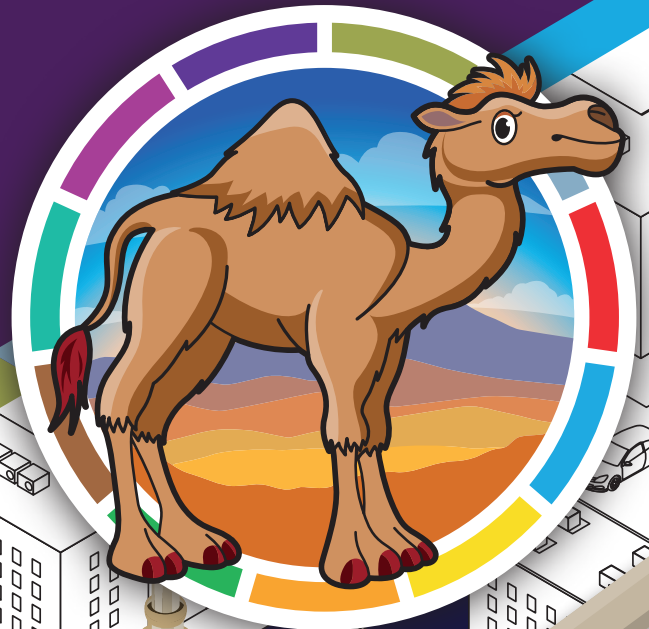


# Qur'an City



## Sura Al Teen Workbook

95 Qasam Place  
8595106

8-12  
years





# AL TEEN - THE FIG



THE HUMAN BEING CREATED IN THE BEST OF FORM WITH A POTENTIAL TO RISE AND GROW IN SPIRITUAL PERFECTION

095

3

## ALLAH – THE MOST WISE JUDGE

ALLAH'S JUDGEMENT AND WISDOM IS THE LAWS AND ORDERS HE HAS DEvised FOR US TO REACH OUR FULL POTENTIAL.



Ayaat 7-8

2

## HUMAN BEINGS CREATED FOR A HIGHER PURPOSE

1. HUMAN BEINGS ARE THE ONLY CREATION WITH THE FREEDOM AND FREEWILL TO ASCEND TO THE PEAK OF EXCELLENCE.
2. HUMAN BEINGS CAN ALSO BE THE LOWEST OF THE LOW.
3. EXCEPT THOSE WHO BELIEVE AND MANIFEST THE BELIEF THROUGH GOOD DEEDS.



Ayaat 4-6

1

## FOUR OATHS

1. FIGS ARE A SYMBOL OF RESILIENCE GROWING EVEN IN HARSH CONDITIONS
2. OLIVES MANIFEST RESILIENCE DIFFERENTLY LIVING UP TO A THOUSAND YEAR
3. ALLAH ADDRESSED MUSA (PBUH) AT MOUNT SINAI WHERE OLIVES GREW 23:20
4. THE SECURE CITY IS MAKKA WHICH IBRAHEEM (PBUH) ESTABLISHED AS THE CENTRE OF MONOTHEISM AND THE MISSION COMPLETED BY MUHAMMAD (PBUH)



Ayaat 1-3

# SUGGESTED SCHEMES OF WORK-SURA AL TEEN

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"> <li>1. Read</li> <li>2. Memorised</li> <li>3. Understood</li> <li>4. Applied</li> <li>5. Teach</li> </ol>	<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"> <li>• 19 suburbs around a city centre</li> <li>• 114 buildings</li> <li>• Difference between Makki &amp; Madani Suwer</li> <li>• Sura Al Teen is a Makki Sura</li> <li>• Qasam Place</li> </ul>	<ul style="list-style-type: none"> <li>• Who am I?</li> <li>• Recite Sura Al Teen</li> </ul>
3	INTRO TO SURA AL TEEN	INTRO TO SURA AL TEEN	<ul style="list-style-type: none"> <li>• Discuss the building of Sura Al Teen</li> <li>• 3 Sections and 8 verses</li> <li>• Theme of the sura – centred around creation of the human being.</li> <li>• Benefits of reciting Sura Al Teen</li> <li>• Did you know?</li> </ul>	<ul style="list-style-type: none"> <li>• My Sura Al Shams Building</li> </ul>
4	ALLAH TAKING AN OATH – FIG & OLIVE	SECTION 1 Aya 1	<p>The reason Allah takes an oath.</p> <p>The fig tree and the olive tree:</p> <ul style="list-style-type: none"> <li>• Facts about these trees</li> <li>• Benefits of figs and olives</li> <li>• Other fruits/foods mentioned in the Qur'an</li> </ul>	<ul style="list-style-type: none"> <li>• Oaths in the Qur'an</li> <li>• Figs and olives, we are (almost) everywhere...</li> <li>• Teen words</li> <li>• Fig facts and Ooooh Olives</li> <li>• Fruits inside and out</li> <li>• The awesome, scrumptious five</li> </ul>



## SUGGESTED SCHEMES OF WORK-SURA AL TEEN

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
5	PROPHET MUSA (pbuh) AND MOUNT SINAI AS A SYMBOL OF GUIDANCE	SECTION 1 Aya 2	Story of Prophet Musa (pbuh) Mount Sinai – where Prophet Musa (pbuh) had his recognition of Allah and came face to face with knowledge	<ul style="list-style-type: none"> <li>All about Prophet Musa (pbuh)</li> <li>As tall as a mountain</li> <li>Up the Mount Sinai</li> </ul>
6	MAKKA – SECURITY	SECTION 1 Aya 3	Answer to Prophet Ibrahim's dua. First piece of land laid down. The first house Ka'ba.	<ul style="list-style-type: none"> <li>We feel safe</li> <li>Makka then and now</li> </ul>
7	THE FOUR OATHS	SECTION 1 Ayaat 1 - 3	Connecting the four oaths- 2 foods and 2 places	<ul style="list-style-type: none"> <li>The four oaths</li> </ul>
8	HUMAN BEING AND PERFECTION	SECTION 2 Aya 4	Human being created in the best of moulds  Amazing creation of the human body Perfection – what do you class as perfect? Human beings have the ability to reach their full potential	<ul style="list-style-type: none"> <li>Al Khaliq – The most awesome Creator</li> <li>We all do our part</li> <li>P is for Perfect</li> </ul>
9	3 INTELLIGENCE RATIONAL, EMOTIONAL & MEANINGFUL	SECTION 2 Aya 4	The 3 types of intelligence IQ, EQ and SQ	<ul style="list-style-type: none"> <li>Life is but a box of chocolates</li> </ul>



