

The Mysteries of Fasting for Children Teacher's Manual

Includes:

1. Primary Learning Goal
2. Answers to:
 - a. Pre-Reading Questions.
 - b. Vocabulary Defined
 - c. Post-Reading Chapter Questions
3. Qur'an Contemplation – Class Discussion
4. Details of Suggested Activities

***GUIDE TO USING COLOR CODED WORKBOOK
AND TEACHER'S MANUAL***

CHAPTER HEADING IN YELLOW BOX

PRIMARY LEARNING GOAL IN RED BOX

PRE-READING QUESTIONS AND VOCABULARY IN BLUE BOX

Pre-reading Questions: Basic questions about the upcoming reading and workbook questions are provided. The purpose is to draw out what the children already know. Based on the children's pre-reading knowledge, you can fill in the knowledge gaps, correct any misunderstandings, and guide the children into deeper thinking in order to ensure they understand the Core Teaching.

Vocabulary Words: Children will identify the meaning of vocabulary words by filling in the blanks with words from the "Word Bank." You may provide definitions if the time is not constrained which are provided in the Teacher's Manual.

The Book of the Mysteries of Fasting For Children Workbook

POST-READING QUESTIONS IN GREEN BOX

- 1. Questions:** Children may need help answering the Lesson Questions. Some must be simplified for younger children. Answers are in the Teacher's Manual.
- 2. Qur'an or Hadith Contemplation:** One child will read aloud a related *passage* from the Qur'an or *hadith*. The other children will be asked to point out how this relates to the current topic and lesson questions.

Activities for children seven years old and older in yellow

Activities for children three to six years old in purple

CHOOSE AN ACTIVITY		
Artwork	Action	Skit or Theater
Creative Demonstration	Essay or Storytelling	Song
Young Children's Activity in Purple Block	Class Project or Class Experience	Class Sharing

Look for detailed instructions as needed here.

Chapter One Teacher Notes

Primary Learning Goal: Fasting is like a fortress or protective shield for us where we can learn and practice the central virtue of patience. Fasting is special to God ﷻ among all the pillars of worship, in the way the *Ka'ba* is special among all the places on earth. Fasting offers a special relationship that we can have directly with God ﷻ – and only He ﷻ can see it.

Answers to Pre-Reading Questions:

1. Ask the students to relate basic information about their own experiences with fasting/Ramadan.
2. Answers will vary. Encourage the children to reflect upon something that protects them. By the end of the lesson, the students should understand that fasting protects us from harmful desires by strengthening our good character.
3. Answers will vary. Encourage children to talk about the benefits of patience.

Vocabulary Words:

Sabr: is the Arabic word for patience. It means trusting God so much that we can bear any trial or worry which He ﷻ sends us, while being confident He has our best in Mind.

Shield: is something used by warriors in a battlefield, held up before their hearts to protect them from the enemy's blows. In the case of fasting, we are making an effort to defeat the whisperings of the lower, false self in order to polish and protect our Shining and Pure Golden Hearts.

Temptation: is when we have satanic whisperings from our false lower selves. These thoughts try to make us do the wrong thing and not listen to our Hearts which feel uncomfortable!

Nafs al-ammara bi-l-su: is the Arabic for the egoic soul that incites us to do the wrong thing. This is the place where our lower self and vices reside. We seek to control our ego and cleanse it so that our *Qalb*-“Heart” shines with beautiful attributes of God ﷻ.

Rayyan: is an Arabic word with a meaning of “splendor.” It is the name of a glorious gate to Paradise through which only those who fast may enter.

Sunna: refers to the sayings, practices, and actions of our Messenger Muhammad ﷺ. These were recorded by his ﷺ Companions to show us how to have a most beautiful character and to increase our love for the Prophet Muhammad ﷺ.

Fard: is an Arabic word meaning an outer requirement in Islamic law.

Self-Control: is the ability to command our emotions, desires and how we behave, especially in difficult situations where temptation arises.

Forbidden: refers to something which is not allowed. It is not permitted because it is harmful to us, even if we don't understand the wisdom in it at first. With greater wisdom, we will come to understand more in time.

