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Islam Education Fun

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FOR CHILDREN AGED 5-16



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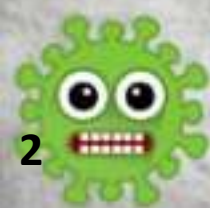
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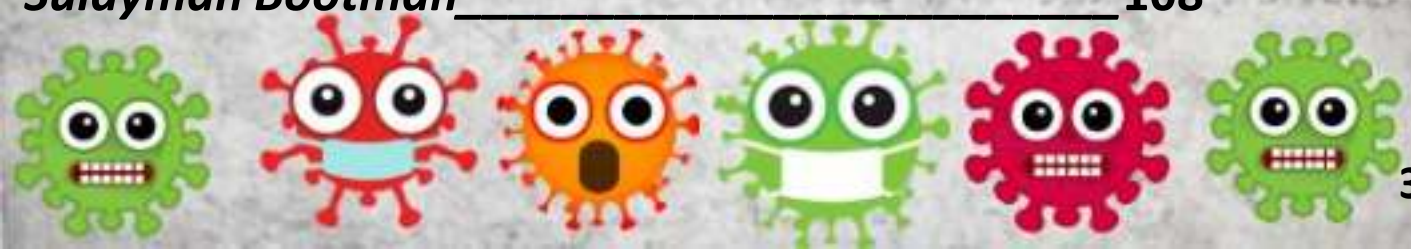
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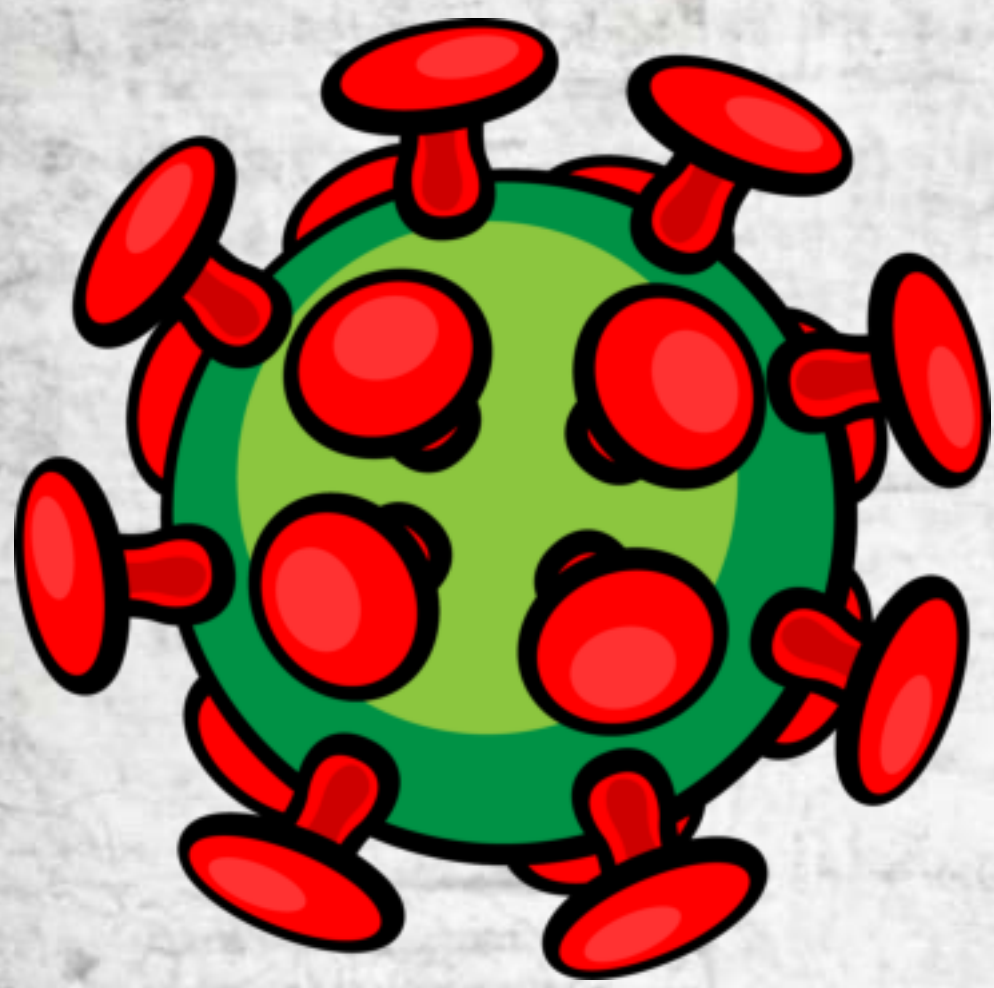


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INTRODUCTION

Peace/Salam,


My name is Shama Farag. I was born and raised in Egypt. I graduated from the school of science, and I got a premaster degree in Botany. Then, I worked as a researcher at the Egyptian Environmental Affairs in Egypt.



Then, I switched to translation and language localization. It went fine along with the needs of my family. I undertook various courses including, a diploma in Islamic theology, creative writing, storytelling techniques, history and modern literature. I am grateful for people who made online learning free back then.

My dad was an Engineer and a scholar, he was a devout Muslim, but he never looked down upon any less practising Muslims nor cut ties with anyone. He continued to serve others and this includes his family even after his diagnosis with chronic kidney failure. He was the least healthy in the family; but he was granted a magnificent sense of righteousness, caring, and wisdom.

He taught me the importance of community work and how favouring others over ourselves instils purity in our hearts and souls. Unfortunately, this is hard for many people to do. Still, it's considered a pure Iman "belief." When you help others, help make them as good



as you, when you love to see goodness happening to others as much as you love goodness for yourself, this is a pure test of your heart and intentions. As simple as that. That was so inspiring!

Amongst my volunteering activities were helping in an orphanage, narrating prophetic stories to kids, recording audiobooks for the visually impaired for non-profit organisations. This led me to start my media platforms on SoundCloud and YouTube six years ago. I have also participated in many interfaith programmes since I moved to America and; I am a grateful member of MAPS- Many Cultures and One Community and Interfaith and Outreach Community.

