



ISLAMIYAH SERIES
Journey Towards Excellence
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My Journey towards Excellence

(MJE)

2026 - 2027



Content For 2026 - 2027

Name of Allah	Topic
Ash-Shakoor	Mouth
As-Samee‘	Ears
Al-Lateef	Nose

Teacher Instruction

Module Lesson Breakdown:

Each module has been allocated as **one lesson per week** according to the yearly calendar.

Teachers are requested to follow the weekly lesson sequence and teach one lesson each week. Even if a lesson is completed before the end of the allocated week, please continue with the next lesson only in the following scheduled week.

The aim is to ensure that students have enough time to understand, discuss, reflect, and benefit from each lesson. Please do not rush through lessons simply to complete the full module.

Please keep the MJE section within 5–10 minutes during Aqaaid/History lessons. If discussion runs slightly longer, please ensure that it does not affect the completion of the planned syllabus targets.

Key Teacher Reminders

- Follow the allocated weekly lesson sequence.
- Do not rush through lessons to complete the syllabus.
- Allow sufficient time for discussion, reflection and understanding.
- Keep the MJE section within 5–10 minutes.
- Ensure discussions do not affect the completion of planned syllabus targets.

MJE Teacher's Guidance

Teacher's Role

Black text = Teacher's part

Other text = Students' responses

- You do not need to complete the entire lesson in one sitting. Wherever you stop, continue from that point in the next session.
 - Always keep discussions age-appropriate and suitable for the students' understanding.
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Student Interaction

- Give every student an opportunity to participate, including students who are more confident and those who need more encouragement.
 - Encourage every student to say something, even if they repeat or follow another student's answer.
 - Always connect students' answers back to Allah Subḥānahu wa Ta'ālā.
 - » When discussing the Greatness of Allah, encourage students to say: **"SubḥānAllah."**
 - » When discussing the Blessings of Allah, encourage students to say: **"Alhamdulillah."**
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Closing the Session

At the end of the 5-minute MJE section:

1. Remind students to reflect on the lesson during the week, especially over the weekend.
2. Encourage students to share what they have learned about Ma'rifatullāh (knowing Allah) with their families.

In this way, every session builds upon the previous one, connects learning to family life, and helps students develop habits of reflection, gratitude, and awareness of Allah's blessings.

Instructional Calendar For MJE

Quarter	Week	Date (Mon)	Lesson No.	Name of Allah	Module	Lesson Title
1st Quarter	1	31/08/2026	BREAK			
	2	07/09/2026	1	Ash-Shakūr	Mouth	Allah as Ash-Shakūr
	3	14/09/2026	2	Ash-Shakūr	Mouth	The Blessing of Our Mouth
	4	21/09/2026	3	Ash-Shakūr	Mouth	The Blessing of Taste Buds
	5	28/09/2026	4	Ash-Shakūr	Mouth	The Amazing Flexibility of the Tongue
	6	05/10/2026	5	Ash-Shakūr	Mouth	The Blessing of Our Lips
	7	12/10/2026	6	Ash-Shakūr	Mouth	The Hidden Blessing of Saliva
	8	19/10/2026	7	Ash-Shakūr	Mouth	Teeth, Tongue and Lips Working as a Team
	9	26/10/2026	8	Ash-Shakūr	Mouth	Two Silent Protectors
	10	02/11/2026	9	Ash-Shakūr	Mouth	One Mouth, Two Beautiful Jobs
2nd Quarter	11	09/11/2026	1	As-Samī	Ears	Allah as As-Samī (The All-Hearing)
	12	16/11/2026	2	As-Samī	Ears	The Blessing of Our Ears
	13	23/11/2026	3	As-Samī	Ears	Ears Helping Us Learn
	14	30/11/2026	BREAK			
	15	07/12/2026	BREAK			
	16	14/12/2026	BREAK			
	17	21/12/2026				
	18	28/12/2026	BREAK			
	18	28/12/2026	BREAK			
	19	04/01/2027	4	As-Samī	Ears	Why Did Allah Give Us Two Ears?
	20	11/01/2027	BREAK			
	21	18/01/2027	5	As-Samī	Ears	The Amazing Shape of Our Ears
	22	25/01/2027	6	As-Samī	Ears	The Hidden Blessing of Earwax
	23	01/02/2027	7	As-Samī	Ears	The Eardrum and Tiny Ear Bones

Instructional Calendar For MJE

Quarter	Week	Date (Mon)	Lesson No.	Name of Allah	Module	Lesson Title
3rd Quarter	24	08/02/2027	BREAK			
	25	15/02/2027	BREAK			
	26	22/02/2027	BREAK			
	27	01/03/2027	BREAK			
	28	08/03/2027	BREAK			
	29	15/03/2027	8	As-Samī	Ears	How Our Ears Help Us Stay Steady
	30	22/03/2027	9	As-Samī	Ears	Ears That Keep Working
	31	29/03/2027	BREAK			
	32	05/04/2027	1	Al-Laṭīf	Nose	Allah as Al-Laṭīf (The Most Gentle)
	33	12/04/2027	2	Al-Laṭīf	Nose	The Blessing of Our Nose
	34	19/04/2027	3	Al-Laṭīf	Nose	The Amazing Blessing of Smell
	35	26/04/2027	4	Al-Laṭīf	Nose	Why Two Nostrils?
	36	03/05/2027	5	Al-Laṭīf	Nose	Blessing of Our Nose Hair
4th Quarter	37	10/05/2027	BREAK			
	38	17/05/2027	BREAK			
	39	24/05/2027	BREAK			
	40	31/05/2027	BREAK			
	41	07/06/2027	BREAK			
	42	14/06/2027	6	Al-Laṭīf	Nose	The Amazing Gift of Sneezing
	43	21/06/2027	BREAK			
	44	28/06/2027	7	Al-Laṭīf	Nose	The Blessing of Nose Mucus
	45	05/07/2027	8	Al-Laṭīf	Nose	Connection Between Our Nose and Taste
	46	12/07/2027	9	Al-Laṭīf	Nose	Breathing Through Our Nose
	47	19/07/2027	RECAP			
	47	26/07/2027	RECAP			

Start first lesson with this Dua

رَضِيتُ بِاللّٰهِ رَبًّا وَبِالْإِسْلَامِ دِينًا
وَبِمُحَمَّدٍ ﷺ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

- » I am pleased with Allah as my Lord,
- » Islam as my religion
- » And Prophet Muhammad ﷺ as my prophet and messenger.

Kindly ask the students to recite this dua every morning

Virtue:

The Messenger of Allah ﷺ said:

“Whoever says [the above] in the morning, I guarantee that I will take hold of his hand until I enter him into Paradise.”

(Ṭabarānī: al-Muʿjam al-Kabīr 838)

End last lesson with Dua

Let's raise our hands up to our chest to Allah Most High

1. Begin the dua by saying

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
وَبَارِكْ وَسَلِّمْ

2. **Praise Allah** - "Oh Allah, Most High, You are The Most Kind, The Most Merciful.

3. **Send Salawāt** - "Oh Allah, Most High, send peace and blessings upon our beloved Prophet Muhammad ﷺ.

4. **Ask for Forgiveness** - Oh Allah, Most High, please forgive us, our parents, and the whole Ummah.

5. **General Request** - Complete the dua in your own words.

6. Now end the dua with

بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

After each dua, say "Ameen"

Friday Salawat / Durood Lesson

Islamic Series – 5 Minutes

1. Opening & Connection (1 minute)

Teacher:

- "Every Friday, we take 5 minutes to remember our beloved Prophet Muhammad ﷺ and send Salawat (Durood) upon him."
- "Prophet Muhammad ﷺ was kind, caring, honest, and always wanted the best for people. He helped others, and showed us the best way to live."

2. Interactive Discussion (1 minute)

Teacher:

- "How do we show our love for someone who loves us?"

Ask students:

- "Can anyone tell me one way we can show our love for Prophet Muhammad ﷺ?"

Possible student answers:

- "By sending Salawat/Durood."
- "By following his Sunnah."
- "By being kind and helpful."

Teacher response:

- "Excellent! All of these are beautiful ways to show our love."

3. Learn Something New (1 minute)

Teacher:

- "Every Friday, we will learn one new thing about Prophet Muhammad ﷺ"

Ask students:

- "Can anyone tell me something new they learned about Prophet Muhammad ﷺ this week? Did you hear anything from your family, or read something?" -
(Allow a few students to share.)

Teacher response:

- "Well done! We should always try to learn more about the beautiful character of our Prophet Muhammad ﷺ."

4. Teach Salawat (1 minute)

Teacher:

- "One way we show our love for Prophet Muhammad ﷺ is by sending Salawat. The shortest Salawat is:"

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

- » "May Allah send peace and blessings upon Prophet Muhammad ﷺ."

Teacher:

- "Did you know?"
 - » The Prophet ﷺ taught us that whenever we send one Salawat upon him, Allah sends ten blessings upon us. Your sins are forgiven, and your place in Jannah gets higher. Isn't that amazing?"
 - » "Also, the angels carry your Salawat all the way to Madina, and they present it to our beloved Prophet ﷺ – mentioning your name!"

5. Recite Together (1–2 minutes)

Teacher:

- "Now let us all recite Salawat together. Close your eyes if you wish, and say it slowly with feeling."

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

(Recite together for 1-2 minutes.)

Teacher (after):

- "How happy our Prophet Muhammad ﷺ must be with your Salawat. And remember – the Prophet ﷺ sends his duas back to you too."

6. Weekly Challenge (1 minute)

Teacher: "This week's challenge is:"

- **Send Salawat every day** – as many times as you can
- **Learn one new thing** about Prophet Muhammad ﷺ
- **Next Friday, be ready to share** what you learned

Closing Dua

- **Teacher & Students:** "May Allah increase our love for Prophet Muhammad ﷺ and help us follow his Sunnah. Ameen."

Ash-Shakur الشكور - (The Most Appreciative)

The Blessing of Our Mouth - A 9-Lesson Module

Lesson 1 • Allah as Ash-Shakūr (The Most Appreciative)

Allah Most High has many beautiful names and qualities. One of the beautiful names of Allah is Ash-Shakūr (الشكور), which means The Most Appreciative, The One who is Most Thankful.

Children, this name is a little different from the others. It does not only mean that Allah wants us to thank Him — it means Allah Himself appreciates us. When we do even a small good deed, Allah notices it, values it, and rewards it far more than it deserves.

Allah Notices the Smallest Good Deed

Imagine you say Bismillah before eating, or you pick up a piece of rubbish from the floor, or you smile at your little brother or sister. These might feel like tiny, unimportant things.

But Allah is Ash-Shakūr.

He sees that small good deed, and because He is so generous, He rewards it many, many times over — sometimes ten times, sometimes even more. Nothing good is ever too small for Allah to appreciate.

↪ *SubhānAllah! Allah is so generous that He is thankful even to us, His small servants.*

Allah Deserves Our Thanks the Most

Children, if Allah appreciates the smallest thing we do for Him, then how much more should we appreciate everything He has done for us?