Answers to Post-Reading Questions:

1. The inner way to pray is being present in our Hearts during prayer, not simply moving our lips and bodies.

The Book of the Mysteries of Fasting For Children Workbook

2. In the opening *takbir* we must try not to be distracted but be completely present before God ﷻ, as if we are standing in front of Him ﷻ – which we are.
3. Examples are: Reverence and awe when we say *Allahu Akbar*. Sadness and humility for our low doings when reciting the verse in the *Fatiha* “Guide us on the Right path...”
4. Allow children time to freely express themselves. Look for at least one concrete example of how practicing the inner aspects of prayer can improve one’s experience and worship.
5. Let the children discuss this themselves. Look for at least one concrete example of a vice on the outside of the fortress wall – which is trying to get in.
6. Children should provide at least one practical example.
7.
 - a. Not eating or drinking from dawn to sunset.
 - b. We need to be patient and 100% careful in our fasting while attempting to be continuously aware of our direct connection with God ﷻ.
8.
 - a. Answer should include at least one realistic example.
 - b. Open reflection.
 - c. Student drawing should include concrete examples.
9. a, d, and e.
10. Ka’ba in Mecca
11.
 - a. God ﷻ, invisible, patient.
 - b. the lower self, forbidden
 - c. temptations, self control, wrong
12. The students should include examples of at least two activities that could be considered a waste of time or a vice. Some should be circled.
13. This question is meant to be challenging. Help the children to reflect upon the long term consequences of living by one’s desires through wasting time, eating too much, acquiring too many worldly possessions, etc.
14. Answers will vary. They could include: patience, being content, closeness to God ﷻ.

Hadith Contemplation:

Students should provide three realistic and concrete examples of good character habits and/or worship habits, with a corresponding plan of action. Answers should demonstrate reflection and the possible application to daily life.

CHOOSE AN ACTIVITY	
Artwork/Craft: Gate of Rayyan	Fasting Knights with Shields Skit or Fantasy Story
“Diary of an Impatient Kid” Comic Strip	“Gazing upon Heaven” Spoken Word
Class Project: Build a “Fortress of Fasting” ***Appropriate for young children***	Personal Storytelling: Patient versus Impatient? ***Appropriate for young children***

DESCRIPTION OF ACTIVITIES

Artwork/Craft:

• Gate of Rayyan

Artistically illustrate the Gate of Rayyan either by re-using the “Fortress of Fasting” craft below or developing a new drawing or cardboard door. Over the gate, write “Only those who fast may enter.” Ask the children to brainstorm and then draw some wonderful things that could be found in Paradise. They could pretend to go through the door and tell what happiness they found in Paradise.

“Diary of an Impatient Kid” Comic Strip

Ask the children to make up a comic strip story about a child who is very impatient and makes more problems for him/herself by acting in this way.

“Gazing Upon Heaven” Spoken Word

In the reading, Ustaz Ali said “According to the Prophet ﷺ, all of the children of Adam ﷺ, would be able to gaze upon the heavens if our Hearts weren’t surrounded by low whisperings.”

Provide a serene environment for the children. Ask them to prepare a poem or a few sentences describing what the experience of “gazing upon heaven” might be like.

Talk about poetry and how it can be different from prose. Metaphors, or symbols, which represent some greater idea, are often used in poetry to inspire our imagination about greater realities that we cannot see with our eyes. Here are examples that can help inspire the children from poet Barakah Blue.

“Myst” about longing for God ﷻ:

https://www.youtube.com/watch?v=ny012ANKU_4

“Heaven’s Door” about being met in Paradise by Prophet Muhammad’s ﷺ Smile:

<https://www.youtube.com/watch?v=DQXD-LQNEQU>

Fasting Knights with Shields Skit or Fantasy Story

Draw a shield on a piece of cardboard and label it “fasting.” List – next to it – some of the things it protects you from. After cutting it out, let one child pretend to be a fasting knight who holds up the shield while the other children pretend to be vices that try come near but then fly backwards, defeated by “fasting.” The villains whisper bad ideas to the fasting knight, who then easily rejects the whisperer with his/her powerful shield. Take turns.

