

My Body is a Trust from Allah


I am special. I respect my body and others.

My body belongs to me.
I keep it safe, clean and covered.


1 Things You Can Do in Public vs in Private

OK IN PUBLIC


These are okay for everyone to see.




Saying hello



Talking




High five




Helping others

PRIVATE – Keep to Yourself


These are private. Only you can see or do.




Using the bathroom



Changing clothes



Touching private parts



Any private time

If you are not sure, keep it private and ask a trusted adult.

2 Keep Your Hands to Yourself



I will keep my hands to myself.



I will not hurt others.



I will not touch anyone without permission.



I can be kind with my words and actions.



I respect other people's bodies. They should respect mine too.

3 Safe Touch vs Unsafe Touch

All touches are not okay. You have the right to feel safe.

SAFE TOUCH

Safe touches make you feel happy, comfortable and safe.



Hug from parents or caregivers



Pat on the back



Handshake



Doctor check-up (with permission and needed)

UNSAFE TOUCH

Unsafe touches make you feel scared, uncomfortable or confused.



Touching private parts



Asking to keep it a secret



Touch that makes you feel bad



Holding too tight or in a way you don't like

It's never your fault. You have the right to say NO!

4 Who Can You Get Help From?

If someone touches you in a way that makes you feel uncomfortable, tell a trusted adult.



Parents



Teacher



Grandparents



School Counselor



Any trusted adult



You can always ask for help.

Keep telling until someone helps you. You are brave and you are not alone.

Remember:
My body is my Amanah (a trust) from Allah. I will protect it and respect it.

Important Rules to Remember

- ✓ I respect my body.
- ✓ I respect others.
- ✓ I say NO to unsafe touch.
- ✓ I ask for help when I need it.
- ✓ Allah is always with me.



Be Aware. Be Brave. Get Help.

You are not alone. Help is always there.

1 Understanding Your Emotions

All feelings are okay. It's important to notice how you feel and talk about it.

Happy

I feel happy when something good happens.

Sad

I feel sad when something upsets me.

Angry

I feel angry when something is unfair or hurts me.

Scared

I feel scared when I think I am not safe.

Worried

I feel worried when I think about problems.

It's okay to feel these emotions. Talk to someone you trust.

2 What to Do When Bullied in School

Bullying is never your fault. You have the right to feel safe and be treated with respect.

1 Stay Calm

Take a deep breath. Try not to react.

2 Walk Away

Leave the situation if it is safe to do so.

3 Say "Stop!"

Use a strong and calm voice.

4 Tell an Adult

Tell a trusted adult as soon as possible.

5 Report It

Report bullying so it can be stopped.

You are brave when you speak up. You deserve to feel safe at school.

3 Who to Seek Help From When Bullied

Talk to someone you trust. They are there to help and support you.

Parents

They love you and will always help you.

Teacher

Teachers are there to keep you safe at school.

School Counselor

They listen to you and help solve problems.

Principal

The principal makes sure everyone is safe and treated fairly.

Other Trusted Adults

You can talk to an aunt, uncle, older sibling or any trusted adult.

You are not alone. Talking to a trusted adult is the right thing to do.

Remember:

- Be kind to others.
- Include everyone.
- Stand up for what is right.
- If you see someone being bullied, help them by telling an adult.

Kind words.
Kind actions.
Safe school.
Better world.

Important to Remember

- Bullying is never okay.
- It is not your fault.
- You have the right to be safe.
- Speak up. Get help. Stay strong.

TASK ANALYSIS DAILY ROUTINE ON A SCHOOL DAY

Be Prepared • Be On Time • Do Your Best



1 WAKE UP

Wake up when your alarm rings. Say Alhamdulillah.



2 GET OUT OF BED

Get out of bed neatly.



3 GO TO THE BATHROOM

Go to the bathroom.



4 BRUSH YOUR TEETH

Brush your teeth for 2 minutes. Spit and rinse.



5 TAKE A SHOWER

Wet your body, use soap, clean all parts and rinse well.



6 DRY YOURSELF

Use a towel to dry your body.



7 GET DRESSED (SCHOOL UNIFORM)

Wear your clean school uniform, socks and shoes.



8 GROOM YOURSELF

Comb your hair. Make sure you look neat and tidy.



9 HAVE BREAKFAST

Eat a healthy breakfast. Don't forget to say Bismillah before eating.



