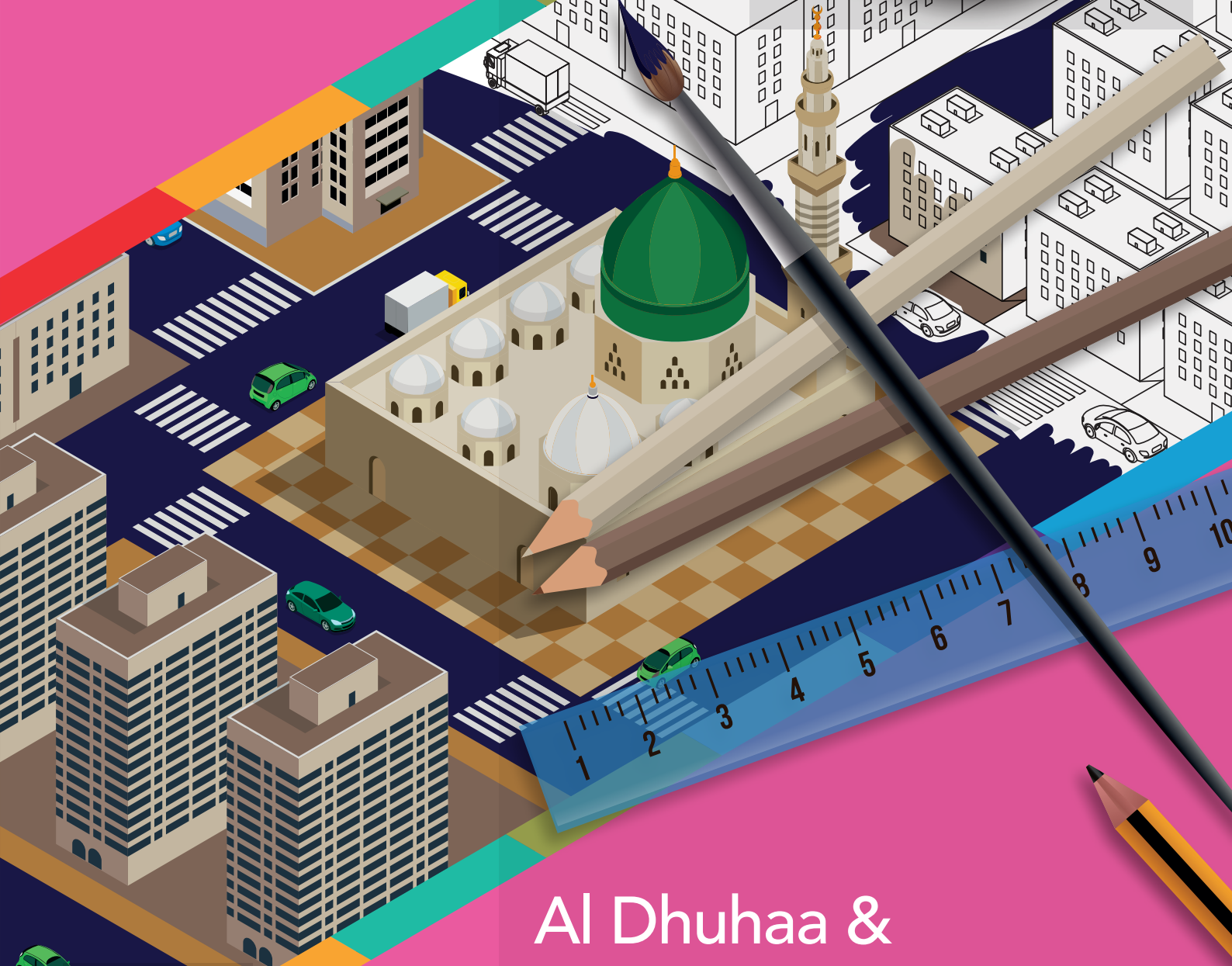


Qur'an City



4-12
years

Al Dhuhaa &
Al Inshiraah Workbook
93 & 94 Comfort Zone
Qur'an City
899394/9394103



SUGGESTED SCHEMES OF WORK

NO.	TOPIC	LEARNING OBJECTIVE	SUGGESTED ACTIVITIES
1	INTRO TO QUR'AN CITY	Introduction to Qur'an City. 114 buildings, Makki, Madani, with a focus on comfort zone	What does comfort mean?
2	INTRO TO SURAH AL DHUHA (MAKKI) SURAH 93	Introduce Dhuha and its focus. The sura was revealed when there was a pause in revelation and the Prophet was distressed. It shows the love between Allah and His Messenger.	Building Dhuha building activity (according to age) Lego, popsicle sticks, buttons)
3	TIME OF DHUHA AYA 1	Explain the difference between Fajr & Dhuha Fajr - just when sunrise occurs Dhuha - after Fajr - soothing light Explain the difference between false dawn and true dawn.	Salaa times including Salat Layl
4	REVELATION AYA 1	Revelation (the Qur'an) is like the morning light which is bright but soothing. Talk about the Qur'an and its guidance in every aspect of life	Worksheet on the basics of the Qur'an and/or a write up on "What the Qur'an means to me!"
5	THE STILLNESS OF THE NIGHT AYA 2	The night is still and quiet. The Prophet used to recite what was revealed during the day at night. When there was a pause, he used to long for it like waiting for someone you love to message you.	Difference between day and night. Ask the students to make a time management sheet of their 24 hours.
6	CONSOLATION AYA 3	The Prophet was distressed and upset with the pause in revelation. Allah consoles him. Widaa – saying goodbye to someone/something that will never come back to you. Qalaa – something you discard after using it.	Discuss how to console someone who is upset.
7	WHAT IS TO COME IS MUCH BETTER AYA 4	Allah assures him that things will get better. Nothing is ever lost if it is done for the right reasons. Always rewarded.	Discuss doing things with the intention of pleasing Allah.

NO.	TOPIC	LEARNING OBJECTIVE	SUGGESTED ACTIVITIES
8	HE WILL GET THAT WHICH WILL MAKE HIM HAPPY AYA 5	Allah will give him what he always wanted. The Prophet wanted human beings to believe in Allah, follow Divine Guidance and be accountable to reach their personal best.	Worksheet on Usul and its manifestation as good deeds (Amilus Saalihaat)
9	REFLECT ON YOUR PAST AYA 6	Three questions to the Prophet? The first one was that Allah looked after him when he was an orphan. Discuss how Allah looks after us – how we grew up from being helpless babies.	Worksheet on a timeline from birth to growing old – their concept of what is old.
10	REFLECT ON YOUR PAST AYA 7	Second question to the Prophet. Allah guided him on how to show human beings to reach their personal best – The Quran and the Ma'sumeen (Divine Guidance)	Worksheet on the Quran and the 14 Ma'sumeen
11	REFLECT ON YOUR PAST AYA 8	Third question to the Prophet. He needed financial help, and Allah sent him Sayyida Khadija who gave all her wealth to him thus making him independent. Talk about Allah's name Al Razzaaq and how He provides rizq	Worksheet on Al Razzaaq
12	BE KIND TO THE ORPHAN AYA 9	Discuss kindness to orphans and not to bully them	Worksheet on how one can help orphans
13	HELP THOSE WHO ASK AYA 10	Don't make those who ask to feel bad but help them and answer them to the best of your ability.	Discuss how you would answer questions that were easy or were repeated again and again (maybe from a younger sibling or/and a grandparent)
14	SHARE WHATEVER YOU HAVE AYA 11	Discuss sharing especially the Qur'an and the Ma'sumeen which allows every person to reach their personal best	Worksheet on sharing (especially knowledge)
15	OVERVIEW OF SURA AL DHUHA		Memorisation of the sura.

MY SURA AL DHUHAA BUILDING

Draw, label and decorate the Sura Al Dhuhaa building

5 STEPS FOR READING THE QUR'AN

The Holy Prophet (pbuh) said the Qur'an was to be:

- Read
- Memorise
- Understand
- Apply
- Teach

ACTIVITY:

Write the 5 steps on the labels below.
Cut the labels and stick them on the palm below.



THE HOLY QUR'AN

Check out your knowledge on the Qur'an with this simple quiz.

