

A detailed painting of a library filled with bookshelves. In the foreground, a large, ornate treasure chest is open, glowing with a bright light. A vibrant red cardinal is perched on the edge of the chest. The background is filled with rows of books, a chessboard with pieces, and a framed calligraphic artwork. The scene is lit with warm, golden light, creating a sense of mystery and discovery.

*The Secrets of Hajj
for Children*
INCLUDING ACTIVITIES

The Mysteries of the Pilgrimage for Young People

Fons Vitae extends great appreciation to Enabah Seda, Ghazali mother and author of this wonderful volume for small children, based on the *The Mysteries of the Pilgrimage for Young People*.

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Enabah Seda

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An audio version of this story book and downloadable activities are available at: <https://ghazalichildren.org/books/secrets-of-hajj-for-children-audiobook-and-activities-book/>

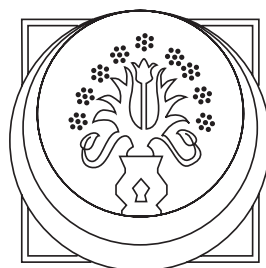
With thanks to the narrator, Um Zayd, Senior Education Professional, Germany.

The Secrets of Hajj for Children

An Interactive Companion Storybook and Activities

Recommended for ages 4 to 7

*Dedicated to all the precious children of the world.
May you be a shining generation of God's ﷺ servants.*



FONS VITAE

The Mysteries of the Pilgrimage for Young People

Note to Educators

This interactive storybook for children ages four to seven years old summarizes age-appropriate teachings from *The Mysteries of Pilgrimage for Young People*. Some of the activities are integrated into the story so that you and your students can take a break while reading and enjoy learning some of the main ideas through enjoyable activities.

A calendar and summary of rituals are included at the end of the story which can help integrate the storybook into your first ten days of Dhul-Hijja and Eid al-Adha. To accommodate diverse learning styles, activities include:

Artwork/Craft: Paintings, drawings, or craft models using a diverse array of materials to express ideas in the storybook.

Good Deeds (Individual or Group): Practicing virtues discussed in the stories.

Skit: Developing and acting out a creative performance which supports teachings in the storybook.

Metaphorical Learning: Using a symbolic activity to reinforce ideas presented in the story.

Storytelling: Play-acting or re-telling a real life story which relates to teachings being studied.

Song/Poetry: Learning and enjoying lyrics which reinforce an idea(s) in the storybook.

It is suggested that parents refer to the illustrations in *The Mysteries of the Pilgrimage for Young People*.

Chapter Two

A Great Surprise Hidden in the Chest at Grandmother's, The Pilgrimage is a Special Seal on Life's Journey

Choose activities or make up your own!

Artwork	Good Deed	Skit
<p>Build a durable Ka'ba out of any available materials and cover it with a cloth representing the Kiswa. The Kiswa has been of different colors throughout history so it does not need to be black and gold. Build it to last for this entire program. You will add on a Black Stone and name the corners later. It could be of sturdy cardboard or even a card-table with a cloth drape over it.</p>	<p>Prepare for the generosity we show in Hajj in your everyday life!</p> <p>Activity 1: Making a Bird Feeder. Do you know that feeding animals, just like feeding human beings, is considered charity? Below is the link to an easy tutorial but you can search online and make the one that you like best. https://youtu.be/9DKzHucqYII</p> <p>Activity 2: Prepare food for a local organization that feeds the hungry.</p>	<p>Practice being a polite guest, with all the points in the story. With thousands of people at the Ka'ba at one time, how could you avoid being annoyed with or upsetting others? Imagine being bumped into and responding in a beautiful way to that, at the House of God ﷺ. Next, imagine you are the Kiswa. What would you be saying to the people who are joking around and speaking about ordinary things in front of the Ka'ba?</p>
<p>Metaphorical Learning</p> <p>The Prophet Muhammad ﷺ said that if we do Hajj with a pure Heart and without any bad deeds, we will return from it pure. Dip your hands in a messy material like mud or paint. Wash with soap and water, and your hands will become clean no matter how muddy they were! How is this like a successful Hajj?</p>	<p>Critical Thinking</p> <p>Consider what God ﷻ teaches us about life, through nature. Do you see anything that dies but comes back to life? (Discuss seasons.) Does anything leave our sight but then come back? (Discuss day and night.) When you go to sleep at night are you afraid you won't wake up?</p> <p>Take turns naming something that seems to go away but then comes back. Draw a picture of something that changes and/or experiences cycles.</p>	
<p>Historical Connection: Seal of the Prophet ﷺ</p> <p>Wax seals were used to close letters at the time of the Prophet Muhammad ﷺ. This seal showed that the letter was finished and complete. As Hajj completes our faith, it has also been described as a "seal." Look at a picture of a wax seal and then press objects that leave an artistic impression into play dough, melted soft candle wax, or kinetic sand. Islamic jewelry may also be used to make an impression.</p> <p>https://www.icanteachmychild.com/nature-impressions-in-playdough/ https://www.danyabanya.com/natures-stampers/ https://www.helloholyydays.com/2016/05/13/cardboard-tube-stamps/</p>		

