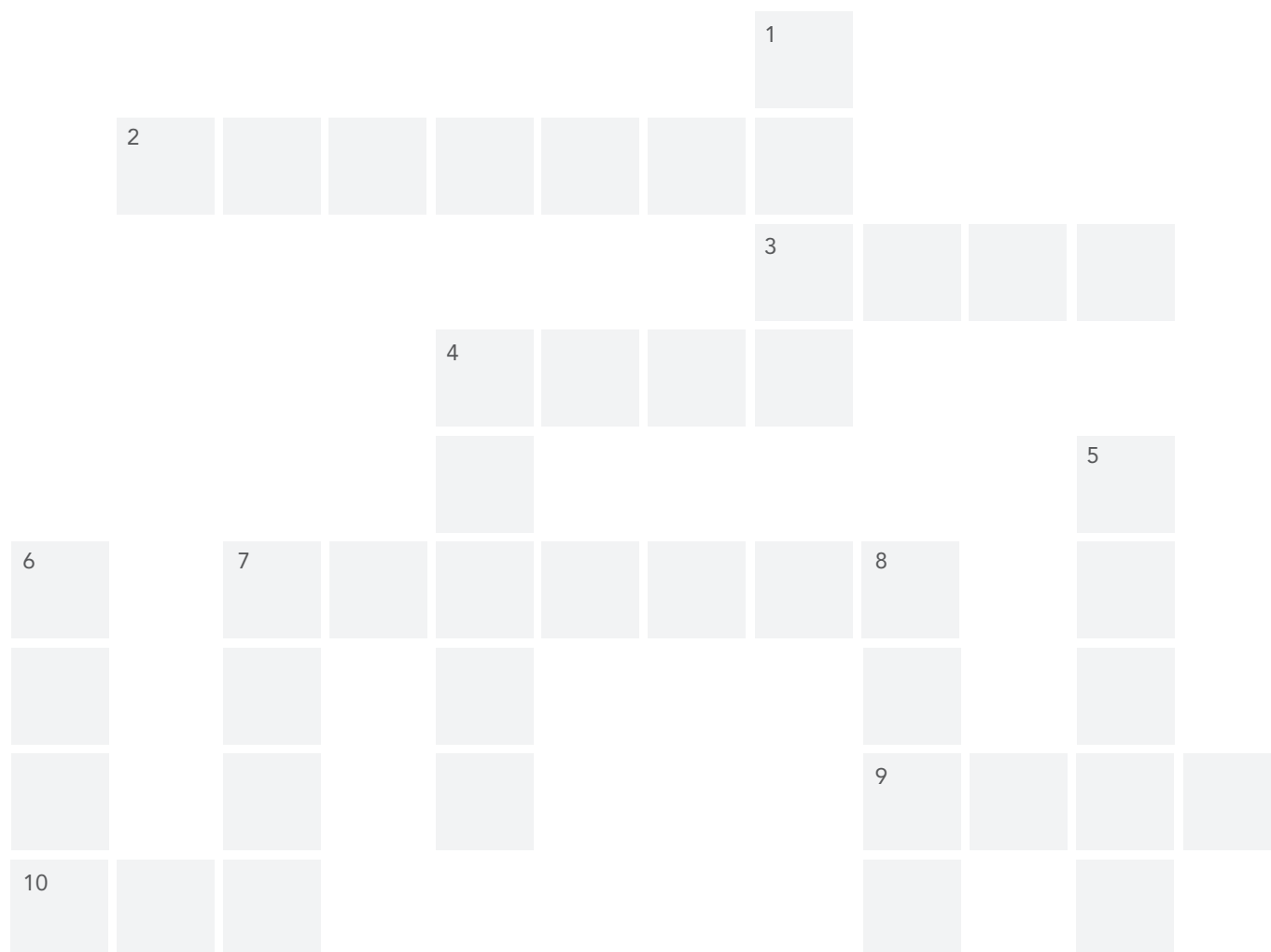
Mercury

Uranus



SPACE CROSSWORD PUZZLE

Did you know? Space is totally silent because there is no air to carry vibrations.



DOWN

1. The Sun sets in the
4. A blue planet that has water.
5. The path of a planet around the sun.
6. The next planet from the Sun after Earth.
7. It takes 28 days to go round the Earth.
8. The time it takes for the Earth to go round the Sun.

ACROSS

2. The 8th planet from the Sun.
3. Another word for the sun.
4. The sun rises in the
7. The planet nearest the Sun
9. The Earth spins on its
- 10 The middle of the solar system.

CHALLENGE!

1. How communication works in space?
2. What else would be affected by an absence of air?



SEARCH THE UNIVERSE

Jump on your spaceship and off you go searching ...

T	R	E	W	Q	E	C	L	I	P	S	E	Y
T	E	L	E	S	C	O	P	E	P	V	I	U
S	O	L	K	A	J	N	S	H	D	E	F	D
A	C	V	B	U	B	S	X	M	Z	N	G	A
T	P	L	A	N	E	T	A	R	I	U	M	S
E	C	A	S	I	B	E	S	T	H	S	O	T
L	A	S	T	V	S	L	T	U	U	E	L	R
L	T	T	A	E	A	L	R	L	N	R	O	O
I	S	E	R	R	C	A	O	I	F	E	N	N
T	T	R	S	S	K	T	N	F	T	Q	A	A
E	C	O	M	E	T	I	O	E	D	J	L	U
E	J	I	D	E	D	O	M	O	O	N	I	T
A	A	D	E	F	K	N	E	Y	R	U	E	L
J	C	R	K	B	E	B	R	G	O	B	N	O
H	R	G	T	G	A	L	A	X	Y	L	I	O
I	D	O	G	H	A	P	R	E	S	T	O	T

Universe

Astronomer

Sun

Earth

Orbit

Moon

Planetarium

Saturn

Comet

Meteor

Asteroid

Astronaut

Eclipse

Constellation

Galaxy

Satellite

Telescope

Venus



SOLAR SYSTEM CODE BREAKER

Crack the code, using the numbers in the table below to work out the words:

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

$20 - 1 =$
 $12 + 7 =$
 $16 - 15 =$
 $12 + 6 =$
 $9 + 10 =$
 Word:

$12 - 9 =$
 $7 + 8 =$
 $5 + 8 =$
 $12 - 7 =$
 $12 + 8 =$
 $15 + 4 =$
 Word:

$10 + 4 =$
 $15 - 10 =$
 $8 + 8 =$
 $20 + 0 =$
 $25 - 4 =$
 $7 + 7 =$
 $13 - 8 =$
 Word:

$6 + 7 =$
 $16 - 11 =$
 $10 + 8 =$
 $7 - 4 =$
 $14 + 7 =$
 $26 - 8 =$
 $31 - 6 =$
 Word:

Have a go! Create some of your own code breakers in the space below:

.....

.....

.....

.....

.....

.....

.....