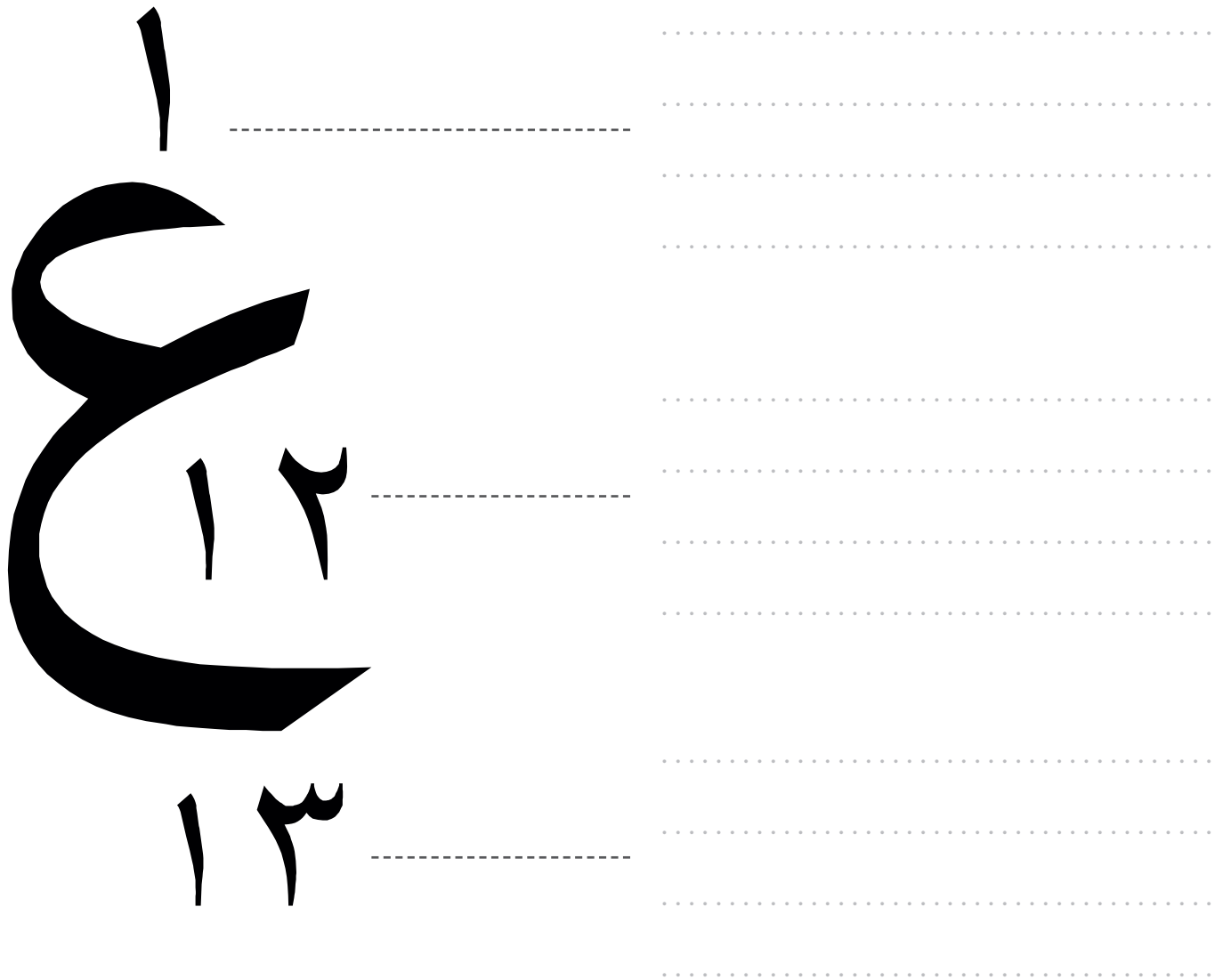
1. How many ayaat are there in the Qur'an?
2. There are 114 in the Qur'an.
3. The word aya can mean
4. There are ayaat in Suratul Jumma'.
5. Surah is recommended to be receited on Thursday Night and on Friday.
6. The shortest surah in the Qur'an is made up of ayaat.
7. The longest surah is of ayaat.
8. The only surah that doesn't start with Bis milla is , , ,
9. The plural of Surah is
10. The Qura'n was revealed in which 2 places? a. Makka b. Syria c. Kufa d. Madina e. Kerbala
11. The Qur'an has been divided into 30 equal parts called So that Qur'an can be completed over a month (30 days).



THE HOLY QUR'AN - RUKU

Below is a picture of a RUKU. Look it up in the Qur'an, you will find it on almost any page on the margin. Explain what the labelled Arabic Numbers mean and also complete this sentence:

A Ruku is



TERMINOLOGY

Match the columns.

1 Sura

Huruf

Aya

Ambiya

1 Juz

114 Suwer

Harf

Manazil

Nabi

Aimma

I Manzil

30 Ajzaa

Imam

Ayaat

MY DAY REVOLVES AROUND SALAA

A dictionary defines time as “the point or period at which things occur.” Put simply, time is when stuff happens.

Our life must revolve around Salaa, we must make it our pivot and slot our other activities around it. Whatever we do during the day has to either **before SALAA** or **after SALAA**.

4 Steps Plan for perfect Time Management.

STEP 1:

Find out the salaah times of the week.

DAY	FAJR	ZHUHR	ASR	MAGHRIB	ISHA
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

STEP 2:

Make a list of everything that you have to do during the week.

DAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

STEP 3:

Priorities - from your list you need to get your priorities right. Decide whether each activity is urgent, important, both or neither. Slot them in the correct boxes below **KEEPING SALAA TIMES AS YOUR PIVOT**, remember before SALAA or after SALAA.

Urgent and Important
TO DO NOW

.....

.....

.....

.....

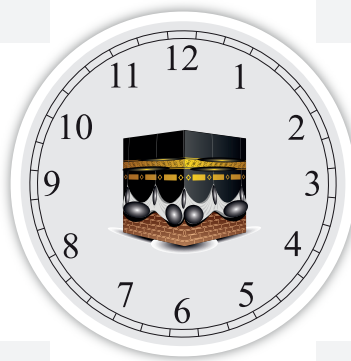
Not urgent but important
DO NEXT

.....

.....

.....

.....



Urgent but not Important
MANAGE

.....

.....

.....

.....

Not urgent or important
WAIT

.....

.....

.....

.....

STEP 4:

From the above prepare your To Do list for the week and tick off as you complete your tasks.

.....

.....

.....

.....

.....

.....

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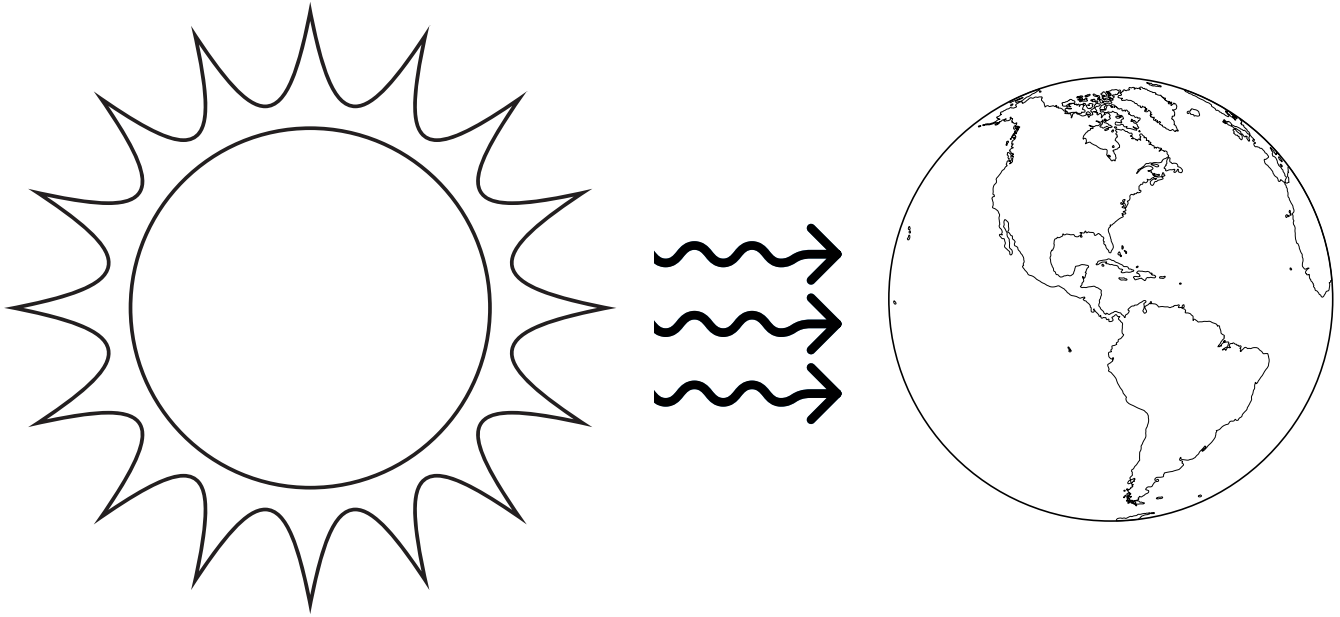
SHORT QUIZ ON SALATUL LAYL