## SUGGESTED SCHEMES OF WORK-SURA AL TEEN

NO.	TOPIC	REFERENCE	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES
10	CREATION AND DOWNFALL OF MAN	SECTION 2 Aya 5	Man created from state to state – from weakness to strength to weakness ... Man can stoop to be the lowest of low	<ul style="list-style-type: none"> <li>• Lifecycle</li> <li>• From this .... to that....</li> </ul>
11	EIMAAN	SECTION 2 Aya 6	What is faith? Definition of Eimaan	<ul style="list-style-type: none"> <li>• Faith is not blind</li> <li>• Ripples of kindness</li> </ul>
12	AMILUS SAALIHAAT INTENTION OF DEEDS	SECTION 2 Aya 6	Eimaan has to be coupled with Amilus Saalihaat Make your good deeds immortal Your world is the result of your actions and thoughts	<ul style="list-style-type: none"> <li>• My goodie jar</li> <li>• Every action has a reaction</li> </ul>
13	DENYING THE TRUTH	SECTION 3 Aya 7	After receiving all the guidance man continues to lie about the day of judgement.	<ul style="list-style-type: none"> <li>• Do I lie about my religion?</li> </ul>
14	HE IS THE MOST WISE WISDOM AND CLEVERNESS TAQWA	SECTION 3 Aya 8	The best Creator, you cannot fault His creation. Humans make; Allah Creates. Are you wise or clever? Is there a difference? The apex of wisdom is taqwa. Taqwa is a simple formula - do all your waajibaat and stay away from haram.	<ul style="list-style-type: none"> <li>• Allah is Al Hakeem</li> <li>• As wise as an owl</li> <li>• Obedience to Allah</li> </ul>
17	ASSESSMENTS	Entire sura	An open book assessment of Sura Al Teen	<ul style="list-style-type: none"> <li>• Post it Assessment</li> <li>• Think, Tac, Toe – An open book assessment</li> <li>• Draw the building of Sura Al Teen</li> </ul>



# 5 GOLDEN 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 golden steps on the labels below.  
Cut the labels and stick them on the palm below.



# WHO AM I?

I live in the Qasam Place.  
I have a yellow roof and I am not very tall.  
I share the Qasam Place with 16 neighbours and all of them have a yellow roof.  
2 fruits and 2 places are mentioned in me.  
One of my places is mentioned in the story of Prophet Nuh(pbuh).  
I represent the tree of Prophet Adam (pbuh).  
There are at least 4 benefits of reciting me.  
My theme is centred around YOU!

Who am I? ..... My House Number is: .....

Write name & house numbers of six of my neighbours.

.....  
.....

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

.....

What are the 2 places and 2 fruits mentioned in me?

.....

Write down 2 benefits of reciting me.

.....

.....

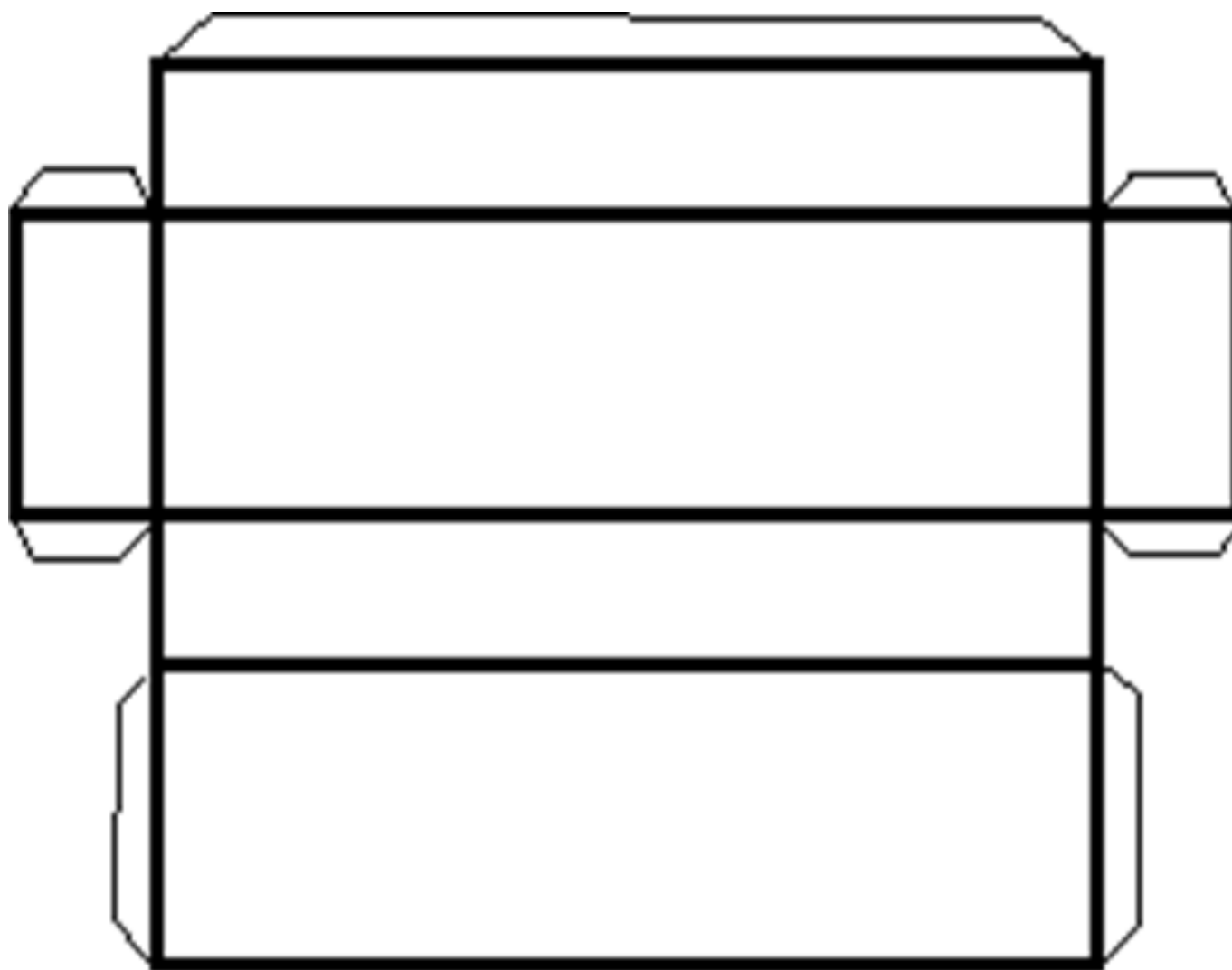
Draw and decorate my building.