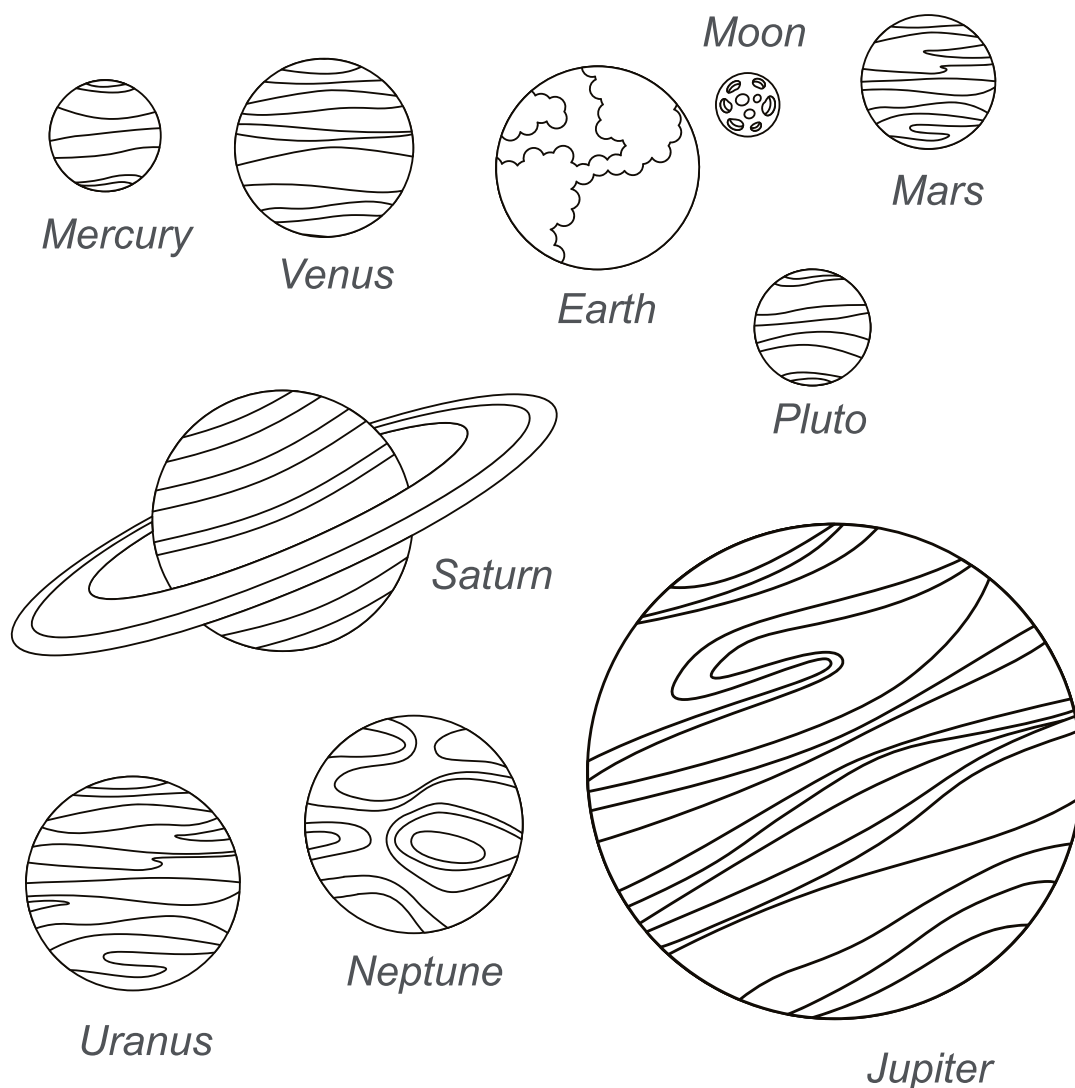


SOLAR SYSTEM MOBILE

YOU WILL NEED:

- A4 white card
- Scissors
- Colours/ felt tips or paints
- Thread
- Clothes hanger

1. Colour, cut and stick the planets on A4 Card.
2. Cut out the planets on the card.
3. Make a tiny hole in each planet.
4. Cut threads of different lengths.
5. Tie a thread on each planet and tie it to the hanger.
6. Enjoy your own Solar System mobile.



DESIGN YOUR PLANET

You have discovered a brand-new planet. It is beautiful and you would like to keep it just that way BEAUTIFUL. Complete an astronaut report to send to mission Control about what you have found.

Name of my planet

Key Facts:

Colour

Size

Number of moons

People who
live there

Physical Features:

Mountains, Rivers,
vegetation, valleys

My planet looks like this:



PLASTIC POLLUTION COLOUR BY NUMBERS

Use the grid to help you colour in the picture.



NUMBER	COLOUR
1	Black
2	Orange
4	Brown
5	Yellow
6	Green
7	Blue
8	Skin colour



APPRECIATING AND RESPECTING ALLAH'S BOUNTIES

The people of Thamood did not appreciate Allah's bounties and they disobeyed Him. We are blessed with loads of Allah's bounties and sometimes we also do not appreciate nor respect them.

Complete the table below on how to appreciate Allah's bounties.

BOUNTIES FROM ALLAH	HOW WE USE THEM	EFFECTS OF	HOW WE SHOULD USE THEM
<p>Tree</p> 	<p>Cut them to make paper. Cut them to increase space to build more buildings.</p>	<p>Loss of animal habitat. Soil erosion. Greenhouse effect.</p>	<p>Recycle & reuse. Build taller buildings in the city.</p>
<p>Land</p> 			
<p>Air</p> 			
<p>Sea</p> 			



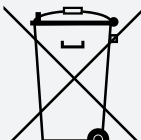
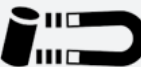


5 WAYS WE CAN HELP OUR EARTH



RECYCLING SCAVENGER HUNT

Products that we buy have symbols on them. Look carefully at the list below and have a really good hunt around to see how many of them you can find. You can also do this in a supermarket.

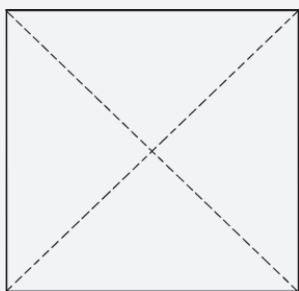
Give yourself 2 points for each one you find and then add it up at the end. You can make copies of this sheet and play with your friends. Good Luck!

SYMBOL	MEANING	WHERE I FOUND IT	QUANTITY FOUND	POINTS
				
				
				
				
				
				

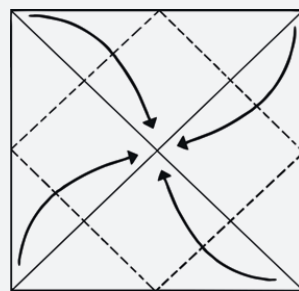


THE FOUR R'S CHATTERBOX

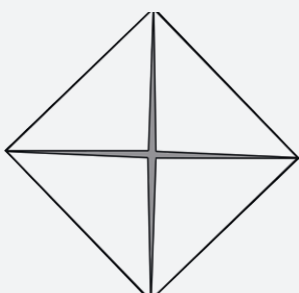
INSTRUCTIONS



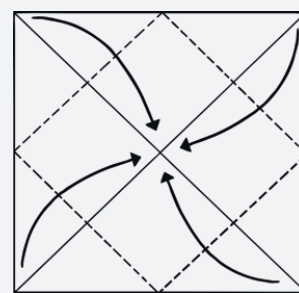
1. With pictures face down, fold on both diagonal lines. Unfold.