1. Salatul Layl is mentioned in the Qur'an in chapter verse
A. 18:79 B. 17:79 C. 71:79 D. 81:79
2. The time for Salatul Layl begins:
A. After Salatul Maghrib until midnight.
B. Before Salatul Subhu until Salatul Zohr.
C. Between Salatul Zohr and Salatul Asr.
D. After midnight until time for Salatul Fajr
3. Salatul Layl brightens ones:
A. Hands B. Arms C. Smile D. Face
4. Salatul Layl consists of 11 units as follows:
A. 6:2:3 B. 2:2:4:2:1 C. 2:2:2:2:2:1 D. 10:1
5. Salatush Shafa has 2 units and _____ number of Qunoot.
A. 2 B. 1 C. 0 D. 4
6. Salatul Witr is made up of how many units?
A. 1 B. 2 C. 4 D. 8
7. Write the simplest form of reading Salatul Witr, some steps are done for you:
A. Niyyah (intention)
B.
C.
D.
E. Qunoot
F.
G. Rukoo
H. 2 Sajda
I.
J. Salaam
8. Salatul Layl is also known as
A. Salatul Tahajjud B. Salatul Ayaat C. Salatul Tashahud D. Salatul Hadiya

ACCOUNTABILITY - MY WEEKLY DIARY

MY DAY	When I get out of my bed	Morning	Afternoon	Just before bedtime	My Salaat
	Say salaam to my Imam 3 things I want to thank Allah for			How many people I have hurt? How many wrongs done today? Say Sorry	S. Z. A. M. I.
MONDAY	Salaam to Imam A good sleep A new day Giving me mum	Online school Drawing Make lunch Read Quran	Homework Play with siblings	Clear table Sorry SMS to friend. Hug mum	S. Z. A. M. I.
TUESDAY	Salaam to Imam				S. Z. A. M. I.
WEDNESDAY	Salaam to Imam				S. Z. A. M. I.
THURSDAY	Salaam to Imam				S. Z. A. M. I.
FRIDAY	Salaam to Imam				S. Z. A. M. I.
SATURDAY	Salaam to Imam				S. Z. A. M. I.
SUNDAY	Salaam to Imam				S. Z. A. M. I.

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

KINDNESS IS ...

Qasim is quite a vulnerable learner who would need kindness and help.
Imagine Qasim attends your Q School.
Fill out all the ways that you could help Qasim around school.

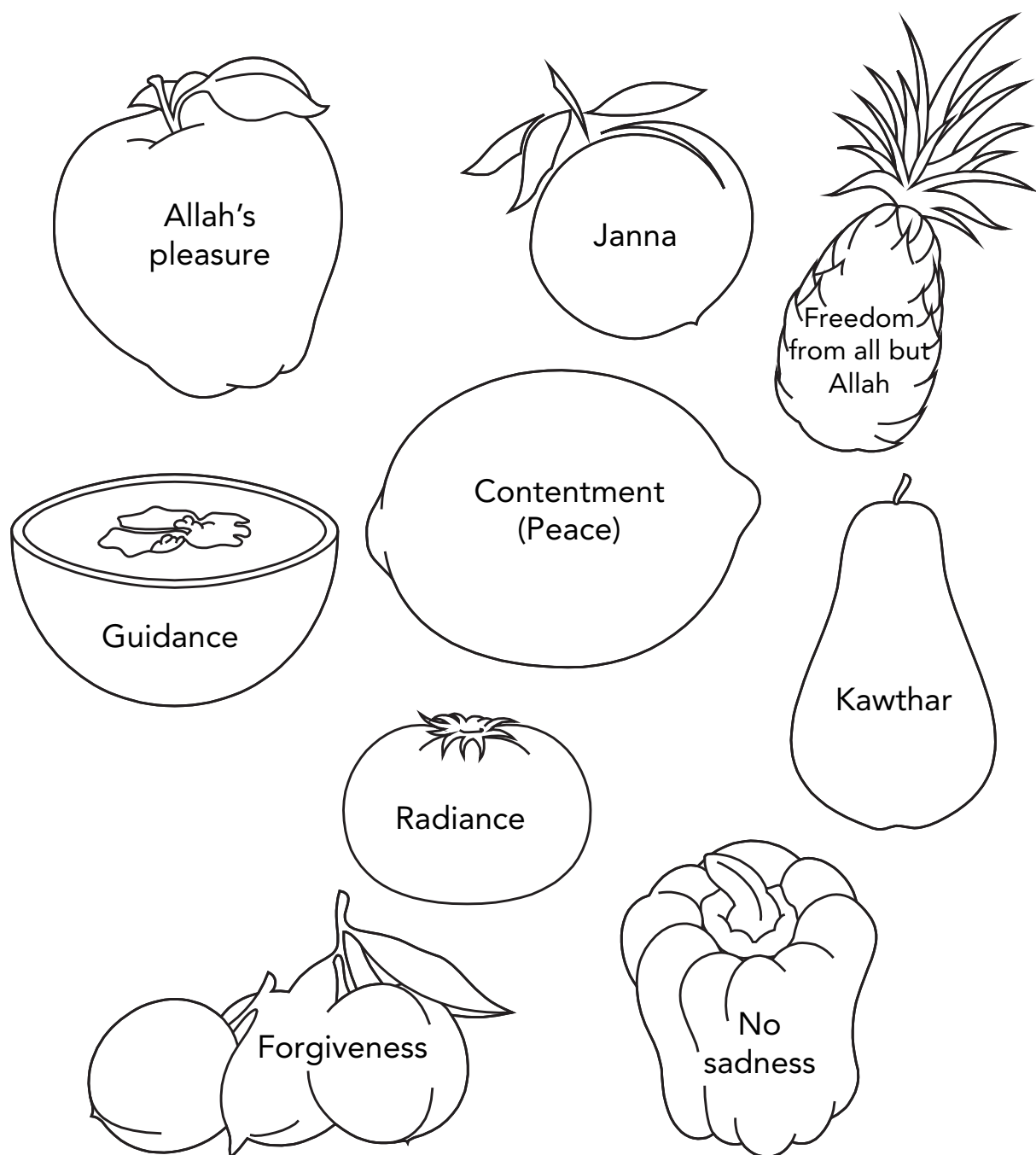
Qassim has ...	What would you do?
... fallen over in the playground.	
... forgotten his lunch money.	
... talked when you were trying to learn.	
... split up with his best friend.	
.... lost his phone.	
.... came in late for school.	
.... nobody to sit next to in class.	



LILLAH

When we do anything for Allah; the jaza (reward) is given both in this world and in the hereafter.

Colour the rewards of this world in green and the rewards of the hereafter in yellow.



LOVE OF ALLAH

Allah is the proprietor and the human being a lease holder.