The Book of the Mysteries of Fasting For Children Workbook

Alternatively, provide quiet time for the children to write a fantasy story full of mystical characters with a central theme of a protective shield. Encourage the children to be as creative as possible. For example, a princess with a protective shield who saves her Kingdom, a knight who mounts a great dragon and carries an enormous shield to defeat an oppressive ogre attacking innocent villages, etc.

Class Project: Build a “Fortress of Fasting” *Appropriate for young children*****

Share the following quote with the children and ask them to discuss its meaning: “Fasting is like a safe fortress: You get to make an invisible retreat while going about your daily life.”

Now demonstrate this metaphor by making a pretend fort together. Use basic materials such as tables, cardboard boxes, and blankets. Even using a group of several children holding hands could work. Take turns going inside the fortress and taking time to think of something negative or useless that is easier to let go of while being protected by the walls of the fort. This can be things such as being unkind to a sibling, not helping mother, being overly busy or wasting time in regular daily life.

Personal Storytelling: Patient versus Impatient? *Appropriate for young children*****

Let the children tell a story or act out a time when they couldn’t bear to wait. Then, let each child tell a story or act out a time when they wanted something very much, but were able to be patient. Ask them to think about in which situation they liked themselves better and why.

Next, ask the children to think of people they know, such as beloved elders, who show patience and contentment with whatever situation they are in. Then, ask the children to think of an example in which someone was showing impatience. Ask them which person and behavior they prefer and love to be around?

Chapter Two Teacher Notes

Primary Learning Goal: Fasting involves intention. Depending on the situation, if you break your fast it can be made up in different ways. There are extra *sunna* parts of fasting that make it even more beautiful.

Answers to Pre-Reading Questions:

1. Guide the children in a discussion about positive experiences they have had with fasting/Ramadan. Inquire about common *sunna* practices in their homes.
2. Free expression. By the end of this lesson, children should understand that by imitating the ways of the Prophet Muhammad ﷺ, they are expressing love and admiration.

Vocabulary Words:

Laylat-al-Qadr: is an incredibly special night which comes every Ramadan either on the 21st, 23rd, 25th, or 27th. This night commemorates the night on which the Qur’an was first revealed. God ﷻ gives great blessings and forgiveness to His worshippers on this night.

Nafl: is the Arabic word referring to extra fasting days done outside the month of Ramadan.

Kaffara: is the Arabic word referring to “making amends” for days missed in fasting without a valid excuse. One might need to make up a greater amount of time fasting or feed many people.

Zakat/Sadaqat al-Fitr: is a meal or a sum of money paid before the *Eid* prayer so that those eligible can buy food and clothing to celebrate the *Eid*.

Al-fidya: is the Arabic word referring to “expiation” for days missed in fasting with a valid excuse. The expiation is carried out by feeding the poor.

Niyya: is the Arabic for word “intention.” An intention is a clear, specific declaration of what one will do. It must be said with the mouth and truly felt in the Heart.

Fitrah: refers to the pure state into which we are all born.

Crescent moon: refers to a thin sliver of the moon indicating a new lunar month has begun. We look for this to appear in the night sky. This indicates the beginning of Ramadan.

I'tikaf: refers to a retreat in the mosque during the last ten days of Ramadan. This retreat was practiced by the Prophet Muhammad ﷺ.

Qada': is the Arabic word referring to acts of worship such as prayers or fasting that were not done during the prescribed time and need to be made up afterwards, even though they are now late.

Baligh: is the Arabic word referring to the attainment of maturity (or puberty) by a boy or girl. The boy or girl is now responsible for fasting during Ramadan.

Miswak: is the name of the refreshing tooth stick used and recommended by the Prophet Muhammad ﷺ.

Juz: is the Arabic word referring to one-thirtieth of the Qur'an. Muslims try to recite this amount every day during the month of Ramadan in order to complete the whole Qur'an by the end of the month.