# MY SURAH AL TEEN BUILDING

## INSTRUCTIONS

Draw the net below on an A4 card. Mark, label and decorate the three sections.  
Cut out the net, fold and stick the tabs.



## 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:



# FIGS AND OLIVES - WE ARE EVERYWHERE (ALMOST)

1. Mark all the countries where you would find figs and olives grow.
2. Why do you think figs and olives ONLY grow in these countries?



.....


.....


3. Do figs and olives grow where you live? Why?

.....

## COUNTRIES WHERE FIGS & OLIVES GROW

Turkey  

Iran 



Brazil 


Portugal 

Egypt  



Morocco  


Spain  


Algeria  

Syria 

Tunisia  

Greece  

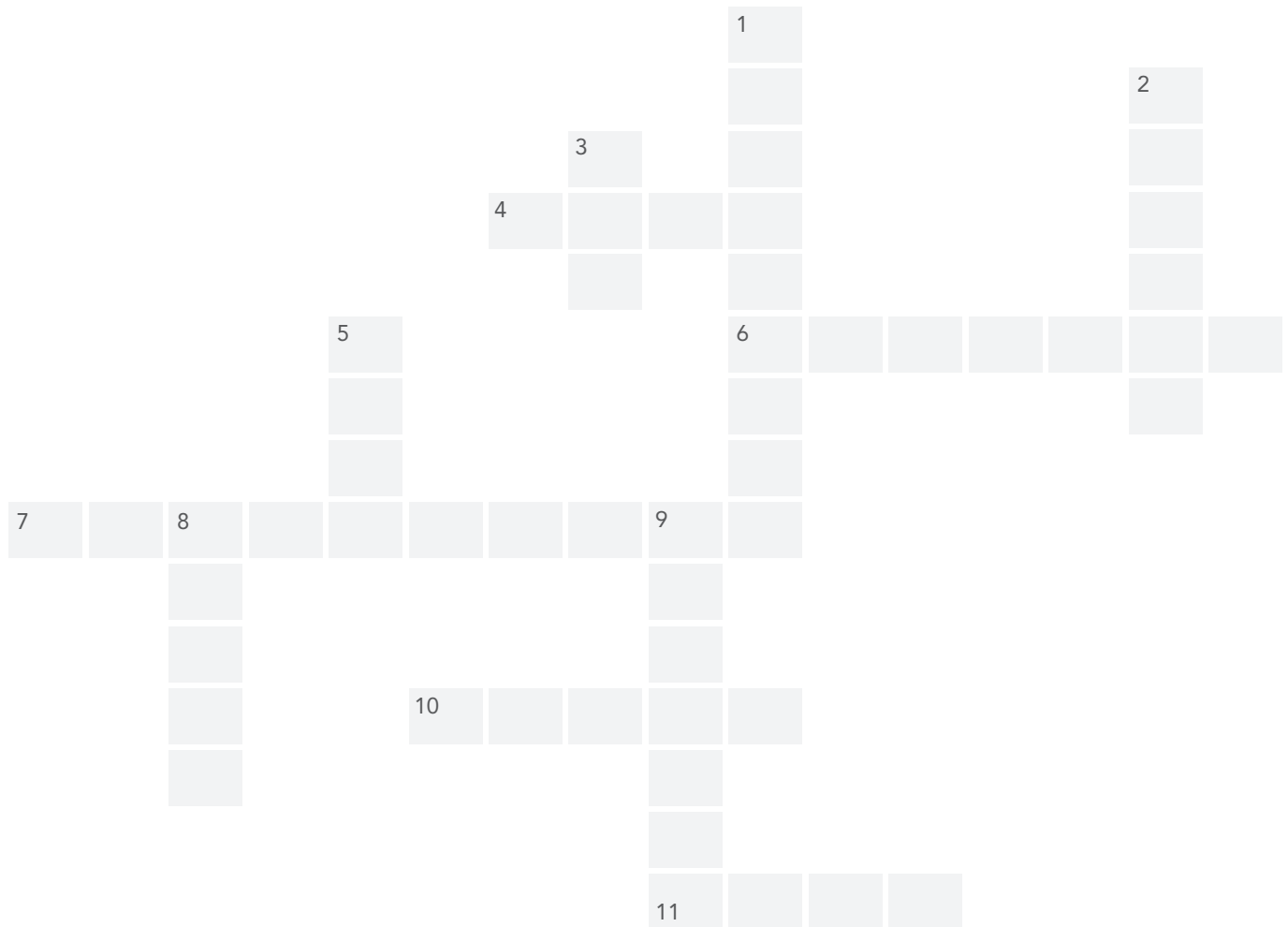
USA 

Italy 



# TEEN WORDS

Complete the crossword puzzle.



## ACROSS:

- 4. Allah is Hakeem
- 6. Belief in Oneness of Allah
- 10. A mountain mentioned in the Qur'an
- 11. The Prophet associated with the burning bush

## DOWN:

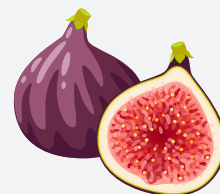
- 1. It gives meaning to your action or deed
- 2. Vital ingredient in a Greek salad
- 3. English translation for TEEN
- 5. Sura number 95
- 8. Also known as Umm Al-Qura
- 9. His Dua was answered by the birth of Prophet Muhammed (pbuh)



# FIG FACTS AND OOOH OLIVES

## FIG FACTS

Answer True or False



- |  |   |   |
|--|---|---|
| 1. The fig tree has large, pretty pink blossoms.             | T | F |
| 2. The fig tree is one of the oldest trees known to mankind. | T | F |
| 3. There are 3 types of figs edible, Capri and Prickly.      | T | F |
| 4. Fig Bees live in the Capri Fig trees.                     | T | F |
| 5. The fig tree is mentioned in Sura Mariam in the Qur'an.   | T | F |
| 6. Figs are very rich in magnesium and potassium.            | T | F |
| 7. Eating figs can remove bad breath.                        | T | F |
| 8. Figs can help cure cancer.                                | T | F |
| 9. Prophet Adam (pbuh) used olive leaves to cover himself.   | T | F |
| 10. When ripe, you can press figs to obtain fig oil.         | T | F |