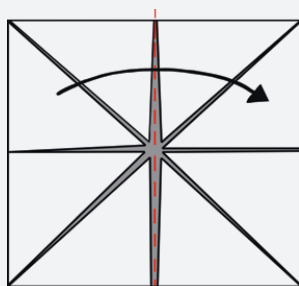
2. Fold all four corners to the centre.



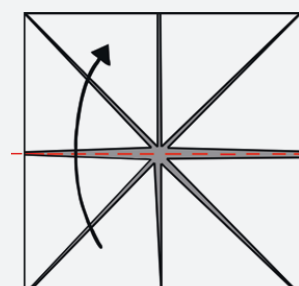
3. Turn paper over.



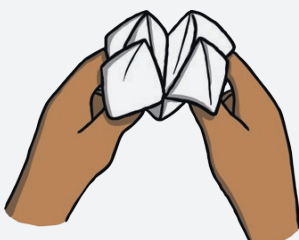
4. Once again, fold all corners to the centre.



5. Fold paper in half and unfold.

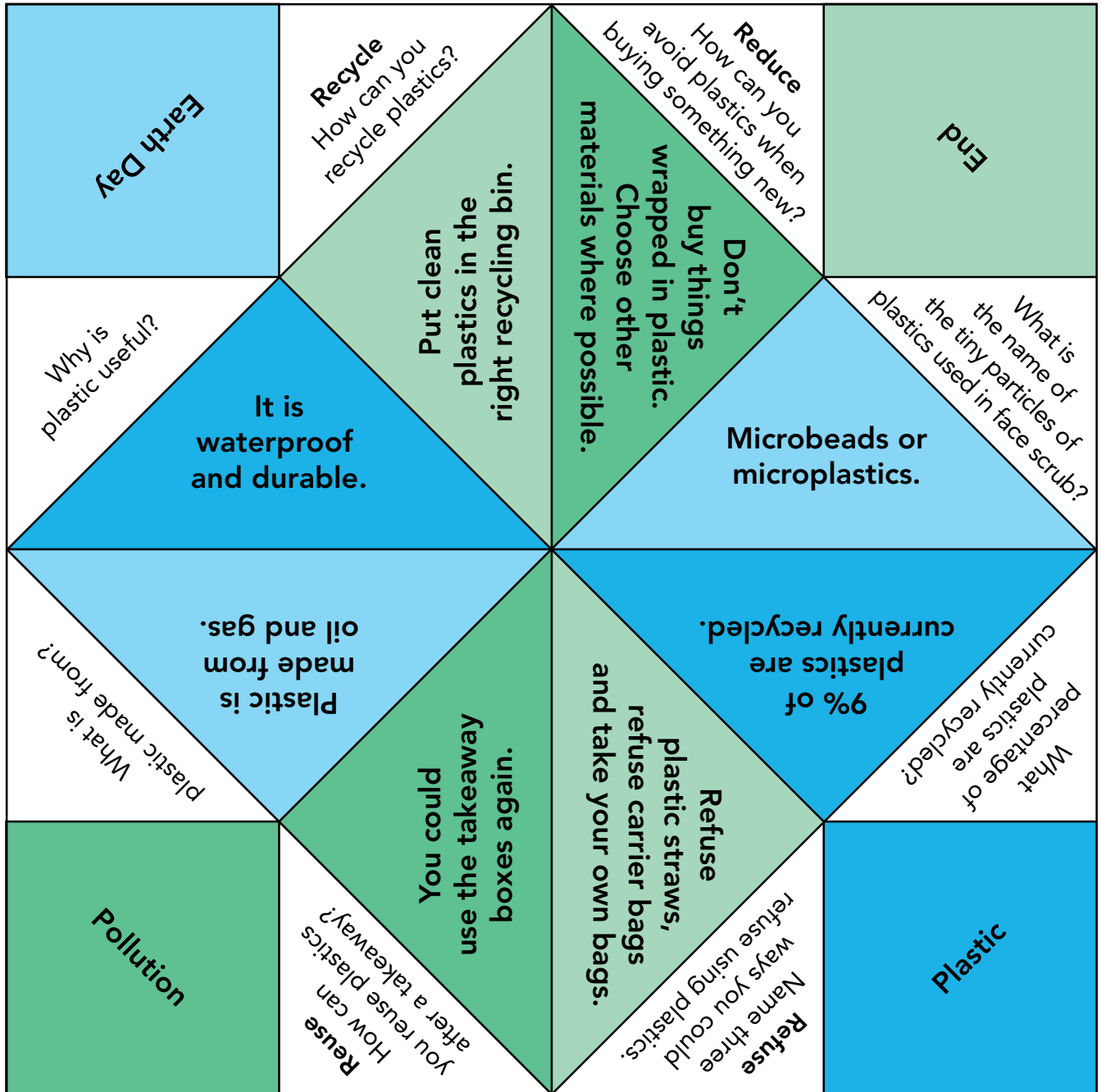


6. Fold in half from top to bottom. Do not unfold.



7. Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.





OPPOSITES

Existence is based on opposites; everything has an opposite. We can only appreciate one if we know/see the other.

Complete the table of opposites below:

Day	
Soft	
Messy	
Right	
Nasty	
Thin	
Poor	
Dry	
Cheap	
Dark	
Male	
Happy	
Waste	
Recycle	
Left	
Open	



EXISTENCE IS BASED ON OPPOSITES

Complete the crossword below:

	1		2			3					
	4			5							
			6					7			
		8									
	9		10		11						
12							13				
			14						15		
16											
				17			18				
		19									
								20			

ACROSS

- 3. WHISPER
- 4. SHORT
- 6. MARRY/WED
- 9. NOISY
- 12. EARLY
- 14. EXACT
- 16. ALIVE
- 18. DISTANT / FAR
- 19. ALLOW / PERMIT
- 20. OFF

DOWN

- 2. BEGINNING
- 3. TALL / LONG
- 5. TAKE
- 7. LAUGH
- 8. MISS
- 9. SPEND / WASTE
- 10. FOLLOW
- 15. TEACH
- 16. NIGHT
- 17. WET



STAGES OF THE NAFS

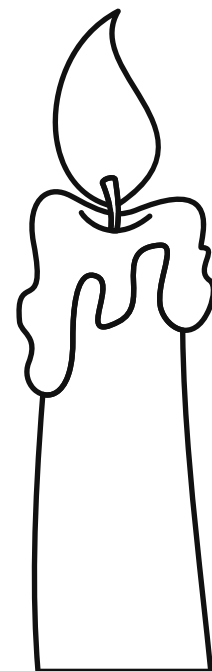
Nafsul Ammara (The Selfish and Wild



Nafsul Lawwama - the blaming (keeps on knocking)



Nafsul Mutma'inna – The Content Nafs lives to serve others)



THE THREE “SELF” IN US!