Allah gave us our eyes, our ears, our families, our food, and — as we are going to learn about in this module — our amazing mouths. Every blessing deserves a thank you. That is why we say Alhamdulillah so often.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Say to the class:**
"Everyone think of one small good thing you did today or this week – it can be tiny!"
- **Go around and let a few children share their small good deed out loud.**
- **Then say:**
"Every single one of those small things – Allah saw it, and Allah is Ash-Shakūr, so He is pleased with you and will reward you for it, even though it felt small to you."

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can everyone say together, all at once: Alhamdulillah, Allah appreciates even my smallest good deed!"
- **The whole class says it together, loudly, at the same moment.**

Lesson Message

SubhānAllah! Allah is Ash-Shakūr – He appreciates the smallest good we do, so we should appreciate every blessing He gives us.

Lesson 2 • The Blessing of Our Mouth

Children, today we are going to think about one of the busiest, most amazing parts of our whole body — our mouth.

Allah Most High gave us a mouth that does so many jobs, all at once. With our mouth we can:

- eat and taste our food
- drink water and stay healthy
- speak to our parents, friends and teachers
- smile, laugh, and show how we feel
- recite the Qur'an and make du'a
- say Alhamdulillah, SubhānAllah, and Allahu Akbar

➤ *SubhānAllah! One small part of our body has so many important jobs.*

What Does Alhamdulillah Mean?

When we say Alhamdulillah, it means:

➤ *"All praise and thanks belong to Allah."*

We say Alhamdulillah because Allah has given us so many blessings — and our mouth is one of the busiest blessings we have, working for us from morning until night.

Imagine Life Without a Mouth That Works Properly

Children, just imagine for one moment... What would life be like if our mouth could not taste, speak, chew, or smile? How would we:

- enjoy the taste of our favourite food?
- tell our parents that we love them?
- recite the Qur'an or make du'a?
- smile at our friends and family?
- eat safely without choking?

The mouth is doing so much work, all day, without us even realising it.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can anyone tell me some of the different jobs your mouth does?"
- **Encourage children to answer using the sentence:**
 - » *"Alhamdulillah, my Allah Most High gave me a mouth so I can..."*
 - » *"Alhamdulillah, my Allah Most High gave me a mouth so I can taste my food."*
 - » *"Alhamdulillah, my Allah Most High gave me a mouth so I can speak to my parents."*
 - » *"Alhamdulillah, my Allah Most High gave me a mouth so I can recite the Qur'an."*

Reflection Question

- » *"What is your favourite thing to do with your mouth – eat, talk, smile, or recite?"*

Lesson Message

- Our mouth is one of the busiest blessings Allah gave us – it feeds us, helps us speak, lets us smile, and lets us worship Allah, all in one small part of our body.
- Alhamdulillah, Allah gave me a mouth that does so much for me.

Lesson 3 • The Blessing of Taste Buds

Children, today we are going to learn about tiny helpers on your tongue that you have probably never even thought about – your taste buds.

Did you know your tongue is covered with thousands of tiny taste buds? They are so small you cannot see them, but they are working every single time you eat or drink.

➤ *SubhānAllah! Thousands of tiny helpers, hidden on your tongue, working all day long.*

What Do Taste Buds Do?

Your taste buds are able to sense different tastes, such as:

- **Sweet** – like dates or fruit
- **Salty** – like crisps or salted nuts
- **Sour** – like lemons
- **Bitter** – like some vegetables
- **Savoury** – like a warm cooked meal

Every time you eat, your taste buds are quickly sending messages to your brain, telling you exactly what you are tasting.

Why Did Allah Give Us Taste Buds?

Allah could have made all food taste exactly the same. But Allah is Ash-Shakūr and Al-Karīm (The Most Generous) – He did not just give us food to survive, He gave us food that we can enjoy.

Allah made dates sweet, and lemons sour, and food full of different, wonderful tastes, so that eating would be a pleasure, not just a necessity.

➤ *SubhānAllah! Allah did not have to make food taste good – but out of His generosity, He did.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:** - *"What is your favourite taste – sweet, salty, sour, or savoury? What food gives you that taste?"*
- **Allow the children to share their answers.**

Taste Buds Also Protect Us

Taste buds do not only help us enjoy food – they also help keep us safe. If food has gone off, or tastes very strange, our taste buds are often the first to notice, warning us before we swallow something that could make us unwell. **Allah built a tiny warning system straight into our tongue.**

Activity — Taste Test

- **If possible, offer the children something small and safe to taste – for example, a slice of lemon and a date (check for allergies first).**
- **Ask:** - *"How did your tongue know the difference straight away?"*
- **Explain:** *"Your tongue has thousands of tiny taste buds. Allah gave you this amazing gift so you could enjoy His food and stay safe from anything that tastes wrong."*

Reflection Question

- » *Did you know you have thousands of taste buds on your tongue?*
- » *Why do you think Allah made food taste different, instead of all the same?*
- » *What is a food you are especially thankful Allah made delicious?*

Lesson Message

- Allah did not have to make food enjoyable – but out of His generosity, He filled the world with sweet, salty, sour, bitter, and savoury tastes for us to enjoy.
- Alhamdulillah, Allah gave me taste buds so I can enjoy and appreciate His blessings.

Lesson 4 • The Amazing Flexibility of the Tongue

Children, today we are going to think about another incredible part of Allah's design — how your tongue moves when you speak.

Have you ever thought about how many different shapes your tongue makes, just so you can talk?

➤ *SubhānAllah! Every single word you say needs your tongue to move into an exact position, in a split second.*

Try It Yourself

Say the word "sun" slowly, and notice where your tongue is. Now say the word "thank you" slowly, and notice where your tongue moves to.

Did you feel it? For the "s" sound, your tongue sits behind your teeth. For the "th" sound, your tongue has to move forward and gently touch your teeth. Your tongue changed position perfectly, without you even planning it.

Allah gave your tongue the ability to bend, curl, flatten, and move into hundreds of different shapes — all so that you can form every single sound of every single word.

Activity — Feel Your Tongue Move

Teacher Instructions:

- **Ask the children to slowly say:**
"la... la... la", then "da... da... da", then "th... th... th", each time noticing where the tongue touches.
- **Ask:**
"Did your tongue move to a different place for each sound?"
- **Explain:** - "Allah gave your tongue the flexibility to shape itself perfectly for every single sound, every single time you speak — and you don't even have to think about it."

Why Is This a Blessing?

Because our tongue can move in so many ways, we are able to speak thousands of different words, in many different languages. We can recite the Qur'an with the correct letters. We can say kind words to our parents. We can whisper a du'a. We can call out for help if we are in danger.

Imagine if our tongue could only make one shape — we would only be able to make one sound, forever. Instead, Allah gave us a tongue that can do almost anything we ask of it.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can you think of a sound that is hard to say? Try saying it slowly and feel where your tongue moves."
- **Allow a few children to try and share what they noticed.**

Reflection Question

- » *Did you know your tongue moves into a different position for every sound?*
- » *What is your favourite word to say?*
- » *How does this remind you of Allah's wisdom?*

Lesson Message

- Allah gave our tongue amazing flexibility, shaping itself perfectly for every sound and letter we speak — from the Qur'an to our favourite words.
- Alhamdulillah, Allah gave me a tongue that can say His beautiful words.

Lesson 5 • The Blessing of Our Lips

Children, today we are going to think about a part of our mouth that we use constantly, but hardly ever notice — our lips.

Our lips might seem simple, but Allah gave them several important jobs, all at the same time.

↪ *SubhānAllah! Something so small does so many things for us every single day.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- Ask the students:
"Why did Allah give us lips?"
- Allow the children to share their answers.

What Do Our Lips Do?

1. Lips seal food and drink safely inside

When you eat or drink, your lips close and seal, so that your food and drink stay inside your mouth instead of spilling out. Without your lips sealing properly, eating would be very messy indeed!

2. Lips help control our breath for speech

Try saying the letter "p" or "b" — did you feel your lips press together and then release? Many sounds in speech need our lips to open, close, or round perfectly, controlling the air as it leaves our mouth.

3. Lips let us smile, kiss, and show our feelings

Our lips are not only for eating and speaking — they let us smile at our family, show that we are happy, and express kindness and love without saying a single word.

Did you know the Prophet ﷺ taught us that a smile is a form of charity? Allah gave us lips that can smile and spread kindness.

PAUSE – Teacher's Interaction

- **Ask the students:** - *"Can you make three different faces using just your lips – a big smile, a surprised face, and a thinking face?"*
- **Allow the children to try. Then say:** - *"Look how many different things your lips can show, without you saying a single word!"*

Imagine If Our Lips Did Not Work Properly

Imagine if our lips could not close. It would be difficult to eat neatly, difficult to say many sounds clearly, and harder to show how we are feeling. Every part of our body, even something as small as our lips, was given to us with a purpose.

Activity — Lip Sounds

- **Ask the children to say "mama", "baba", and "papa" slowly, noticing their lips each time.**
- **Ask:** *"What did your lips do for each word?"*
- **Explain:** *"Allah gave your lips the perfect shape and strength to help you say hundreds of different sounds."*

Reflection Question

- » *What are three things your lips help you do?*
- » *Who do you love to smile at?*
- » *How can smiling be a way of thanking Allah for our lips?*

Lesson Message

- Our lips seal our food, shape our speech, and share our smile — three important jobs from one small part of our body.
- Alhamdulillah, Allah gave me lips that help me eat, speak, and smile.

Lesson 6 • The Hidden Blessing of Saliva

Children, today we are going to learn about something inside our mouth that many people never think is a blessing at all – saliva.

Some people think saliva is just something to wipe away. But children, Allah Most High does not create anything without wisdom. Even saliva is one of Allah's amazing, hidden gifts.

↪ *SubhānAllah!*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
Why did Allah give us saliva?
- **Allow the children to share their answers.**

What Does Saliva Actually Do?

1. Saliva starts digestion before food even reaches your stomach

As soon as you start chewing, saliva mixes with your food and begins to break it down – before it has even left your mouth. Allah designed your body to start the work of digestion the very moment you take a bite.

2. Saliva keeps your mouth moist

Without saliva, your mouth would become dry and uncomfortable, and it would be much harder to talk, chew, or swallow. Allah made sure your mouth is kept comfortable, all day, without you having to think about it.

3. Saliva helps protect your mouth

Saliva has properties that help fight off some of the tiny germs that enter your mouth. It works quietly, all day, keeping your mouth healthier than it would be otherwise.

↪ *SubhānAllah! Allah placed a hidden protector and helper inside your mouth, working every single moment.*

PAUSE – Teacher's Interaction

- **Ask the students:**
"Did you know your saliva starts digesting your food before it even reaches your stomach? Why do you think Allah designed it this way?"
- **Allow children to share their ideas.**

Imagine If We Had No Saliva

Imagine if Allah had not created saliva. Chewing would be difficult, swallowing would be uncomfortable, and your mouth would become dry very quickly. Something we barely think about is actually working hard for us, every single day.