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Chapter Three The Three Golden Keys: Intention, Traveling with What is Truly Needed, and Trusting God

Choose activities or make up your own!

<p style="text-align: center;">Artwork</p> <p>Activity 1: Make a toy boat craft: http://kidsactivitiesblog.com/56539/boat-crafts-kids-make As you enjoy sinking them, talk about the story.</p> <p>Activity 2: Make and label the Three Golden Keys out of paper or other craft supplies. Or draw them in your journal for reference. Discuss what each of them means to you!</p>	<p style="text-align: center;">Good Deed</p> <p>Choose one of the many favorite belongings that you have and donate it to someone in need. It could be clothes, toys, stationary etc. Remember, the KEY is to donate something you love, only for the sake of God ﷻ .</p>	<p style="text-align: center;">Skit</p> <p>Make a heavy sign or a sack to hang around your neck. On it, write all the things that you owe someone else like an apology, a return of kindness, or a borrowed item not returned. These things weigh you down as you try to leave on your journey to the King. Have a voice ask: “Where are you headed? To the House of the King of kings, when you haven’t cleaned your Heart? Aren’t you ashamed?” Let each person take something out of his/her sack that is heavy on his/her Heart and explain what it is.</p>
<p style="text-align: center;">Metaphorical Learning</p> <p>Place a good item like a fresh apple or gemstone into a dirty container full of rotten fruit or dirty rocks. Do you believe the good item will stay nice for long? Do the opposite by placing the good item with other fresh or clean items. Now, what do you think? How does this relate to the friends we choose?</p>	<p style="text-align: center;">Storytelling</p> <p>Draw, write, or tell a short story about a person who was able to use all Three Golden Keys perfectly before starting his/her Hajj journey. Use your imagination to portray the difficulties that might be faced and how these can be overcome. It could be presented in a comic strip or a poem to make it more interesting. Give it a catchy title!</p>	<p style="text-align: center;">Quranic Recitation</p> <p>Before people leave on Hajj, they say a farewell to friends and family, take a special bath, make a proper intention and then pray two cycles of prayer using Sura al-Kafirun and Sura Ikhlas. These are used throughout the Hajj. Memorize and use these two prayers daily.</p>

Chapter Four
Wearing Very Special Clothes called *Ihram*,
Reaching the Station of Miqat, and
Arriving in Mecca at Last

Choose activities or make up your own!

<p style="text-align: center;">Artwork</p> <p>Find a picture of how men and women dress for Hajj. Now make a drawing of a boy and a girl dressed in this <i>ihram</i>. Below your drawing, write a sentence on the importance of millions of pilgrims wearing the same simple dress and how it could help us polish our shining Hearts. Or simply talk about it with your class.</p>	<p style="text-align: center;">Good Deed</p> <p>Wanting others to see our good deeds spoils them. Showiness is the opposite of humility.</p> <p>Challenge yourself to see how many secret good deeds you can do in a day. The real challenge is to keep everything a secret!</p>	<p style="text-align: center;">Skit</p> <p>Pretend to reach a Miqat where everyone is dressed in <i>ihram</i>-like clothing. Recite the <i>talbiyah</i> together. Then play-act the difference between arriving to your homemade Ka'ba humbly versus arriving with showiness.</p>
<p style="text-align: center;">Metaphorical Learning</p> <p>Make a small scale and write out as many good deeds versus bad deeds that you can think of on small slips of paper. Or find dark and light colored pebbles. Put the slips/pebbles on the scale and weigh them. Which scale is heavier?</p> <p>https://www.pinterest.com/pin/569142471640398051/?nic_v1=1aKE2oP6GEaV%2Fsuhi8vR5M%2Bc0kpm5mjP%2Bjs4WZtQyX4aEoTQl3IuvH6gy6WT%2FcDAFG</p>	<p style="text-align: center;">Storytelling</p> <p>Talk about the story of the Ka'ba from the time of the Prophet Ibrahim ﷺ and Ismael ﷺ to the time of the Prophet Muhammad ﷺ. Draw their family tree and discuss how each contributed to the building, rebuilding or care of the Ka'ba. Did you know the very first Ka'ba was established by the Prophet Adam ﷺ.</p>	<p style="text-align: center;">Song</p> <p>Listen to the song "Waiting for the Call" by Irfan Makki. What do words like "<i>ihram</i>" mean? Learn the <i>talbiyah</i>. What is the right intention to make before doing the Hajj? Later, you can repeat this together before you pretend to do <i>tawaf</i> in the next lesson.</p> <p>https://www.youtube.com/watch?v=rpRxU8_vb08</p>