The Commanding Self, The Blaming Self and The Content Self.

Below are acts that we sometimes do or don't. Write next to each act:

- Colour all commanding acts RED – Nafsul Ammara
- Colour all blaming acts YELLOW – Nafsul Lawwama
- Colour all content acts GREEN - Nafs-al-Mutma'inna

There is hardly any room to sit I better sit cross legged & keep space for comfort.

I am so pleased I visited her.

If I him with the maths homework he will get cleverer than me.

I should have listened to. Mum and not gone on my own.

I will give her the recipe but will miss out an important ingredient.

If only I had picked that banana peel from the path.

I could have carried her heavy basket.

I will take all the credit for it.

It was great fun sorting clothes for the refugees.

I could have stopped the fight

I am so happy for Hawra, have an awesome wedding!



THE THREE NAFS

NAFSUL AMMARA WILD & SELFISH	NAFSUL MUTMA'INNA CONTENTED NAFS	NAFSUL LAWWAMA KNOCKING /BLAMING

Put the following activities (numbers only) in the correct boxes in the table above.

1. Laughing at others.
2. I should not have done my sister's homework for her.
3. Make sure I am always first in the dinner line/queue.
4. I wish I hadn't "made up stories about my neighbours."
5. Hacking into other people's computers.
6. Always making sure that everyone does as I wish.
7. I think I should fast today since its Mir'aaj.
8. I would love to memorise the names of at least 25 suwer.
9. Mum should do all the work, what are mums for?
10. If only I had shared my iftar with my friend who had none.
11. I would like to give some of my Eid money to help others.



TAQWA CONNECT FOUR - FIQH TERMINOLOGIES

Play this game in pairs. Players take a set of 15 coloured counters (of the same colour) each. Player one chooses a space, answers the question and covers the space with his/ her counter. Player two does the same. Play continues until one player has four counters in a row.

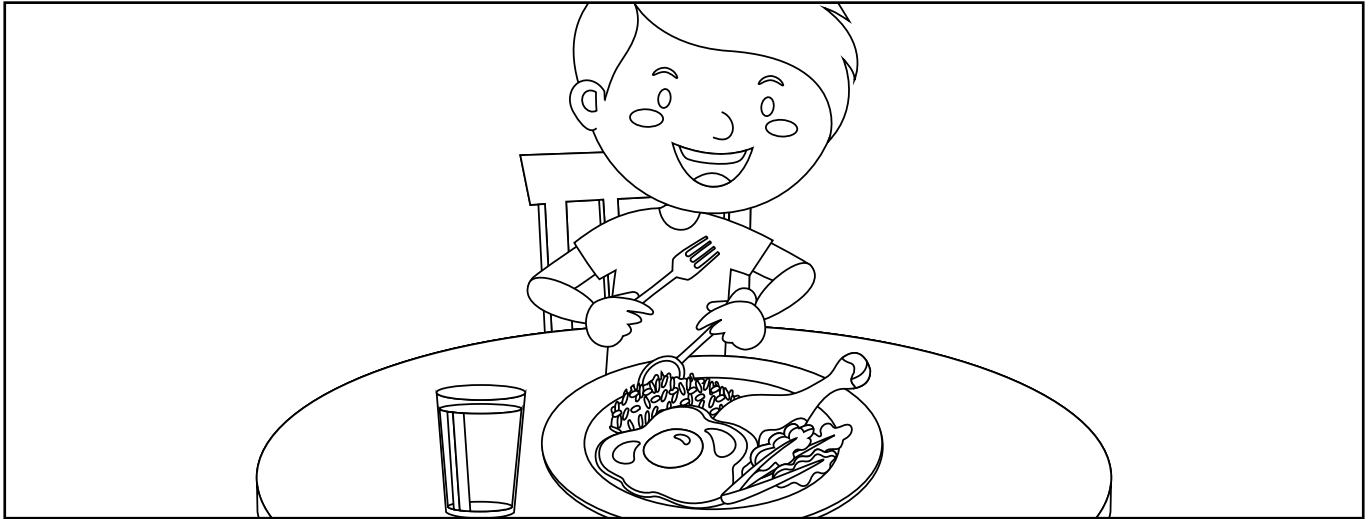
You can make counters by using coloured card/ paper cut in squares or circles. You can also use buttons a set of each colour.

Name a 3 unit salaa	Terminology of acts that must be done	2 acts done On Fridays	Refraining from Food & drink	Sura read normally on Thursday night	Good to recite before every salaa
To keep away from the enemies of Allah & M14	Done once a year on savings	Terminology for acts better not to do	Prayer that has 10 ruku and 4 sajda	Special bath done on a Friday	Tax paid on Coins, Crops & Cattle
We pray facing the	A wajib act-running between 2 hills.	The 1st Takbeer in salaa	Dua normally read on Thursday night	A mustahab act done before going to bed	Recited in a baby's ear when he/she is born
Do good and encourage others to do good	This act is like eating the flesh of one's dead brother.	We address our areedha to him	Terminology for acts that should not be done	A blessed house built by father & son	Our present Imam
We follow the calendar	Process for a cow to be halal to eat	Night prayer has 11 units	A chapter read in every salaa.	Chapter read in Friday salaa	Total number of units of wajib salaah in a day
The only wajib salaat in salaa	Jihad means	Name 2 makruh acts	The Lunar calendar has months.	Arabic terminology for fasting	Plural of salaa