Reflection Question

- » *Did you know saliva was helping your body before today?*
- » *What jobs does saliva do inside your mouth?*
- » *What does this teach us about Allah's care for even the smallest details?*

Lesson Message

- Sometimes the greatest blessings from Allah are the ones we hardly notice. Saliva quietly protects, moistens, and begins digesting our food, all day long.
- Alhamdulillah, Allah takes care of me in ways I can see and ways I cannot see.

Lesson 7 • Teeth, Tongue and Lips Working as a Team

Children, today we are going to discover something amazing — just to say one single word, or eat one single bite of food, three different parts of your mouth have to work together perfectly.

➤ *SubhānAllah! Allah created your teeth, tongue, and lips to work as one perfect team.*

Working Together to Chew (Mastication)

When you eat, your teeth break the food into small pieces. Your tongue moves the food around, positioning it exactly where your teeth need it. Your lips seal everything inside so nothing falls out.

This whole process is called mastication, or chewing. It happens so smoothly that we never even think about how many parts are working together, in perfect coordination, every time we eat.

Working Together to Speak

Try saying the word "star". Your lips open, your tongue touches different parts of your mouth for the "s" and the "t", and your teeth even help shape some of the sounds.

Just one small word needs your teeth, tongue, and lips to move in exact coordination, in a fraction of a second — and Allah designed your body to do this automatically, thousands of times a day.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Say the word 'Alhamdulillah' slowly, and notice how many times your tongue, teeth, and lips move."

- Allow the children to try slowly.
- Then say: - *"Every time you say a word of thanks to Allah, three parts of your mouth are working together perfectly to help you say it!"*

What Would Happen If They Did Not Work Together?

Imagine if your teeth, tongue, and lips did not coordinate properly. Eating would become difficult and messy. Speaking clearly would become very hard. This teamwork inside our mouth, which we never think about, is actually one of Allah's most impressive designs.

Activity — Lip Sounds

- Ask the children to eat a small, safe snack slowly and notice their teeth, tongue, and lips working together.
- Ask: *"Could you feel each part doing its own job?"*
- Explain: *"Allah created your teeth, tongue, and lips to work as a perfect team, every single time you eat or speak."*

Reflection Question

- » *Can you name the three parts of your mouth that work together?*
- » *What is something you do that needs all three at once?*
- » *What does this teamwork teach us about Allah's design?*

Lesson Message

- Just to chew one bite of food, or say one word, Allah designed your teeth, tongue, and lips to work together as a perfect team, every single time.
- SubhānAllah, Allah made every part of my mouth work together in perfect harmony.

Lesson 8 • Two Silent Protectors — Swallowing and Temperature

Children, today we are going to learn about two amazing, silent protectors that Allah placed inside our mouth and throat — and we almost never notice either of them working.

➤ *SubhānAllah! Allah protects us in ways we do not even realise.*

The Swallowing Reflex

Every time you swallow food or water, something incredible happens automatically. A tiny flap inside your throat closes over your windpipe, making sure your food goes down into your stomach — and not into your lungs, where it does not belong.

You do not have to tell your body to do this. You do not even think about it. Allah designed your body to protect your breathing every single time you eat or drink, thousands of times over your life.

➤ *SubhānAllah! A hidden protector, working every time you swallow, keeping you safe without you ever noticing.*

Sensing Hot and Cold

Have you ever taken a sip of a drink that was too hot, and pulled it away straight away? Your mouth can sense temperature almost instantly — warning you before you swallow something that could hurt you.

Allah gave your mouth the ability to notice hot and cold before the food even reaches your throat, protecting you from harm in another silent, automatic way.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Have you ever tasted something too hot and known straight away, before swallowing it?"

- **Allow children to share examples.**
- **Then say:** - *"That was your mouth protecting you – sensing the temperature and warning you, all in a split second."*

Imagine If These Protectors Did Not Work

Imagine if your body did not close your windpipe automatically while swallowing, or if your mouth could not sense temperature at all. Eating and drinking could become dangerous. Instead, Allah built two silent protectors right into your mouth and throat, working every single day of your life.

Activity — Notice the Protectors

- **Ask the children to take a sip of room-temperature water and notice how automatically they swallow, without thinking about it.**
- **Explain:** *"Right at that moment, a tiny flap closed over your windpipe to protect you – and you didn't even have to think about it. Allah built that protection right into your body."*

Reflection Question

- » *Did you know your body protects your breathing every time you swallow?*
- » *Has your mouth ever warned you about something that is too hot to eat?*
- » *What does this teach us about how closely Allah watches over us?*

Lesson Message

- Allah placed two silent protectors inside our mouth and throat – one that guards our breathing every time we swallow, and one that senses danger before we are harmed.
- Alhamdulillah, Allah protects me in ways I never even notice.

Lesson 9 • One Mouth, Two Beautiful Jobs

Children, today is our final lesson about the amazing blessing of our mouth — and it brings us right back to where we started, with Allah's name Ash-Shakūr, The Most Appreciative.

Think about everything your mouth does. It eats. It tastes. It chews. It speaks. It protects you. It smiles. But out of all these jobs, two of them are especially beautiful, because Allah gave us the very same mouth for both of them.

Job One: Nourishment

Every single day, your mouth helps you eat food and drink water, giving your body the energy and strength it needs to grow, play, and learn.

Job Two: Worship

But that very same mouth — the one that just ate breakfast — can also say SubhānAllah. The very same tongue that tastes your favourite food can also recite the Qur'an. The very same lips that smile at your friends can also whisper a du'a to Allah before you sleep.

Allah gave us one mouth with two beautiful jobs: to nourish our body, and to remember and worship Him.

➤ *SubhānAllah! The same mouth that says "I'm hungry" can also say "Alhamdulillah."*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can everyone place a hand gently on their own mouth, and think of one thing you ate today, and one thing you said to Allah today?"
- **Allow a few children to share both answers.**

- **Then say:** - *"That is amazing — the very same mouth Allah gave you for eating, He also gave you for remembering Him."*

Remembering Ash-Shakūr

Right at the start of this module, we learned that Allah is Ash-Shakūr — He appreciates even our smallest good deeds. Every single time you use your mouth to say Alhamdulillah, SubhānAllah, or to recite even one letter of the Qur'an, Allah notices it, appreciates it, and rewards you for it, no matter how small it feels.

So the next time you eat something delicious, remember to thank the One who gave you a mouth that can taste it — and then use that very same mouth to say His name.

Activity — Lip Sounds

- **Ask the children to say:** *"Bismillah" (as if about to eat), then take a pretend bite, then say: "Alhamdulillah" (as if finishing).*
- **Explain:** *"You just used your mouth for both of its beautiful jobs — nourishment and worship — in a few seconds. Allah gave you one mouth that can do both."*

Reflection Question

- » *What is one thing you ate today that you can thank Allah for?*
- » *What is one thing you can say to Allah today, using the same mouth?*
- » *How does knowing Allah is Ash-Shakūr change how you use your mouth?*

Lesson Message

- Across this whole module, we have learned that our mouth is one of Allah's busiest, most carefully designed blessings — taste buds, a flexible tongue, sealing lips, hidden saliva, perfect teamwork, silent protectors, and two beautiful jobs in one.
- Allah is Ash-Shakūr, and He appreciates every single time we use this blessing to thank Him.
- Alhamdulillah, Allah gave me a mouth for nourishment and for worship, and I will use it to remember Him.

As-Sami السميع (The All-Hearing)

The Blessing of Our Ears - A 9-Lesson Module

Lesson 1 • Allah as As-Samī' (The All-Hearing)

Allah Most High has many beautiful names and qualities. One of the beautiful names of Allah is As-Samī' (السميع), which means The All-Hearing.

Allah hears everything perfectly. He hears the loud sounds and the quiet sounds. He hears us when we speak loudly and when we whisper. He hears the thunder in the sky, the waves in the ocean, the birds singing in the trees, and every single du'ā that every person makes anywhere in the world.

Allah Hears Even the Quietest Things

Children, Allah's hearing is not like our hearing.

We can only hear sounds that are close to us or loud enough to reach our ears. But Allah is As-Samī' — He hears the quietest whisper just as clearly as the loudest sound.

Allah hears a du'ā made silently in your heart, even if your lips do not move. He hears every voice and every sound at the same time. Allah never becomes confused, and He never misses anything.

➤ *"SubhānAllah! Even if millions of people made du'ā at the same moment, Allah would hear every single one perfectly."*

Allah Hears Us When No One Else Does

Sometimes we may feel alone. Maybe it is late at night, or we are upset about something, and it feels like nobody understands what we are feeling.

But Allah is As-Samī'. He hears us even at those times. He hears the du'ā we make quietly, and He hears us even when we think nobody else is listening. One of the beautiful things about Allah's name As-Samī' is that we are never truly unheard. Allah is always listening to us.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Say to the class:**
"Everyone, think of one thing you would like to ask Allah for. Everyone will say a different du'ā at the same time."
- **Give the children a moment to think, then count down.**
- **Say:**
"3... 2... 1... go!"
The classroom will become a mixture of different voices, with everyone making their own du'ā.
- **Then say:**
"Did you hear that? Everyone said something different at the same time. It was difficult to hear the person next to you clearly, wasn't it? But Allah Most High heard every single one of your du'ās perfectly, all at the same moment. He did not miss a single voice, and He was not confused by the different sounds."
"SubhānAllah! Allah is As-Samī'. He heard every du'ā you made because nothing is too difficult for Allah to hear."

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Now let's all say it together, all at once, as one voice: SubhānAllah, Allah gave me ears to hear!"
The whole class says it together, loudly, at the same moment.
- **Give the children a moment to think, then count down.**

Lesson Message

SubhānAllah! **Allah is As-Samī'**, and Alhamdulillah, He gave us ears to hear it all.

Lesson 2 • The Blessing of Our Ears

Children, today we are going to think about one of the amazing blessings Allah Most High has given us — our ears.

Allah Most High gave us ears so we can hear the beautiful sounds around us. With our ears, we can hear:

- our parents calling our name
- the adhān calling us to prayer
- the Qur'an being recited
- our friends laughing
- birds singing
- the sound of rain falling
- the waves moving in the ocean

➤ *SubhānAllah! Every sound we hear is a gift from Allah.*

What Does Alhamdulillah Mean?

When we say Alhamdulillah, it means:

➤ *"All praise and thanks belong to Allah."*

We say Alhamdulillah because Allah has given us so many blessings. One of these beautiful blessings is the ability to hear. Many of the things we enjoy every day are only possible because Allah gave us ears.

What Does Alhamdulillah Mean?