I have been writing since I was 12 years old and, and now- all praise to God- I'm a published author. I have more than eight books published through Amazon Kindle. I am the chief editor of Little Farah Magazine at the Farah Saeed Trust, a magazine for Muslim kids all around the world. Also, I'm a columnist at Arabicpost and Aljazeera Arabic. My writings are mainly focused on diversity and inclusion. Amongst my publications are: "Egyptian Food Made Easy" cookbook; "Hi, I'm Syrian"; "I'm different...I'm Special". I have also released an Arabic practice guide Level 1 and 2 for non-Arabic speaking children to help families teach their children Arabic. My two latest release are Mrs. Z, the substitute, a collection of short stories aged 9 years and above. I have also collaborated with some of my talented young fans of my blog to help me out with illustration and writing for an upcoming project 'Storytelling with MAPS-MCOC'. Please tune in soon.

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Website: <https://shama-farag.square.site/>



COVID-19 Reflection

By Shama Farag

I remember a story my grandma once told me. Once upon a time, a guy was sailing his boat. The waves were so high and caused the sailing boat to sink. The guy swam for hours until his limbs were numb. After hours and hours of swimming, finally, he reached the beach of an island. He was sorry for the boat he had lost, even he didn't know anyone on the island where he landed. Days passed, then he figured out that there was no way he could get back to his home village. He gave up searching for ways to return, then eventually, he started to explore the island. He found out that the island was even better than his home village. "Allah always has better plans," he told himself.

The guy lived on the island for years and years. He built his hut, established his business, and everything was going fine.



Until that day, he forgot his food cooking and left his hut. He went away for hours and then returned to find that his house was set on fire, a massive fire. The smoke was everywhere, and the hut was burned to the ground!

He tried to put off the fire, but, unfortunately, it was too late. While the guy was putting off the fire, he lost a finger as well. He was so devastated that he started to blame his luck. He sobbed, wailed, and cried out loud. A few minutes later, a gigantic ship was crossing by the beach. The people on board were curious to see where the smoke was coming from. They found the guy and his burnt hut. They got off their ship and told the guy that their king just died, and they were looking for a new king to rule them. They suggested that he might be a good fit, but he should have a scar on his body. They believed that Scars are signs of strength and well-being. In their tradition, they think that if someone had a scar, that means that this person has survived great misfortunes.



Then they saw the burnt finger of his, then, they decided to appoint him as their new leader!

Allah always has better plans!

Let's just say that this year has been the best year of our lives. The year that we saw how many blessings Allah had granted us. This year is when we realized how important our families are, and our true friends have revealed.

The year we discovered that even our ability to breath is a blessing, our ability to run errands and go out is a blessing, our health and well-being is the greatest blessing of all.

Still, this year has been so hard for many of us. However, as long as we still breathing, there is always a chance for better days and new beginnings.



Of course, we might feel sad for those we lost during the pandemic and for those who caught the virus, but let's just say that pain, loss, and tragic events are natural reminders of the hereafter. They are reminders that nothing and no one would last forever, so we remain focused on living our lives like we are travelers. We should not behold or hoard anything.

We should love with all of our hearts and stay kind as much as we can. We should give and forgive. We should practice gratitude and see the good in others. We should love more and judge less. We should be more sharing and extra caring. We should count the blessings instead of thinking about what we lack. I need you to take all of these brain tips into consideration and try your best to practice them...

Do you know that you can rewire your brain if you count three things you are grateful for 21 consecutive days? Stay grateful!

You will be who you always think you are. Stay positive!

Art will enhance your mode even if you're not good at it. Art can be drawing, cooking, baking, writing stories, beading, or photography. Stay artistic!

Brain Tip **1**

Brain Tip **2**

Brain Tip **3**



Islam





"Do what is beautiful. Allah loves those who do what is beautiful"

[Quran, Surah Al Baqarah, 2:195]



The Gems

Patience and Perseverance are two key attributes that allow one to be steadfast. All of our Prophets (May Allah mercy upon them) have undergone all forms of hardships just to invite people to the oneness of Allah (The Most High) and do good and prevent the evil acts. We can learn a lot from their parables and the ongoing trials they endured.

Amongst them is Prophet Ayub (peace be upon him), who was sent to Palestine. He was the nephew of Prophet Yaqoob (peace be upon him) and descendant of Prophet Ibrahim (peace be upon him).

وَاب



Of Prophet



As much as he was steadfast in Islam, the more he faced oppression. Allah (The Most High) has blessed him with prosperity and wealth, but he was humble and not arrogant. He also met several tests where his farm was attacked by thieves who stole many farm animals. After a while, the house's roof fell down and killed many relatives, including his children. However, his faith remained strong and bore his pain.

The calamities did not stop. After a few years, prophet Ayoub suffered a skin disease with sores and ulcers around his body, including his face and hands. His friends left him and insulted him accusing him that it was due to his sins.



During times of hardship, he knew who was sincere and who his loved ones were, and this was none other than a faithful wife, Rahima. However, even his wife, after a while, grew tired of serving him. It was 18 years of suffering from this disease.

When suddenly, she could not find anything to eat nor had any money to buy anything. She cut her hair and sold it to buy food for her beloved husband. Prophet Ayub (peace be upon him) asked where she got it. His wife refused to say, but he insisted, and she told him what she has done.



He was upset and made a dua.

"Truly, adversity has afflicted me, and You are Most Merciful of all who show mercy."

[Quran, Surah Anbiya, 21: Verse 83]

Allah responded to his prayer with mercy:

"Then We heard his prayer and removed that adversity from which he suffered, and We gave him his household and the like thereof along with them, a mercy from Our store and remembrance for the worshippers."

[Quran, Surah Anbiya, 21: Verse 84]

Allah commanded him to strike his foot and to take a bath with the spring water. He recovered from the skin disease and prayed with gratitude.



"And remember Our servant Job, when he called to his Lord, "Indeed, Satan has touched me with hardship and torment." [So he was told], "Strike [the ground] with your foot; this is a [spring for] a cool bath and drink." And, We granted him his family and a like [number] with them as mercy from Us and a reminder for those of understanding."

[Quran, Surah Saad 38: 41-43]

This suggests that those who are patient while undergoing challenging circumstances will be rewarded. This is the approach we need to take, especially during the coronavirus pandemic.



We pray we make dua, and we remain patient.
We must stay obedient and thank Him.

Prophet Ayub (peace be upon him) was unrecognizable even to his wife due to his youthful appearance. Allah (The Most High) also made his wife young as a reward for her patience. They had lots of children and prosper again.

May Allah allow us to be patient just like Prophet Ayub (peace be upon him).