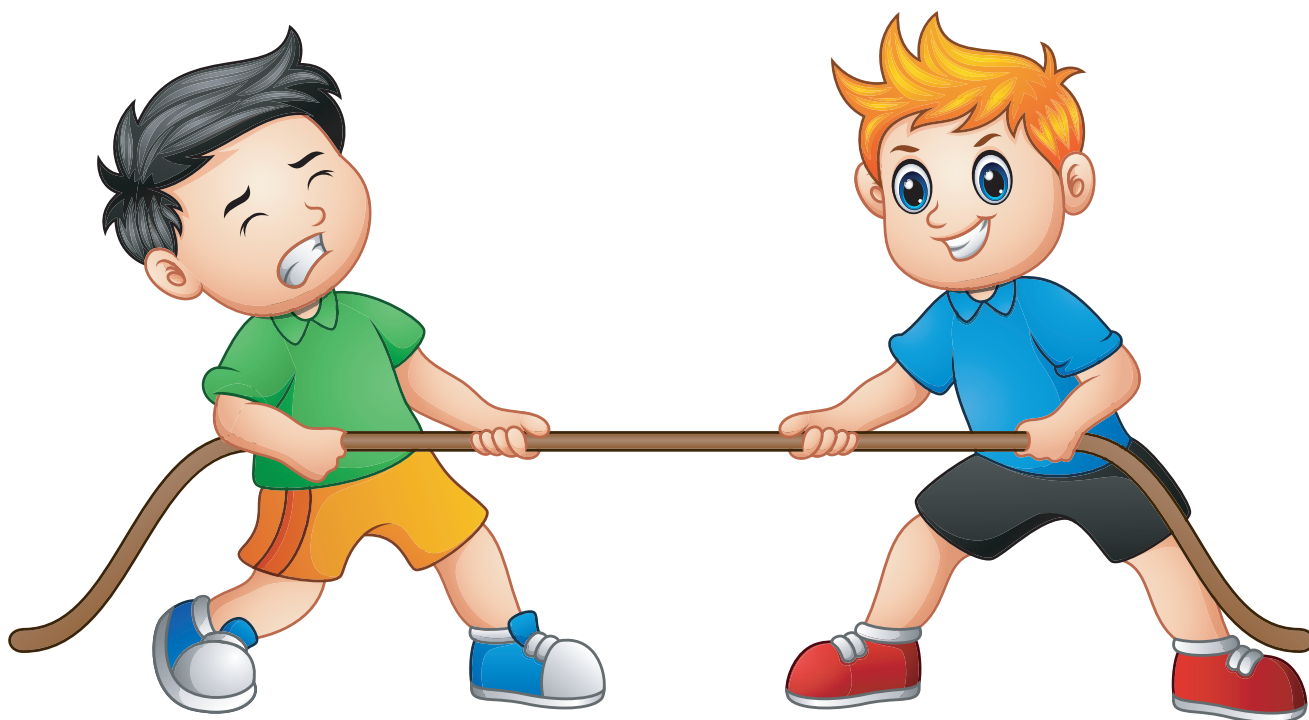
LESS FOOD, LESS SLEEP & LESS TALK

"Less food, less sleep & less talk "Imam Sadiq (pbuh)
Colour in the pictures below.



TUG OF WAR

Tug of War – The 2 driving forces within us “attract” and “repel”



Below are things, acts, emotions that we can either find attractive or repulsive. Colour all repulsive things RED and all attractive things GREEN.

VIOLENCE	QUR'AN TILAWAT	SLANDER	LAUGHTER	CLEANLINESS
SCENT	SUNSHINE	RATS	FLOWERS	GREASE
BULLYING	WAR	FAMILY	RAIN	STENCH
INJUSTICE	WATER	SHOUTING	COLOUR	PHOBIAS



ATTRACTIVE OR REPULSIVE

Our 5 senses "like" and "dislike" things. In the picture below write down those things which are attractive and repulsive. You may use 2 different colours for likes and dislikes. One has been done for you.



SIGHT

HEARING

Screeching of the chalk on the black board.

Singing of birds.

FEEL

SMELL

TASTE



SPIRITUAL AND PHYSICAL WELLBEING THROW THE DICE

- Complete the challenge sheet below with activities and ideas (spiritual & physical) to improve your wellbeing (body & soul).
- You can choose from the list below or create your own ideas.
- Number the acts below 1-6 (there are 18 acts you will have 3 sets of 6)

- Take a walk around the playground during lunch.
- Drink extra water.
- Take time out, sit quietly and watch the leaves blowing in the wind.
- Play a ball game with your siblings.
- Give someone a compliment.
- Do 15 minutes of exercise.
- When you wake up, think of 3 things that you would like to thank Allah for.
- Ask someone about something that they have really enjoyed doing.
- Help mum prepare your lunch.
- Try out an activity that would normally be out of your "comfort zone".
- Take time to notice the good things that others do.
- Spare some thought on the "children of the world".
- Apologise for the mistakes you have done.
- Learn to say I am sorry.
- Think of three things to look forward to in the coming weeks & months.
- Share a new fact you have learnt with someone else.
- Go to bed early.
- Keep track of your screen time.
- Throw a dice each day. You will need to complete the task of the number thrown on your dice.



HOW DOES ANGER AFFECT YOUR LIFE?



INSTRUCTIONS

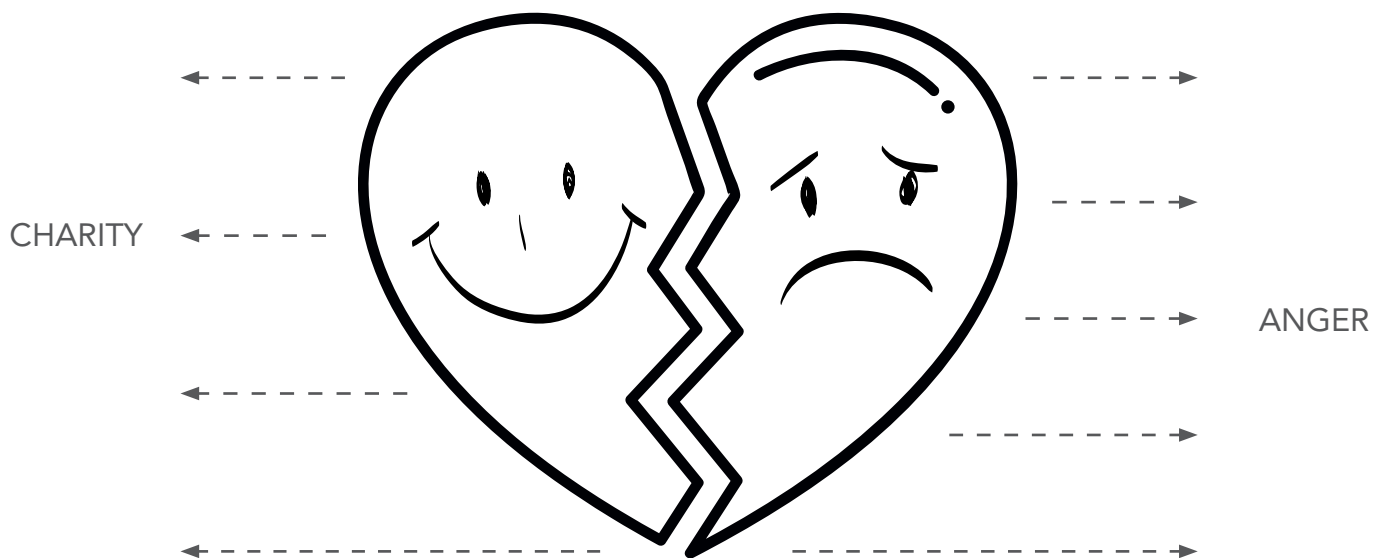
On the above pie chart, shade in each of the segments along the marked lines on a scale of 0-10 to rate how ANGER affects you in each area of your life.

A score of 10 (on the edge of the circle) means this area of your life is strongly affected by anger. A score of 0 (at the very centre of the circle) means anger does not affect this area of your life at all.



SUCCESS AND FAILURE OF THE SOUL / THE SELF

Good acts make our "self" successful whilst bad acts make our "self" corrupt.
Complete the drawing below.