Children, just imagine for one moment... What would life be like if we could not hear? How would we:

- Hear our parents' voices
- Listen to the Qur'an being recited
- Hear the adhān calling us to salah
- Enjoy the sounds of birds and nature
- Hear our friends speaking to us

The world around us would feel very different. That is why we should remember how kind Allah Most High is to us.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can anyone tell me some sounds Allah Most High allows us to hear?"
- **Encourage children to answer using the sentence:**
 - » *"Alhamdulillah, Allah Most High has given me ears so that I can hear..."*
 - » *"Alhamdulillah, Allah Most High has given me ears so that I can hear the Qur'an."*
 - » *"Alhamdulillah, Allah Most High has given me ears so that I can hear my parents."*
 - » *"Alhamdulillah, Allah Most High has given me ears so that I can hear the birds singing."*

Allah Gives Different Blessings to Different People

Children, not everyone in the world can hear all sounds. Some people may find it difficult to hear voices, the adhān, or the sounds around them.

This reminds us that hearing is a special gift from Allah. When Allah gives us a blessing, we should appreciate it and thank Him.

How Can We Show Thanks for Our Ears?

We can thank Allah by:

- Listening carefully when our parents speak.
- Listening respectfully when someone is talking.
- Using our hearing to listen to the Qur'an.
- Saying good and kind words.
- Remembering to say Alhamdulillah.

Reflection Meditation - Alhamdulillah for Our Ears

Teacher Instructions:

- **Ask the students to sit quietly. Say:**
"Close your eyes gently. Now listen carefully." Pause for 10–15 seconds. Then ask: "What sounds can you hear?"
- **Allow children to share their answers — they may hear the teacher's voice, friends moving, sounds outside, the wind, birds.**
- **Say:**
"Now imagine if we could never hear these sounds again." Pause briefly.
- **Then say:**
"How kind is Allah Most High that He gave us the blessing of hearing?"
- **Tell the students:**
"Now together, let us say Alhamdulillah 10 times."
- **Students say together:**
"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)

Reflection Question

"What is your favourite sound that Allah allows you to hear?"

- **Ask each student to complete the sentence:**
*"Alhamdulillah, my favourite sound I hear is _____."
(Allow students to share why they chose that sound.)"*

Lesson Message

- Our ears are a beautiful gift from Allah Most High. Every sound we hear reminds us of Allah's kindness and mercy.
- The Qur'an, the adhān, our parents' voices, and the sounds of nature are all blessings from Him.
- Alhamdulillah, Allah gave me ears to hear.

Lesson 3 • Ears Helping Us Learn

Children, today we are going to learn about another amazing blessing Allah Most High has given us — our ears.

We usually think about ears as helping us hear sounds, but Allah created our ears for another important reason. Allah gave us ears so we can listen, learn, and communicate with others.

➤ *SubhānAllah! Every day, our ears are helping us gain knowledge without us even thinking about it.*

How Did You Learn Your First Words?

Children, think about when you were a baby.

Before you could speak, could you read words? Could you understand books? No. First, you listened.

You heard your parents speaking to you. You heard sounds around you. You heard words being repeated again and again. Slowly, you began to understand those sounds and learned how to speak.

➤ *SubhānAllah! Allah gave you ears that helped you learn your first words.*

Our Ears Help Us Learn

When we listen carefully, our ears help us learn many things. Because Allah gave us the blessing of hearing, we can learn:

- The Qur'an being recited
- Du'as
- Different languages
- Stories
- Lessons from our teachers
- Words from our parents

Every time we listen and learn, we are using a blessing from Allah.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can anyone remember a word they learned when they were little?" Allow children to share their answers."
- **Then ask:**
"How did you learn that word?"
- **Guide them towards the answer:**
"You heard someone say it, and your ears helped you learn."

Listening Helps Us Understand Others

Allah did not only give us ears so that we can hear sounds. He gave us ears so that we can understand the people around us. Our ears help us:

- Listen when our parents speak.
- Listen to our teachers.
- Listen to our friends.
- Understand instructions.
- Have conversations with others.

When we listen carefully, we show kindness and respect.

The Blessing of Hearing the Qur'an

One of the greatest sounds our ears can hear is the Qur'an. When we listen to the words of Allah, our ears help us receive guidance and reminders. Allah gave us ears so we can hear His beautiful words.

➤ *SubhānAllah! What a special blessing.*

What Would Happen If We Could Not Hear?

Imagine trying to learn without being able to hear. It would be much harder to learn new words, listen to teachers, hear the Qur'an being recited, or communicate with others. This helps us appreciate what a great blessing Allah has given us.

Activity — Listen Carefully

Teacher Instructions:

- Ask the students to sit quietly.
- Say:
"Close your eyes and listen carefully for 20 seconds."
- Afterwards ask:
"What sounds did you hear? What did your ears help you notice?"
- Explain:
"Allah gave us ears that can listen and help us learn. Even when we are quiet, our ears are helping us understand the world around us."

Reflection Question

- » *What is something new your ears have helped you learn?*
- » *Who has taught you something by speaking to you?*
- » *How can you use your ears in a way that pleases Allah?*

Lesson Message

- Allah Most High gave us ears so we can listen, learn, and understand. Every word we learn, every lesson we hear, and every beautiful sound we enjoy is a reminder of Allah's kindness.
- Alhamdulillah, Allah gave me ears so I can listen and learn.

Lesson 4 • Why Did Allah Give Us Two Ears?

Children, today we are going to think about another amazing part of Allah's creation. Allah Most High gave us two ears, not just one.

Have you ever wondered why? At first, we might think: "Wouldn't one ear be enough?" But Allah, Al-Ḥakīm (The Most Wise), created everything with wisdom.

Allah gave us two ears because they work together as a team to help us hear better and understand where sounds are coming from.

↪ *SubḥānAllah! Most of the time, we do not even notice this amazing blessing happening.*

Our Two Ears Work Together

Imagine you are playing outside and suddenly someone calls your name: "Adam!" Without even thinking, you turn around and look towards the person. Or maybe you hear a bird singing nearby, and you know which direction to look.

Have you ever wondered: "How did I know where the sound came from?" Allah gave us two ears that work together like a team.

How Do Two Ears Help Us Find Sounds?

When someone makes a sound, the sound travels through the air and reaches our ears. Imagine someone is standing on your right side. The sound reaches your right ear first because it is closer. A tiny moment later, the sound reaches your left ear. The difference is so small that we cannot feel it happening.

If someone is standing on your left side, the opposite happens — the sound reaches your left ear first, then your right ear.

Allah created our brains with the amazing ability to compare what both ears hear. Very quickly, our brain understands: "The sound came from over there!" That is why we know which way to turn.

↪ *SubḥānAllah! Allah designed our ears and our brain to work together perfectly without us even having to think about it.*

Activity — Let's Try It!

Teacher Instructions:

- **Ask the students:** - *"Everyone close your eyes."*
- **Stand somewhere on one side of the classroom and clap once.**
- **Ask:** - *"Which direction did the sound come from?"*
- **Then move to another place and clap again.**
- **Ask:** - *"How did you know where I was?"*
- **Explain:** - *"You knew because Allah gave you two ears that work together. One ear heard the sound slightly before the other ear, and Allah created your brain to understand where the sound came from."*

Imagine If We Only Had One Ear

Children, imagine if we only had one ear. Would it be as easy to know where sounds are coming from? It would be much harder — we might hear a sound, but we may not know if it came from the left, right, behind us, or in front of us.

Allah gave us two ears to help us understand the world around us. Every part of our body has a purpose.

Reflection Question

- » *Why do you think Allah gave us two ears instead of one?*
- » *Have you ever used your ears to find where a sound was coming from?*
- » *What does this teach us about Allah's wisdom?*

Lesson Message

- Allah Most High created everything with perfect wisdom. Our two ears work together like a team to help us hear clearly and know where sounds are coming from.
- Even something we hardly think about — having two ears — is a reminder of Allah's amazing creation.
- SubhānAllah, Allah gave me two ears that work together perfectly.

Lesson 5 • The Amazing Shape of Our Ears

Children, today we are going to think about another amazing part of Allah's creation — the shape of our ears.

Have you ever really looked at your ears?

Take a moment and gently feel the outside of your ear.

Does it feel completely flat?

Or does it have lots of little curves, folds, and bends?

Have you ever wondered:

Why did Allah create our ears with this special shape?

Could Allah have made our ears completely flat? Of course, Allah could.

But Allah is:

- **Al-Khāliq** — The Creator
- **Al-Ḥakīm** — The Most Wise
- **Al-Muṣawwir** — The One who gives everything its perfect form

Everything Allah creates has wisdom and purpose.

Why Did Allah Give Our Ears Their Special Shape?

The outside part of our ear has a very special shape — almost like a small cup or funnel. Its job is to help collect sounds around us.

When someone speaks, when a bird sings, or when the adhān is called, tiny sound waves travel through the air.

The curved shape of our ears helps gather these sounds and guide them into our ears.

➤ *SubhānAllah! Even the shape of our ears has a special purpose.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Look at your friend's ears. Are they completely flat, or do they have curves and folds? Why do you think Allah made our ears with this shape?"
- **Allow children to share their ideas.**

Imagine If Our Ears Were Flat

Children, imagine if our ears were completely flat against our heads, like a piece of paper. Would they collect sounds in the same way? It would be much harder to gather sounds coming from different directions.

Allah created our ears with beautiful curves that help collect sounds around us. Every fold and curve has a purpose. Nothing Allah creates is without wisdom.

The Shape of Our Ears Helps Us Hear Around Us

Sounds do not always come from the front. Sometimes sounds come from:

- Behind us
- Beside us
- Above us
- Far away from us

The shape of our ears helps us notice sounds coming from different places.

➤ *SubhānAllah! Allah designed our ears so they can help us experience the world around us.*

An Amazing Fact

Have you ever noticed that everyone's ears look a little different? Some ears are bigger, some are smaller, some have different shapes and curves. But every person's ears have been created by Allah in a special way – just like fingerprints, every person has their own unique design.

PAUSE – Teacher's Interaction

Teacher Instructions:

- Ask the children to place their hands behind their ears like a cup.
- Then make a quiet sound or say a word.
- Ask:
 - » *"Did the sound become easier to hear?"*
 - » *"Did your hand help collect more sound?"*
- Explain:

"When you made your ear bigger with your hand, you helped collect sound. Allah has already given us ears with a clever curved shape that helps us collect sounds every day."

Reflection Question

- » *Have you ever noticed the shape of your ears before?*
- » *What sounds have your ears helped you hear today?*
- » *How does the shape of our ears remind us of Allah's wisdom?*

Lesson Message

- The shape of our ears is not random. Every curve, fold, and bend was created by Allah with perfect wisdom.
- Our ears quietly collect sounds every day so we can hear, learn, and enjoy the beautiful world Allah has created.
- SubhānAllah, Allah shaped my ears with perfect wisdom to collect every sound.

Lesson 6 • The Hidden Blessing of Earwax

Children, today we are going to learn about something inside our ears that many people do not think about as a blessing. Can anyone guess what it is? It is... Earwax!

Some people think earwax is dirty or useless. But children, Allah Most High does not create anything without wisdom. Everything Allah creates has a purpose. Even something we may not notice — like earwax — is one of Allah's amazing gifts.