LOVE OF ALLAH

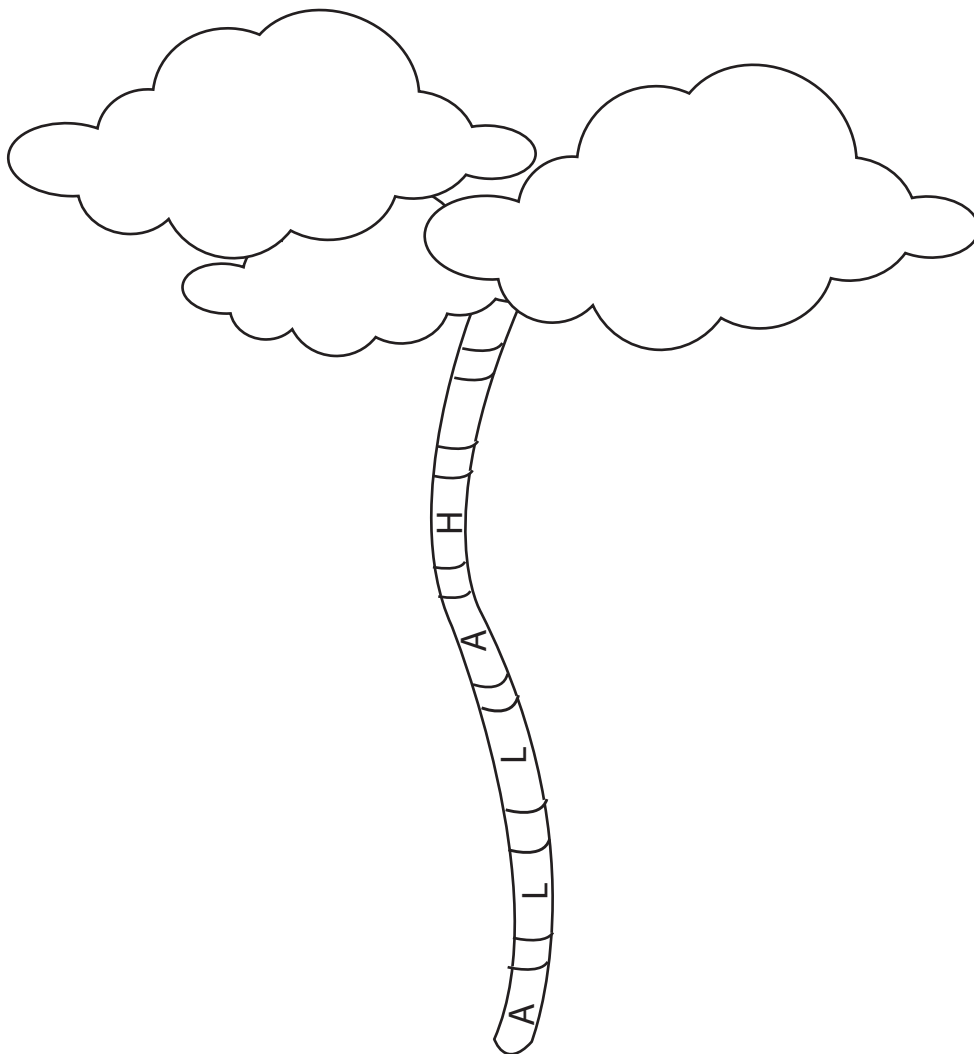
Love of Allah has to be shown through our actions and akhlaq.

Think of an invisible chain that binds you to Allah.

Cut out strips of sugar paper and make a chain writing on each one that brings you closer to Allah and demonstrates your love for Allah.

Here are a few to start you off....

Obedience, truthfulness, niyya, farness from sins, knowledge, good akhlaq.....



AAKHIRA IS BETTER AND PERMANENT

There are 2 types of joys that one can get from his / her actions. One is temporary and short lived whilst the other is permanent.

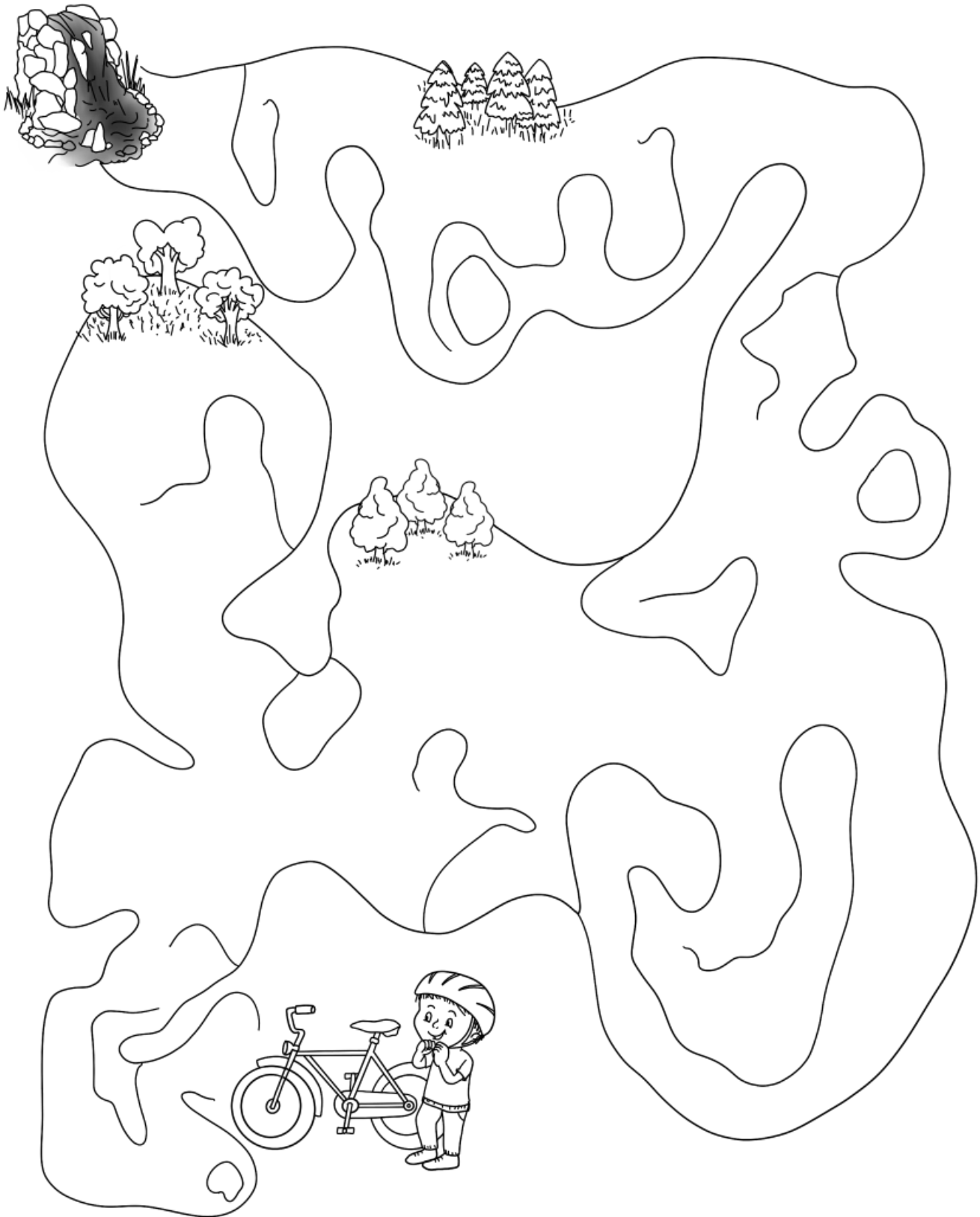
Colour the permanent joys GREEN and the temporary joys RED. Also add a few of your own joys in the empty boxes.

Eating tasty food	smiling	Living in a large house
Wear fashionable clothes	Have a night out with friends	Helping others
Listen and adapt good advice	Visit the sick	Drive in flashy cars
Write a poem on oppressed Muslims	Watch a film on TV	Go to work to earn one's living
Give charity to needy	Go to a comedy show	Spend the weekend studying
Attend Ramadhan programme		

DOING YOUR BEST AND HAVING FAITH IN ALLAH

Ali knows it will be hard work to get up the winding hill. But he really wants to try it and believes that Allah will help him if he does his best.

Help him see what's at the top by taking Ali through the maze.