Answers to Post-Reading Questions:

1. Make a clear intention to fast the next day
2. Example: “I intend to fast tomorrow, Tuesday – during this fast of Ramadan made obligatory by God ﷻ.”
3. The children will vary with this answer; perhaps they can imagine the warmth/love/commitment in their Hearts.
4. If you were sick and couldn't fast, the day can be made up.
5. Yes, it would be broken because nothing is allowed to go past the back of one's mouth in order to make the fast easier. Yes, it would need to be made up.
6. If one is traveling more than 48 miles, then one could choose not to fast but make it up on another day. Imam al-Ghazali says that it is best to fast while traveling unless you are too weak to do so.
7. Either option.
8. b. and c.
9. *Fidya*, or expiation, can be paid instead. It used to be given in grain, but nowadays money can be given to organizations which distribute food to those in need.
10. b. and c. A nursing mother can also pay *fidya* if she fears for the baby's health but she must also make the days up!!

Five Sunna Aspects of Fasting

1. The day is long so it's good to eat as close to dawn as possible so that one has the strength to go about ones daily duties. Why would anyone delay breaking his/her fast at sunset? Would it be showing off?
2. Dates or water.
3. After the noon hour, brushing ones teeth would give relief to the fasting.

The Book of the Mysteries of Fasting For Children Workbook

4. b., d., f.
5. The Night of Power is expected to occur during one of the last ten days during the month of Ramadan in which the Holy Qur'an was first revealed.
6. Each child will have an individual answer. Perhaps a child might like to experience a break from such diversions as TV and social media, in order to discover a different way of being.

Qur'an Contemplation:

Generosity, reciting the Qur'an, spending our time with the righteous or in worship.

CHOOSE AN ACTIVITY	
Artwork: Moon Cycle	“What should you do if fasting?” and “Sunna Elements of Fasting” Charades
Class Game: Kid Fast and <i>I'tikaf</i> ***Appropriate for young children***	Personal Sharing: Making Intentions

DESCRIPTION OF ACTIVITIES

Artwork: Moon Cycles

Draw and cut different moon shapes from construction paper, cardboard, or felt. Hang them up in a mobile or on a poster. Discuss the phases and cycles.

“What should you do if fasting?” Charades

Write down the following scenarios on one side of an index card leaving the other side blank:

- a. Family driving in a car. Parents discuss whether or not to fast while travelling. How far have they traveled? Will it be too hard on them?
- b. Old or very sick person wants to fast but cannot.
- c. A girl pretends to be pregnant or nursing.
- d. Brushing one's teeth past noon and then realizing one has relieved the fast.
- e. Gargling with water.
- f. Purposely breaking the fast. Repenting and expressing being truly sorry. Demonstrate how hard it is that he/she will still need to fast the rest of that day despite it not counting and still needing to be made up.

Turn the cards upside down and have one child draw a card. The child must act out what is on the card. The other children must guess which scenario the actor is demonstrating. You can decide if the children are capable of playing the traditional silent charades or if speaking is needed. With each scenario, ask “Was it permissible to not fast?”, “Can the person feed the poor instead or does he/she need to make up the fast as well?”

Follow the same procedure to create cards to practice the *sunna* elements of fasting and play charades:

1. To delay the pre-dawn meal, and eat as close to dawn as you can. That is, of course, while being sure

A Teacher's Manual of Activities and Curriculum

that one doesn't eat after dawn.

2. To hurry in breaking the fast at sunset with a date or water before doing the *maghrib* prayer.
3. To avoid brushing your teeth or using a refreshing tooth-stick (*miswak*) after noon.
4. To be generous during the month, as you learned from reading *The Mysteries of Charity*.
5. To recite and study the Qur'an.
6. To go on *i'tikaf* in the mosque during the last ten days of Ramadan.

Class Game: Kid Fast and I'tikaf *Appropriate for young children*****

Turn your classroom into a pretend mosque. Determine an amount of time in which all the children will not eat or drink anything. Have everyone practice being in *i'tikaf* by remaining silent, reading the Qur'an, writing in their journals and doing *dhikr*. Have one child call the *adhan*, and everyone then break the fast with a date and water.

Personal Sharing: Making Intentions

Have everyone take turns and say an exact intention for the group to hear. Let them put their hands on their hearts or try to feel where it is coming from.