Anger Management Recording Sheet

SITUATION THAT MADE YOU ANGRY	WHAT DID YOU DO?	WHAT COULD YOU HAVE DONE?	RESULTS



THE PEOPLE OF THAMOOD



THE SHE CAMEL OF PROPHET SALEH (PBUH)



CAMEL WORDSEARCH

D	K	F	U	F	T	Z	F	W	C	J	D	F	P	Y	P	B	A
O	E	G	U	M	P	S	I	H	U	K	T	A	V	B	M	U	A
R	G	O	K	R	Y	L	S	A	L	E	H	A	O	Q	U	R	Y
Y	E	R	T	D	G	Q	Q	E	J	Q	E	T	P	L	H	D	T
P	B	R	A	N	E	Y	G	R	G	H	E	R	B	G	Y	E	K
G	W	Q	T	C	E	Y	R	A	D	E	M	O	R	D	S	N	X
H	I	T	K	H	L	V	Z	P	H	C	R	T	C	Y	E	S	H
W	P	L	R	R	A	H	E	C	F	G	E	T	X	P	H	C	L
P	I	O	J	F	R	M	G	Y	B	X	Q	T	T	I	S	P	X
M	M	I	O	R	D	M	O	I	B	O	G	H	Z	W	A	R	H
W	J	V	H	I	N	V	N	O	B	B	O	J	M	W	L	O	O
K	A	R	N	H	I	A	B	E	D	O	U	I	N	C	E	U	C
G	R	T	M	V	I	U	K	P	V	O	F	G	X	O	Y	D	B
N	Y	D	E	R	H	I	C	E	R	Z	Y	S	I	N	E	X	N
E	L	Z	T	R	D	T	S	Z	T	K	W	Z	U	B	R	J	S
S	Y	C	H	O	A	T	D	Y	O	T	L	J	Q	X	A	O	J
Z	A	O	L	E	H	F	Y	Y	K	V	K	V	E	N	R	D	X
B	H	S	T	S	A	E	B	P	B	O	N	T	F	J	J	Q	U

Find the words below in the above grid and circle them.

BACTRIAN

EVEN TOED

LOAD

BEAST

EYELASHES

MILK

BEDOUIIN

GOBI

PROUD

BURDEN

HEAVY

SALEH

CARGO

HOOVES

THAMOOD

DROMEDARY

HUMP

WATER

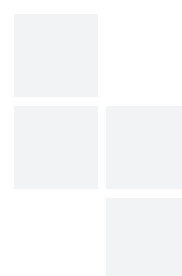
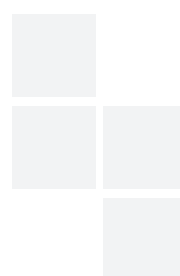
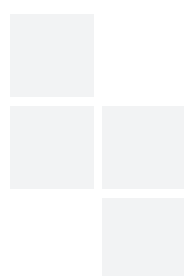
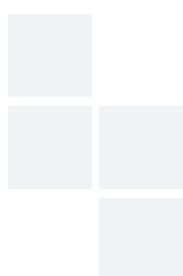
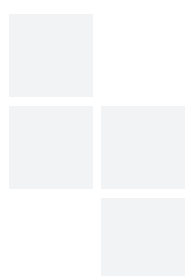
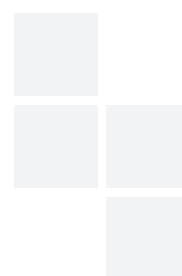
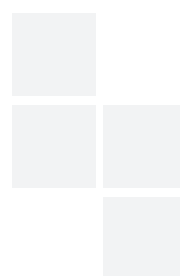
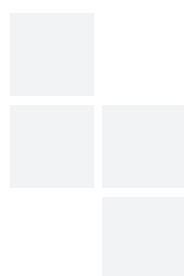
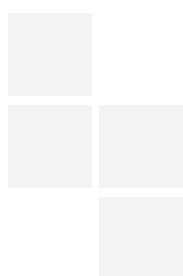
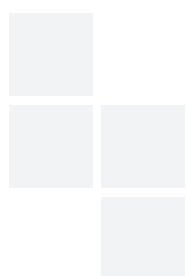
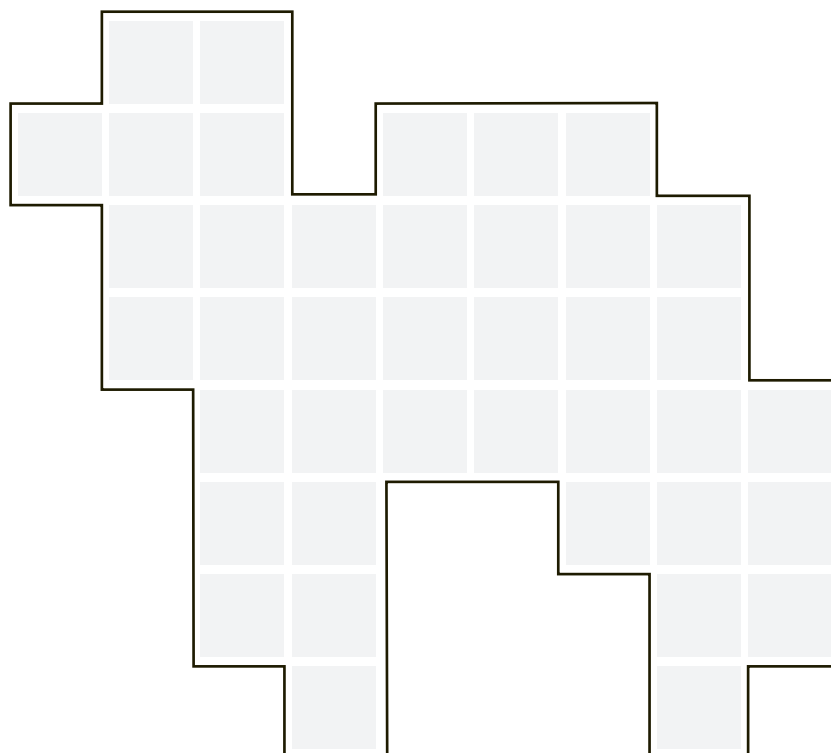
EGYPY

IDOLS



CAMEL PUZZLE

Cover the camel by using the pieces below.



SHARING IS CARING

The people of Thamood had to share the spring with the she camel on every ALTERNATE day which they did not like at all.

Complete the picture below by drawing the people of Thamood on the banks of the stream.



Colour the camel's water day BROWN and the people's water day GREEN.

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



LEARN TO SHARE

Many times, we share things with others around us. Sometimes we are very happy to do it and at times we are a bit hesitant.

Complete the table below and draw an emoji to match your emotions.