MY GOODIE JAR

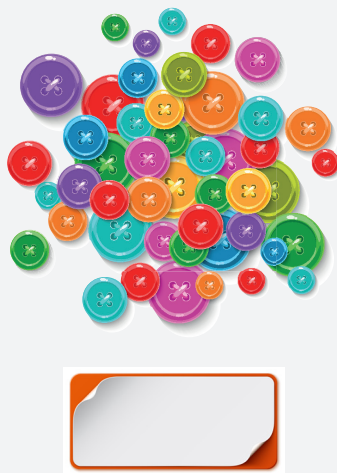
YOU WILL NEED:

A transparent jar (an empty jam jar would do).

Some colourful buttons of all sizes *

* you can substitute these with pompoms, colourful post it or just white paper.

A sticky label to put on your jar.



STEPS:

1. Decorate your label "My Goodie Jar" or anything similar.
2. Wash and dry your jar.
3. Stick the label on the outside of the jar.

Every time you do a good act pop a button / pompom / a small folded note into your Goodie Jar.

Whenever you do something naughty, remove a button / pompom or folded note from your Goodie Jar.

See your Goodie Jar fill up.

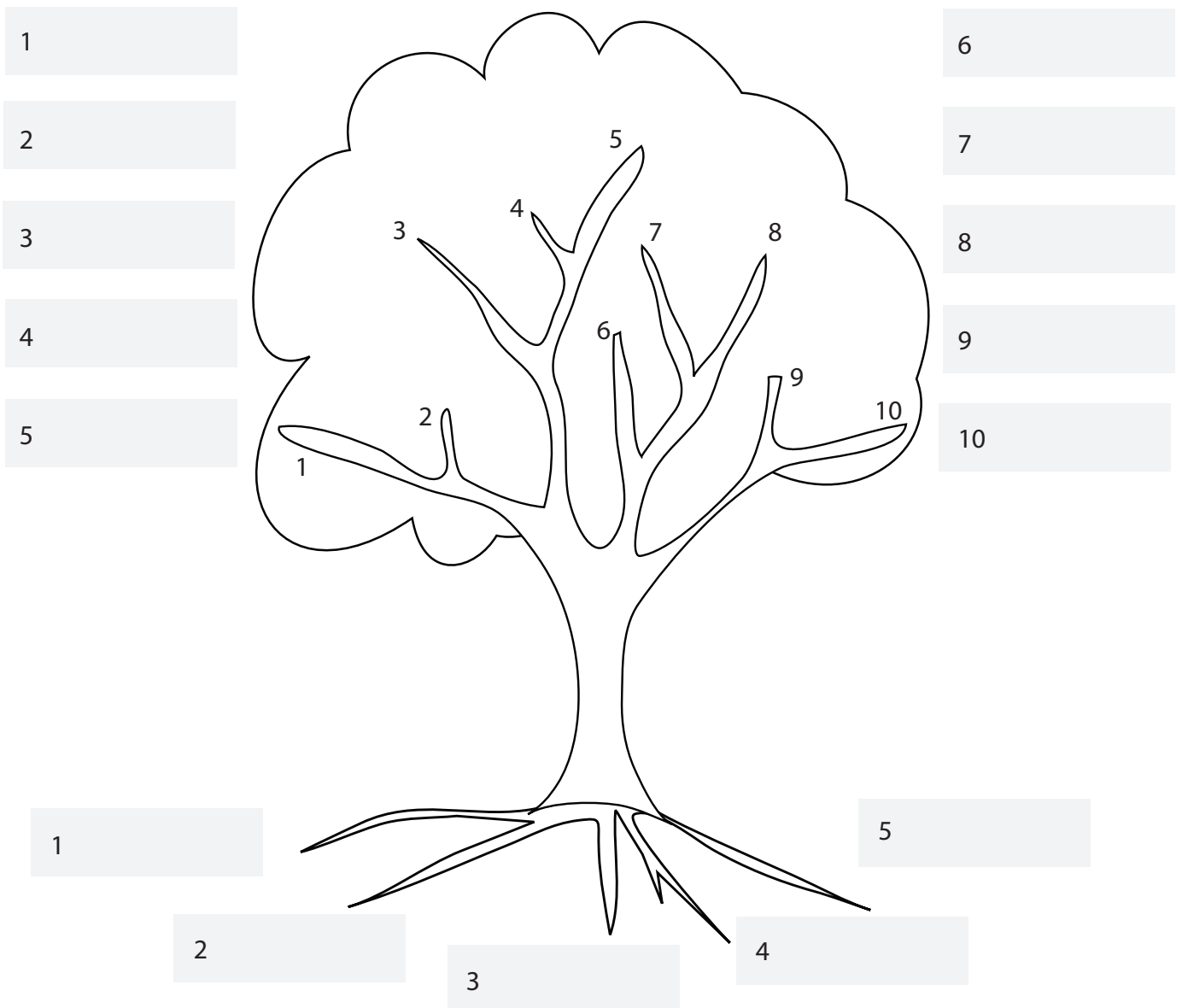
HOW TO BE MY BEST

Below 9 qualities which help you be a better person.

QUALITIES	HOW TO ACHIEVE THEM	WHAT AM I ALREADY DOING
DETERMINATION	<ul style="list-style-type: none">• Finish tasks started• Learn to see positive side of failure	
SELF-CONTROL	<ul style="list-style-type: none">• Pay attention, follow instructions• Don't waste time• Remain calm, don't get angry	
CURIOSITY	<ul style="list-style-type: none">• Eager to explore new things• If you don't know something, ASK• Be creative	
ENTHUSIASM AND ZEST	<ul style="list-style-type: none">• Active participation• Inspire others	
GRATITUDE	<ul style="list-style-type: none">• Be grateful to Allah• Show appreciation to others	
CONFIDENCE AND AMBITION	<ul style="list-style-type: none">• Try new things, develop new ideas• Follow dreams and goals	
HUMILITY	<ul style="list-style-type: none">• Finding solutions during conflict	
RESPECT AND GOOD MANNERS	<ul style="list-style-type: none">• Show respect to other's feelings• Be polite to peers and adults	
SENSITIVITY TO GLOBAL PROBLEMS	<ul style="list-style-type: none">• Be aware of global issues• Contribute to charities	
WHAT I NEED TO IMPROVE?		

USOOL AND FURU

Label the 5 roots and 10 branches of religion.



RIPPLES OF KINDNESS – AN OBJECT LESSON

Eiman (faith) has to be coupled with good deeds. All actions/deeds are immortal.

YOU WILL NEED:

- Rice, rocks, coins, corks, marshmallows, peppercorns, literally anything you have available at home.
- A large bowl filled with water



SETTING UP THE EXPERIMENT:

1. Gather all the materials, set them up on your table inside or outside in the garden.
2. Decide what do each of these objects represent:
 - The bowl represented our community.
 - The table represented our world.
 - The water represents the people and places within our community.

Each item you chose represents an act of kindness. Examples of each type of kindness:

- Small items (grains of rice, peppercorns, blades of grass, etc.) were all small acts of kindness. These could be kindnesses as simple as smiling at a passing friend or stranger, holding a door for someone, sharing a toy, etc.
- Medium-sized items (marshmallows, corks, coins, etc.) represent more effortful acts of kindness, but nothing extremely large. For example, this could be making a donation to your school, writing cards for hospitalized children, thank you cards to the NHS staff, helping take out the trash or do unprompted chores, etc.
- Larger items. These types of kindnesses could be volunteering at a retirement facility, organizing or putting together school fundraising items, donating or making bags for the homeless, etc.

CONDUCT THE “EXPERIMENT”

- Pick one item to throw into the bowl of water. Observe & talk about what happens.
- The item will create ripples in the water.
- How big were the ripples?
- Was there a splash?
- Now try throwing 2-3 of each item into the water at the same time and ask the same questions again.
- Finally, try throwing handfuls of each item into the water and, again, revisit the questions.

OBSERVATIONS:

- Smaller items created teeny tiny ripples, barely on the surface of the water.
- Medium-sized items, created small splashes and larger ripples that moved faster and further along the surface of the water, bouncing off the edges of your bowl.
- Large-sized items made HUGE splashes, water spilling over the side of the bowl, and huge ripples that went even higher, faster, and further than the previous ripples.
- Dropping 2-3 of the smallest objects in at a time, made almost the exact same impact as one medium-sized object.
- Dropping a whole handful of the small items, made a big splash just like the larger objects!