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Chapter Five Visiting the Sacred Sanctuary at Last

Choose activities or make up your own!

Artwork	Good Deed	Skit
<p>Draw or make a mosaic of the Ka'ba from small pieces of colored papers. Include doves circling around if you wish.</p>	<p>In the past year, have you made any promises or given your word about something that you did not keep? Take time to think about it, and then figure out a way to make up for it.</p>	<p>Add a Black Stone and a door to your Ka'ba. Write the names of the three corners in the right spots. Practice the declaration at the Black Stone. Recite the <i>talbiyah</i> and begin <i>tawaf</i> seven times in a counter-clockwise direction. Place your cheek on the Yemeni wall with outstretched arms. Describe what you are praying for at <i>Bab al-Multazim</i>.</p>
<p style="text-align: center;">Metaphorical Learning</p> <p>Discuss metaphors and symbols and how they can represent things that are hard to understand and describe in words.</p> <p>The Black Stone is used as a metaphor for God's ﷻ Right Hand that we “touch” to affirm our agreement that He is Our Lord. But His Hand is not like ours or something we can describe or draw. But we still understand some meaning from this metaphor. Shake hands with someone you care about and make a promise. How would it feel to break your promise?</p> <p>Imam al-Ghazali says a person who clings to the <i>Kiswah</i> seeking forgiveness from God ﷻ is like someone who has wronged another person and then clings to his or her clothing begging for forgiveness. This gives us the feeling of a parent-child relationship, where the small child looks up at her mother whilst clinging to the hem of her clothing. To understand how small we are and how needy we are of God ﷻ, use pictures to compare the size of a human being to the size of a redwood tree or a huge mountain. Then go outside and look up at the tall trees or even the vastness of the sky. Reflect upon how humble we feel compared to God's ﷻ creation, so imagine how we should feel in front of God ﷻ.</p>		
<p style="text-align: center;">Historical Connection/Storytelling</p> <p>Research the Station of Ibrahim ﷺ. Discuss the story of the Prophet Ibrahim ﷺ and Ismael ﷺ building the Ka'ba. What might Ibrahim ﷺ have been feeling and thinking as he stood in front of the Ka'ba?</p>		

Chapter Six
Running Between Mounts Safa and Marwa,
Camping at Mina, and the Test Given to
Ibrahim ؑ and Ismael ؑ

Choose activities or make up your own!

Craft	Good Deed	Game
<p>Build your own collapsible cardboard or sheet tent.</p> <p>https://www.handmadecharlotte.com/build-collapsible-cardboard-tent/</p> <p>Or build a real tent to camp out for a night, even in your back yard or living room! Pretend you are staying in Mina.</p>	<p>Remember how God ؑ provided water for the thirsty baby Ismael? The Prophet Muhammad ؐ tells us there is a reward for simply giving water to people. For one day, take responsibility for bringing water for everyone at mealtime. Keep water bottles in the refrigerator and take a few with you whenever you leave the house. If on the way, you see homeless people, pass water out to them.</p>	<p>Safa to Marwa Relay Race:</p> <p>Divide into two teams of equal number. Mark the start of the race as “Safa-Hope,” and the end “Marwa-Fear.” Think about Hope in God’s ؑ help on the way to Safa and about Fear of wrongdoings on the way to Marwa. In between, place two markers. The first child should walk from Safa to the first marker, then run to the second marker and then walk the rest of the way to Marwa and then do the same on the way back. Once the first child returns to Safa, s/he tags the next member of the team, who now has his/her turn. Each team needs to complete the running back and forth seven times, thinking about what they hope and fear. Discuss the experience afterwards.</p>
Song	Storytelling	Metaphorical Learning
<p>Listen to “Mountains of Mecca” by Zain Bhika</p> <p>https://www.youtube.com/watch?v=dkKtCHeGh3k</p>	<p>Listen to the recorded book “An Ocean in One Drop.” It tells the beautiful story of Mother Hajaar ؑ and Ismael ؑ. Write down or draw a picture of as many life lessons as you can from the story to help you better lead your life in surrender to God ؑ.</p> <p>https://m.youtube.com/watch?v=6E-Tnxsmwqo</p>	<p>Pretend you are on a journey from one corner of your house or yard to another. Hold a bag full of toys in your arms and walk from the first corner to the last. Now repeat this journey without anything in your arms. Which one was easier? Similarly, in this world we are on a journey to the real and everlasting Next World. The less material goods we accumulate, the easier it will be for us to focus on our journey and reach the Next World with true success!</p>

