

Tarbiyah Activity Book for Students



Grade - 5

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Forewords

Dear children,

We are excited to introduce a series of books titled "Tarbiyah for Children," consisting of Parts 1 to 9. This series is a journey of learning good manners and etiquette in a fun way. The purpose of this book "**Tarbiyah Part 5**" is to teach children good manners in a simple and interactive way through simple and interesting exercises and worksheets. This activity book encourages children to participate in independent activities, to find the solution themselves. It helps develop children's logic. Their logic evolves as they try to come up with solutions and answers on their own.

The goal of the Tarbiyah series is to shape young children into better individuals by guiding them in accordance with the teachings of the Quran and Sunnah. The books contain a variety of themes and simple activities that children can do on their own. This series aims to help children develop kindness, compassion, truthfulness, honesty, respect, consideration, and empathy towards others. Additionally, they will learn to manage their anger, exercise self-control, choose their words carefully, and effectively manage their time.

This series is filled with engaging educational activities, captivating worksheets, and vibrant illustrations to keep children involved and enjoying themselves while learning. The children will have a great time participating in the activities. This series will help children learn about the importance of using manners in their daily lives and provide guidance on when and how to use them effectively.

I would like to express my deep appreciation to Mrs. Nikhat Nishat for her invaluable help in editing and proofreading. Her meticulous approach, keen attention to detail, and insightful suggestions have greatly improved the book. I would like to express my sincere gratitude to Ms. Nikhat Sultana, the Academic Coordinator for Islamic Studies at Ocean The ABM School, for her guidance, support, and thorough proofreading. Thanks for being great partners. Let's make learning great and help our children grow into responsible individuals.

Warm regards,

Nooruddin Umeri MA MPhil

Director Ocean The ABM School Hyd

Salaah suplications

Note: All these suplications are taken from Hisn ul-Muslim



The opening supplication in prayer.

1

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subhānaka Allāhumma wa bihamdika
wa tabāraka 'smuka, wa ta'ālā
jadduka, wa lā 'ilāha ghayruk.

(Hisn al-Muslim 28)



The supplication for bowing (ruku') in prayer.

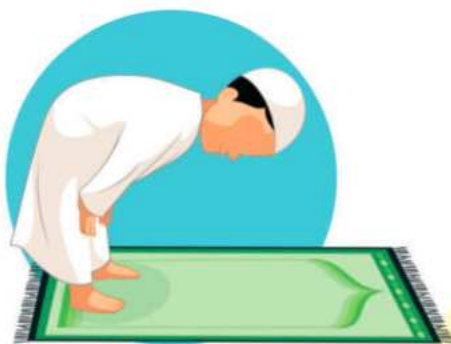
2

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Sub āna Rabbiyal-'Azeem

3 times

(Hisn-ul-Muslim - 33)



The supplication for rising from the bowing position (rukoo) in prayer.

3

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Rabbanā wa lakal-
hamd, hamdan kathīran
ayyiban mubārakan fih.

(Hisn-ul-Muslim - 39)



The supplication for prostration (sujood) in prayer

4

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhāna Rabbiya 'l-a'la

3 times

(Hisn-ul-Muslim - 41)



The supplication while sitting between the two prostrations in prayer.

5

رَبِّ اغْفِرْ لِي، رَبِّ اغْفِرْ لِي

Rabbi'ghfir li, Rabbi'ghfir li

(Hisn-ul-Muslim - 48)



Tashahhud

6

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Al-tahiyatu lillahi wassalawatu wattayybatu. Assalamu
'alaika ayyuha-n-Nabiyyu wa rahmatullahi wa barakatuhu.
Assalamu 'alaina wa 'ala ibadillahi-s-saliheen. Ashhadu
an lailaha illallah, wa ashadu anna Muhammadan
'abduhu wa rasuluh (Sunan an-Nasa'i - 1164)

The supplications after the last Tashahhud and
before the Salam in prayer.

7

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ
الْمَسِيحِ الدَّجَالِ، أَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ.
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْثَمِ وَالْمَغْرَمِ

Allāhumma 'innī 'a'ūdhu bika min `adhābi 'l-qabr, wa 'a'ūdhu
bika min fitnati 'l-masīh id-dajjāl, wa 'a'ūdhu bika min
fitnati 'l-mahyā wa 'l-mamāt. Allāhumma 'innī 'a'ūdhu
bika mina 'l-m'athami wa 'l-maghram.

(Hisn-ul-Muslim - 56)

8

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ
إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي،
إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Allāhumma 'innī zalamtū nafsī zulman kathīran,
wa lā yaghfiru-dhdhunūba illā 'anta, faghfir
lī maghfiratam'min `indika warhamnī innaka
'anta 'l-Ghafūr ur-Rahīm.

