

# GOOD MANNERS



# Adab of eating and drinking



Washing hands before eating. Lets stay clean and protect our bodies given by Allah Subhanahu wa ta'ala.

Bismillah before eating. After eating, say Alhamdulillah because Allah gave us delicious food while many people go hungry.



Always eat with the right hand.

Do not waste food or complain about it. Remember the poor before wasting food.

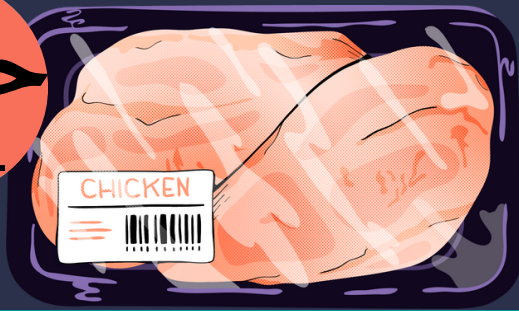


Sit while eating and drinking. Do not recline while eating.

# Adab of eating and drinking

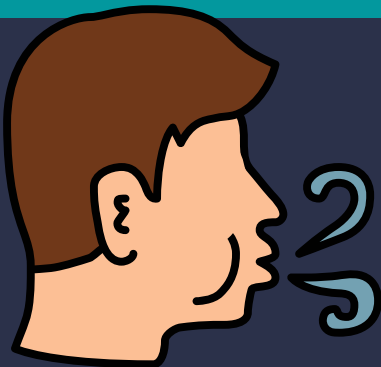
حلال

HALAL



Always eat halal food.

Use three fingers to eat. Lick your fingers after eating.



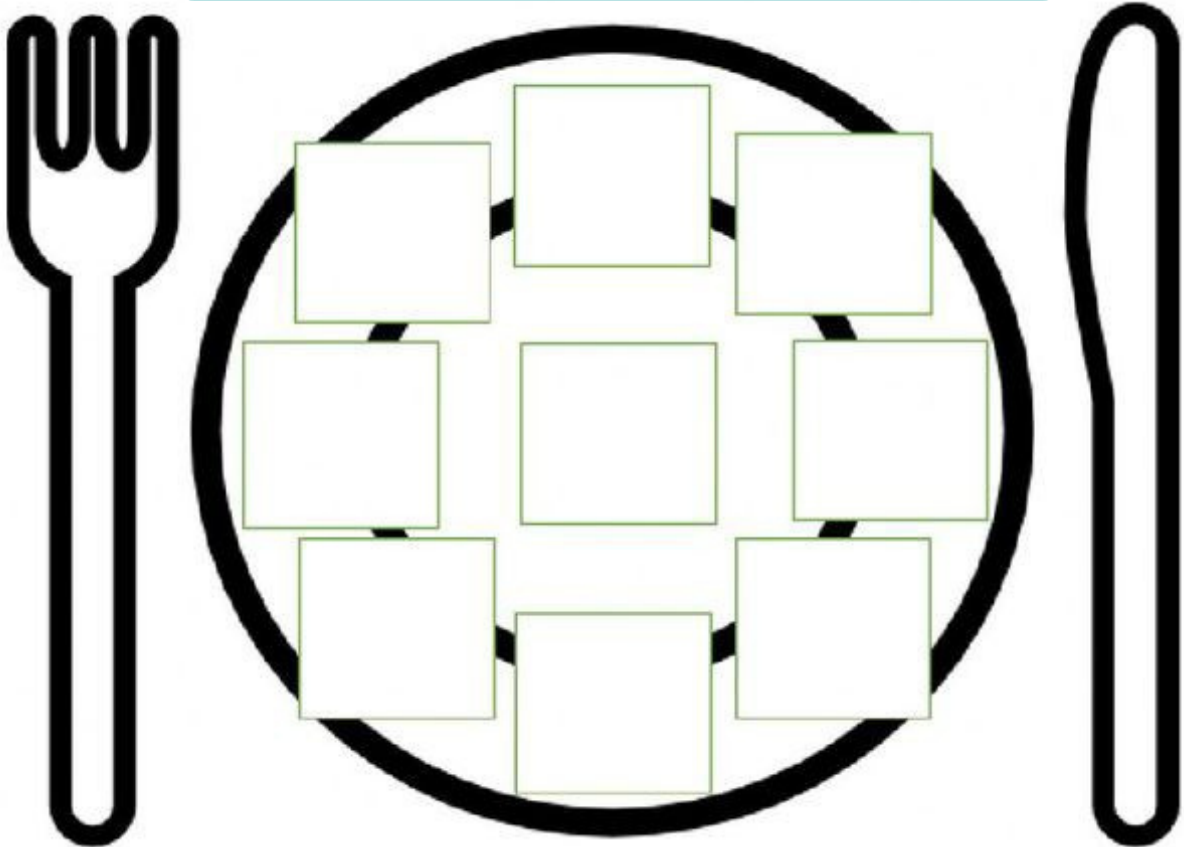
Don't blow into the food.