CONCLUSIONS:

1. Simple, **acts of kindness can create a ripple effect that can spread throughout a community.** One act of kindness can cause happiness in a single person. But, because that one person feels happier, she or he is now more inclined to do something kind for someone else. He or she wants to pass that happiness on to others, too!
2. Medium-sized objects, we noticed that more people, more members of the community were affected by the act of kindness. They felt the effects and the effects were passed on more quickly!
3. With the large objects, a HUGE impact on many people, that even spilled out onto the rest of the "world" could be observed! The ripple travelled even faster and bigger.
4. When we start throwing in many small, simple acts of kindness all at once, they can start to add up and have the same impact as the BIG acts of kindness. **Small acts of kindness, especially when done on a regular basis, are just as important and make as big an impact as those large ones!** They create as big a splash and as many ripples as one large act of kindness.

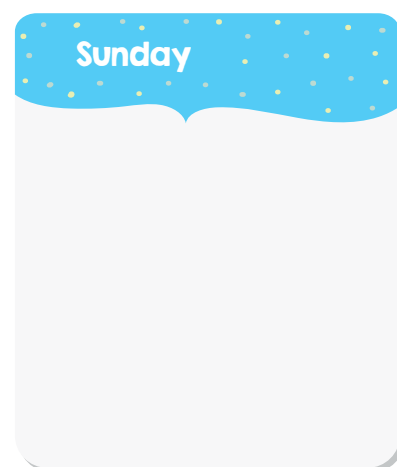
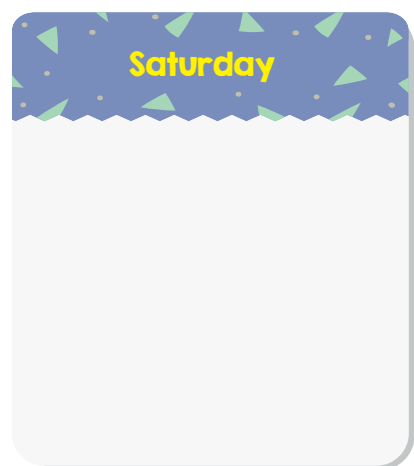
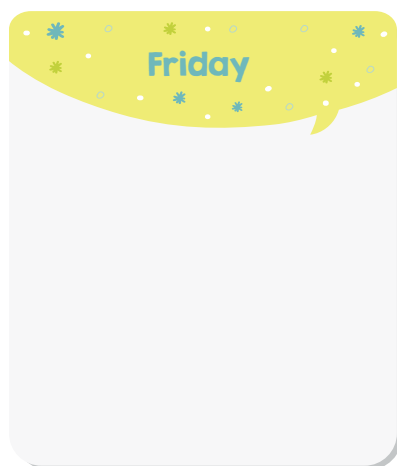
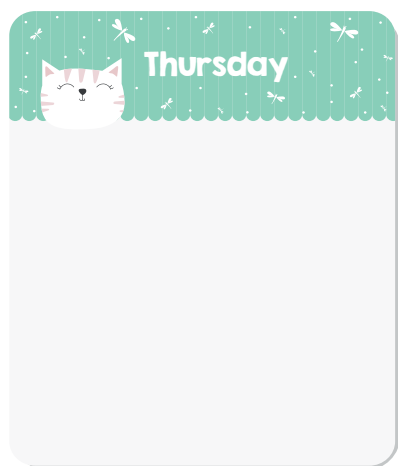
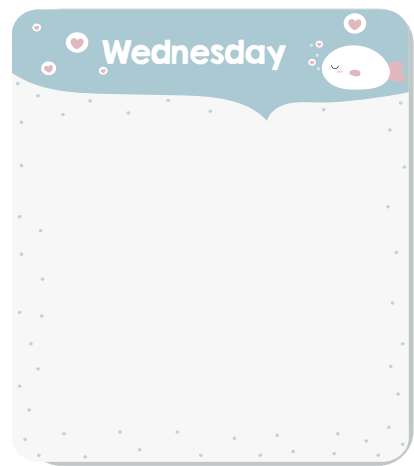
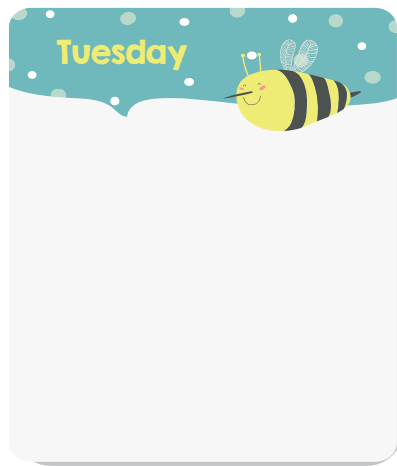
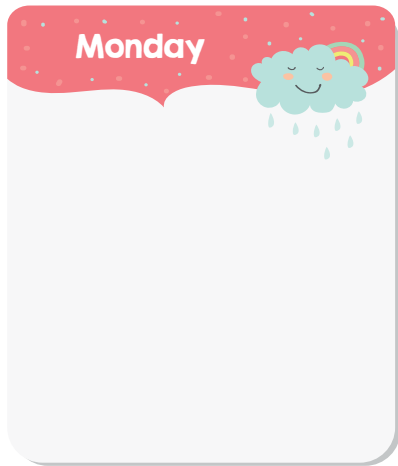
Now look into your bowl of water, look how much kindness went into the community! Did any of it disappear? Did any of it get dissolved?

"Even though the act of kindness is done and most of the ripples have disappeared, the kind act is still there. People remember it because it leaves a lasting impact."

Every act is recorded by Allah.


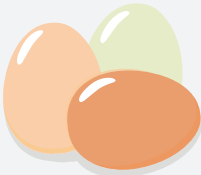





ONE GOOD DEED A DAY

Write down or draw below a good deed that you would do each day.



LIFE CYCLE

Below are 4 life cycles of different creations of Allah. Complete the missing stages.

Write down the differences and similarities in every life cycle.

.....

.....

.....

Can you see the verse "Allah is HE who created you from a state of weakness then HE gave strength after weakness, then ordained weakness" (30:54)

GUIDES

Men over time have / are using objects to guide them.
Match the guides to the guided.

Chef



Safari Tourist



Mineworkers



Ships



Drivers



Students



Sailors



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

QUR'AN - A BOOK OF GUIDANCE

Let us apply the 5 essential Steps – **Read, Memorise, Understand, Apply & Teach**

“O human beings, We have created you from one man and one woman, and made you into tribes and communities so you may recognise one another; Indeed the most honoured amongst you in the eyes of Allah is the one who is most God conscious; No doubt Allah knows everything, He is fully aware”. (Sura Hujurat :13)

1. What does the above verse mean in a nutshell?

.....

.....

.....

2. How would you apply this verse in your daily life especially in school?

.....

.....

.....

3. When applying the above verse in our social life, what will the results be?

.....

.....

.....

4. Write a hadith of the Holy Prophet (pbuh) which supports the above verse.

.....

.....

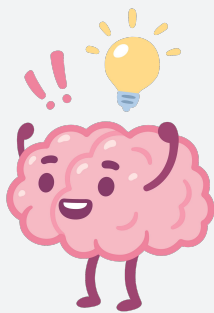
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AL RAZZAAQ

Al Razzaaq means the Sustainer. He provides rizq in all different ways.
Write or draw all of the ways that Allah has provided you with rizq



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



LIFE OF AN ORPHAN

THE FAMILY

Parents provide for their children's physical, social and emotional needs, nurturing them to adulthood.



AN ORPHANED CHILD

Losing one or both parents can be devastating and traumatic. This loss leaves the child without protection or stability, wherever he/she may be living in the world.

An estimated 145 million children in the world today are orphaned by one or both parents. This may be due to sickness, war, natural disasters, poverty and malnutrition

Look up the following words and write down their meanings:

Traumatic Stability

Malnutrition Nurturing

Write down what orphan children experience and what dangers they may face.

.....

.....

.....

.....

.....

.....

ISLAM AND ORPHANS

DID YOU KNOW?