➤ *SubhānAllah!*

What Is Earwax?

Inside each of our ears, Allah created a special substance called earwax. Our ears make the right amount of earwax by themselves — we do not have to tell our ears "Make earwax now!" Allah created our bodies with amazing systems that work automatically.

➤ *SubhānAllah! Our bodies are constantly being looked after by Allah.*

Why Did Allah Give Us Earwax?

1. Earwax helps keep our ears clean

Every day, tiny pieces of dust and dirt float around us. When they enter our ears, Allah created earwax to help catch them and stop them from travelling deeper inside. Earwax works a little like a tiny sticky trap. It helps keep our ears clean and protected.

2. Earwax helps protect our ears

Our ears are delicate. Allah created earwax to help protect the inside of our ears from things that could cause harm. It acts like a small shield that helps care for our ears. Allah protects us in ways we cannot even see.

3. Earwax helps our ears clean themselves

Children, have you ever wondered: "Why don't we need to clean deep inside our ears?" Allah created our ears with their own cleaning system. As we talk, chew, laugh, and move our mouths, old earwax slowly moves towards the outside of the ear, then naturally dries and leaves the ear.

➤ *SubhānAllah! Allah designed our ears to look after themselves.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Before today, did you ever think earwax was a blessing? Why do you think Allah created earwax?"
- **Allow children to share their ideas.**
- **Then say:**
"Sometimes Allah gives us blessings that we do not even notice."

Imagine If We Had No Earwax

Children, imagine if Allah had not created earwax. What might happen?

- Dust could enter deeper into our ears.
- Our ears could become dry and uncomfortable.
- Our ears would not have the same protection.

Something that some people think is unpleasant is actually helping our bodies.

An Amazing Fact

Our ears usually make the right amount of earwax – not too much, not too little. Allah created our bodies with amazing balance. We do not have to think about it; our ears are quietly being protected every day.

Activity — The Sticky Shield

Teacher Instructions:

- **Show the children a small piece of sticky tape.**
Sprinkle a little glitter, sand, or small paper pieces onto it.
- **Ask:** *"What happened?"*
- **The children will see that the tiny pieces stick to the tape.**
- **Explain:** *"Earwax works a little like this. Allah made it able to catch tiny pieces of dust and dirt, helping protect our ears."*

Reflection Question

- » *Did you know earwax was helping your ears before today?*
- » *What does earwax protect our ears from?*
- » *What does this teach us about Allah's creation?*
- » *Can you think of another blessing Allah gave us that we do not always notice?*

Lesson Message

- Sometimes the greatest blessings from Allah are the ones we hardly notice. Even earwax — something many people do not think about — is one of Allah's gifts. It helps protect and care for our ears every day.
- SubhānAllah! Allah's creation is full of wisdom. Every part of our body has a purpose.
- Alhamdulillah, Allah takes care of me in ways I can see and ways I cannot see.

Lesson 7 • The Eardrum and Tiny Ear Bones

Children, today we are going to discover something amazing that Allah Most High placed inside our ears.

When we look at our ears, we only see the outside part. But did you know that hidden deep inside our ears are tiny parts working together to help us hear? We cannot see them. We cannot feel them. But they are working every single day.

➤ *SubhānAllah! Allah created a wonderful system inside our bodies that we do not even notice.*

What Happens When We Hear a Sound?

Children, imagine someone says "As-salāmu 'alaykum," or imagine you hear the beautiful sound of the Qur'an being recited. How does that sound reach your ears?

Sounds travel through the air as tiny waves. These sound waves travel until they reach your ear.

Then something amazing happens inside your ear.

1. The eardrum — a tiny drum inside your ear

Deep inside our ear is a very thin part called the eardrum. It is called the eardrum because it works a little like a drum.

When sound waves reach it, the eardrum begins to move gently and vibrate. Even though it is so small that we cannot see it moving, it works every time we hear a sound.

➤ *SubhānAllah! Allah created this tiny part with an important job.*

2. Three tiny bones — a special team

Behind the eardrum are three tiny bones, with special names:

- Hammer
- Anvil
- Stirrup

These are the smallest bones in the entire human body. They are so tiny, but Allah gave them a very important job — they work together like a little team.

How Do These Tiny Bones Help Us Hear?

When the eardrum moves: the Hammer moves, the Anvil moves, the Stirrup moves. Together, these tiny bones help pass the movement deeper inside the ear so our body can understand the sounds we hear.

➤ *SubhānAllah! Something smaller than a grain of rice is doing a very important job.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can you think of something very small that has an important job?"
 - » *A tiny seed can grow into a big tree. A small key can open a big door.*
Tiny ear bones help us hear sounds.
- **Allow students to share their ideas.**
- **Then say:**
"Allah can create something very small and give it a very important purpose."

Imagine If These Tiny Parts Did Not Work

Children, imagine if the eardrum and tiny bones inside our ears were not working properly. It would become harder to hear voices clearly, listen to the Qur'an being recited, hear our parents calling us, or enjoy the sounds around us.

This teaches us that even the smallest parts of our body are valuable gifts from Allah.

An Amazing Fact

The three bones inside your ear — Hammer, Anvil, Stirrup — are the smallest bones in your whole body. They are hidden away where nobody can see them, but every day they help you hear the Qur'an, the adhān, your family's voices, and the sounds of Allah's creation.

➤ *SubhānAllah! Allah created something so small to do something so great.*

Activity — The Tiny Team

Teacher Instructions:

- Show the children three small objects – for example, three beads, buttons, or small blocks.
- Say:
"These three objects remind us of the three tiny bones inside our ears."
- Ask:
"Can something small still have an important job?"
- Explain:
"Yes! Allah created these tiny bones to work together and help us hear."
- Then say together:
"SubhānAllah, Allah created my ears perfectly."

Reflection Question

- » *Did you know there are tiny bones inside your ears?*
- » *Why do you think Allah created such small parts to do such important jobs?*
- » *What sounds are you thankful to Allah for being able to hear?*

Lesson Message

- Allah's creation is full of amazing details. Hidden inside our ears are tiny parts working together every day.
- The eardrum and the smallest bones in our body remind us that Allah creates everything with wisdom and purpose.
- Every voice we hear, every verse of the Qur'an, and every beautiful sound around us is a reminder of Allah's perfect creation.
- SubhānAllah, Allah placed the smallest, most amazing parts inside my ears.

Lesson 8 • How Our Ears Help Us Stay Steady

Children, today we are going to learn about another amazing gift Allah Most High has placed inside our ears.

When we think about ears, we usually think about hearing — listening to the Qur'an, hearing our parents, enjoying birds singing, listening to our teachers.

But did you know... our ears do more than just help us hear? Allah Most High placed a special system inside our ears that helps us keep our balance.

↪ *SubhānAllah! Our ears help us stand, walk, run, jump, and move without falling over.*

How Do Our Ears Help Us Balance?

Deep inside our ears is a special part called the inner ear. Inside it is a tiny balance system that helps our body know how we are moving.

When we move our head, the tiny parts inside our ear notice the movement, send messages to our brain, and our brain helps our body stay steady. This happens so quickly that we do not even notice it — we do not have to tell our body "Stay balanced!"

↪ *SubhānAllah! Allah created our bodies with an amazing system that works automatically.*

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can you stand on one foot without falling?" Allow children to try.
- **Then ask:**
"How does your body know how to stay balanced?"
- **Explain:**
"Allah created a special system inside our ears that helps our body know how to stay steady."

Why Is Balance a Great Blessing?

1. Balance helps us stand and walk

When we stand, our ears help our body understand how to stay upright. When we walk, our ears help us keep our movements steady. Because of this blessing, we can move around easily.

2. Balance helps us play

Think about playing football, riding a bike, running, jumping. Our bodies are constantly moving and changing direction. Allah's amazing balance system helps us stay steady while we play.

3. Balance helps stop us from falling

Sometimes we lean too far to one side. Our balance system helps our body notice this and make small adjustments. That is why we can often catch ourselves before we fall.

Imagine If We Did Not Have Balance

Children, imagine trying to walk if your body could not keep steady.

It would be difficult to:

- Walk in a straight line
- Stand without falling
- Climb stairs
- Run and play

This helps us realise what an amazing gift Allah has given us.

An Amazing Fact

- Have you ever spun around quickly and then stopped?
- Sometimes you feel dizzy. **Do you know why?**
- Inside your ear is a tiny balance system that notices movement.
- After spinning, it may take a little while for your body to realise that you have stopped.

SubhānAllah! Allah created our ears with such amazing sensitivity that they can notice even tiny movements.

Activity — The Balance Challenge

Teacher Instructions:

- **Ask the students:**
"Can you stand on one foot for 10 seconds?"
- **Afterwards ask:**
 - » *"Was it easy or difficult?"*
 - » *"Did your body move to stop you from falling?"*
 - » *"Who created this amazing ability?"*
- **Explain:**
 - » *"Allah created a special balance system inside our ears."*
 - » *"We cannot see it, but it is working for us every day."*

Reflection Question

- » *"Did you know your ears helped you balance?"*
- » *"What are some things you can do because Allah gave you balance?"*
- » *"How does learning about balance remind us of Allah's greatness?"*

Lesson Message

- Allah's blessings are all around us — even inside parts of our body that we cannot see. Our ears do not only help us hear beautiful sounds; they also help us stand, walk, play, and move safely.
- Every step we take is a reminder of Allah's wisdom and kindness.
- SubhānAllah, Allah gave my ears the gift of balance, not just hearing.

Lesson 9 • Ears That Keep Working

Children, today we are going to learn about another amazing blessing Allah Most High has given us — our ears.

Think about your eyes. When you feel tired, or when you go to sleep, you can close your eyes — your eyelids come down and your eyes get a rest. But what about your ears? Can you close your ears like you close your eyes?

No! Allah Most High created our ears in a special way. Our ears continue to receive sounds even when we are sleeping.

➤ *SubhānAllah! Allah created our bodies with amazing wisdom and care.*

Our Ears Help Us During the Day and Night

During the day, our ears help us hear many beautiful things: our parents speaking to us, our teachers teaching us, the Qur'an being recited, the adhān calling us to prayer, our friends talking and laughing, and the sounds of nature around us.

But when we sleep at night, our ears do not completely stop working. They continue to receive sounds around us.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can you stand on one foot without falling?" Allow children to try.
- **Ask the students:**
"Have you ever been asleep and suddenly woken up because you heard a sound?"
- **Allow students to share examples** — an alarm ringing, someone calling your name, a door closing, thunder during a storm.
- **Then ask:** - "How did you know to wake up?"
- **Explain:** - "Allah created our ears and our brains to work together. Even while we sleep, our bodies can notice sounds that are important."

Why Did Allah Allow Our Ears to Keep Working While We Sleep?

Allah Most High created our ears in a way that helps protect us. Even while we are resting, we may still notice important sounds, such as a baby crying, someone calling for help, an alarm ringing, or a loud sound that needs our attention.

Allah's care surrounds us even when we are asleep.