Chapter Three Teacher Notes

Primary Learning Goal: There are three levels of fasting. The first is what most people do, giving up food and drink. The second special way to fast has six inner practices which you can begin to use now, whereby each part of your body has its own special way to fast. The third is the fasting of the prophets and saintly people

Answers to Pre-Reading Questions:

1. Ask the children to describe what would happen if they only half-learned to ride a bike or half-do math. Children should understand that when we put great effort into an activity or skill, it is because we want to succeed. Relate this to both inner and outer fasting.
2. People are admired for working hard and giving their best effort to acquire skills. How can we relate that to the skills we need to develop for fasting?

Vocabulary Words:

Al-Salihin: is the Arabic word for "the elect" or special people who follow an inner way of virtue as well as the outer blessed practices.

"Giving a false oath": is a phrase meaning that a person swears something is true but he/she is really lying.

Dignity: is an inner state of being noble and righteous.

Aspiration: means a hope or ambition of achieving something.

Husk: is the outside of a seed whose inside is called a kernel.

Ghayba: is the Arabic word for "slander" or backbiting/gossip.

The Book of the Mysteries of Fasting For Children Workbook

Dunya: is the Arabic word for this material world and its pleasures.

Verily: means “truly.”

Answers to Post-Reading Questions

There are three levels of fasting, as it is done:

- By most people.
- By the special people.
- And by the elect of the elect.

1. b. and c. are true.
2. Children should provide at least one concrete example for each body part. These efforts of being aware of how the bodily parts can tarnish the Heart are important. Correcting, or preventing these problems can help one’s Heart.
3. God ﷻ sends prophets and saintly people into this world to both guide us and to be examples for us, to teach us how to succeed in our spiritual journey through this world.
4. Argue, Lie, Brag, Backbite
5. a. The Qur’an says it’s just like eating the dead flesh of the person about whom we gossip.
b. Two women asked the Prophet ﷺ if they could break their fast because they were so weak and hungry. He explained they had already broken their fast. He asked them to throw up in bowls which he gave them. Those standing by were horrified to see bits of flesh fall into the bowl. They had broken the fast by backbiting.
6. Lying, Gossip
7. Excluding a child from a game, not sharing, not listening to Mother, being in a bad mood.
8. To watch a lot of TV, to play naughty tricks on someone.
9. Do not eat more than you would at a normal dinner.
10. Example: If slowed down a bit, instead of playing football you might feel like being still, reflecting, perhaps sitting with your grandmother, taking care of your pets, playing with your younger sister, or reading Qur’an.
11. The reason for not sleeping during the day while fasting is that you would miss all the difficulties which are part of the blessings that help us to polish our Hearts.
12. What we might fear is that our fasting has been full of weakness and distractions that will displease God ﷻ. What we hope is that we have done the best we could with our outer and inner fasts and that God ﷻ will be pleased with us and accept our fasts, that are done for His ﷻ sake.
13. Example: A child might say he/she would like to be grateful and content with everything and everyone in the life he/she has been given. Specific ideas should be mentioned.
14. Individual responses can be discussed in class.
15. Ensure drawing reflects a proper understanding of the concept of a husk and kernel making up a whole grain. This drawing also reminds the children of the Heart within and the key importance of all the inner practices. The children can list the ones they find easiest to do and those they feel would be most important for developing good character.

16. Point out to the children: “This is YOUR Heart. Only you alone can take care of it. This is your own spiritual life and journey. Imam al-Ghazali is there to give you a clear map to follow which will help you succeed! If we don’t take care of our spiritual Hearts, they will fall prey to the lower self.”

Qur’an Contemplation:

- Seeing and hearing was given to us by God ﷻ so they belong to Him ﷻ and we are responsible for keeping them safe during our lives. Yes, true fasting includes sight, hearing, speech, and actions done with the hands, feet, stomach, and Heart.
- Children should give at least two practical ways to guard and care for these trusts. For example, “I will be really careful what I say and listen to.” “I won’t argue and I will listen carefully to my parents.”
- You can respond by saying, “I am fasting.”
- Walk away or change the topic. Sometimes you may have to explain that back-biting is wrong.