Please share with your parents or siblings what you have learned. Share how it changed your vision towards the pandemic and practically make the most of it in His remembrance.



HOW TO DEAL WITH

What do you do when you are faced with hardship?

Do you cry and ask questions like why is this happening?

What did I do to deserve this?

How is the coronavirus different from other trials I faced?

How we deal with it depends on our outlook on life.

This is the moment to connect further with Allah (The Most High) through dua, prayer, reading Quran, and doing charitable deeds.

Why?

Trials are means of expiation of sins, increasing our closeness to Allah (The Most High), and becoming stronger as human beings because this pandemic situation could have been so much worse.



HARDSHIPS...?

We must trust Allah because there is always wisdom behind every test we face, even with the coronavirus pandemic. We should never lose hope as we do not know the unseen. Allah (The Most High) knows best.

The Prophet Muhammad (peace be upon him) said,

"How amazing is the believer's affair! Allah decrees nothing for the servant except that it is good for him."

[Musnad Ahmed]

Allah (The Most High) did not promise this life would be easy, but he did promise that we will be rewarded for our good deeds as mentioned in the following verse:

"Whoever works righteousness, man or woman, and has Faith, verily, to him will We give a new Life, a life that is good and pure and We will bestow on such their reward according to the best of their actions."

[Quran, Surah Al Nahl

(The Bee), Verse 97]



HOW TO DEAL WITH

And when we do connect with Allah, our hearts will find rest.

"Verily, with the remembrance of Allah, do hearts find rest."

[Quran, Surah Al-Raad, (The Thunder), Verse 28

لا إله إلا أنت سبحانك إني كنت من الظالمين

"There is no deity but You. Glory be to You! Verily, I have been among the wrongdoers."

(Quran 21:87)

This dua was said by Prophet Yunus (may Allah have mercy upon him) when he was inside the whale stomach. The Prophet (peace be upon him) said:

No Muslim person says it, for any situation whatsoever, except that Allah Most High answers his call.

[Al Tirmidhi]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.

[Al-Bukhari]



HARDSHIPS...?

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

In the name of Allah with whose Name nothing on earth or in Heaven harms, and He is the All-Hearing the All-Knowing.

The Prophet (peace be upon him) said about this dua:

No one says in the morning of every day and the evening of every night 'In the name of Allah with Whose name nothing can harm on earth or in heaven, and He is the All-Hearing, All-Knowing),' three times and nothing will harm him.

[Abu Dawud]



HOW TO DEAL WITH

لا إِلَهَ إِلَّا اللَّهُ الْعَلِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ
لا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ
الكَرِيمِ

There is no deity but Allah, the Knowing, the Clement. There is no deity but Allah, Lord of the Magnificent Throne. There is no deity but Allah, Lord of the heavens and Lord of the earth and Lord of the Noble Throne.

[Al-Bukhari]

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ
سِوَاكَ.

O Allah suffice me with what You have allowed instead of what You have forbidden and made me independent of all others besides You.

[Al Tirmidhi]

اللَّهُمَّ قَنِّعْنِي بِمَا رَزَقْتَنِي ، وَبَارِكْ لِي فِيهِ ، وَاخْلُفْ عَلَيَّ كُلَّ
غَائِبَةٍ بِخَيْرٍ

O Allah, make me content with what you have provided me, send blessings for me therein, and replace for me every absent thing with something better.

[Al-Bukhari]

HARDSHIPS...?

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا
شِئْتَ سَهْلًا

*O, Allah! There is no ease except that
which You make easy, and indeed You,
when You want, make difficulties easy.*

[Ibn Hibban]

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

*O Living and Eternal Sustainer! By Your
mercy, I seek relief!*

[Al- Tirmidhi]



The Poem with No Name

*Salam Labib is 12 years old who loves archery
and horseback riding.*

With every choice in life comes a consequence
Its price might be more than only what you'd think
It's an equation that follows a certain sequence
And we have no way of making sure it'll sync

So when it comes to making decisions
Based on the unknown
Proceed with caution and envision
As your future will not be shown

Like a small child
Alone in the dark city
With haunting shadows tall and wild
You'll find yourself in a state of pity

But for every problem in this world

There must be a solution

That often lies within you

Waiting for execution

You can't have a life without hope

Or a decision without a price tag

There's still a chance, so don't you mope

A chance it's in the bag

If you yearn to find

The answers to your confusion

Or wish to unwind

And seek for the solution

Pay heed to my suggestion

For I hope I can make it clearer

All you need to do is take a look

In the mirror

Chorus

By Nada Sarhan



Nada Sarhan has an associated degree in Psychology and being an author was always her dream. She wanted to share some of her poems in high school.

A symphony of short, cheerful chirps and long
whistling songs

A dancing bee, a sheet of dust flowing from
Grandfather Tree

Ebony birds sailing through Neptune-blue heavens,
wings so strong

Soul-cleansing magnificence as far as the eyes can see

Perfectly balanced rhythm, haunting words ringing
through the air

All praise is to Allah, the Originator of the heavens
and earth [35:1].

Against the spiky grass, my reclining body trembles,
heart laid bare

Before the Creator of this beauty, whose love decides
my worth

I am one with the lofty trees and spry birds

In our shining essences, we are the same

For our chorus tongues share these impassioned
words -

Subhanallah! all glory is to Allah,

The Possessor of the most beautiful names!

المتين القوي الوكيل الحق الشهيد الباعث المجيد الودود الحكيم الواسع

المجيب

الرقيب

الكريم

الجليل

الحسيب

المفتيت

الحفيظ

الكبير

العلي

الشكور

الغفور

العظيم

الحليم



99 names of Allah

Allah (The Most High) has 99 beautiful names and attributes that helps us believe in Him.

“Allah – there is no deity except Him. To Him belong the best names.”