## OOOOOH..... OLIVES

Answer True or False


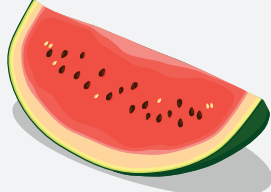






- |   |   |   |
|---|---|---|
| 1. There are 6 chapters in the Qur'an that mention olives           | T | F |
| 2. Olive trees grow on Mount Sinai                                  | T | F |
| 3. Olive tree is a recent, modern tree                              | T | F |
| 4. Olives are green black, purple and red.                          | T | F |
| 5. Virgin Olive oil is used in salads                               | T | F |
| 6. The olive tree has humongous extensive roots                     | T | F |
| 7. Olives are used to treat cancer.                                 | T | F |
| 8. Olive oil is called "solid gold".                                | T | F |
| 9. Olives contain prickly stones.                                   | T | F |
| 10. Olives can be stuffed with peppers, garlic and almonds.         | T | F |
| 11. Victors of ancient Olympic games wore garlands of olive leaves. | T | F |



# FRUITS INSIDE AND OUT

Draw and colour the pictures in the space provided. Which of these are mentioned in the Qur'an?

OUTSIDE	INSIDE
	
	
	
	
	
	

# THE AWESOME SCRUMPTIOUS FIVE

Figs, olives, pomegranate, grapes and dates are the five fruits mentioned in the Qur'an.



Complete the table below:

DIFFERENCES	SIMILARITIES



# ALL ABOUT PROPHET MUSA (PBUH)

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

Find the following words in the puzzle.

Words are hidden 

AASIYA

BASKEY

BURNING BUSH

EGYPT

FIRAWN

HARUN

MAGICIAN

MOUNTAIN

MUSA

RED SEA

RIVER NILE

SINAI

SNAKE

STAFF

SURATUT TUR

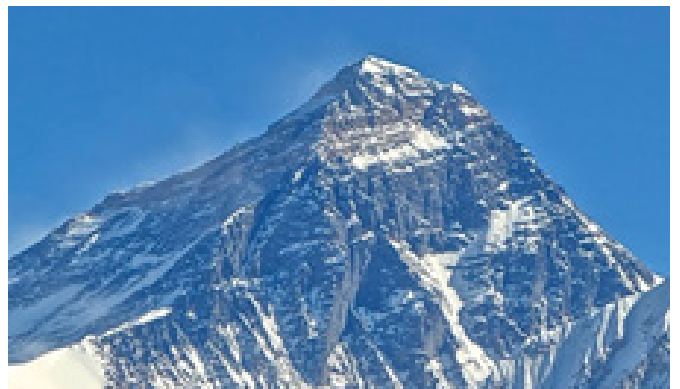
TAWRAT

TEEN



# AS TALL AS A MOUNTAIN

Can you name the mountains below? Where would you find them?



1. Where is Mount Sinai?

.....

2. What happened on Mount Sinai?

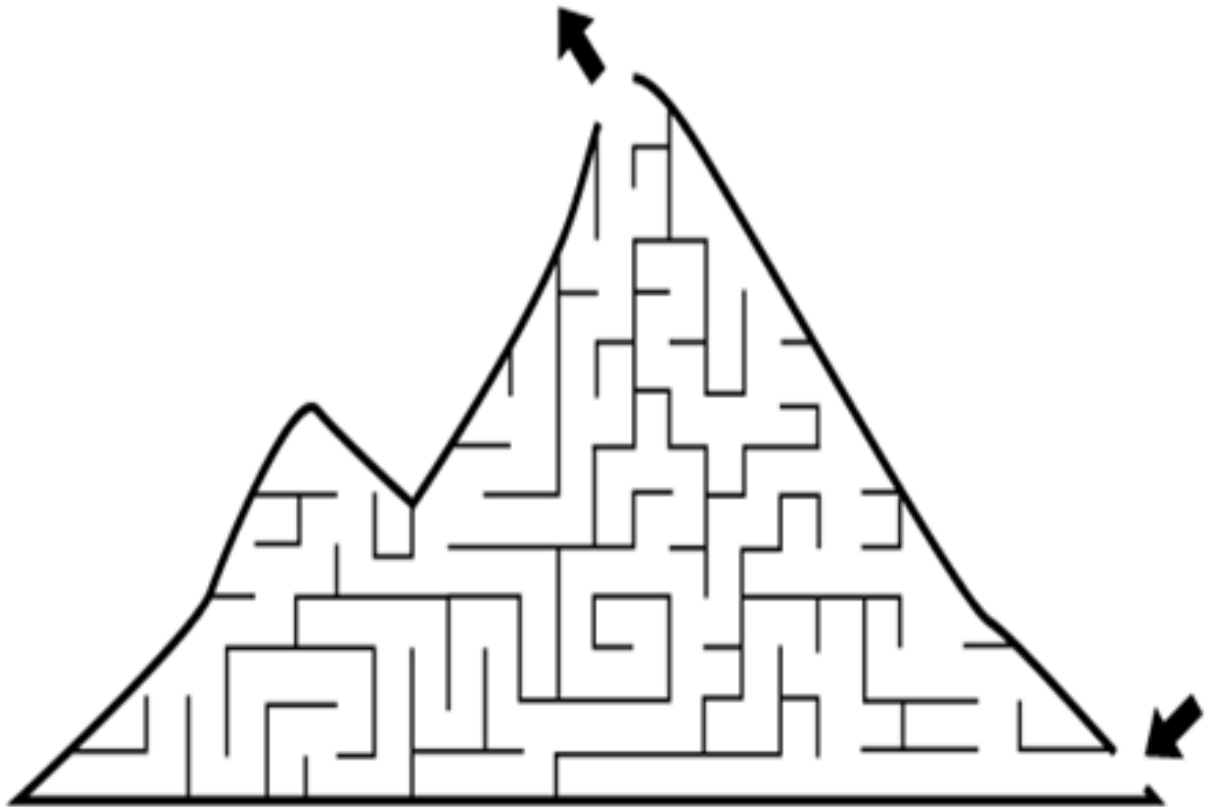
.....  
.....  
.....