CHOOSE AN ACTIVITY	
Artwork: “Backbiting is Worse Than This...” Public Health Education Campaign	Creative Demonstration: Rotten Meat and <i>Hadith</i> Re-enactment
Ramadan Memories Reality TV Series ***Appropriate for young children***	“Consulting My Heart” Role Playing ***Appropriate for young children with modifications***
Family <i>Fasting of the Special People</i> ***Appropriate for young children***	“The Right Speech” Song: Love & Light By Barakah Blue https://www.youtube.com/watch?v=JQJvsK203DQ ***Appropriate for young children***
Creative Demonstration: Words Can Never Be Taken Back ***Appropriate for young children***	Big Ugly Hurtful Mouth Craft ***Appropriate for young children***

DESCRIPTION OF ACTIVITIES

Artwork: “Backbiting is Worse Than This...” Public Health Education Campaign

Ask the children to pretend they work for the Department of Public Health and need to educate the general public about the dangers of back-biting. Show an example of other public health campaign material related to smoking or illegal drugs. Provide art materials for the children to design posters warning of the dangers of backbiting with a clever slogan.

Ramadan Memories Reality TV Series *Appropriate for both older and young children*****

Ask the children to pretend like they are on a reality TV series about fasting during Ramadan. The children will act out scenarios which demonstrate virtuous and non-virtuous decision making and its consequences. Below are some examples:

The Book of the Mysteries of Fasting For Children Workbook

- The children pretend to eat/gobble up as much as possible when breaking their fasts, including many sweets. Then, they tell their parents they are too tired and sluggish for the *tarawih* prayers and watch TV instead. *Layal-al-Qadr* comes and they miss out on the blessings and regret it the rest of the year.
- The children eat sparingly with dignity and then join the family in worship.
- Play-act sleeping all day. A friend comes and advises the sleeper that his/her fast doesn't have the full value. The friend explains that feeling hungry and a bit weak keeps a person out of the full, normal daily routine and makes one more aware of one's Shining Heart and God ﷻ.

Creative Demonstration: Rotten Meat and *Hadith* Re-enactment

The following activity ideas are serious in nature, and while very unpleasant to think about, could make a lasting impression on adults and children about the extreme evil of backbiting. Of course, use discretion in how this is presented in relation to age groups as it will probably be too much for young children. Also, if possible, find adults to do the acting so that children do not have to pretend to be in this evil scenario and do not make a game of it.

For the creative demonstration, actually allow a half pound or so of meat to rot and then show it to the children as what is eaten when we backbite. Explain that this is what backbiters will eat in the Next World.

To act out the *hadith*, use rotten meat or cut up some red pepper or pieces of paper. Follow this passage from the reading to act out this *hadith*: In his Book on the Mysteries of Fasting, Imam al-Ghazali mentions the *hadith* about the two women who found fasting so difficult they felt they might die: They sent a message to the Prophet ﷺ asking permission to break their fast. And he ﷺ responded by sending them a large bowl with the message, 'Tell them to throw up what they have eaten into this bowl!' People watching were shocked to see that they vomited blood! And bits of flesh began filling the bowl."

"That's disgusting!" the horrified children exclaimed. "Then, the Prophet ﷺ said, 'These two fasted from what God made lawful for them (*halal* food), but they broke their fast on what God Most High forbade them: They sat down together to backbite about people, and this is some of the flesh which they ate.' That was what our beloved Prophet ﷺ did, in order to show us the dangers of backbiting."

"Consulting My Heart" Interactive Skit *Also Appropriate for young children with modifications*****

Write out the six body parts that must be guarded during fasting onto one side of a note card:

- a. Eyes
- b. Ears
- c. Mouth
- d. Hands/Feet
- e. Stomach
- f. Heart

Have everyone draw a Shining Heart on paper, cut it out, and pin it to their shirts.

Break the children up into three teams. Team One picks up a card and devises a quick skit to show how they could "break the fast" of that body part by using it for something bad. Example: – "Let's make a mess and leave it for Mother to clean up!"

Team Two first needs to guess which body part is in compromise or needs to be redirected to help the situation.

Team Two then shouts, "Consult Your Heart" and describes how they would feel about that deep down in their conscience. Everyone should ask themselves, "Does that suggestion make my Heart feel comfortable?"

