



Tarbiyah Activity Book for Students



Grade - 1

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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.

This book `Tarbiyah Part 1' aims to teach children correct behavior in an easy and interactive way through simple and interesting exercises.

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 of activities 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 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

Check List

If you have completed the task, please put a tick mark (✓) in the boxes provided.

Task	Mon	Tue	Wed	Thu	Fri	Sat
Recited dua after waking up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recited dua before entering toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recited dua after leaving toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brushed teeth and took Bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recited dua before eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recited dua after eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wore neat and ironed uniform with school belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wore clean socks with polished shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Took healthy snacks/Lunch and water bottle to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Took books and notebooks as per time table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carried school diary and pencil box to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wore ID card	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learn the duas and make it a routine to say it before entering the toilet.

Dua before entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبَاثِ وَالْخَبَائِثِ
Allahumma inni a'oozubika minal
khushi wal khabaaais



Sahih al-Bukhari 6322

Hadeeth

قَالَ رَسُولُ اللَّهِ ﷺ

Learn the Hadith

الطُّهُورُ شَطْرُ الْإِيمَانِ
Cleanliness is half of faith

Sahih Muslim 223

Activity 1

Color red for the foot by which you enter the toilet.



Which of these do you practice daily?

- 1} Take bath every day _____ 
- 2} Eat healthy food _____ 
- 3} Brush your teeth. _____ 
- 4} Get enough Sleep _____ 
- 5} Exercise regularly _____ 
- 6} Wash your hands before eating _____ 

Activity 2

Color the healthy habits that you follow.

Brush teeth twice daily.

Wash hands before eating

Take bath daily

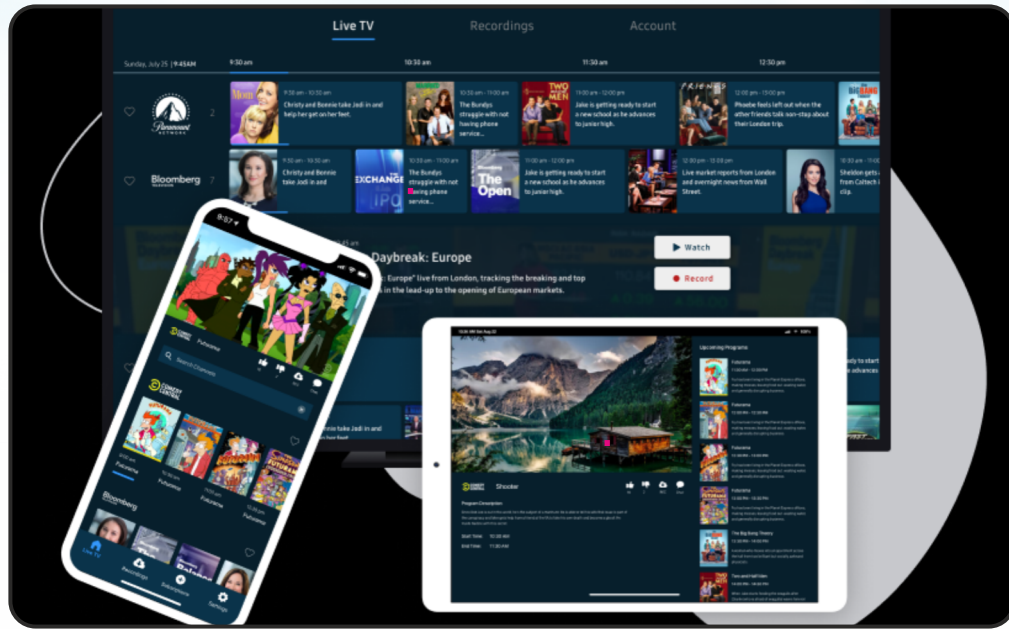
Eat healthy food

exercise daily

Get enough sleep

Activity 3

Promise your mother a NO SCREEN TIME for any 3 days in a week.
Tick the days you do not watch (TV/Mobile/i pad)



Activity 4

Monday Tuesday Wednesday Thursday Friday

Saturday Sunday

☆ ☆ ☆ ☆ ☆

Teacher's Sign