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|  |  | **Class:** | |
| **Topic** | **Ghazzali For kids** | | |
| **Lesson Title** | **How do you really stay happy all the time?** | | |
| **Age Group** | **14-16** | **Teaching time:** | **55 minutes** |
| **Lesson Objectives:** There are two kinds of happiness: temporal and eternal.  **Essential question**  Where does the deep feeling of happiness come from and how can I get it? | | | |
| **Lesson summary and activity breakdown:**  **Reading of Chapter 7**  **Activity 1 + discussion : Connecting to the Quran Discussion**  I will Read to the children Surah 29 verse 64, and reflect upon its meaning.  “What is the life of this world but amusement and play? But verily the Home in the Hereafter, that  is life indeed, if they but knew.”  Key questions, What do we understand from this? What is amusement and play? Why do we play? To find happiness of course.  Allah acknowledges that we need time to play and have fun. But that’s not the end of it.  **Discussion on happiness**  Happy moments and sad moments? Did that happiness ever last? Did the sadness ever last.  Aristotle said in his book, The ethics, “Happiness could not be determined at any one point in a person’s life. Happiness can only be discernible at the end of a person’s life. After they’ve lived a full life. Whether it was good or bad.  Happiness comes from the old English word of hap. Or luck. So hapless person is a unlucky person. The idea of happiness if your fate that your pleased with. Rida bil Qadr. Being pleased with God has decreed for you. That is true happiness. And people are wretched in this world because they’re not pleased with their circumstances. They’re sad over it. Being sad over the past is not using the intellect correctly. So the pursuit of happiness, is pursuing a moral and virtuous life. A pleasing life. The word pleasing comes from the same root as please, from Old French *plaisir* ‘to please’. The real pleasure is in the service of others. That’s why the happiest of all people, was The messenger of God. No one served more than him. Even before Islaam, that’s what he did. Khadija said to him, "Do not worry," she said, "for by Him who has dominion over Khadijah's soul, I hope that you are the Prophet of this nation. Allah would never humiliate you, for you are good to your relatives, you are true to your word, you help those who are in need, you support the weak, you feed the guest and you answer the call of those who are in distress."  **True happiness is in the service of others.**  The hedonistic principle- gathering as much pleasure as possible. . Real pleasure is pleasing others. Saadah/hapiness, is in service. The only thing in the world that is an end, not a means. That’s indicative of what the human soul is after.  **Activity 2 Pass the Smile!**  A simple game of passing smiles around. It wil be weird and awkward at first, and eventually the students will start laughing.  After some rounds I will ask the students how they feel. They will feel good. The question is what is the reason they’re feeling good? Is it because they were made to smile or made another person smile? A bit of both.  The Prophet Muhammad s said “Even meeting your brother with a cheerful face is charity.”    **Guided Personal Reflection and Update Spiritual Heart Visual**  **Essential question-** Where does the deep feeling of happiness come from and how can I get it?  “Now close your eyes and focus on breathing in and out for 7 breaths repeating ‘Al-’ as one inhales and ‘Hamdulilah’ as one exhales. Try to find the deepest part inside your heart. Tell it that you wish to clean it and make it beautiful. Ask yourself everyday, ‘Am I getting better?’ Just focus on that answer being ‘Yes.’ Focus on getting better each day by sticking to good habits of thoughts, feelings, and actions. Don’t worry about the far-off future just right now.”  “Open your eyes and draw your Spiritual Heart Visual.  Envy, Lying, Being a Know-It-All, Arguing, Anger, Hate, Bullying, Gossip/Back-Biting, Greed,  Pride, Making Excuses, Prying and Spying, Bragging/Showing Off, Being Two-Faced/Hypocrisy,  Doing Too Many Things, Wasting Our Time, Ignorance, and Ingratitude  “Write down what you would like to improve and name at least one easy way that you can improve.”  **+ Vitrue of the week**  Arguing is opposite to Calm, Respectful Discussion and Being Peaceful  Rasul Allah (sal Allahu alaihi wa sallam) said: “Whoever does not argue when he is in the wrong will have a home built for him on the edge of Paradise. Whoever avoids it when he in the right will have a home built for him in the middle of Paradise. And whoever improves his own character, a home will be built for him in the highest part of Paradise.” [Tirmidhi]  Would you be friends with someone who always argues with you?  مَا ضَلَّ قَوْمٌ بَعْدَ هُدًى كَانُوا عَلَيْهِ إِلَّا أُوتُوا الْجَدَلَ **No people go astray after being guided except that they indulge in arguments.**  Malik ibn Anas, may Allah have mercy on him, said:  Disputation and arguments about sacred knowledge cause the light of knowledge to extinguish in a man’s heart.  Disputation about sacred knowledge causes the heart to harden and breeds hatred. | | | |
| **Resources/equipment:**  **Projector, laptop, board, pens** | | | |
| **Homework: Review notes +** | | | |