A Teacher's Manual of Activities and Curriculum

Team Two then re-directs the actors of Team One to make the right decision such as “Let’s clean up our rooms!”

Other examples:

Eyes: One actor says “Let’s spy through this keyhole!” Team Two says, “Eyes!” and suggests that one actor tells the other, “My eyes are fasting, let’s do something else.”

Feet: One actor suggests that the pair run away and leave out another child. Team Two says “Feet!” and suggests that one actor tells the other, “Let’s run over and include that little boy in our game! Our feet are fasting.”

This game should be played out multiple times to give the pupils a chance to see how this can apply to every aspect of their daily lives and NOT just when fasting but as way of polishing their Hearts continuously.

“The Right Speech” Song: Love & Light By Barakah Blue

<https://www.youtube.com/watch?v=JQJvsK203DQ>

Play the above song for children as an example of the way we should speak with and about each other – both when we are in front of each other and behind each other’s backs. Have the children read the lyrics along with the song:

LYRICS “*Ameen*” will be repeated many times. It may be easier just to have the children recite “*Ameen*” to every *dua’a* made by Barakah Blue.

Bismillah may your day be filled with love and light
May your rhymes be right
May your songs be tight
May your words give sight
May your nour shine bright
May you always be on the righteous side of the fight
May your lovers be loyal
May your soil be fertile
May your khakis stay creased
May your lock stay oiled
May your plans never get foiled
May your plot thicken
May your chicken be halal
May your style be sufficient
May your soul be free of its prison
May Allah ﷻ increase you and your vision
May you find everything you’ve been missin’
May you wake for prayer before the sun has risen
When you speak may your audience listen
May you never feel trapped in the system
May you sight many righteous children
Who will act on prophetic tradition
May you always have food on your plate
May you learn from every mistake
May you rise above all that
May Allah increase you in your state
May you never pretend that you are what you ain’t

The Book of the Mysteries of Fasting For Children Workbook

May your friends be real and never be fake
May your rent never have to be late
May your health always be great
May Allah forgive every sin
Now and forever if you falter again
May you always stay closer to your kin
May He make all your enemies friends
May He make reality of your plans
May your present be pleasant may you have a good end
May your Heart be purified of its flaws
May you act according to the laws
That were revealed in the book of Allah
May He catch you whenever you fall
May the One guide you to the truth
When you doubt may He show you the proof
May you be like the *Ahla soof*
With the wisdom of the elders, the energy of the youth
May He accept your prayer and your fast
The very first all the way to the last
And remove obstacles that you have
And may you receive everything that you ask
May you never have regret for your past
And receive mercy not the wrath
And as you travel your personal path
May you always have a reason to laugh.

Creative Demonstration: Words Can Never Be Taken Back *Appropriate for young children*****

Demonstrate that hurtful words can never be taken back and will lead to a life-time of regret. Like squeezing out an entire toothpaste tube – can you put it back in?? Or dumping a pile of sand that cannot be entirely picked back up – some grains will remain. That’s what happens when you speak badly to someone. You can never get those words back.

Big Ugly Hurtful Mouth Craft *Appropriate for young children*****

Draw a big ugly mouth on one side of a cardboard box and cut out a hole for the inside of the mouth. Remove a flap from the top of the cardboard box, and cut it into the shape of an arrow. On the arrow, write “Ugly Hurtful Words.” Now, stick the arrow through the inside of the box and out through the mouth to demonstrate that the act of saying hurtful words is even worse than shooting out arrows. Explain that a cut on your hand from an arrow will heal. But hurting someone with your sharp words may never heal. (The mouth should have the arrow sticking out of it.) Have the children take turns sitting in front of the big ugly mouth. Let each ask, “How would you like it if I said mean words to you? Would you like it? Do you think it is right or wrong to speak unkindly to others?”

An Extra Activity

Ask the children to draw feed bags around the necks of horses. Explain Imam al-Ghazali’s metaphor of these bags being like stomachs which separate us from our Hearts. Feedbags with straps could be made. Children could take turns wearing them. While galloping around munching loudly, they can explain how this focus on eating can distance us from remembering to polish our Hearts.