➤ *SubhānAllah! Allah looks after us in ways we do not even notice.*

Our Ears Are Different From Our Eyes

Our eyes have eyelids that can close. When we close our eyes, we stop seeing the things around us. But our ears do not have an "ear lid" that closes.

Allah created each part of our body with the wisdom and purpose that is perfect for it. Our eyes rest by closing; our ears continue to help us hear. Both are amazing gifts from Allah.

Imagine If Our Ears Completely Stopped Working When We Slept

Imagine if our ears stopped working every time we went to sleep. We might not hear someone calling our name, important warnings, or sounds around us that need our attention. This helps us realise what a great blessing hearing is. Every part of Allah's creation has wisdom behind it.

An Amazing Fact

When we sleep, our brains do not react to every tiny sound — for example, we may sleep through a quiet clock ticking. But our brains can still notice important sounds, like our name being called or a loud noise.

➤ *Allah created our ears and brains to work together in an amazing way. SubhānAllah!*

Activity — The Balance Challenge

Teacher Instructions:

- Ask the students to sit quietly.
- Say:
"Close your eyes and listen carefully for 20 seconds."
- Afterwards ask:
 - » *"What sounds did you hear?"*
 - » *"Were some sounds close and some far away?"*
 - » *"Did you notice any sounds you normally ignore?"*
- Explain:
"Allah gave us ears that help us notice the world around us. Even when we are quiet, our ears are helping us."

Reflection Question

- » *"Did you know your ears still receive sounds while you sleep?"*
- » *"What sound has woken you up before?"*
- » *"Why do you think Allah gave us this ability?"*
- » *"How can we show Allah we are thankful for our ears?"*

Lesson Message

- Many of Allah's blessings work quietly without us even noticing. Our ears help us hear during the day and continue receiving sounds while we sleep.
- Every sound we hear reminds us of Allah's kindness, wisdom, and care.
- Alhamdulillah, Allah Most High gave me ears that help me hear and protect me day and night.



Al-Latif اللّطيف (The Most Gentle)

The Blessing of Our Nose - A 9-Lesson Module

Lesson 1 • Allah is Al-Laṭīf (The Most Gentle)

Allah has many beautiful names. Each name teaches us something special about our Creator. One of the beautiful names of Allah is Al-Laṭīf (اللّطيف). Al-Laṭīf means The Most Gentle, Allah's kindness is everywhere around us.

Allah's Gentle Care. Sometimes Allah helps us in ways we do not notice.

- A flower grows from a tiny seed.
- A baby bird is cared for by its mother.
- The rain falls from the sky and gives water to plants, animals, and people.

Allah takes care of every creature with perfect gentleness. Even things that seem small are known and cared for by Allah.

Allah is Gentle With Us

- When we make mistakes, Allah gives us chances to improve.
- When we feel sad, Allah knows our feelings.
- When we are worried, Allah knows what is in our hearts.
- Allah does not forget us.
- He cares for us with a kindness greater than anyone else.

Activity — Hidden Kindness

Teacher Instructions:

- **Ask the children:** - "Can you think of something good that happened to you that you did not expect?" Let a few children share their examples.
- **Explain:** - "Sometimes Allah sends us blessings in ways we do not notice immediately. This is part of Allah's name Al-Laṭīf. Allah is kind to us in ways we may not even see."

Think About It

- What are some gentle things Allah has given us?
- Our family, Our food, Our home, Our health
- The people who care for us
- All of these are signs of Allah's kindness.

Remember

- Allah is **Al-Laṭīf**.
- Allah is **gentle and kind**.
- Allah **knows what we need**.
- Allah **cares for us even when we do not notice**.

Lesson Message

"Allah is Al-Laṭīf. His kindness reaches me even when I cannot see it."

Lesson 2 • The Blessing of Our Nose

Children, today we are going to think about another amazing blessing Allah Most High has given us — our nose.

Allah Most High gave us our nose so we can smell the beautiful things around us. With our nose, we can enjoy many wonderful scents that Allah has created. With our nose, we can smell:

- The sweet smell of flowers
- The fresh smell of rain
- The delicious smell of food
- The fragrance of perfume
- The smell of fruits
- The scent of trees and nature

➤ *SubhānAllah! Every smell we enjoy is a gift from Allah.*

What Does Alhamdulillah Mean?

When we say Alhamdulillah, it means:

➤ *"All praise and thanks belong to Allah."*

We say Alhamdulillah because Allah has given us countless blessings. One of these beautiful blessings is our ability to smell. Many things we enjoy every day are only possible because Allah gave us our nose.

Imagine Life Without Smelling

Children, just imagine for one moment... What would life be like if we could not smell? How would we:

- Enjoy the smell of our favourite foods.
- Smell beautiful flowers.
- Enjoy the fragrance of perfume.
- Notice the fresh smell after rain.
- Experience the wonderful scents Allah has placed in nature.

The world around us would feel very different. That is why we should remember how kind and generous Allah Most High is to us.

PAUSE – Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can anyone tell me some beautiful smells Allah Most High allows us to enjoy?"
- **Encourage children to answer using the sentence:**
"Alhamdulillah, Allah Most High gave me a nose so I can smell..."
- **Examples:**
 - » *"Alhamdulillah, Allah Most High gave me a nose so I can smell flowers."*
 - » *"Alhamdulillah, Allah Most High gave me a nose so I can smell delicious food."*
 - » *"Alhamdulillah, Allah Most High gave me a nose so I can smell the rain."*

Allah Gives Different Blessings to Different People

Children, not everyone in the world experiences smells in the same way. Some people may not be able to smell certain things, or they may have difficulty smelling.

This reminds us that the ability to smell is a special gift from Allah. When Allah gives us a blessing, we should appreciate it and thank Him.

How Can We Show Thanks for Our Nose?

We can thank Allah by:

- Saying Alhamdulillah for the blessing of smell.
- Keeping our nose clean and looking after our health.
- Appreciating the beautiful things Allah has created.
- Using good manners when we smell food or things around us.
- Remembering that every blessing comes from Allah.

Reflection Meditation — Alhamdulillah for Our Nose

Teacher Instructions:

- Ask the students to sit quietly.
- Say:
"Close your eyes gently. Think about some wonderful smells Allah has allowed you to enjoy."
- Pause for 10–15 seconds.
- Then ask:
"What smells can you remember?"
- Allow children to share their answers.
They may mention:
 - » flowers
 - » food
 - » rain
 - » perfume
 - » fresh air
- Then say:
"All of these smells are blessings from Allah Most High. Allah gave us a nose so we can experience and enjoy the beautiful world He created."
- Say:
"Now imagine if we could never smell these things again."
- Pause briefly.
- Then say:
"How kind is Allah Most High that He gave us the blessing of smelling?"
- Tell the students:
"Now together, let us say Alhamdulillah 10 times."
- Students say together:
"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)

Reflection Question

- » *"What is your favourite smell that Allah allows you to enjoy?"*
- » *Ask each student to complete the sentence:
"Alhamdulillah, my favourite smell is _____."*
- » *Allow students to share why they chose that smell.*

Lesson Message

- Our nose is a beautiful gift from Allah Most High.
- The smells of flowers, food, rain, and nature are all blessings that remind us of Allah's kindness and mercy.
- Every time we smell something beautiful, we should remember to say:
- Alhamdulillah, Allah gave me a nose to smell.

Lesson 3 • The Amazing Blessing of Smell

Children, today we are going to learn about an amazing blessing Allah Most High has given us — the ability to smell.

Close your eyes for a moment and imagine a world with no smells.

- No smell of flowers.
- No smell of your favourite food.
- No smell of fresh rain.
- No smell of perfume.
- Would the world feel different?

Children, Allah gave us the special ability of smell so we can discover, enjoy, and appreciate the beautiful things around us.

↪ *SubhānAllah! A simple smell can bring happiness, memories, and reminders of Allah's wonderful creation.*

What Is the Blessing of Smell?

Children, our nose has a special job. It helps us detect smells around us.

When we breathe in, tiny parts of things around us travel into our nose.

Inside our nose, Allah created special helpers that recognise these smells and send messages to our brain.

Our brain helps us understand:

- *"This smells like a flower."*
- *"This smells like bread."*
- *"This smells like my favourite meal."*

We do not have to teach our nose how to do this. Allah created this ability inside us.

↪ *SubhānAllah! Allah's creation works in amazing ways.*

How Did We Discover Smells for the First Time?

Children, think about when you were a baby.

Before you could talk, you were already discovering the world through smell.

- You recognised familiar smells around you.
- You recognised the smell of your home.
- You noticed the smell of food.
- You became familiar with the people around you.
- Slowly, your nose helped you learn about the world.

➤ *SubhānAllah! Allah gave us senses that help us explore even before we can speak.*

Our Sense of Smell Helps Us Enjoy Allah's Creations

Children, Allah created the world with so many beautiful scents for us to enjoy.

Because Allah gave us the blessing of smell, we can enjoy:

- The beautiful smell of flowers.
- The fresh smell of fruits.
- The smell of bread and food being prepared.
- The fresh smell after rain.
- The scent of trees and nature.
- The pleasant smell of perfume.

Every beautiful smell is a small reminder of Allah's kindness. When we enjoy these things, we should remember to say: - *Alhamdulillah*.

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the children:** - "Can you think of a smell that makes you happy?"
Allow children to share their answers.
- **Then ask:** - "How did you know what that smell was?"
- **Guide them towards the answer:** "Allah gave me the ability to smell and recognise different things."

Smell Helps Us Remember Special Moments

Children, did you know that smells can remind us of memories? Sometimes a smell can make us remember:

- A special meal with our family.
- A place we visited.
- A happy moment from the past.
- Someone we love.

Allah created our sense of smell in such a special way that a simple scent can bring back memories.

➤ *SubhānAllah! Allah placed amazing abilities inside us.*

Smell Helps Protect Us

Children, Allah did not only give us smell so we can enjoy nice things. Our sense of smell can also help protect us. It can help us notice:

- The smell of something burning.
- The smell of food that has gone bad.
- Strong or unusual smells around us.

Allah gave us this ability to help keep us safe.

➤ *SubhānAllah! Allah cares for us in ways we notice and ways we do not notice.*

Imagine If We Could Not Smell

Children, imagine if Allah had not given us the ability to smell. What would we miss?

- We would not enjoy the scent of flowers.
- Food would not be the same experience.
- We would miss many beautiful parts of Allah's creation.
- We would not have smells that remind us of special memories.

This helps us appreciate what a great blessing smell truly is.

Activity — The World of Smells

Teacher Instructions:

- **Ask the children: Bring safe items with different smells, such as:**
 - » *A flower*
 - » *A piece of fruit*
 - » *A spice*
 - » *Fresh herbs*
 - » *Perfume*
- **Allow children to smell each item and guess what it is.**
- **Ask:**
"How did your nose know what this was?"
- **Explain:**
"Allah gave us the blessing of smell so we can discover and enjoy the things He created."