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Chapter Seven

The Day of Arafat, Throwing Pebbles at Muzdalifa, Eid al-Adha

Choose activities or make up your own!

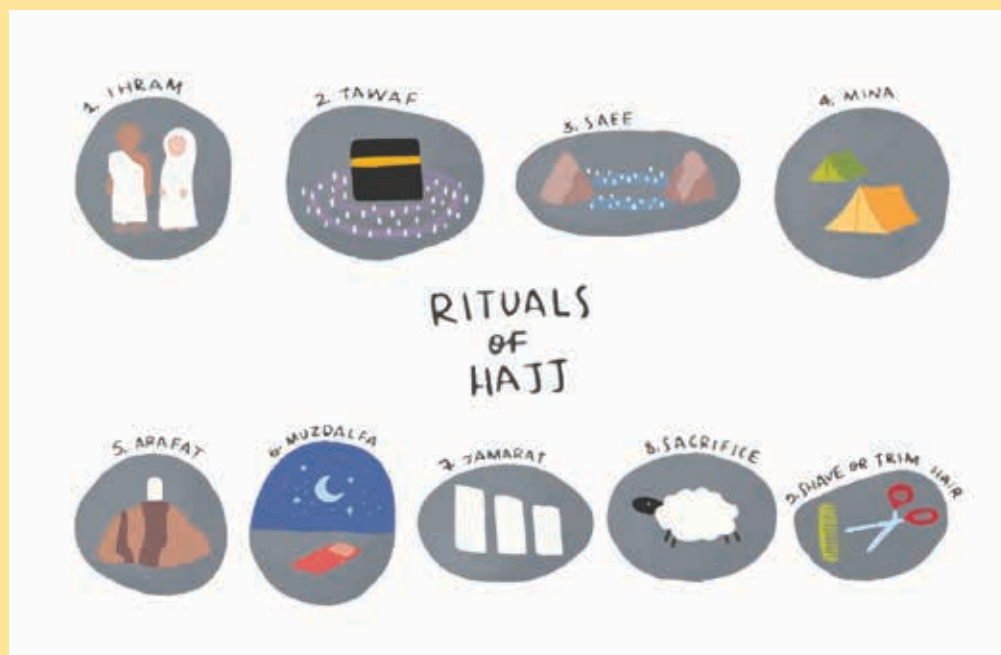
Artwork



Arafat Hands Supplicate from the Heart: Mix paint colors to represent different skin tones. Cut out paper hearts the size of the palm of a child's hand. Stick the paper hearts on the palm of each hand with non-toxic glue. Let the children place their hands in the different tones of paint and print onto a large piece of paper. When the paint is dry, let the children write *du'ahs* onto the hearts.

Artwork

Paint the rituals of the Hajj on pebbles



<https://www.persil.com/uk/dirt-is-good/arts-crafts/painting-pebbles-with-children.html>

Game

Create the 3 *Jamarat* by using 3 empty kitchen rolls stuck with tape into 3 separate bowls. Place each "*Jamarat*" pillar diagonally behind the other. The closest pillar counts for 1 point, the next counts for 5 points and the one furthest away counts for 10 points. Each child gets 3 x 7 sets of pebbles. (It would be even better if the children can find the small pebbles for themselves from a natural location.) Throw the stones while saying "No!" to temptations and see how many land in the bowls. Count up your points!

Metaphorical Learning

Find flat rocks for pebble skipping on a body of water. As you throw the pebbles, what kinds of bad deeds do you want to say "no" to?