[Quran, Surah Taha, Quran 20:8]

الرافع المعز المذل السميع البصير الحكيم العدل اللطيف الخبير الخبير



AR-RAHMAN

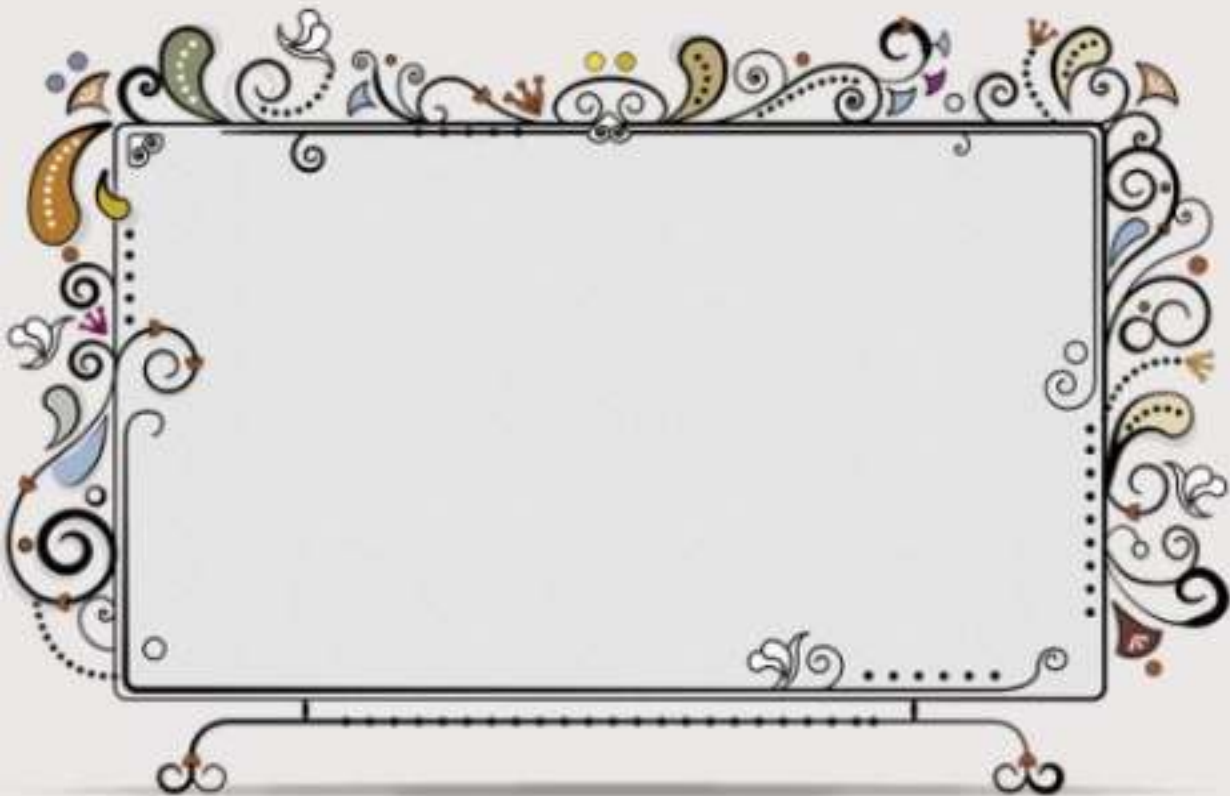
THE ENTIRELY MERCIFUL

الرَّحْمَنُ الرَّحِيمُ

Please colour the name above.

Please find out what the name means.

Please find a verse or hadith that has the name in it and add it to the space below.



- الواحد
- المأجد
- الواحد
- الأخذ
- الضمد
- القادر
- المقتدر
- المقدم
- المؤخر
- الأول
- الآخر
- الظاهر
- الباطن
- الواحد



الباقى الوارث الرشيد

البديع

Ar-Rahim
الرحيم

الهادي

النور

النافع

الضار

المانع

المغني

الغني

الجامع

المقسط

الجلال
والاكرام

مايك
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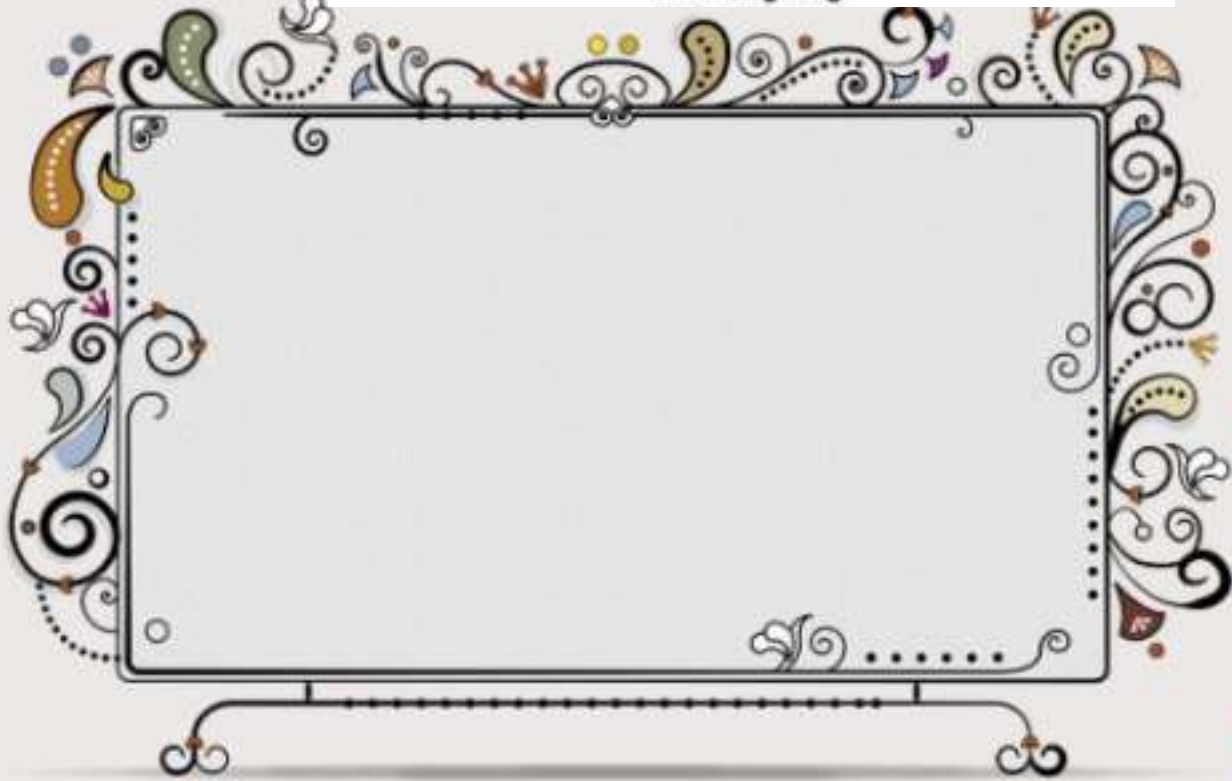
الرؤوف

العفو الثواب المنتقم

الولي الحميد المحصي المبدئ المعيد المحيي المميت الحي القيوم الرحمن



The Forgiving



الرحيم الملك القدوس السلام المؤمن المهيب العزيز الجبار المتكبر الخالق الخالق البارئ المصور

الغفار الغفار الوهاب الرزاق الفتاح العليم القابض الباسط الخافض الرفع

Jewels to learn from the Beacon of Hope

By Nishat Haq



Dr Abdulrahman El Bayouk

Dr AbdulRahman El Bayouk has made significant contributions to society, as well as being a selfless brother, son, junior doctor and teacher sadly passed away in a car accident whilst he was on his way to check on someone who was unwell on Saturday 24th October 2020.