Reflection Question

- » *What is your favourite smell that Allah has allowed you to enjoy?*
- » *Which creation of Allah has a beautiful smell?*
- » *How does smell make the world more enjoyable?*
- » *How can we thank Allah for the blessing of smell?*

Lesson Message

- Allah Most High gave us the blessing of smell so we can discover, enjoy, and appreciate the beautiful world He created.
- Every flower we smell, every delicious meal we enjoy, and every special memory connected to a scent is a reminder of Allah's kindness.
- SubhānAllah! Allah has given us blessings that we experience every day without even thinking about them.
- Alhamdulillah, Allah gave me the blessing of smell so I can enjoy and appreciate His beautiful creations.

Lesson 4 • Why Did Allah Give Us Two Nostrils?

Children, today we are going to think about another amazing part of Allah's creation. Allah Most High gave us a nose with two nostrils.

Have you ever wondered why? We might think:

"Wouldn't one nostril be enough?" - But Allah is **Al-Ḥakīm** (الحكيم) — The Most Wise.

Allah creates everything with perfect wisdom. Every part of our body has a purpose, even things we may not notice. Our two nostrils work together to help us breathe, smell, and keep our bodies healthy.

➤ *SubhānAllah! Allah designed our noses in an amazing way.*

Children question

Can anyone tell me why we have 2 nostrils?

Our Two Nostrils Take Turns

Children, did you know that your two nostrils do not always work exactly the same way?

Throughout the day, one nostril may allow more air to pass through while the other takes a little rest. After some time, they can switch roles.

This happens automatically. We do not have to think:

"Now I will use my left nostril." or "Now I will use my right nostril."

Allah created our bodies with systems that work perfectly without us even noticing. *SubhānAllah!*

Our Nose Prepares the Air We Breathe

Every time we breathe in, our nose is working hard.

Before air reaches our lungs, our nose helps to:

- filter out dust and tiny particles
- warm the air
- add moisture to the air

Allah gave us two nostrils to help our nose do this important job. Our nose is not just an opening for air — it is a special system designed by Allah.

Imagine If We Only Had One Nostril

Children, imagine if Allah had created us with only one nostril. Allah could have created us in any way He wished, but He chose the perfect design for us.

Two nostrils help us breathe comfortably, smell better, and prepare air before it reaches our lungs.

Every part of our body is a sign of Allah's wisdom.

Activity — One Nose, Two Nostrils

Teacher Instructions:

- **Ask the students:**
"Close one nostril gently with your finger and breathe in. Now swap and close the other nostril."
- **Then ask:**
"Did both sides feel exactly the same?"
- **Explain:** - *"Allah created both nostrils to work together. Even though we do not always notice it, they have important jobs."*

Reflection Question

- » *Why do you think Allah gave us two nostrils instead of one?*
- » *What are some things your nose helps you do?*
- » *What does the design of our nose teach us about Allah?*

Lesson Message

- Allah Most High created everything with perfect wisdom.
- Our two nostrils work together to help us breathe and smell.
- Even something we hardly think about — our two nostrils — is a reminder of Allah's amazing creation.
- SubhānAllah, Allah created my nose with perfect wisdom.

Lesson 5 • The Amazing Blessing of Our Nose Hair

Children, today we are going to think about another amazing part of Allah's creation — something very small that we often do not notice.

It is the tiny hairs inside our nose.

Have you ever wondered: - *"Why did Allah put hair inside my nose?"*

Teacher Interaction

Can any student tell me why

Some people may think nose hair is not important. But Allah, Al-Khāliq (The Creator), does not create anything without wisdom.

Allah is:

- **Al-Khāliq** — The Creator
- **Al-Ḥakīm** — The Most Wise
- **Al-Muṣawwir** — The One Who gives everything its perfect form

Everything Allah creates has a purpose.

Even the tiny hairs inside our nose are a blessing from Allah.

Why Did Allah Give Us Nose Hair?

Children question

Can anyone tell me why we have hair in our nostrils?

Children, every time we breathe in, air enters through our nose. But the air around us can contain tiny things we cannot see, such as:

- dust
- small particles
- pollen from plants
- things that may irritate our body

Allah gave us nose hair to help catch and trap some of these tiny particles before they travel further into our body.

➡ **SubhānAllah!**

Something so small is helping protect us every day.

Our Nose Works Like a Filter

- Imagine you have a filter that cleans water before you drink it.
- A filter helps remove things that should not be there.
- Allah created our nose in an amazing way.
- The tiny hairs inside our nose work together with a thin layer of moisture to help catch unwanted particles.
- Then our body can remove these things naturally.
- Sometimes we sneeze.
- Sometimes we blow our nose.
- This is part of the way Allah designed our bodies.

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Can you think of something that needs a filter to stay clean?"
- **Allow children to answer.**
- **Examples:**
 - » *a water filter*
 - » *an air filter*
 - » *a vacuum cleaner*
- **Then explain:**
*"Allah gave our nose its own special filter.
The tiny hairs inside our nose help protect us."*

Imagine If We Only Had One Nostril

Children, imagine if there were no tiny hairs inside our nose.

Would our nose be able to catch dust and particles in the same way?

Allah could have created us in many different ways, but He chose the perfect design for us.

Every tiny part of our body has a purpose.

Even something we cannot easily see is a reminder of Allah's wisdom.

Small Things Can Have Big Jobs

Children, sometimes we think only big things are important.

But look at a tiny nose hair. It is very small, yet it has an important job.

This teaches us something beautiful:

- Allah pays attention to every detail of His creation.
- If Allah created tiny things in our body with care, then we know Allah's care and knowledge are even greater.

Activity — The Hidden Helpers

Teacher Instructions:

- **Ask the students:** - *"Name some small things that help us every day."*
- **Examples:**
 - » *eyelashes protecting our eyes*
 - » *teeth helping us eat*
 - » *tiny hairs inside our nose helping filter the air*
- **Then explain:** - *"Many blessings from Allah work quietly. We may not always notice them, but they are helping us every day."*

Reflection Question

- » *Did you know before today that nose hair has an important job?*
- » *What are some other small blessings Allah has given us?*
- » *How does the design of our nose remind us of Allah's wisdom?*

Lesson Message

- The tiny hairs inside our nose are not random.
- Allah created them with wisdom to help protect our bodies.
- Even the smallest parts of our creation are signs of Allah's kindness and perfect design.
- SubhānAllah, Allah created even the tiny hairs in my nose with wisdom and care.

Lesson 6 • The Amazing Gift of Sneezing

Children, today we are going to learn about something our bodies do many times without us even thinking about it. Can anyone guess what it is?

It is... Sneezing!

Some people think sneezing is just a funny sound our bodies make. But children, Allah Most High does not create anything without wisdom. Everything Allah creates has a purpose — even something as simple as a sneeze.

➤ *SubhānAllah!*

Children question

Can anyone tell me why we sneeze?

What Is Sneezing?

Children, a sneeze is something that happens when our body notices something inside our nose that should not be there.

Every day, tiny things like dust, pollen, or little particles can enter our noses when we breathe. Allah created our bodies with a special protection system that can notice these things and remove them.

When our nose feels irritated, our body quickly pushes air out in a powerful way. This is called a sneeze.

➤ *SubhānAllah! Allah created our bodies with amazing ways to protect us.*

Why Did Allah Give Us Sneezing?

1. Sneezing helps remove unwanted things from our nose

- Children, our noses are like little gateways that help air enter our bodies. But sometimes dust and tiny particles can come inside.
- Allah created sneezing to help push these unwanted things out, keeping our noses cleaner and more comfortable.
- A sneeze is like our body's little cleaning helper!

2. Sneezing helps protect our bodies

- Our noses are connected to our breathing system. Allah created sneezing as a way for our bodies to respond when something may cause irritation.
- It is one of the many ways Allah helps protect us without us even having to think about it.

➤ *SubhānAllah! Allah cares for us in ways we notice and ways we do not notice.*

3. Sneezing reminds us of Allah's amazing design

- Children, think about this: we do not have to tell our bodies when to sneeze. We do not press a button or give instructions.
- Allah created our bodies with special systems that work automatically.
- Our noses, lungs, and brains all work together to keep us safe.

➤ *SubhānAllah! Allah's creation is full of wisdom.*

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Have you ever wondered why we sneeze? What do you think would happen if our bodies could not sneeze?"
- **Allow children to share their ideas.**
- **Then say:**
Allah gave us many blessings inside our bodies that work quietly to help us. A sneeze may seem small, but it is part of Allah's perfect design."

Imagine If We Only Had One Nostril

Children, imagine if Allah had not given us the ability to sneeze.

What might happen?

- Dust and tiny particles could stay inside our noses more easily.
- Our noses may feel uncomfortable when something irritates them.
- Our bodies would not have this quick way of clearing things away.

Something that may seem annoying is actually one of Allah's helpful gifts.

An Amazing Fact

Children, did you know that a sneeze happens very quickly?

Before we even realise we are going to sneeze, our body has already noticed something and prepared a response.

Allah created our bodies with incredible speed and accuracy. We do not have to control every little thing inside us — Allah has created our bodies to work in amazing ways every single day. - *SubhānAllah!*

Activity — The Nose Filter

Teacher Instructions:

- Show the children a small piece of cotton wool or a tissue.
- Place a few tiny paper pieces or pieces of glitter nearby.
- Ask: - "What does this cotton or tissue do? Does it help stop tiny things from spreading?"
- Explain: "Our nose has tiny hairs and mucus that help catch some dust and particles. When something irritates our nose, Allah created sneezing to help remove it."

Reflection Question

- » *Did you ever think a sneeze was a blessing from Allah?*
- » *Why does our body make us sneeze?*
- » *What does sneezing teach us about Allah's care?*
- » *Can you think of another thing your body does automatically that helps you?*

Lesson Message

- Sometimes we notice the big blessings from Allah, like our eyes, hands, and feet. But Allah also gives us small blessings that quietly help us every day.
- Even a sneeze — something simple that happens in our bodies — shows Allah's wisdom and care.
- SubhānAllah! Allah created every part of us with a purpose.
- Alhamdulillah, Allah protects me through blessings I can see and blessings I cannot see.

Lesson 7 • The Hidden Blessing of Nose Mucus

Children, today we are going to learn about something inside our nose that many people do not think is a blessing.

Can anyone guess what it is?

It is... Nose mucus!

Some people think mucus or “boogers” are dirty or useless. But children, Allah Most High does not create anything without wisdom. Everything Allah creates has a purpose. Even something we may not like — like mucus in our nose — is actually one of Allah’s amazing gifts.

☞ *SubhānAllah!*

Children question

Can anyone tell me why we have hair in our nostrils?

What Is Nose Mucus?

Children, inside our nose there is a special sticky substance called mucus. Allah created the inside of our nose to make mucus every day. We do not have to tell our nose: - *“Make mucus now!”*

Our body does this automatically. Mucus helps keep the inside of our nose comfortable and protected.

☞ *SubhānAllah! Allah created our bodies with systems that work without us even thinking about them.*

Why Did Allah Give Us Mucus?