If food falls down, clean it and eat. Don't throw it away.



Drink water in three sips.

Cut out the pictures of food and  
stick them to the plate



# ACTIVITY





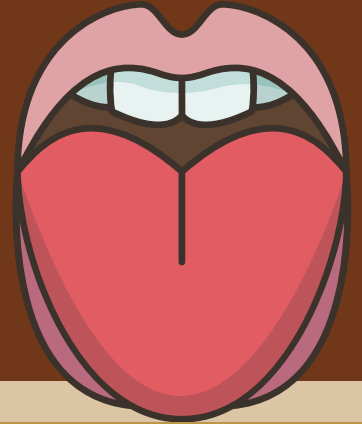


# Make a chart!



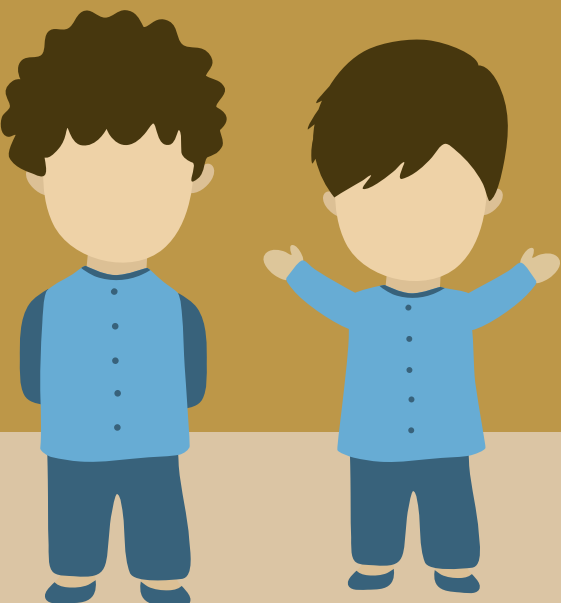
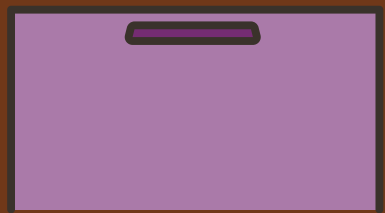
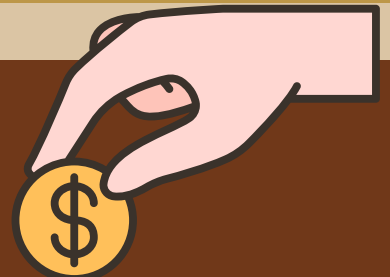
# Adab of speaking

Preserving one's tongue.



**Speak good or remain silent.**

Good speech is charity.



**Limit your speech, don't backbite or talk unnecessary things that do not concern you.**

# Adab of speaking

Speak the truth and don't lie.



Don't mock others or address them with funny nick names.

Speak softly and politely. Do not argue or get angry.



Don't hurt others with harsh words and foul language.



# STORY TIME

Narrate your favorite story





# Adab with parents

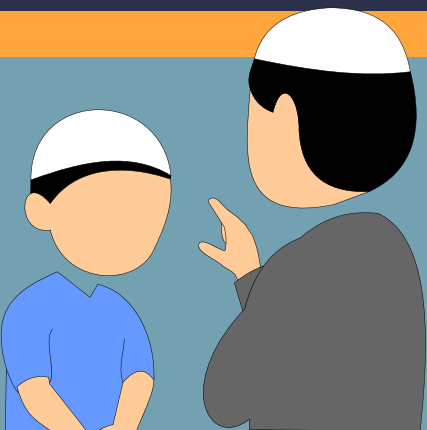
Honouring parents.



Helping them by being dutiful.