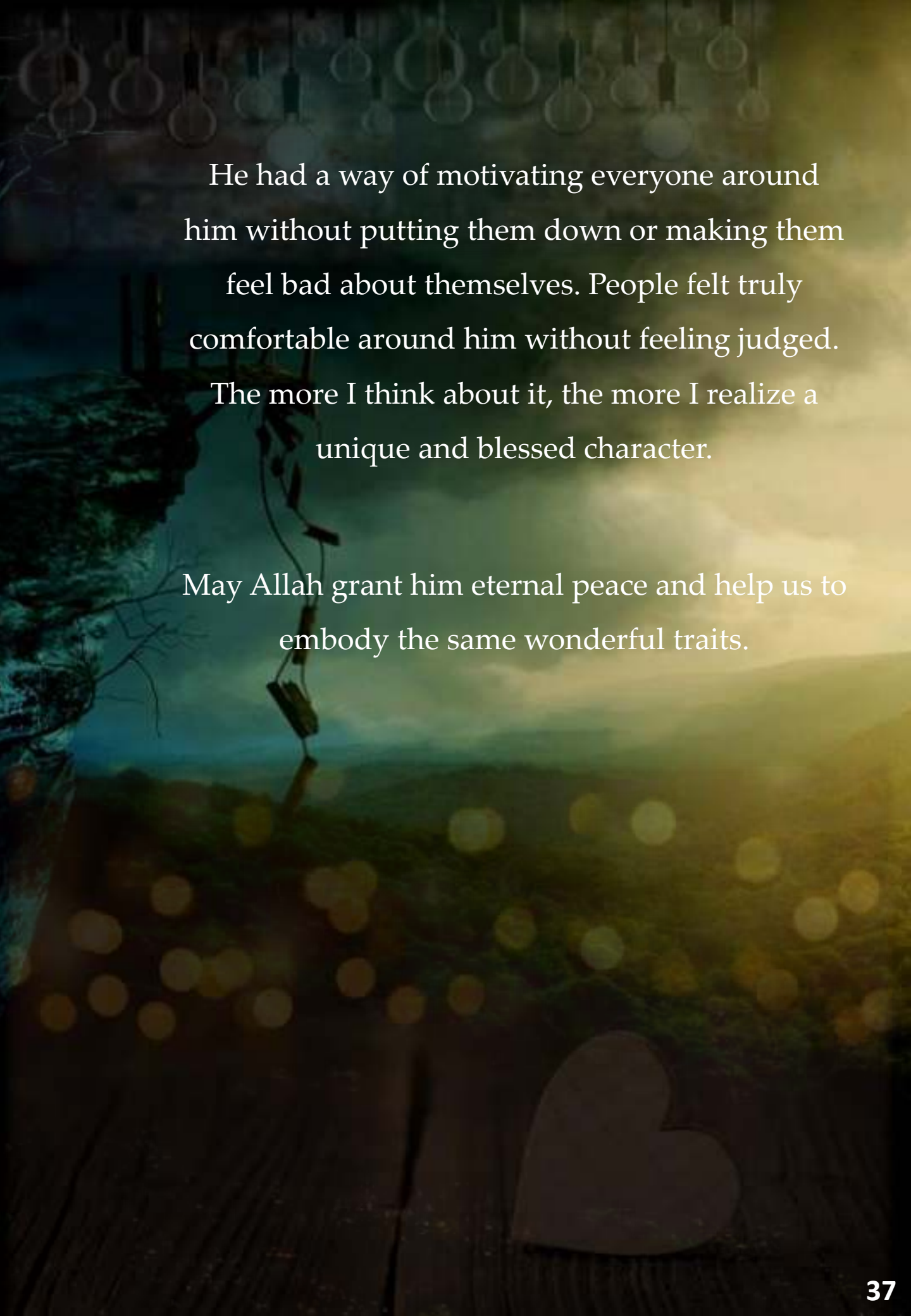
Hundreds of individuals from family, friends and colleagues made tribute on social media and amongst them was his colleague, Nishat Haq who wanted to share how he was a role model for the young and the old.

The passing of our brother Abdulrahman has made me reflect a lot over the last few days, and there are some crucial things I think we've all been reminded of:

1. You will die the way you lived. Subhanallah, even in death, Abdulrahman has been uniting people. I've reconnected with people I haven't seen in years in the last few days. I remember how passionately he would talk about unity and loving others for the sake of Allah and look at the outpouring duas everyone has made for him.

2. I am always available for those who want help or just someone to chat with. We shouldn't wait for a calamity like losing a loved one to connect with people and remind them that we're here for them. Whenever things were getting stressful during volunteering, Abdulrahman was that person you could always message who would willingly help you and be a problem-solver.

3. I think one of the reasons he was so beloved to so many people was his humility. Mashallah was a very accomplished person, an intelligent and talented doctor in pretty much everything he did, but he never made anyone feel inferior to him.

The background features a serene sunset scene over a body of water. On the left, a wooden pier extends into the water, with a small boat moored nearby. The sky is filled with soft, golden light from the setting sun, creating a bokeh effect of light spots. In the bottom right corner, there is a simple, dark-colored heart shape.

He had a way of motivating everyone around him without putting them down or making them feel bad about themselves. People felt truly comfortable around him without feeling judged.

The more I think about it, the more I realize a unique and blessed character.

May Allah grant him eternal peace and help us to embody the same wonderful traits.

Bleed

By Nada Sarhan

Nada Sarhan has an associated degree in Psychology and being an author was always her dream. She wanted to share some of her poems in high school.