3. What was the quality that Allah liked about Mount Sinai?

.....



## UP UP THE MOUNT SINAI MAZE



### DID YOU DID YOU KNOW?

- Mount Sinai was traditionally known as Jabal Musa (Mount Moses).
- It is 7,497 ft high
- It is next to Mount Catherina which is 8625 ft high.
- There is a mosque at the summit and is still used by the Muslims today.
- There is a Greek Orthodox chapel built on the ruins of a Church.

Draw your own Mountain Maze below:



## WE FEEL SAFE

And this city made secure (95:4). There are around 50,000 cities in the world today.

Which city is Allah talking about in Sura Teen? .....

Why have you chosen this particular city? .....

How has Allah made "this city "secure? .....

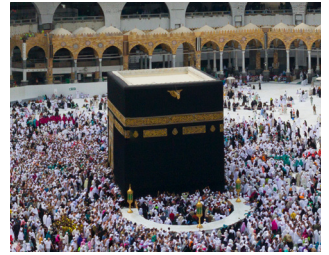
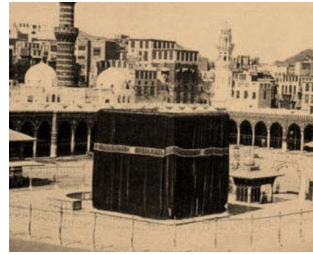
Below is a list of things that protect other things. Complete the matching game.



# MECCA THEN AND NOW

Mecca the city made secure; like many places it has changed over the years.  
Should we call it progress?

In the spaces below write down all the changes:



## PHYSICAL FEATURES

## CLIMATE CHANGES

## TECHNOLOGY

## PEOPLE/ TRIBES AND POPULATION

## RELIGIONS & TRADITIONS



# THE FOUR OATHS

Draw in the spaces provided – the four oaths (2 foods & 2 places) and what do they symbolise?

FIG

OLIVE

The 4 OATHS

9

MOUNT SINAI

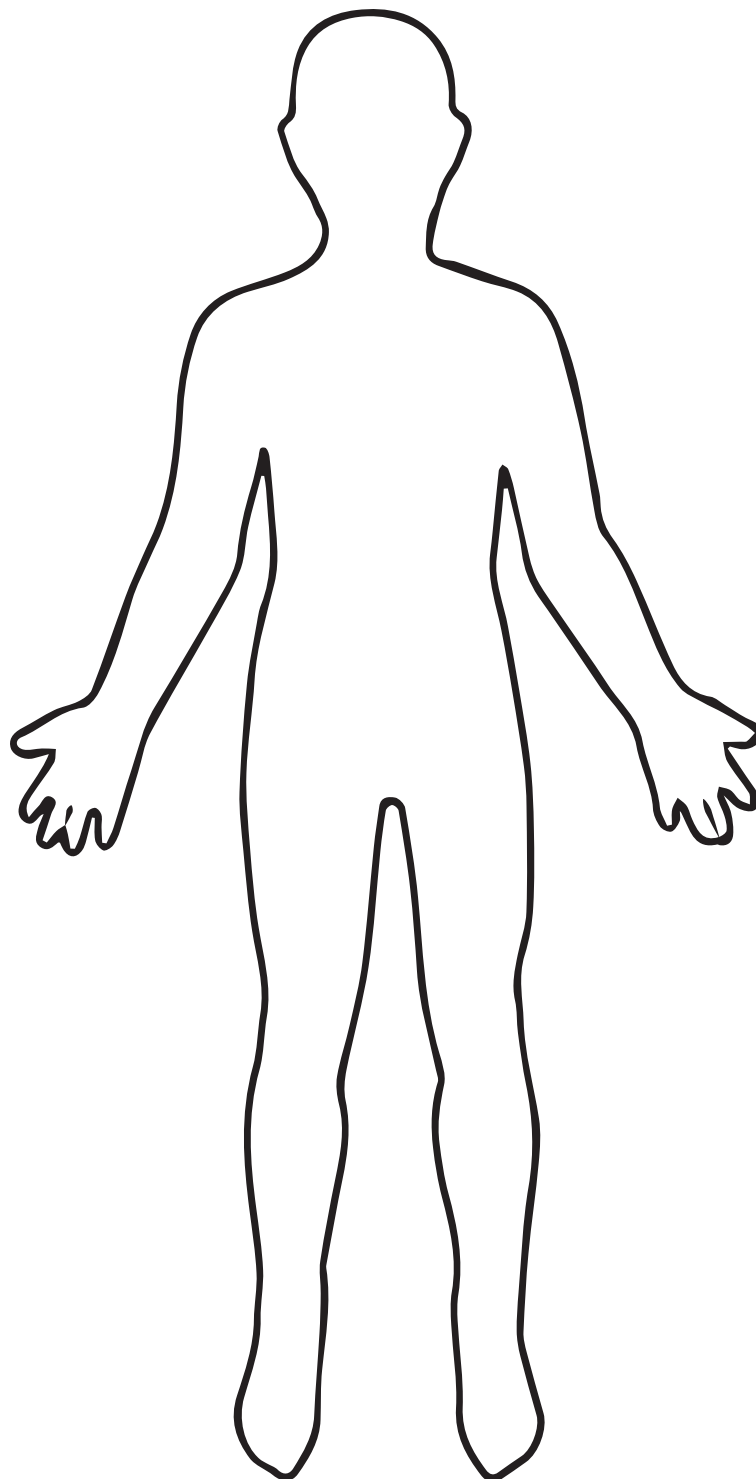
CITY OF MAKKA - KA'ABA



# KHALIQ THE MOST AWESOME CREATOR

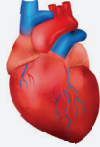
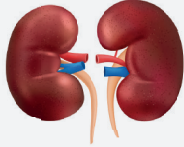




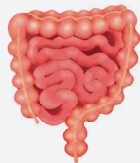
Label the body parts:

Heart	Brain	Ears	Liver	Stomach
Lungs	Oesophagus	Small Intestines	Colon	Mouth



# WE ALL DO OUR PART

Match the correct organ to its function:

FUNCTION	BODY PART
<p>It produces bile. It removes toxins from the blood and cleanses it. When you are an adult, it can grow to be as large as a football.</p>	
<p>You have 2 of these. Air passes through them. They help you talk. They live inside your _ _ _ cage.</p>	
<p>These are long almost 6 meters long. They are coiled up to fit inside your body. This is where the body absorbs food and water into the blood.</p>	
<p>It is a muscle. It has 4 chambers (rooms). It pumps blood to all parts of your body. You can feel its presence in your wrist.</p>	
<p>It controls you. It has 2 sides. It is like a computer sending and receiving messages. 3,500 pints of blood flow through it every day.</p>	
<p>You have a pair of these. They live at the bottom of your back. They are as small as a mobile phone. They help your body get rid of toxins from your blood by filtration. They filter the blood 400 times a day!</p>	
<p>It is a stretchy bag. Here the food you eat mixes with acid and gastric juices to break it down.</p>	



## P IS FOR PERFECT

Perfect as defined in the dictionary is absolute and complete- free from faults.  
A particular apple could be perfect because of its colour, shape, taste, freshness etc...

In the table below tick the categories that you would look at for an item to be perfect.

	Colour Look Design	Fit	Texture Feel	Durable Quality	Multi Purpose	Latest Model	Money Value	Taste
Perfect house	✓					✓	✓	
Perfect dress								
Perfect Pizza								
Perfect display								
Perfect student								
Perfect bag								
Perfect mobile								
Perfect lipstick								
Perfect car								
Perfect poached egg								
Perfect Rose/flower								
Perfect diet								

How would you measure / class a perfect human being?

.....

.....

.....



# LIFE IS BUT A BOX OF CHOCOLATES... FULL OF CHOICES...

**SQ -Spiritual Intelligence gives meaning, direction & value to our actions**




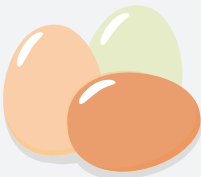





Below are a few options. Think and choose between Right and Wrong.

1. With COVID let's fill the garage with loo rolls and more loo rolls who knows how long it will last/ With COVID let's be mindful and not hoard so everyone can get their essentials.
2. Pray your salaa on time / Pray just before the salaa gets qadha, after all its not a sin.
3. Go to mosque on Thursday / Be at home to watch Criminal Minds on Netflix
4. Your maths homework is difficult, so try to attempt it / Your maths homework is difficult. So, go to school early the next day and copy it from a friend.
5. Its Saturday so let's hang around with some friends / Its Saturday lets pay a visit to the hospital to bring a smile on someone's face.
6. Its Friday should I do ghusl of Jumua / It's Friday I will just shower as I do on any other weekday, after all it's just showering.
7. I am early for school should I watch Simpsons / I am early for school should I help mum make the sandwiches.
8. There is a new boy in school, it will be cool to show him who is the boss / There is a new boy in school, it would be nice to show him around.
9. You've had a fight with your brother, so you will not speak to him for a day, he needs to learn a lesson / You had a fight with your brother, let us make up, it will be boring without him around.
10. Set the alarm 10 minutes earlier and pray Salat-ul Witr / Set the alarm as late as possible towards the ending time of salaa, after all sleep is essential and Witr is mustahab.
11. Set the alarm 10 minutes earlier and pray Salat-ul Witr / Set the alarm as late as possible towards the ending time of salaa, after all sleep is essential and Witr is mustahab.
12. Go for a brisk walk, enjoy nature and increase my steps / go for a brisk walk nah... it is too cold, let's watch TV.
13. Eat all you like after all you only live once / Eat all you like but choose only healthy foods after all you only have one life.
14. Do your homework in the evening / Play PSP in the evening?



# 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.

.....

.....

.....

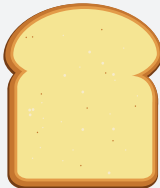
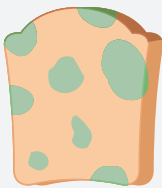




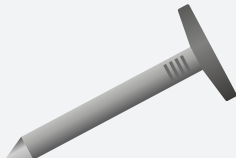



Can you see the verse "Allah is HE who created you from a state of weakness then HE gave strength after weakness, then ordained weakness ...." (30:54)



# FROM THIS ... TO THAT ....

Below are some items that were initially very beautiful and the same items after some time changed their state and became very bad.

1. Write down the reasons that you think made the change from This... to That ....

FROM THIS	TO THAT	WHY?
<p>A fresh slice of bread</p> 	<p>A mouldy slice of bread</p> 	
<p>A healthy happy tooth</p> 	<p>A painful decayed tooth</p> 	
<p>A thriving potted plant</p> 	<p>A dead potted plant</p> 	
<p>A shiny iron nail</p> 	<p>A rusty iron nail</p> 	
<p>A kind man</p> 	<p>A Thief</p> 	

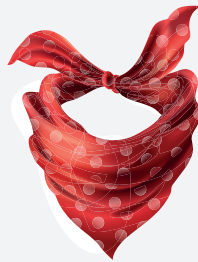


# FAITH IS NOT BLIND

Eiman means faith and faith means TRUST.  
An object lesson on FAITH and TRUST

## YOU WILL NEED:

- A blindfold (a scarf will do)
- A chair
- A helper who says he/she trusts you it can be your sibling, your friend or your parent.



1. Blindfold your helper make sure that he/she can't see through the blindfold.
2. Spin him/her around a few times, and then tell him/her to trust you by doing exactly what you tell them to do (follow your instructions).
3. Give him/her simple instructions to walk around the room without running into anything. Try and dramatize and make it scary.
4. Without him/her knowing, place a chair in the centre of the room.
5. Give him/her instructions to the chair so that he/she is standing in front of it in a position to sit, but don't tell him/her the chair is there.
6. Ask him/her to sit down without reaching or feeling around for the chair, but just by trusting it is okay to sit because YOU told him/her to sit.

## CONCLUSION

1. Although we may not be able to see God or how things are going to work out, we can trust Him because He can see all and knows all.
2. Although your helper was blindfolded, his/her faith or trust was not blind. It was based on what he/she knew about you; he/she knew and believed you to be trustworthy. We also need to have total faith in Allah.
3. Just like your helper had to listen for instructions to know what to do, we also have to trust Allah and do what He asks us to do although we cannot see Him. The fact that we know He is our Creator, loves us to bits and would never harm us.