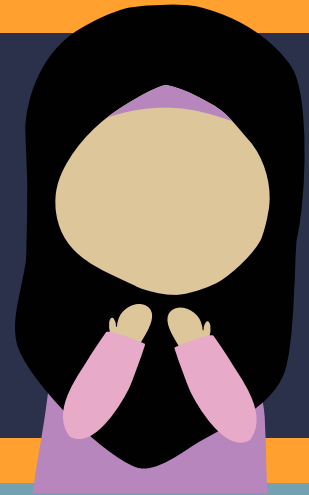
Being kind .



Being obedient .

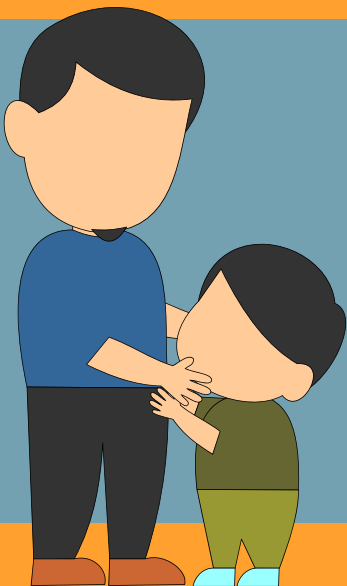
# Adab with parents

**Make dua for them.**



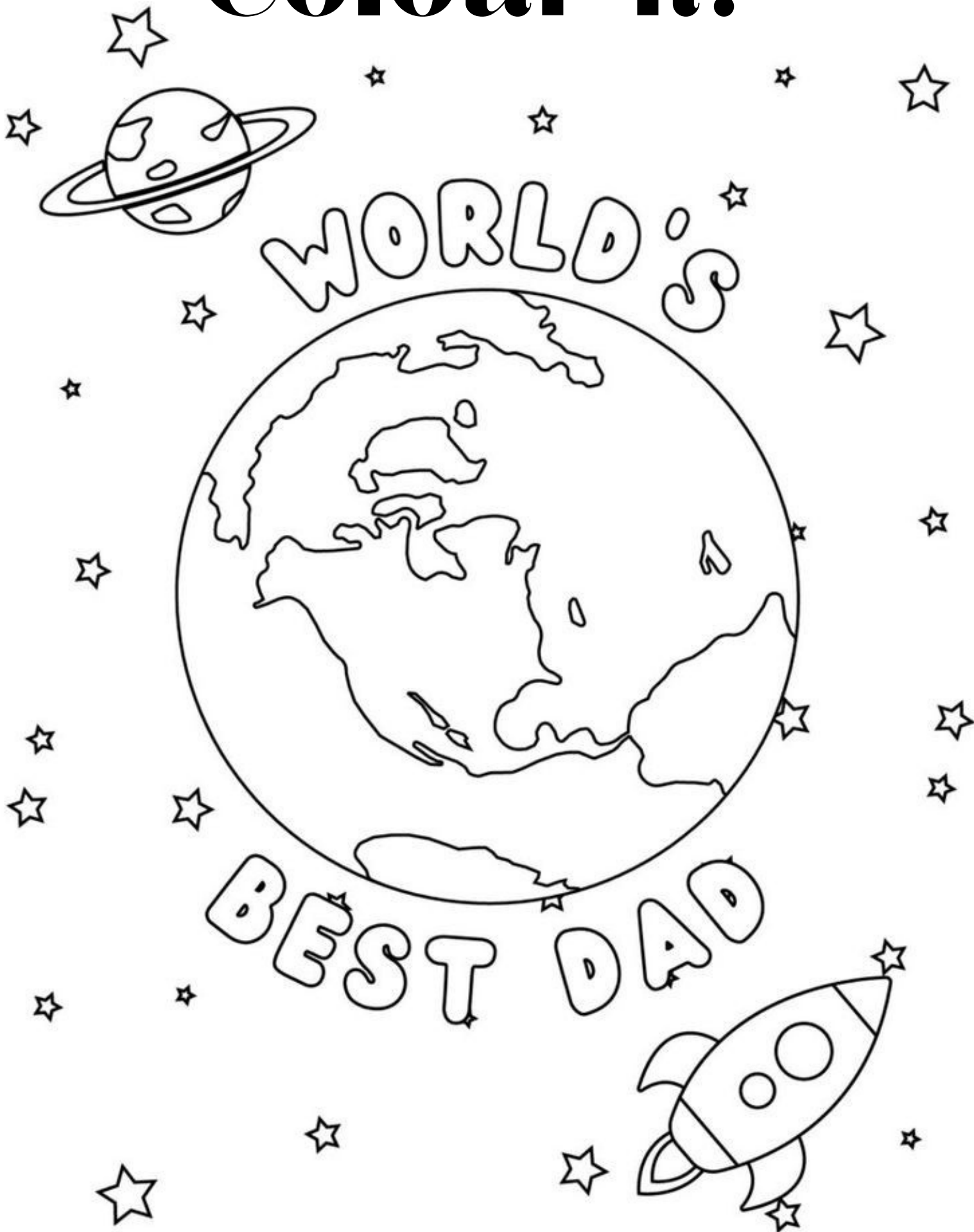
**Don't raise your voice against them.**