Like dew, my namesake
Beads of blood escape from my pores
Painting me a violent red
And spreading, spreading to the earth's distant
shores

For the earth weeps, not just I
Our mother bleeds, piercing the air with a
woeful cry

Together we bleed
Lamenting every brother and every sister
Every life lost to the fight
We bleed for courage apparent
And bitter betrayal evident



We bleed for the civilians of Gaza

**And even after the earth stops
bleeding, I bleed**

**I bleed for the loss of souls
Vibrant and lovely everyone,
I bleed for the crushing of dreams;
Resulting from resistance to
oppression.**

**I bleed, vital liquid rushing out of
my unwounded chest;**

**I bleed, lamenting treachery and
death;**

**I bleed in response to an unheard
cry;**

**Of a suffering nation, refusing to
be oppressed.**

LOVE



A review on

Muslim Kids TV

An amazing halal platform for kids aged 2 to 11 years.

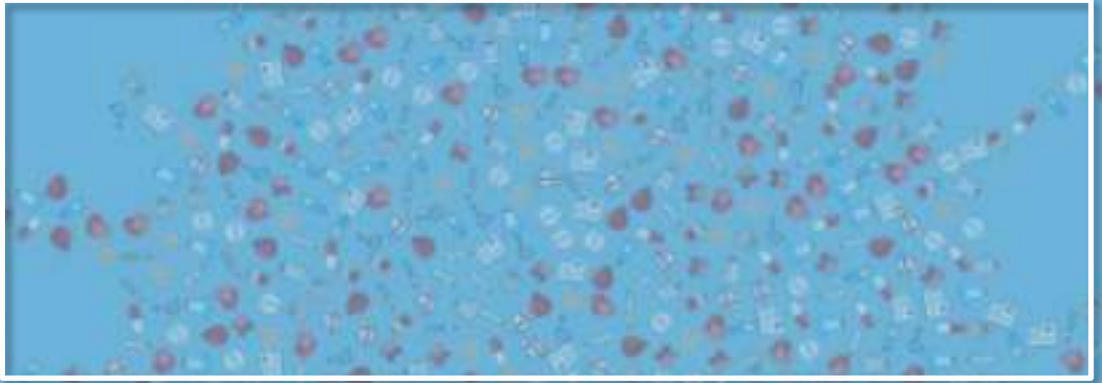
www.muslimkids.tv

15,000+ resources that includes games, songs, cartoons and educational sources to aid their learning and development.



CORONAVIRUS

Please share what you know about coronavirus in the space below?



**Are you ready to
take the quiz at
the end?**



IN A NUTSHELL

Similarly, inside each virus, there is genetic material too!

How does our body react to viruses?

The immune system kills infected cells. However, there are various types of viruses that can emerge and burst in cells in different ways. Coronavirus causes disease in animals and can cause respiratory infections in humans. Therefore, the coronavirus is zoonotic, which means that it can be transmitted between animal and human species. Conditions can be mild to severe such as a common cold but can also be painful.

There are two main types of coronaviruses:

MERS-CoV Middle East Respiratory Syndrome.

SARS-CoV Severe Acute Respiratory Syndrome.

The coronavirus pandemic is associated with the SARS-CoV.



CORONAVIRUS

How does it look like?

The coronavirus has RNA found in an envelope covered with spikes that allow it to attach to the cell surface and gain entry. The image overleaf has been taken from the Institute of Immunology. You can see the spikes annotated with S are attracted to cell receptors that allow access to the viruses. There are also proteins on the membrane annotated M and single envelope (E) to release mature viruses.

The nucleocapsid proteins (N) outside of the viruses function in packaging genetic information to make more viruses. The lipids outside the virus form a protective coat. Non-covalent interactions between the RNA, lipids, and proteins are holding the virus together.



IN A NUTSHELL

Some symptoms can be felt after coming close in contact with someone that has the coronavirus. The main symptoms include sneezing, coughing, and touching the same infected surface as viruses because they can survive for hours or even days. The coronavirus has an incubation period that can last 2 to 14 days.

People who have other conditions are also at risk, such as high blood pressure, cancer, asthma, diabetes, where they can develop more fatal health problems, especially those who are elderly as their immune system is weaker.

Other symptoms include fever, shortness of breath, muscle pain, phlegm, sputum, sore throat.

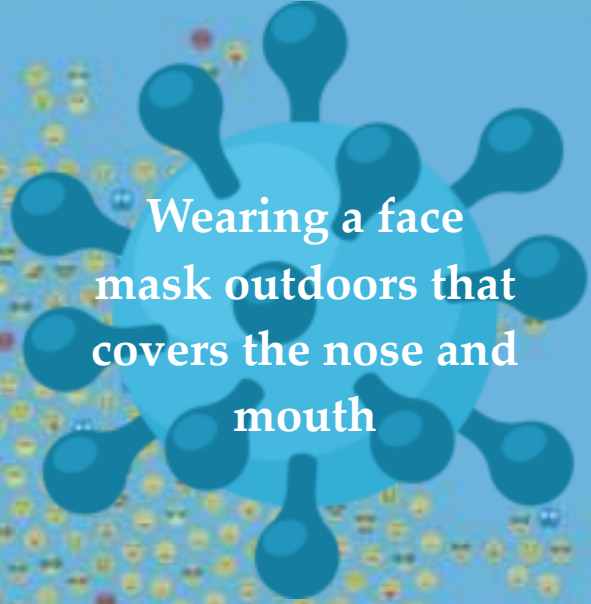
There are some cases where this can lead to organ failure, pneumonia, and even death. Pneumonia is a lower respiratory infection that can progress rapidly to Acute Respiratory Distress Syndrome (ARDS)