1. Mucus helps catch dust and dirt

- Children, every day we breathe in air. But the air around us can contain tiny things like dust, pollen, and small particles.
- Allah created mucus to act like a sticky trap.
- It catches these tiny things before they travel deeper into our body.
- It is like a little security guard inside our nose!

☞ *SubhānAllah! Allah protects us from things we cannot even see.*

2. Mucus helps stop germs from entering our body

- Children, sometimes tiny germs can enter through the air we breathe.
- Allah created mucus to help trap these unwanted visitors and stop them from travelling further.
- When our body notices something it does not like, it can make extra mucus to help remove it.
- This is why we may have a runny nose when we have a cold.
- Our body is working hard to protect us.

➡ *SubhānAllah!*

3. Mucus helps our nose stay soft and healthy

- Children, imagine if the inside of your nose was completely dry like a desert.
- It would feel uncomfortable!
- Allah created mucus to keep the inside of our nose moist and comfortable.
- It helps the tiny hairs inside our nose do their important job of moving dirt and unwanted things out.

What Are Boogers?

Children, sometimes mucus stays inside our nose and becomes dry. When mucus dries, it becomes what we call a booger.

A booger is not just dirt — it is mucus that has collected tiny particles from the air. It is actually a sign that our nose has been working hard!

➡ *SubhānAllah!*

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Before today, did you ever think mucus was helping your body?"
- **Allow children to share their ideas.**
- **Then say:**
"Sometimes Allah gives us blessings that do not look beautiful, but they are still helping us."

Imagine If We Had No Mucus

Children, imagine if Allah had not created mucus in our noses.

What might happen?

- Dust could enter our breathing system more easily.
- The inside of our nose could become dry and uncomfortable.
- Our nose would not have the same protection against tiny particles.

Something that people sometimes call “gross” is actually helping keep us healthy.

An Amazing Fact

Children, did you know that our nose makes mucus all the time?

Most of it is so small that we do not even notice it.

We even swallow some mucus without knowing!

Allah designed our bodies to quietly clean and protect themselves every day.

👉 *SubhānAllah!*

Activity — The Sticky Trap

Teacher Instructions:

- Show children a piece of sticky tape.
- Sprinkle small pieces of paper, glitter, or sand onto it.
- Ask:
"What happened when the tiny pieces touched the sticky tape?"
- Explain:
"Mucus works a little like this. Allah made it sticky so it can catch dust and tiny particles before they go deeper into our body."

Reflection Question

- » *Did you know mucus helps protect your nose?*
- » *What things does mucus catch?*
- » *Why does our nose need to stay moist?*
- » *What does mucus teach us about Allah's amazing creation?*
- » *Can you think of another blessing Allah has given us that we do not always notice?*

Lesson Message

- Sometimes Allah's blessings are hidden inside things we do not notice.
- Mucus may seem small or unpleasant, but it is one of Allah's gifts that helps protect our bodies every day.
- SubhānAllah! Allah created our noses with wisdom and care.
- Alhamdulillah, Allah protects me through blessings I can see and blessings I cannot see.

Lesson 8 • The Hidden Connection Between Our Nose and Taste

Children, today we are going to learn about something amazing that happens every time we eat.

Can anyone guess what it is?

It is... the connection between our nose and our taste!

Many people think that our tongue does all the work when we taste food. But children, Allah Most High created our bodies in a much more amazing way.

Our nose and tongue work together to help us enjoy the flavours of the food we eat.

➤ *SubhānAllah!*

How Do We Taste Food?

Children question

Can anyone tell me how does our nose help us to smell?

Children, Allah gave us a special gift called taste.

Our tongue helps us recognise different tastes like:

- Sweet
- Sour
- Salty
- Bitter
- Savoury

But did you know that our nose also helps us enjoy the flavour of food?

When we eat, tiny smells from our food travel up into our nose. Our brain combines the information from our tongue and our nose to help us recognise the full flavour.

➤ *SubhānAllah! Allah created our senses to work together.*

Why Does Food Taste Different When Our Nose Is Blocked?

Children, have you ever had a cold and noticed that your food did not taste as good? Maybe your favourite meal seemed boring or had less flavour.

Why does this happen?

When our nose is blocked, the smells from our food cannot travel as easily to the special smell sensors inside our nose.

Our tongue can still taste the basic tastes, but we miss many of the smells that make food enjoyable. That is why food can seem less tasty when we have a blocked nose.

➤ *SubhānAllah! Allah created our nose to help us enjoy the blessings of food.*

Why Did Allah Connect Our Nose and Taste?

1. Our nose helps us enjoy Allah's blessings of food

Children, Allah gives us many different foods:

- Fruits
- Bread
- Different meals
- Pleasant smells

Our nose helps us notice the wonderful smells of the things Allah has created. The smell of fresh bread, sweet fruit, or a delicious meal is another blessing from Allah. - *Alhamdulillah!*

2. Our nose and tongue work as a team

Children, imagine if your tongue worked alone.

You could still taste if something was sweet or salty, but you would miss many of the amazing flavours.

Allah created different parts of our body to help each other.

The nose helps the tongue, and the tongue helps the nose.

SubhānAllah! Allah's design is perfectly connected.

3. Our senses remind us to be grateful

Children, every day we use our senses without thinking.

We smell food.

We taste food.

We enjoy the blessings Allah has given us.

But we do not always stop and say:

"Alhamdulillah for my nose and my tongue."

Allah has given us so many hidden blessings.

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"Have you ever eaten food when you had a blocked nose? Did it taste the same?"
- **Allow children to share their experiences.**
- **Then say:**
"Allah created our nose and tongue to work together. Even when one small part does not work properly, we notice how important Allah's blessings are."

Imagine If We Could Not Smell Food

Children, imagine if Allah had not given us the ability to smell.

What would happen?

- Food would not have the same wonderful flavours.
- We would miss many beautiful smells around us.
- Eating would not be as enjoyable.

Allah gave us our nose not only to breathe and protect us, but also to enjoy His blessings.

An Amazing Fact

Children, when you eat, your nose is helping you more than you realise.

That is why people often say:

"Food has no taste when I have a cold."

The food is still there, and the tongue is still working, but the nose is missing part of the experience.

➤ *SubhānAllah! Allah created our senses to work together in a beautiful way.*

Activity — Taste Without Smell

Teacher Instructions:

- Give children a small piece of food (with allergy considerations) such as a small sweet or fruit.
- Ask them to close their nose gently while tasting it.
- Then ask them to smell it and taste it again.
- Ask:
"Did it feel different?"
- Explain:
"Our nose helps us enjoy the full flavour of food. Allah connected our senses together."

Reflection Question

- » *Did you know your nose helps you taste food?*
- » *Why does food seem less tasty when your nose is blocked?*
- » *What does this teach us about Allah's creation?*
- » *What food smell are you grateful for?*
- » *What other senses has Allah given us?*

Lesson Message

- Allah did not create our body parts separately without purpose. He connected them together in amazing ways.
- Our nose helps us breathe, protects us, helps us smell, and even helps us enjoy the taste of our food.
- SubhānAllah! Allah's creation is full of wisdom.
- Alhamdulillah, Allah has given me senses that work together to help me enjoy His blessings.

Lesson 9 • The Amazing Gift of Breathing Through Our Nose

Children, today we are going to learn about another amazing blessing Allah Most High has given us — our nose helping us breathe.

Many people think our nose is only for smelling, but children, Allah created our nose with many important jobs.

Our nose is like a special doorway that allows air to enter our bodies.

Every moment of every day, our nose is helping us breathe without us even thinking about it.

➤ *SubhānAllah! With every breath we take, Allah is taking care of us.*

How Does Air Enter Our Body?

Children, every time we breathe in, air enters through our nose.

The air travels through our nose, down our breathing passages, and into our lungs.

Our lungs then use this air to help our bodies stay alive and strong.

Think about this:

Do you ever have to remind yourself:
"Take a breath now!"

No!

Allah created our bodies so that breathing happens automatically.
Even when we are sleeping, Allah's system continues working.

➤ *SubhānAllah! Allah is caring for us every moment.*

Why Did Allah Give Us a Nose for Breathing?

1. Our nose helps clean the air we breathe

Children, the air around us may contain tiny things we cannot see, like:

- Dust
- Small particles
- Pollen

Allah created our nose with special helpers that catch some of these tiny things before they travel deeper into our body.

Our nose works like a little filter.

☞ *SubhānAllah! Allah protects us from things we cannot even see.*

2. Our nose helps warm the air

Children, imagine breathing in very cold air.

If cold air went straight into our lungs, it would not be as comfortable.

Allah designed our nose to help warm the air before it reaches our lungs.

It prepares the air for our body.

☞ *SubhānAllah! Allah created our bodies with perfect care.*

3. Our nose helps make the air comfortable

Children, our nose also helps add moisture to the air we breathe.

This helps stop our breathing passages from becoming too dry.

Allah created our nose to prepare every breath before it enters our body.

Breathing Is a Hidden Blessing

Children, think about how many breaths you take every day.

- You do not count them.
- You do not control every breath.
- You do not have to remember to breathe when you are asleep.

Allah created our bodies with a wonderful system that works all the time.

☞ *Alhamdulillah!*

Every breath is a gift from Allah.

PAUSE — Teacher's Interaction

Teacher Instructions:

- **Ask the students:**
"How many times today did you remember to take a breath?"
- **Allow children to answer.**
- **Then ask:**
"Who helps your body breathe even when you are not thinking about it?"
- **Guide them towards:**
"Allah created my body to breathe automatically."

Imagine If We Could Not Breathe Through Our Nose

Children, imagine if Allah had not created our nose to help us breathe.

What might happen?

- Breathing would not be as comfortable.
- The air would not be cleaned and prepared in the same way.
- We would miss one of the amazing jobs our nose does for us.

Something we use every second of every day is a huge blessing from Allah.

An Amazing Fact

Children, your nose and lungs work together every moment.

While you are playing, learning, sleeping, and resting, your body is quietly taking in air.

You do not see this amazing process happening, but Allah is always looking after you.

➤ *SubhānAllah!*

Activity — Feeling Our Breath

Teacher Instructions:

- Ask children to place their hands near their nose or on their chest.
- Ask them:
"Can you feel the air moving in and out?"
- Then explain:
"Allah gave us our nose to help us breathe. Every breath we take is a gift from Allah."
- You can also ask:
"What would happen if we had to remember every single breath?"
- Help children understand how Allah has made our bodies work automatically.

Reflection Question

- » *What is one job our nose does besides smelling?*
- » *How does our nose help the air before it reaches our lungs?*
- » *Who created our amazing breathing system?*
- » *Why should we say Alhamdulillah for every breath?*

Lesson Message

- Allah Most High created our nose not only to smell but also to help us breathe.
- Every breath we take is a reminder that Allah is caring for us all the time.
- SubhānAllah! Allah created our bodies with wisdom and perfect design.
- Alhamdulillah, Allah gives me every breath and takes care of me every moment.