The word "orphan" is mentioned in the more than 20 times in the Qur'an.

The Holy Prophet Muhammad (pbuh) has said: "if a person looks after an orphan and meets his/her expenses; he/she will be my companion in Janna and will sit by my side".

In the space below write down how you can help the orphans in your country.

SOCIAL	EMOTIONAL	ECONOMICAL	PSHYCOLOGICAL

How will you raise awareness of the plight of orphans through social media?
How can we make life better for them.

"GROW YOUR HEART WITH KINDNESS" BINGO

Can you grow your heart by doing some kind deeds? Cut out a heart and stick it over each deed that you do. Can you complete a whole line or a full house BINGO?

Draw a picture for a friend or family member

Read or tell a story to someone who is younger than you

Hold the door open for someone.

Write a thank you note to someone who has been kind to you.

Share your favourite to with your sibling or friend.

Tidy your room, toys/ clothes cupboard.

Ask your parents how you can help them today.

Play with someone who seems lonely.

Phone or visit a member of your family that you haven't seen in a while.

Give someone a compliment.

Smile and say hello to one of your neighbours.

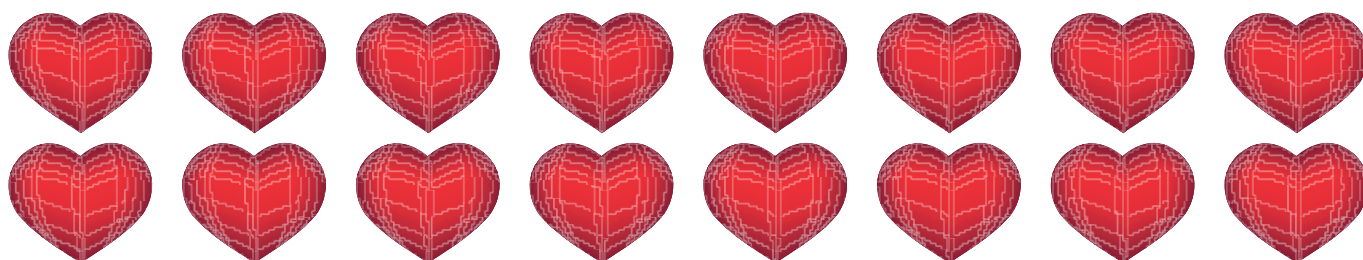
Donate something that you really like to charity.

Give your siblings a hug.

Help to clear away the dishes after dinner.

Pick up pieces of litter and put them in the bin.

Help your teacher to tidy the classroom.



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.

[illegible]

SURA AL DHUHAA WORDSEARCH

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

COMFORT

DHUHAA

MA'SUMEEN

FAJR

ALLAH

LILLAH

LAYL

RAZZAAQ

MUHAMMAD

INTENTION

GUIDANCE

ORPHAN

QUR'AN

SHARING

SURA AL DHUHAA OPEN BOOK ASSESSMENT

100	99	98 How did Sayyida Khadija (pbuh) help the Prophet (pbuh)?	97	96 What is our responsibility towards an orphan?	95	94	93	92	91
81	82	83	84 KW: SAAIL	85	86	87	88	89	90
80 How many sections are there in Sura Dhuhaa building	79	78	77	76	75	74	73 List the 3 concluding statements	72	71
61	62	63	64	65	66	67	68	69	70 List the 3 questions to the Prophet (pbuh).
60	59	58 Give the meaning of GUIDANCE	57	56	55	54	53	52	51
41	42 Name the 5 Usul	43	44	45 List 4 good deeds you would do for the pleasure of Allah.	46 Give 2 difference between night and day.	47	48	49 KW: YATEEM	50
40	39	38	37	36	35	34	33 KW: QALAA	32	31
21 Where was Sura Dhuhaa revealed?	22	23	24	25 KW: WIDAA	26	27	28	29	30 Which sura is paired with Sura Dhuhaa?
20	19	18	17 Recite Sura Dhuhaa	16	15	14	13	12	11
1	2 KW: DHUHAA	3	4	5	6	7 Sura Dhuhaa chronological Order No.	8	9	10 KW: SAJAA

SURA AL DHUHAA OPEN BOOK ASSESSMENT

RULES:

When you land on a **KW square** you can get another turn if you get the key word definitions correct. You can go up **the ladder** if you get the question at the bottom of the ladder right. If not, you stay where you are. You must go down the snake if you get the question at the snake's head wrong, yet if you get it right you can move on one square. The winner is the first to land on square 100 exactly. If you get to 97 and throw 5 you must count three forward and two back (square 98) etc. **Good Luck!**

SUGGESTED SCHEMES OF WORK

NO.	TOPIC	LEARNING OBJECTIVE	SUGGESTED ACTIVITIES
1	INTRO TO QUR'AN CITY	Introduction to Qur'an City. 114 buildings, Makki, Madani, with a focus on comfort zone	What does comfort mean?
2	INTRO TO SURAH AL INSHIRAAH (MAKKI) SURA 94	Introduce Inshiraah and its focus. Also known as Sura Al Sharh	Building Inshiraah building activity (according to age) Lego, popsicle sticks, buttons, Fimo....)
3	EXPANDING, COMFORT, RELIEF ONLY FROM ALLAH AYA 1	Explain Sharh as stretching (expanding) the heart so it gets relief. A heart that is agitated feels constricted. ♥	Draw a small heart and a big heart. The big heart fits more positive emotions.
4	WEIGHT REMOVED BY ALLAH AYAAT 2 & 3	Wizr is a weight that's difficult to remove. For the Prophet it was the weight of how he would tell the Makkans about Allah and the message of the Qur'an.	Ask the students to describe a difficult thing (like an exam) and how they could make it easier (dawa and dua).
5	REMEMBRANCE BY ALLAH AYA 4	Zhikr is remembering. Wherever Allah is mentioned, the Prophet is mentioned too eg. Salawat and Adhan.	Worksheet on Salawat and Adhan asking the students to recite Adhan before every salaa and salawat all the time.
6	WITH EVERY DIFFICULTY THERE ARE 2 EASES AYAAT 5 & 6	Ma'a means with. Explain how every difficulty comes with 2 eases – that is His promise. With every difficulty, Allah gives us the strength and patience to bear it making us stronger. Like going to the gym.	Worksheet with two squares – strength and patience - like muscles getting stronger Ask the students to write or draw difficult situations underneath.
7	WHAT TO DO WHEN YOU ARE FREE AYA 7	Nasab – to set up a tent, firmly planted... When you are free, stand firm in salaa. eg. Story of P Musa speaking to Allah who asked him about his staff and the prolonging of the conversation.	Draw a tent – firmly set in the ground with an image of a person in rukoo (salaa) Or a story board of Prophet Musa's conversation with Allah
8	MAKE ALLAH YOUR FOCUS AYA 8	Speaking to Allah in Salaa is energising Raghiba – one who enjoys his food	Draw all the things that energise the soul – salaa, Qur'an, sawm etc....
9	OVERVIEW OF SURAH AL INSHIRAAH		Memorisation of the sura.

MY SURA AL INSHIRAAH BUILDING

Draw, label and decorate the Sura Al Inshiraah building

EASE A DIFFICULTY

The Prophet had the difficulty of how he would tell the Makkans about Allah and the message of the Qur'an

In our lives we also are faced with many difficulties and we try to solve them by doing our best and asking Allah for help (dawa and dua).

In the table below write down the challenges you, your friends or family have faced and how they worked to combat these challenges. One is done for you.