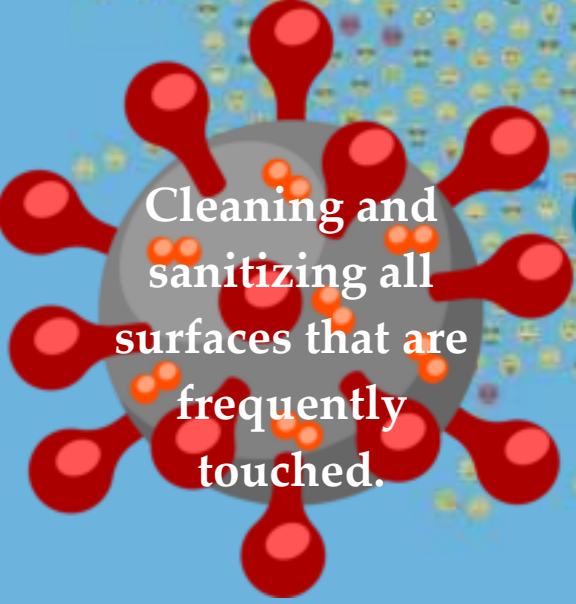
IN A NUTSHELL



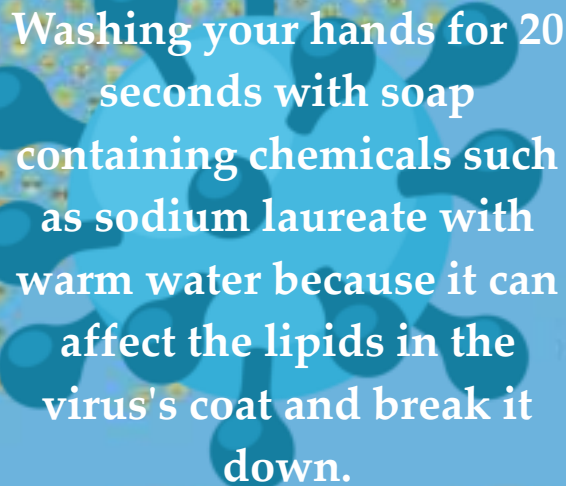
Staying at home



Wearing a face mask outdoors that covers the nose and mouth



Cleaning and sanitizing all surfaces that are frequently touched.



Washing your hands for 20 seconds with soap containing chemicals such as sodium laureate with warm water because it can affect the lipids in the virus's coat and break it down.



IN A NUTSHELL

QUIZ TIME!

Please answer the following questions:

- 1. Why is the coronavirus described as a pandemic?*
- 2. In which country and date did the coronavirus start?*
- 3. Why do you need to see the virus under a microscope?*
- 4. What are the two main types of coronavirus?*



IN A NUTSHELL

9. *Who is at risk of getting coronavirus?*

10. *Is there a coronavirus treatment?*

11. *What are the preventative measures of coronavirus from spreading?*

12. *Why is alcohol sanitizer more effective than water?*

13. *How long do you wash your hands?*








CORONAVIRUS



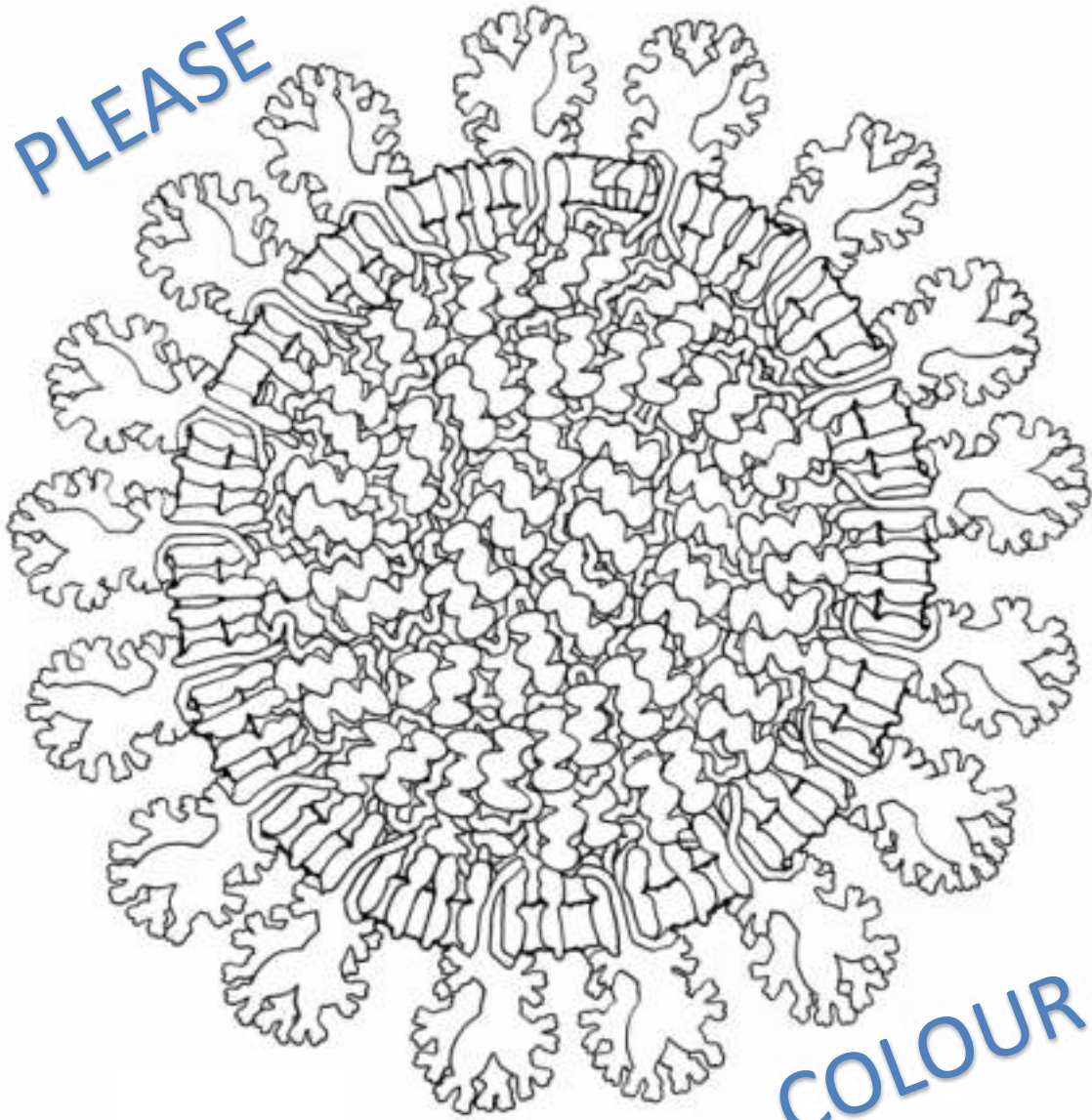
TRUE OR FALSE?