(Hisn-ul-Muslim - 57)



i will follow my Time Table

Time

Wake up	
Wuzu, brush, Toilet	
FAJAR salaah	
Ghusul	
Breakfast	
Go to school	
School Timing	
Study time	
Zohar Salah	
Returning time from school	
Asar Salaah	
Eating time	
Playing time	
Maghreb Salaah	
Study time	
Isha Salaah	
Dinner time	
Talking time to parents	
Dua time	
Sleeping time	

"Health & Free Time Magic": Find out why good health and free time are like secret treasures.



Golden words

If you are healthy you will be happy



Week - 2

Kindly put a tick mark (✓) for the things done

Have you offered the following salaahs.	Mon	Tue	Wed	Thu	Fri	Sat
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you recited the following Azkaars						
Before sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After waking up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After wudhu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leaving the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When travelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Before eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Which healthy foods you ate today? Like Eggs fruits vegetables dal beans milk & dry fruits etc.						
Did you follow any healthy habits today? Like exercising walking playing or jogging etc.						
Were you punctual to school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you taken bath?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Was your dress neat and ironed properly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Were your shoes polished?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ، الصِّحَّةُ وَالْفُرَاغُ

There are two blessings that many people are deceived into losing: health and free time.

[Sunan ibne maja - 4170]

Explanation

This hadith teaches us that two important blessings are often ignored by many: good health and free time. For example, when you're healthy, you can play, learn, and help others during your free time.

Activity 1

Tick the correct options

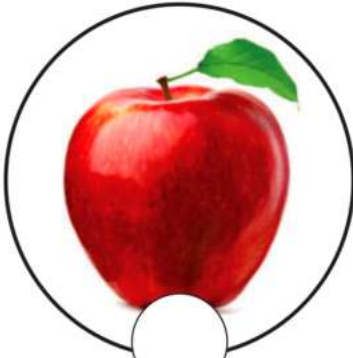
What should you do when the Science teacher is absent and you have free time?

- a) Have fun and enjoy the break.
- b) Use the time to finish your previous homework.
- c) Reach out to another teacher for guidance.
- d) Avoid gossiping and stay productive..





At the feast with your friends, which food would you like to eat the most?



Activity 2

Make a list of ideas you have for improving your health.
For example: healthy food, milk, eggs, workout