**Don't call them by their names.**



**Play with them, help them with their work. Spend time with them. Be affectionate with them.**

# Colour it!



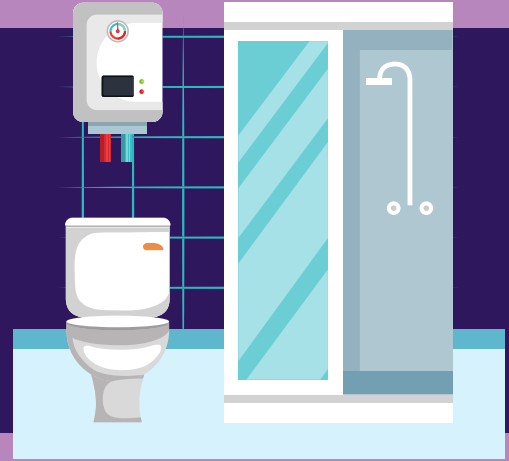
I LOVE YOU

MOM



# Adab while using washroom

Recite the dua before entering and after leaving the washroom.



After relieving yourself, wash yourself with water.

Enter with the left foot.  
Leave with the right foot.



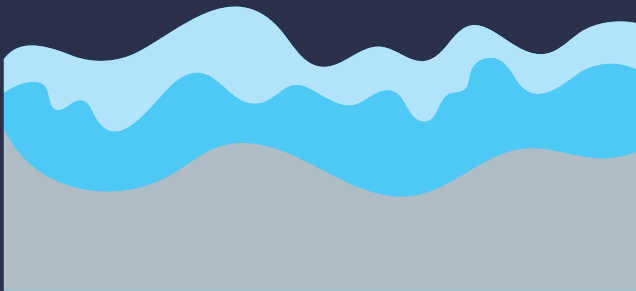
Ensure that the urine doesn't touch yourself or your clothes. If it does, wash the part or the cloth well.

# Adab while using washroom



Don't face the qiblah or turn your back towards it while using the toilet.

Don't use your right hand to clean yourself.



Don't urinate in stagnant water.

Don't talk while relieving yourself unless it's necessary.





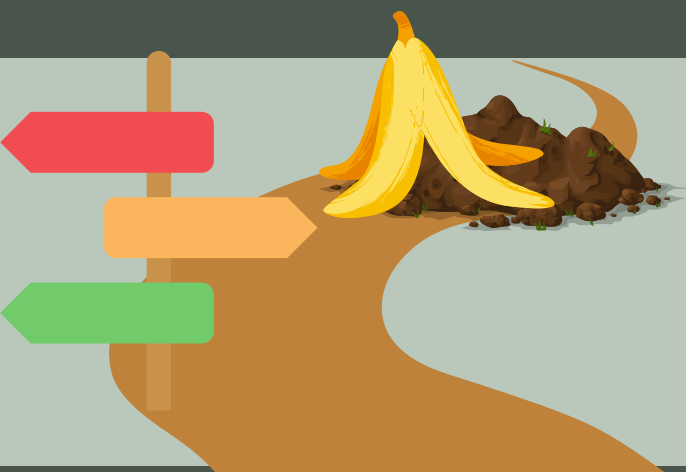
# Adab with the neighbour



Assalamu  
a'laikum

**Greet them with salam  
when you meet them.**

**Give them gifts. Be kind  
and polite to them.**



**Don't harm them in  
any way.**

**Don't talk ill about  
them.**



# HABIT TRACKER

MONTH :

HABITS	M	T	W	T	F	S	S
BEING KIND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HELPING YOUR FRIEND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EATING HEALTHY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HELPING YOUR MOM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FEEDING AN ANIMAL/BIRD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TALKING TO YOUR DAD ABOUT YOUR DAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SHARING FOOD WITH THE POOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOW TO BE A BETTER MUSLIM?