I SHARED MY	WITH	I FELT 😊 🧑 🙄
My favourite chocolate	My cousin brother	🙄



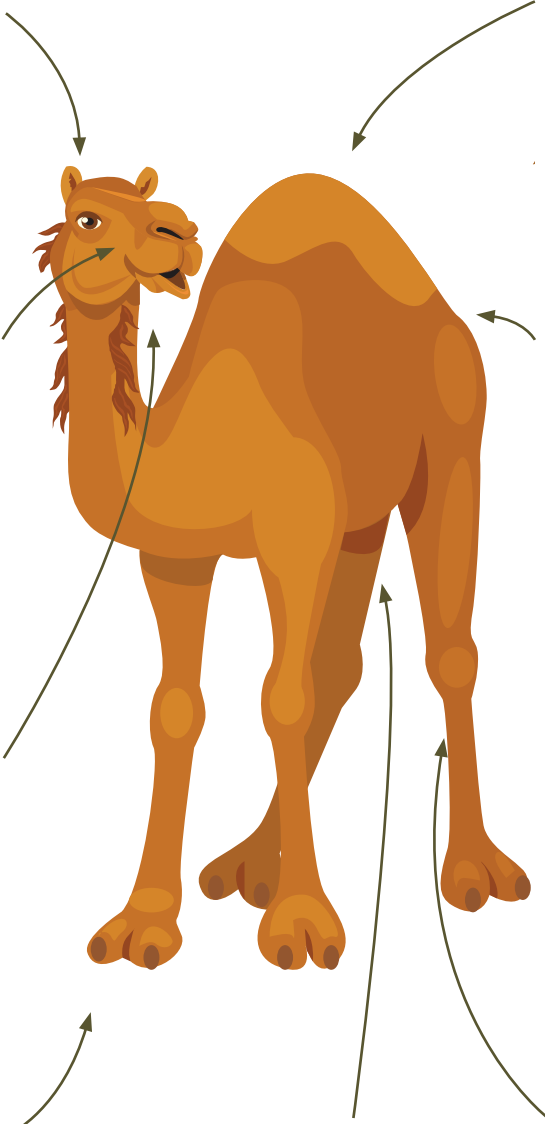
CAMEL SUITED TO ITS ENVIROMENT

How is a camel suited to its environment?



CAMEL- THE SHIP OF THE DESERT

Write down how each feature of the camel helps it survive in the desert.



Long Eyelashes and Bushy Eyebrows

Hump

Nostrils which can open and close

Thick Wool on Back

Tough Tongue and Teeth

Sandy Colour

Two-Toed Feet with Thick Leathery Feet

Thin Hair on Tummy

Long Legs with Leathery Knees



CAMEL MASK

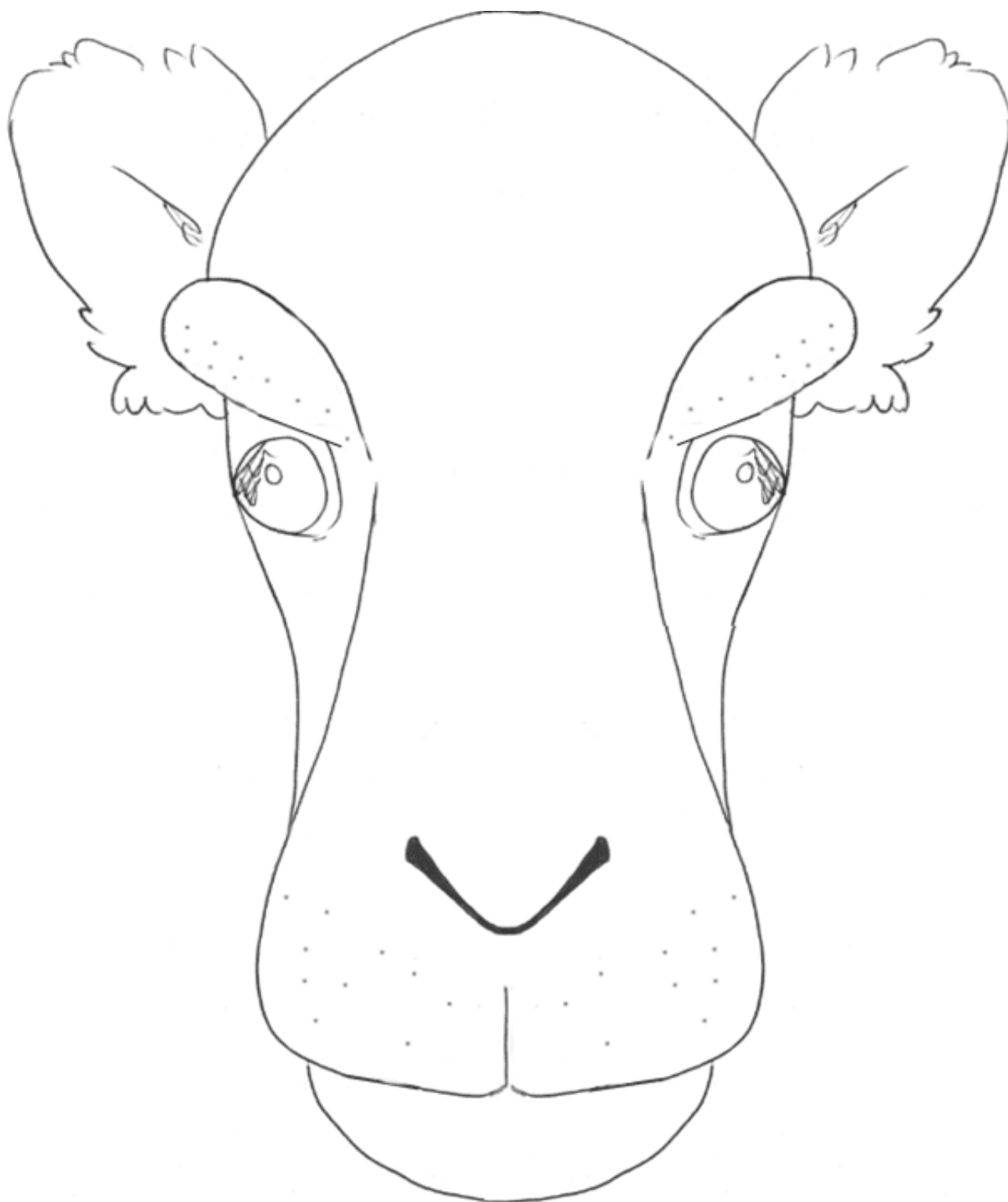
Cut and stick the camel mask template on cardboard.

Cut out the eyes.

Colour your camel.

Make 2 tiny holes at the edge of the face.

Thread an elastic band through the holes and tie a knot (to fit around your head).



CAMEL CROSSWORD



ACROSS

3. Most common camel type living in the world today
5. Friends and family
7. How many pairs of eyelashes do camels have?
8. Creatures with hoofs.

DOWN

1. Camels are not carnivores
2. On the back not a backpack
4. Sandy, arid areas where camels live.
6. What are baby camels called?



STORYBOARD - PROPHET SALEH (PBUH)

Prophet Saleh (pbuh), the she camel and the people of Thamood.