1}

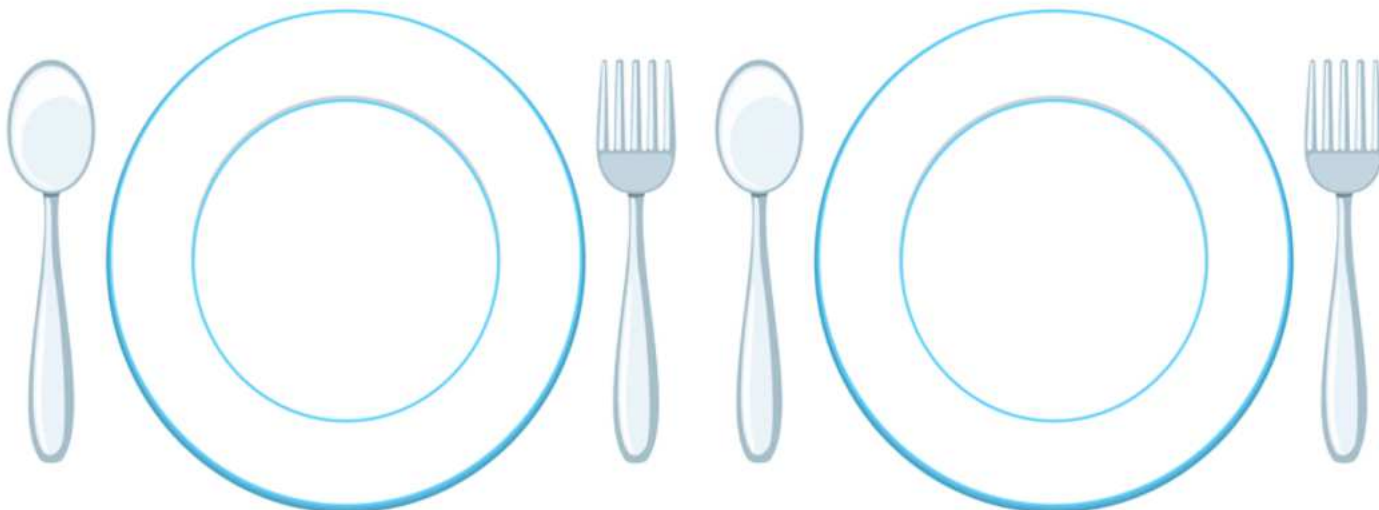
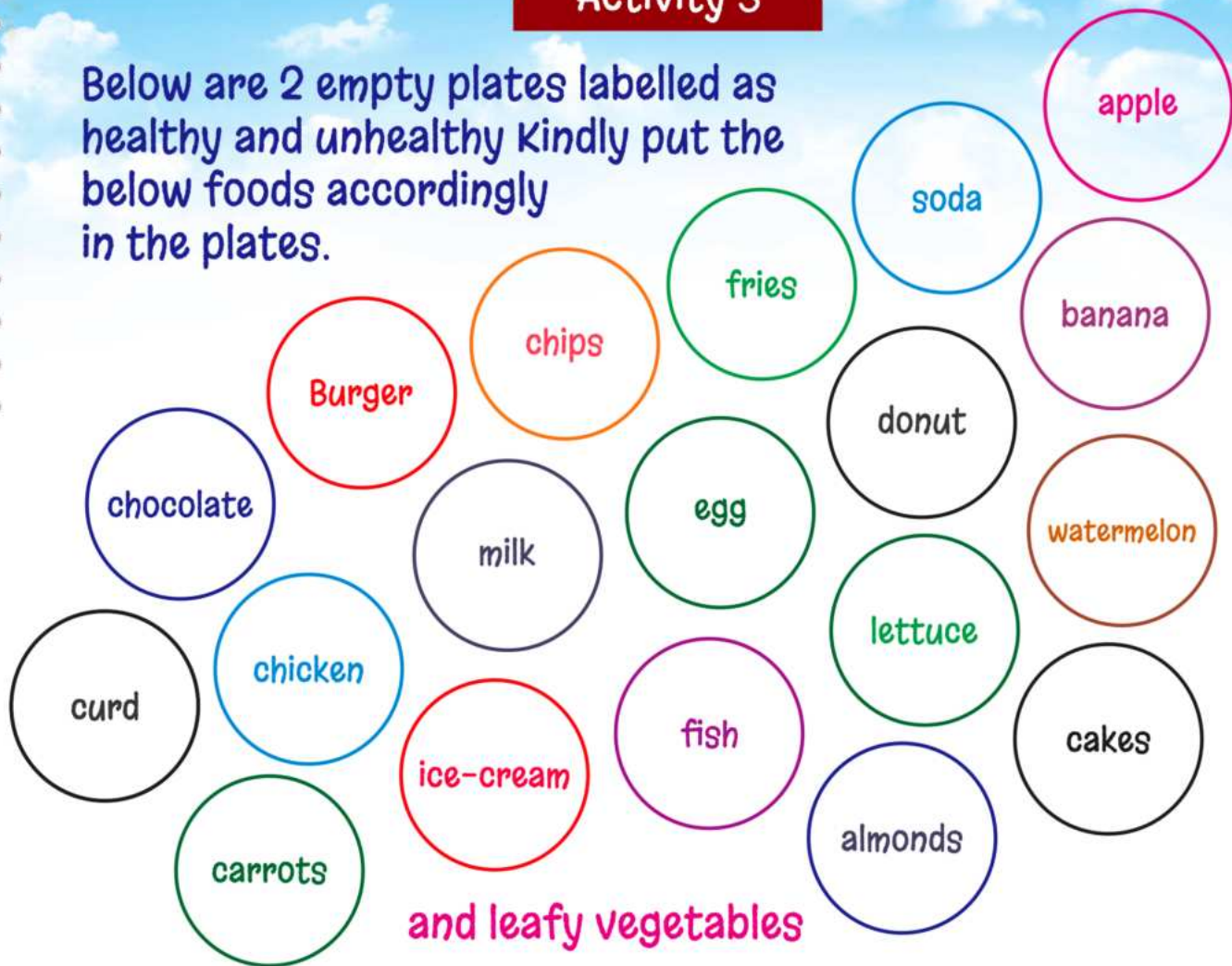
2}

3}



Activity 3

Below are 2 empty plates labelled as healthy and unhealthy Kindly put the below foods accordingly in the plates.



Unhealthy

healthy

Activity 4

Mention few ways where you can make your free time productive

1}

2}

3}

Answer the following questions

- 1} Do many people not appreciate the two things mentioned in the hadith? (Yes/No)
- 2} Is good health important? (Yes/No)
- 4} Is "free time" valuable according to the hadith? (Yes/No)