Good Deed

Do a good deed every day by making *du'ah* for others. When a believer makes *du'ah* for his/her brother, angels make the same *du'ah* for him/her!

Storytelling

Make up a short story in which the main character wants to do a good deed and Satan tries to stop him/her three times. Use lessons from the Prophet Ibrahim عليه السلام to help your hero/heroine defeat Satan.

Chapter Eight
The Return to the Ka‘ba, Visiting the Prophet ﷺ,
and the Return: Duties of the Heart

Choose activities or make up your own!

<p style="text-align: center;">Artwork</p> <p>God willing, one day you will go on Hajj. Imagine how you will feel standing in front of the beautiful House of God ﷻ. Make a drawing of the Ka‘ba with you standing next to it with a beautiful smile on your face. Make sure to depict the Black Stone in your drawing. You can add as many details as you want and can make your artwork truly unique by using different materials such as felt, glitter paper, etc. and various coloring supplies like paints, color pencils, crayons etc.</p>	<p style="text-align: center;">Good Deed</p> <p>The Prophet Muhammad ﷺ encouraged us to make peace between two people who are arguing. This is one way to understand what it means to “intercede.” The next time, any two people argue or fight, step in and intercede-try to help each of them apologize and forgive the other. Remind each of them of the other’s good qualities!</p>	
<p style="text-align: center;">Historical Connection</p> <p>The plain of Arafat has great importance for Muslims. On his last Hajj, the Prophet Muhammad ﷺ gave his final sermon on Mount Arafat to his followers. Look up his sermon and find photographs of the Plain of Arafat. Create a poster which shows Mount Arafat, the pilgrims on Hajj, and some of your favorite lines from the Last Sermon. Put it on a wall where you can look at it everyday.</p>	<p style="text-align: center;">Storytelling</p> <p>Contact family members or friends who have been on Hajj. Ask them to share some unique incidents or stories from their trip. You will hear extraordinary accounts of miraculous strength, generosity, love and submission to God ﷻ. You can even create a small story book by making drawings and writing any story you hear in your own words.</p>	<p style="text-align: center;">Song</p> <p>Sing “The Prophet ﷺ” by Dawud Wharnsby:</p> <p style="text-align: center;">https://www.youtube.com/watch?v=CzSSUpIQTHs</p>

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The Days of Hajj with Specific Rituals and Eid al-Adha

8th-13th of Dhul Hijjah

Umrah Before the Hajj

Most pilgrims reach Mecca days before the start of the actual Hajj and perform *Umrah* first. During *Umrah*, they complete the following steps:

1. Enter the state of *ihram* at a designated Miqat or “station.”
2. Stand before the Black Stone.
3. Make the *tawaf* of seven circuits around the Ka’ba.
4. Pray two *rakahs* at the Maqam Ibrahim.
5. Perform the *sa’i* between Mounts Safa and Marwa.
6. Shave or clip hair to exit the state of *ihram*.

Hajj

Day 1 (8th of Dhul Hijjah)

1. Depending on which type of Hajj is being performed, pilgrims are already in *ihram*, or they re-enter *ihram*.
2. From Mecca, pilgrims set out to the tent city at Mina where they spend the night.
3. If for some reason pilgrims cannot reach Mina, they can head straight to Arafat.

Day 2 Day of Arafat (9th of Dhul Hijjah)

4. After sunrise, pilgrims depart for the Plain of Arafat.
5. The day is spent in worship.
6. At sunset, pilgrims move on to Muzdalifah where they perform their *maghrib* and *isha* prayers combined, collect pebbles and spend the night in worship.

Day 3 Eid al-Adha (10th of Dhul Hijjah)

7. Pilgrims depart to Mina just before sunrise.
8. They perform *rami* at the *Jamarat*. (Pelt the large Shaytan only.)
9. They perform the sacrifice.

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10. Male pilgrims shave their head or trim their hair and female pilgrims trim a hair strand, thus ending the state of *ihram*.
11. Pilgrims then return to Mecca and perform the *Tawaf al-Ifada*.
12. The *sa'i* of Hajj is performed.
13. Pilgrims then return to the encampment at Mina.

Day 4 to 6 (11th to 13th of Dhul Hijjah)

14. On each day, the remainder of the pebbles are thrown. Pilgrims pelt all three pillars (small, middle and large) on each of these days.
15. After spending two or three days in Mina, pilgrims return to the Ka'ba and perform the *Farewell Tawaf*.

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