Filled by parents / teachers to help the child improve.

# HABIT TRACKER

MONTH :

HABITS	M	T	W	T	F	S	S
BEING POLITE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GIVING A GIFT TO YOUR NEIGHBOUR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WASHING YOUR PLATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GIVING CHARITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HUGGING YOUR MOM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CLEANING YOUR ROOM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAYING " I LOVE YOU FOR THE SAKE OF ALLAH" TO YOUR FRIEND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOW TO BE A BETTER MUSLIM?


Filled by parents / teachers to help the child improve.

# Reward chart



# HADITH

سنة محمد



# BE NICE

وَخَالِقِ النَّاسَ بِخُلُقٍ حَسَنٍ

Behave well towards the people.

[40 Hadith of Nawawi, No: 18]





# FOLLOW A BAD DEED WITH A GOOD DEED

وَأَتَّبِعِ السَّيِّئَةَ الْحَسَنَةَ تَمْحُهَا

Follow up a bad deed with a good  
deed which will wipe it out.

[40 Hadith of Nawawi, No: 18]



# COVER THE FAULTS OF OTHERS

وَمَنْ سَتَرَ مُسْلِمًا سَتَرَهُ اللَّهُ فِي الدُّنْيَا  
وَالْآخِرَةِ

**Whoever covers the faults of a Muslim,  
Allah will cover his faults in this world  
and in the Hereafter.**

**[Sahih Muslim]**



# LEAVE OFF THINGS WITH NO BENEFIT

مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا  
يَغْنِيهِ

**Part of the perfection of one's  
Islam is his leaving that which  
does not concern him.**

**[40 Hadith of Nawawi, No: 12]**



**Mind our own  
business.**

# THE STRONGEST ONE

لَيْسَ الشَّدِيدُ بِالصُّرَعَةِ، إِنَّمَا الشَّدِيدُ  
الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

**The strong is not the one who  
overcomes the people by his  
strength, but the strong is the one  
who controls himself while in anger**

**(Sahih Bukhari 6114)**



# Facts about Hadith

Hadith is the saying and teaching of Prophet Muhammad ﷺ, as narrated by his companions. The things that he allowed, prohibited and disliked. We must follow him as commanded by Allah to reach Jannah.

“O' you who have Faith! Obey Allah and His Messenger, and do not turn away from him while you hear (him).”

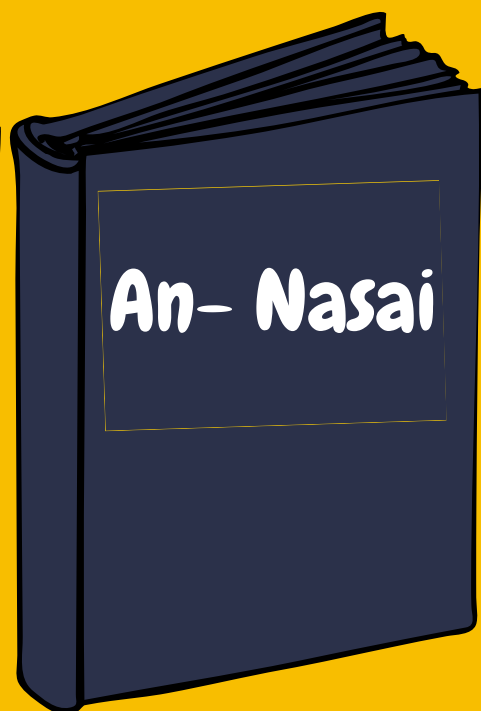
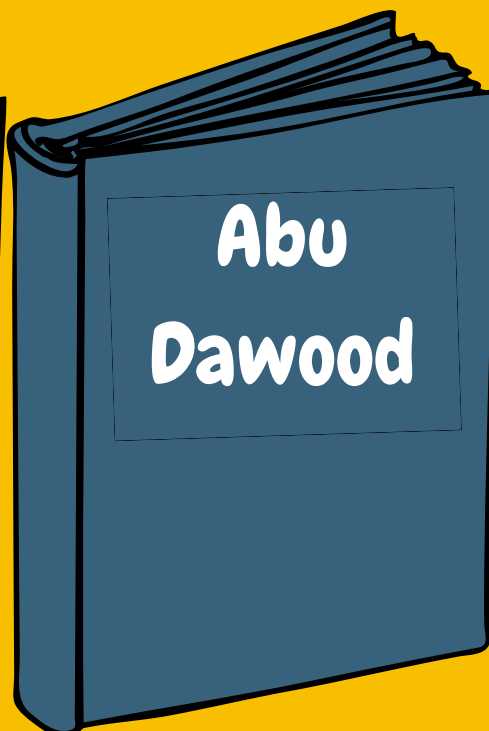
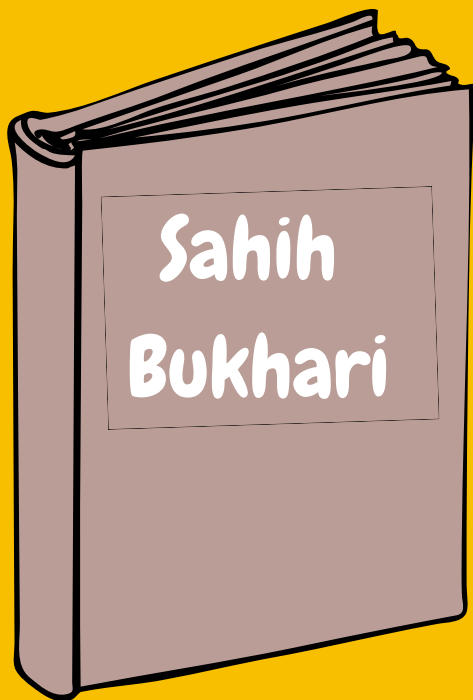
Surah Anfal: 20