10 PREPARE YOUR SCHOOL BAG

Check and pack all your books, homework, bottle, lunch box and other things.



11 DO LAST CHECK

- Uniform
- Shoes
- ID Card
- Books
- Homework
- Water Bottle
- Lunch Box

Make sure you have everything you need.



12 SAY GOODBYE

Say goodbye to your parents. Make du'a before leaving.



13 GO TO THE CAR

Walk to the car calmly and safely.



14 ENTER THE CAR & BUCKLE UP

Enter the car, sit properly and buckle up.



READY FOR A GREAT DAY!

Go to school, learn, and do your best!

TIPS



Wake up early.



Keep your things ready the night before.



Follow your routine every day.



Be on time and be responsible.



Small steps every day make you successful!

★ GOOD HABITS TODAY, SUCCESS TOMORROW! 😊



TASK ANALYSIS EATING FOR A MUSLIM CHILD



GOOD MANNERS • THANK ALLAH • STAY CLEAN & HEALTHY

BEFORE EATING

1 Intention

Make intention to eat for the sake of Allah and to gain strength to worship Him.

2 Recite Dua Before Eating

Recite the dua before eating.

3 Eat with Right Hand

Always eat with your right hand.

4 Take What You Need

Take small portions of what you need. Do not waste food.

DURING EATING – GOOD ETIQUETTE

5 Eat What is in Front of You

Do not reach for others' food.

6 Eat Slowly & Mindfully

Chew well, eat slowly and do not hurry.

7 Do Not Talk with Food in Mouth

Swallow first, then talk.

8 No Making Fun of Food

Do not play with food or make fun of it.

9 Praise Allah If You Like It

Thank Allah when you like the food.

AFTER FINISHING EATING

10 Finish What is on Your Plate

Try your best to finish your food. Do not waste it.

11 Recite Dua After Eating

Recite the dua after finishing your food.

12 Clean Your Mouth & Hands

Wipe your mouth if needed and clean your hands before leaving the place.

13 Thank Allah

Thank Allah for the food and blessings.

★ REMEMBER

- ✓ Be thankful to Allah for His blessings.
- ✓ Good manners make you beloved to Allah and people.
- ✓ Keep your body, clothes and place clean.

WASHING THE USED DISHES

14 Collect the Used Dishes

Collect your plates, bowls and cups.

15 Wash the Dishes Properly

Wash the dishes with water and soap until clean.

16 Rinse & Keep Them to Dry

Rinse with clean water and keep them in the correct place to dry.

WASHING HANDS AFTER EATING

17 Wet Your Hands

Wet your hands with clean water.

18 Use Soap & Wash Properly

Use soap and wash all parts of your hands.

19 Rinse & Dry Your Hands

Rinse with clean water and dry your hands with a clean towel.

★ Good food, good manners and gratitude to Allah make every meal a blessing. ♥



TASK ANALYSIS EVERYDAY CHORES



Small Steps • Big Responsibility • Great Habits

1 MAKING A BED

1 Remove pillows and anything on the bed.



2 Straighten the fitted sheet.



3 Spread the flat sheet evenly.



4 Pull up the blanket or comforter.



5 Place the pillow(s) neatly at the head of the bed.



6 Your bed is neat and ready!



2 DOING LAUNDRY: WASH & DRY

A. WASHING (AUTOMATIC WASHING MACHINE)

1 Sort clothes (if needed). Check pockets.



2 Put clothes into the washing machine.



3 Add detergent as needed.



4 Select the appropriate wash cycle.



5 Press Start and let the machine do its job.



6 When the wash is done, take out the clean clothes.



B. DRYING (AIR DRY)

1 Shake the clothes gently.



2 Hang clothes neatly on the clothesline or drying rack.



3 Space clothes out so air can circulate.



4 Let the clothes dry completely.



5 When dry, remove the clothes.



6 Fold or put away the clothes.



3 FOLDING CLOTHES

1 Lay the clothing flat and smooth.



2 Fold one side toward the center.



3 Fold the other side toward the center.



4 Fold from the bottom up (neatly).



5 Place the folded clothes in the drawer or on the shelf.



6 Keep your clothes organized and neat!



Do a little every day.



Take care of your things.



Help your family, be proud!



Clean space, calm mind.



★ GOOD HABITS TODAY, BETTER TOMORROW! ♥