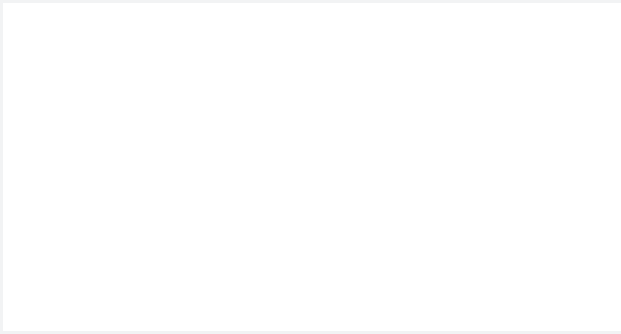
Illustrate the story and write a couple of sentences from the words given next to each part of the story.

	Idol worshipers, Thamood, rocks, mountains, wealth, bounty.
--	--

	Prophet Saleh, 1 God, worship, mountain, sacrifice
--	---

	Thamood, Prophet Saleh, sign, she camel.
--	--





Camel, water, spring, alternate, days.

.....

.....

.....

.....

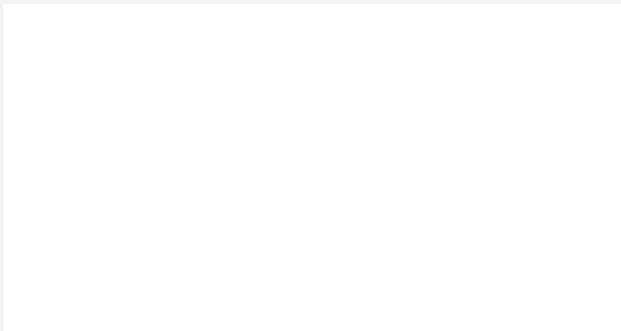


Prophet Saleh, harm, camel, God,
punishment.

.....

.....

.....

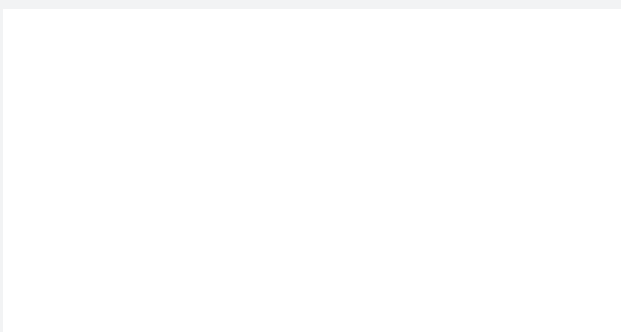


Thamood, proud, stubborn, killed, camel.

.....

.....

.....



Thamood, threaten, punishment, Prophet
Saleh.

.....

.....

.....





P. Saleh, 3 days, mocked, Thamood,
forgiveness.

.....

.....

.....



4th day, thunderbolt, sky, earthquake,
death.

.....

.....

.....

Moral of the story:

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WHAT I LEARNT FROM 091

I learnt that

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The most important thing

I learnt

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Before this lesson I knew

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10 words I would use to
sum what I learnt are

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What I learnt from Sura
Al Shams 091

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One thing I need to re-
member

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Today I tried to

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I did not know how to

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but now I can

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I will be successful when I

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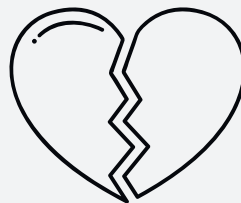
TAKE THE CHALLENGE - QUIZ TIME

QUR'AN CITY ROUND

1. What is the building number of Sura Al Shams?
2. How many sections does the Sura Al Shams building have?
3. How many verses are there in Sura Al Shams?
4. Where would you find Sura Al Shams in QCity map?
5. Name 4 neighbours of Sura Al Shams.

PICTURE ROUND

In which verses of Sura Al Shams are the following talked about:



PEOPLES ROUND

1. Who said, "There are 3 things that Allah does not like in a person: Too much sleeping, too much laughing and eating after the stomach is full?"
2. Who described the creation of the Earth very eloquently in Nahjul Balagha?
3. Who said, "He who does not take account of him/herself once every day is not one of us?"



SCIENTIFIC & NATURE ROUND

1. How many Earths will you need to fit into our sun
2. What does the term "dhuha" actually mean?
3. What stage is the moon in when it first appears on the 1st of the Lunar month
4. How many moons does our Earth have?
5. Who is the sun of knowledge of our path?
6. Day and night are caused by of the Earth.
7. What does the word "banahaa" mean in verse 5?
8. Name 6 entities that live on the Earth.
9. Which animal is classed as "the ship of the desert" and why?

RIDDLE ROUND

1. What is at the end of a rainbow?
2. What belongs to you, but others use it more than you?
3. What am I? The more you take, the more you leave behind.
4. What starts with "t", ends with "t", and has a "t" in it?

SOUL ROUND

1. What is the literal translation of the Arabic word "nafs"?
2. Are opposites a necessity and why?
3. To take what I want, when I want, how I want and from whomever I want is a character of which nafs?
4. Why is pride / Kibr the major illness of the nafs?
5. Which nafs is your personal teacher?
6. When is one at peace and content?
7. "The nafs is like a thief" explain.

FOOD & DRINK ROUND

1. What is the sweetest and healthiest food mentioned in the Qur'an?
2. Name 4 fruits mentioned in the Qur'an.
3. Name a drink that is colourless, tasteless and odourless.
4. What does the term zabiha mean?



ATTRACT & REPULSE ROUND

1. Name 3 things that you find attractive in nature.
2. Name 3 things that you hate in the world.
3. Name 3 foods that you enjoy.
4. Name 3 traits in people that you admire.
5. Name 2 things that disappoint you.

PROPHET SALEH (PBUH)

1. Who is the father of Prophet Saleh (pbuh)?
2. Prophet Saleh was sent to which people?
3. What message did Prophet Saleh (pbuh) give to the people?
4. Who is the ancestor of Prophets Hud (pbuh), Saleh (pbuh) and Ibrahim (pbuh)?
5. What miracle did Prophet Saleh (pbuh) perform?
6. Name 2 prophets that are born without a father.

THAMOOD ROUND

1. In which land did the people of Thamood live?
2. The people of Thamood lived in tall glass buildings true or false?
3. The Thamood are also known as the
4. Who / what did the Thamood worship?
5. Allah gifted the Thamood with and
6. What sign did Allah send to the people of Thamood?
7. What instructions were given to the people of Thamood regarding the spring?
8. What did the people of Thamood do with the "sign" of Allah?
9. What made them do the above?
10. After how many days did the wrath of Allah descend?
11. What came down from the skies to destroy the people of Thamood.
12. What lessons can we learn from the story of Prophet Saleh (pbuh) and the people of Thamood?
13. One person committed the crime of destroying the sign why did Allah punish the entire tribe?



ANAGRAM ROUND- UNSCRAMBLE THE WORDS

HINT: QUR'AN CITY MAP

1. SCIENCE CRAB MUST BATH
2. WAT BAT URN
3. WORMER CONES
4. AQUA TEAR HUT FLAT UMRA'A
5. ICE WET DINNER