Disobedience to the Prophet ﷺ is disobedience to Allah Subhanahu wa ta'ala.

Let us follow our beloved Prophet ﷺ, our role model.

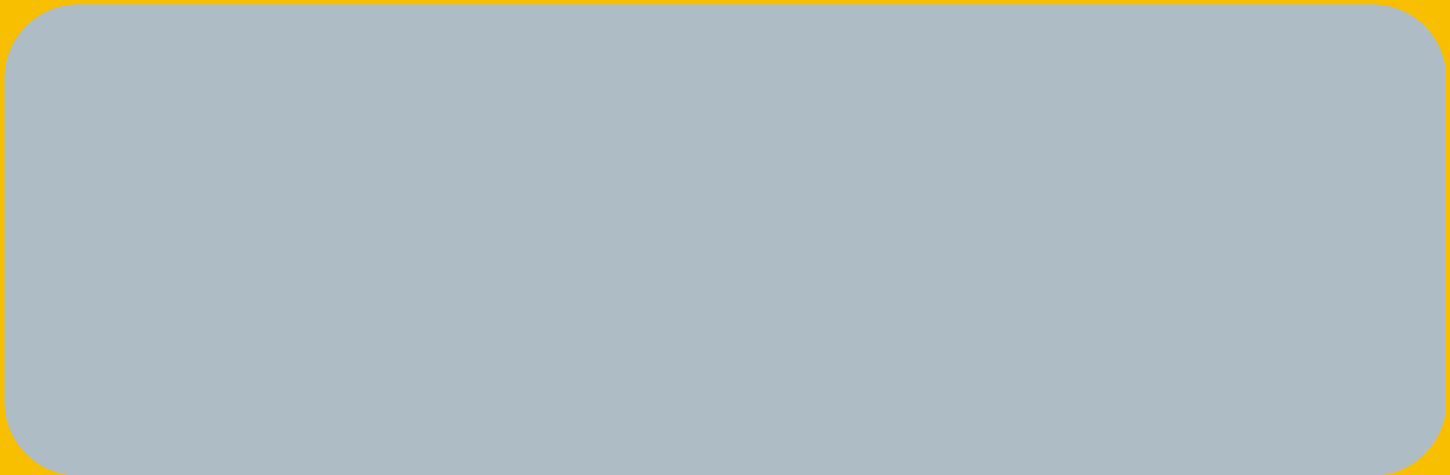


# Authentic books of hadith





**Find one hadith from each book and write it in the space provided.**



# Write & colour



محمد

صلى الله  
عليه وسلم



Whenever the name of Prophet  
Muhammad is mentioned, we must  
say salAllahu alaihi wa sallam  
(Peace and blessings be upon him)