# 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.***



# MY GOODIE JAR

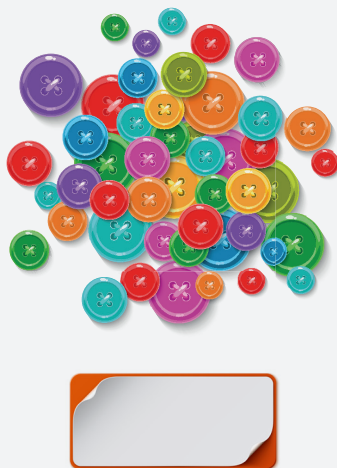
## YOU WILL NEED:

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.

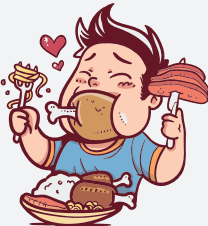




See your Goodie Jar fill up.



# EVERY ACTION HAS A REACTION

Your world is the result of your own actions and thoughts.

Complete the table below:

ACTION	REACTION
<p>Yummy All mine, Munch, Munch...</p> 	
<p>My 2 favourite keys</p> 	
<p>Faster, faster ZOOM</p> 	
<p>Did you hear...?</p> 	
<p>That was just a tiny lie...</p> 	



# DO I LIE ABOUT MY RELIGION?

## HOW?

Careless towards my duties & responsibilities to mankind

1. By being rude and mean to the orphans.
2. By pushing away the refugees.
3. By not feeding or helping the poor.
4. By discouraging others from helping the poor.

Careless towards my duties to Allah

1. By praying to show off.
2. By being neglectful in my salaa. How?
  - Not praying on time.
  - Being unaware of the rules of salaa.
  - Praying salaa as a tick box duty.
  - Not knowing the rules of wudhoo and tahara.

## WHY?

In the space below write down why do you think I would be doing all the above acts:

.....

.....

.....

.....

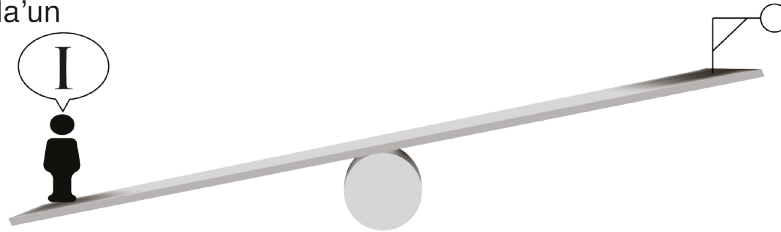


### Selfishness

1. Pushes away orphan harshly
2. Doesn't help or encourage the Miskeen
3. Refusing even Ma'un

### NOT giving importance to Salaa

1. Praying to be seen
2. Neglectful



### PERSISTENT LYING ABOUT DEEN

Unbalanced Life

## SOLUTIONS:

In the space below write down all the solutions to my two main problems:

1. Unmindful of my duties towards Allah.

.....

.....

.....

2. Unmindful of my duties to creation.

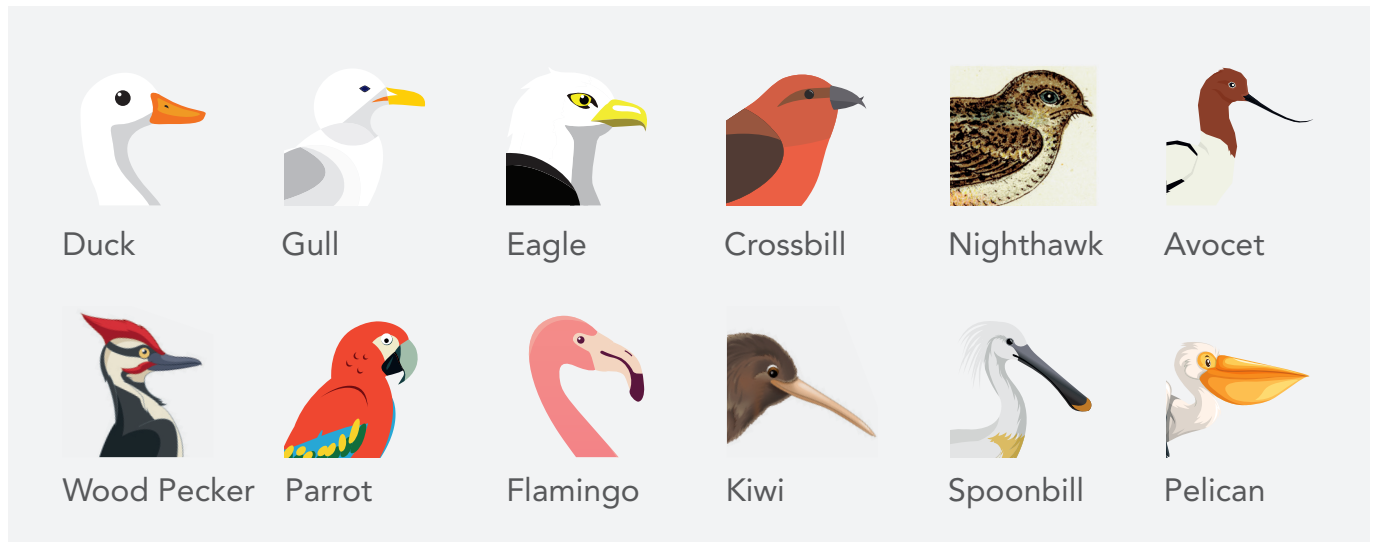
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# ALLAH IS AL HAKEEM (THE ALL WISE)

Look at the picture below. There are 12 birds in it and all birds have a pair of wings, feathers, eyes etc... but there is one particular feature that is very different in all species of birds. What feature is that?



An interesting experiment for you to do below:

## YOU WILL NEED:

- Chopsticks (probing beak)
- Lollipop stick (shovel beak)
- Clothes peg (grasping beak)
- Spoon (scooping)
- Small cup
- Pie tin or a baking tray or any tray
- Pasta, Spaghetti cut into small bits
- Beans, peas
- Lentils, rice, seeds
- Plastic fish, worms
- Pencil

The small cup represents the stomach of the bird whilst the spoons, pegs represent the different types of beaks. The food items represent worms, insects – bird food.

You will now pretend to be a bird and pick the food with your beak.