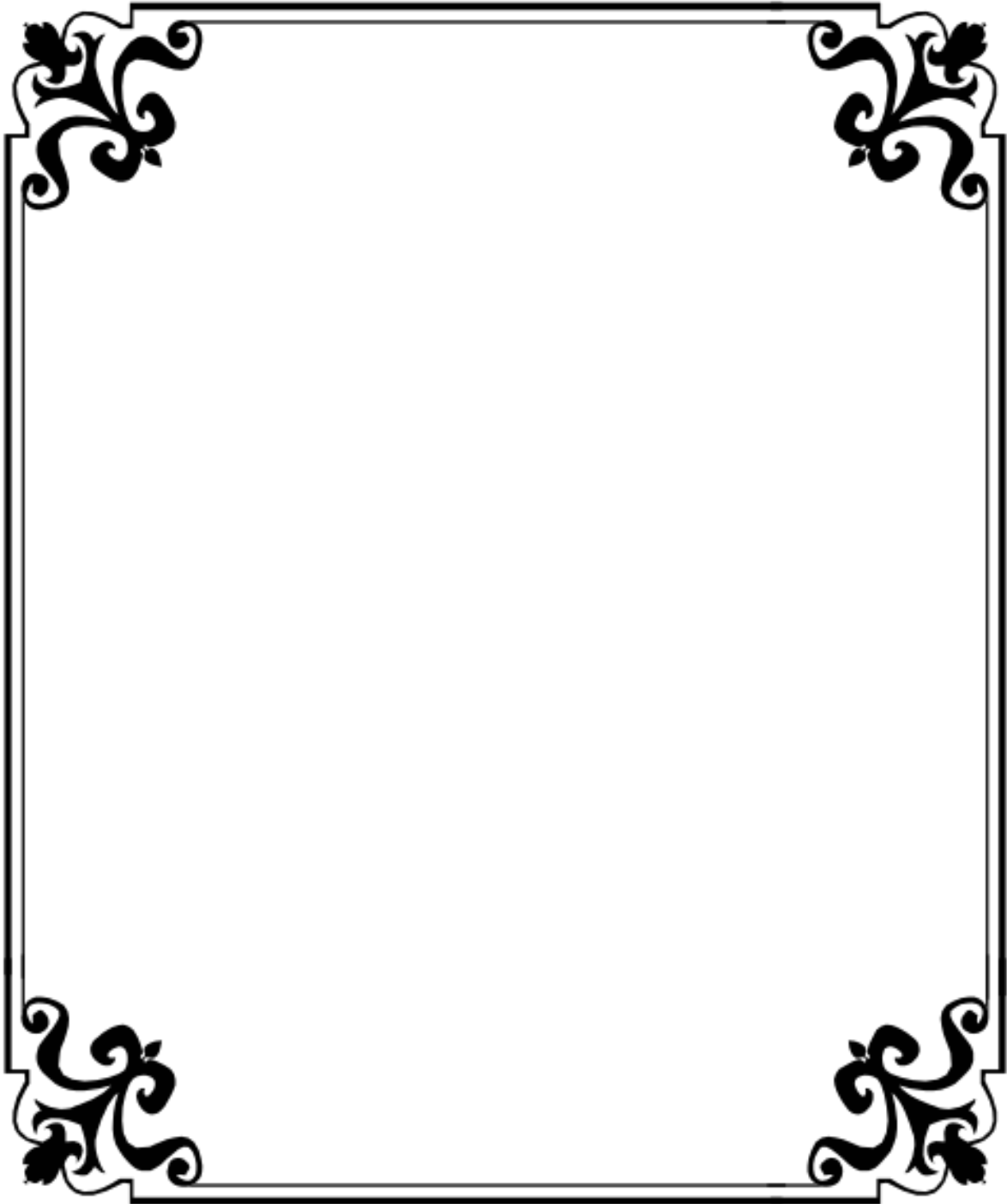
CHALLENGE	HOW I FACED IT?
My son brought his friends (unannounced) I had to feed the troop with whatever I had in my pantry.	Phoned a few friends, got some recipes from them, then adapted it to what I had to my best knowledge, recited lots of sura and dinner was a success!!

SALAWAAT

Decorate the frame below with colours / markers/ glitter etc. and write the salawaat in it in your best writing.

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَاٰلِ مُحَمَّدٍ

"O Allah! Send Your blessings on Muhammad and his Ahlulbayt



WITH EVERY DIFFICULTY THERE ARE 2 EASES

With every difficulty, Allah gives us the strength and patience to bear it and thereby making us stronger. Like going to the gym.

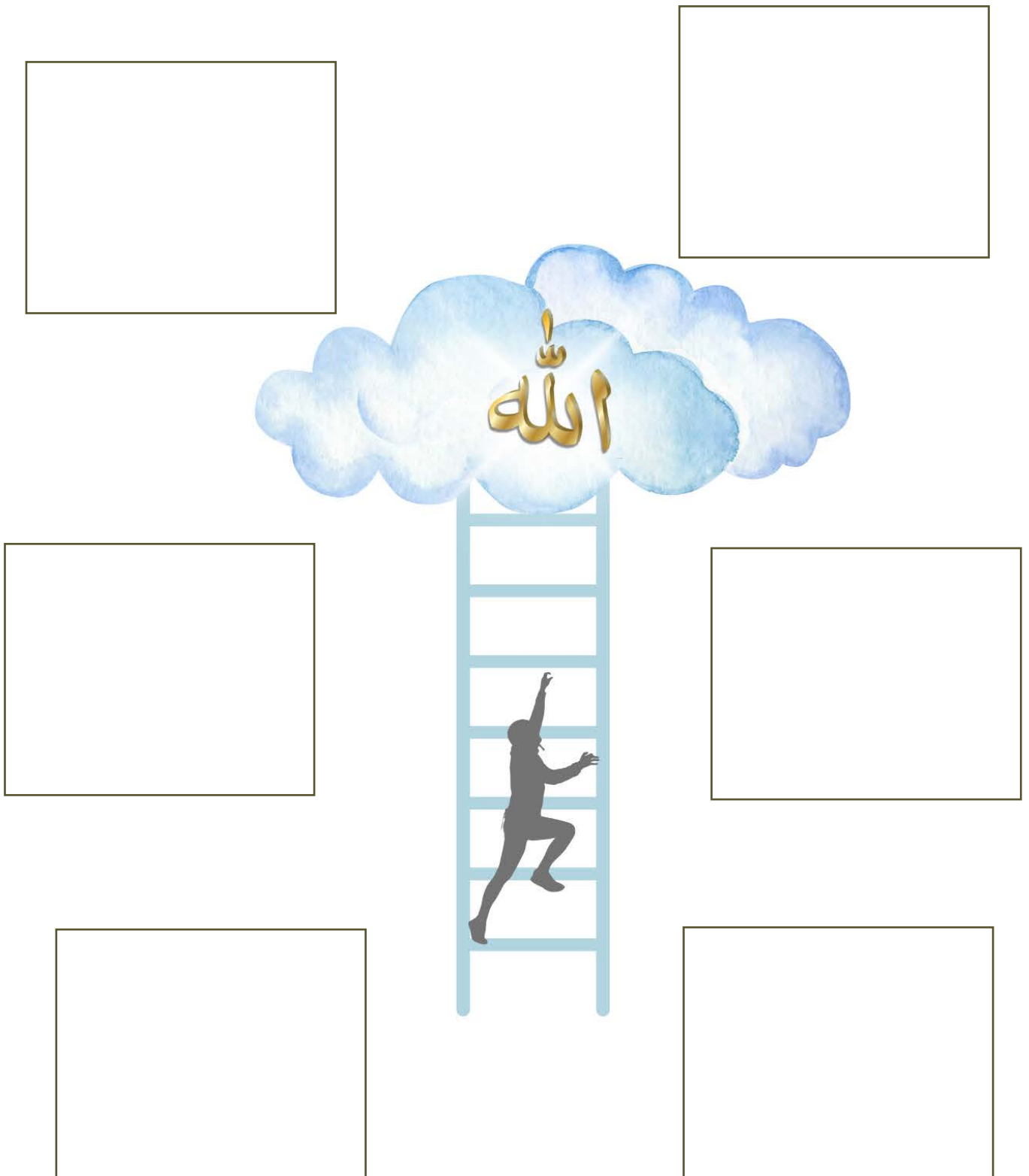
Write or draw difficult situations that will make us stronger if we bear them with patience.

STRENGTH	PATIENCE

MAKE ALLAH YOUR FOCUS

Draw or write all the things that energise the soul and help get you closer to Allah.

Some examples are salaa, Qur'an, sawm.



SURA AL INSHIRAAH WORDSEARCH

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

COMFORT

WIZR

STRENGTH

QURAN

SHARH

SALAWAAT

PATIENCE

NASAB

HEART

ADHAAN

SALAA

RAGHIBA