## PROCEDURE

1. Place all the food items in the tray.
2. You will now pretend to be a bird.
3. Hold the cup in one hand (this is the stomach of the bird)
4. Hold ONE tool (twisters, spoon etc. This is the beak of the bird.) in your other hand.
5. Now pick the different types of foods from the tray with your tool (beak).
6. Once picked drop the food into your cup (stomach).
7. Every time you drop the food on the floor you will try to pick it up again.
8. You will find some foods easier to pick than others.
9. Work for 3 minutes on the above exercise.
10. Count and record the amount of food picked with which tool in the Tally Chart.
11. Return the food eaten to the tray (from your cup to the tray).

Now repeat the above exercise using another tool (beak) until you have used all the tools (beaks).

	BEANS	PASTA	PLASTIC ANIMALS	SEEDS
Clothes Peg GRASPING				
Chopsticks PROBE				
Lollipop Stick SHOVEL				
Spoon SCOOPING				

**Observations:** Write your observations here.

.....

.....

**Conclusion:** Write your conclusion here.

.....

.....



## AS WISE AS AN OWL

Grab a pen and paper, and answer the following questions:



1. What did you learn from your failures?
2. How does God speak to you and how do you speak to Him?
3. What have you been doing, and continue to do, in your life that you know is NOT working for you?
4. Have you done anything to get better / different results?
5. What negative habits do you have that you know you need to let go of?
6. Did you spend time into your personal growth and knowledge?
7. What goal, dream or aspiration do you have?
8. Where is fear currently controlling you?
9. Are your current habits for eating, drinking and exercising working for you?
10. Are you holding any resentment towards others?
11. How could you be of service in a way that will make the world a better place?
12. Which of your relationships need more attention to prosper?
13. What have been your strengths and achievements?
14. What are you most passionate about in your life?
15. If you could improve one aspect of your life, what would it be?
16. How will you make time this week to talk to a wise person? What will you ask him/her?



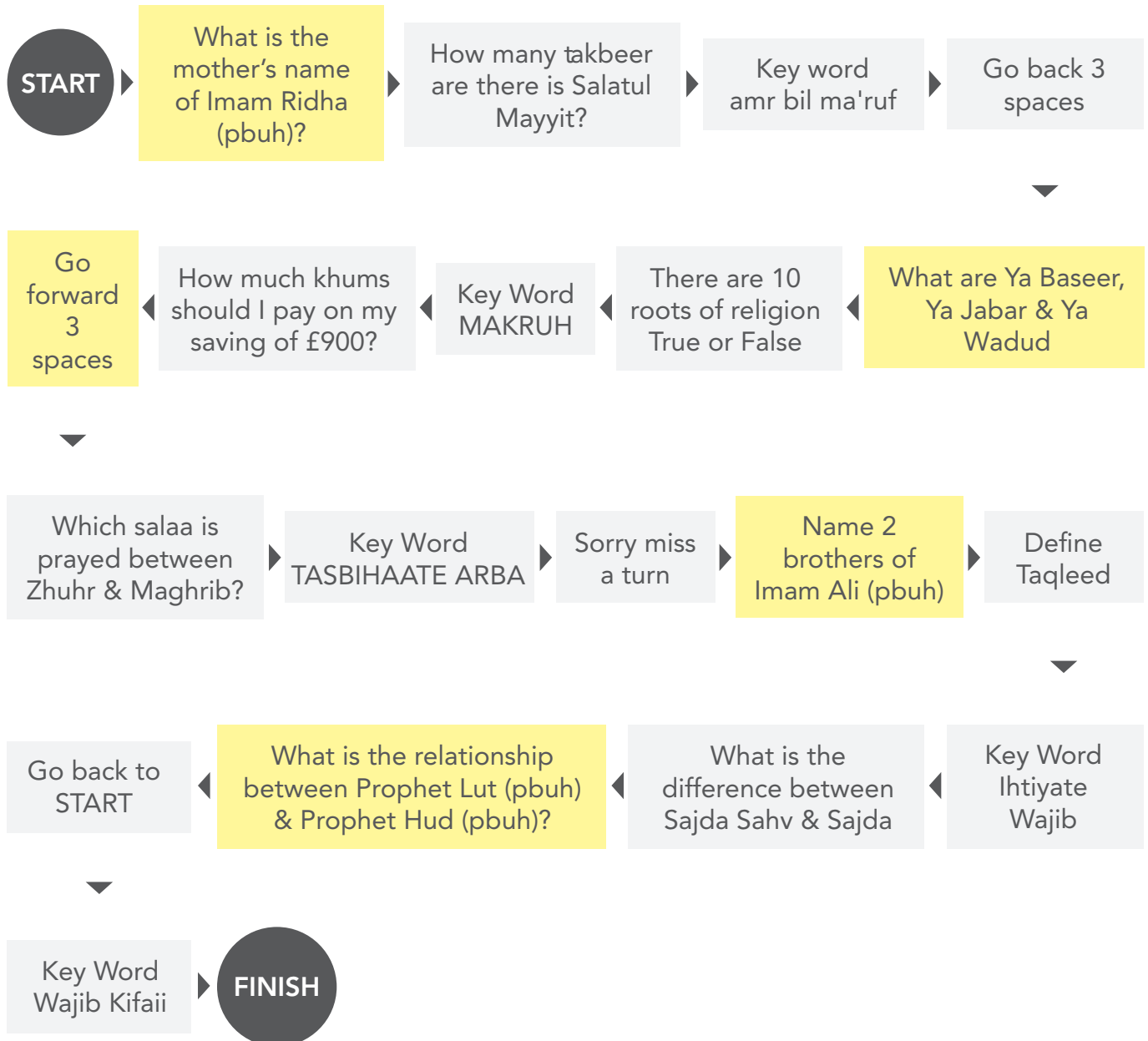
# OBEDIENCE TO ALLAH

There are 3 paths mentioned in Sura Al Faatiha:

In the paths below write down 4 people who walk on these paths, one is done for you.

## RULES

1. Roll a 6 to START
2. Every Key Word (definition) is worth 4 points.
3. All other questions are worth 2 points each.



## POST IT ASSESSMENT

There are 4 questions on the notice board below.

Write your answers to each question on a post it notes and pin/stick them under each question. Alternately, you can also write your answers on the board under each question.

**What have I learnt from Suratut Teen?**

**What have I found easy?**

**What have I found difficult?**

**What do I want to know now?**