- 
- 
- 
- Coronavirus is a bacteria that cause disease in humans only. (TRUE/FALSE)
 - The real-time Polymerase Chain Reaction is the primary method to diagnose coronavirus. (TRUE/FALSE)
 - Coronavirus is caused by MERS CoV. (TRUE/FALSE)
 - The virus coat is made up of fibre. (TRUE/FALSE)
 - Fever, sneezing, and cough are amongst the mild symptoms of coronavirus. (TRUE/FALSE)
 - You should wash your hands with bleach with a quick rinse. (TRUE/FALSE)



IN A NUTSHELL

PLEASE



COLOUR



Source of diagram
PDB101.RCSB.ORG



EMERGENCY FIRST AID ADVICE

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

Assess the situation

- ▶ Is it safe to approach the casualty?
- ▶ Don't put yourself in danger

Stay calm

- ▶ Try to think clearly
- ▶ Comfort and reassure the casualty

Give emergency help

- ▶ Prioritise the most life threatening conditions
- ▶ Try to treat any casualties where you find them
- ▶ Ask bystanders to help you if they can
- ▶ Call 999/112 for emergency help

The Primary Survey

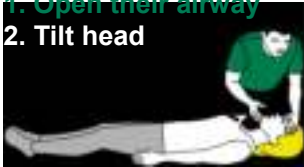
- ▶ Use **DR ABC** to identify life threatening conditions
- ▶ Remember the unresponsive casualties are at greatest risk.

Remember

- D**anger
- R**esponse
- A**irway
- B**reathing
- C**irculation

WHAT TO DO IF SOMEONE IS UNRESPONSIVE

1. Open their airway
2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- ▶ Put them in the recovery position
 - ▶ Then call 999/112 for emergency help
- If they're not breathing**
- ▶ Call 999/112 for emergency help
 - ▶ Start CPR.



WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

1. Call for help

Tell them to call 999/112 and find an AED



2. Pump

Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

Give two rescue breaths. If unwilling or unable, do chest pumps only

Continue to pump and give rescue breaths until help arrives.



WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it



2. Call 999/112 for emergency help



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.



WHAT TO DO IF SOMEONE IS IN SHOCK

1. Lie them down

Their legs should be raised and supported



2. Call 999/112 for emergency help



3. Loosen any tight clothing

4. Keep them comfortable and warm

5. Monitor their level of response

▶ If they become unresponsive prepare to give CPR.

Make sure you have life saving knowledge at your fingertips. Download our free first aid app today.

Learn first aid.

Help save lives.

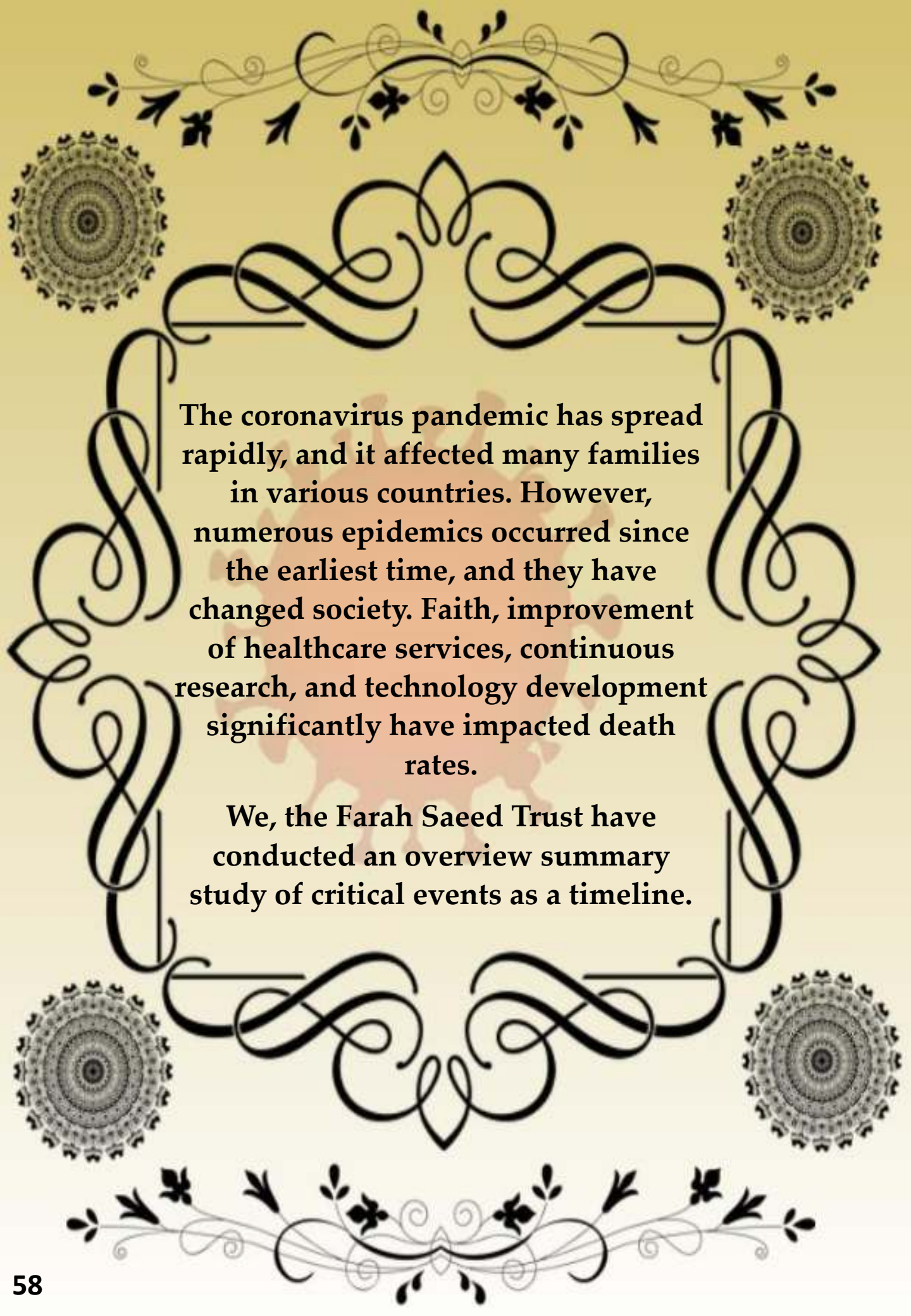
Be the difference.

sja.org.uk

St John
Ambulance

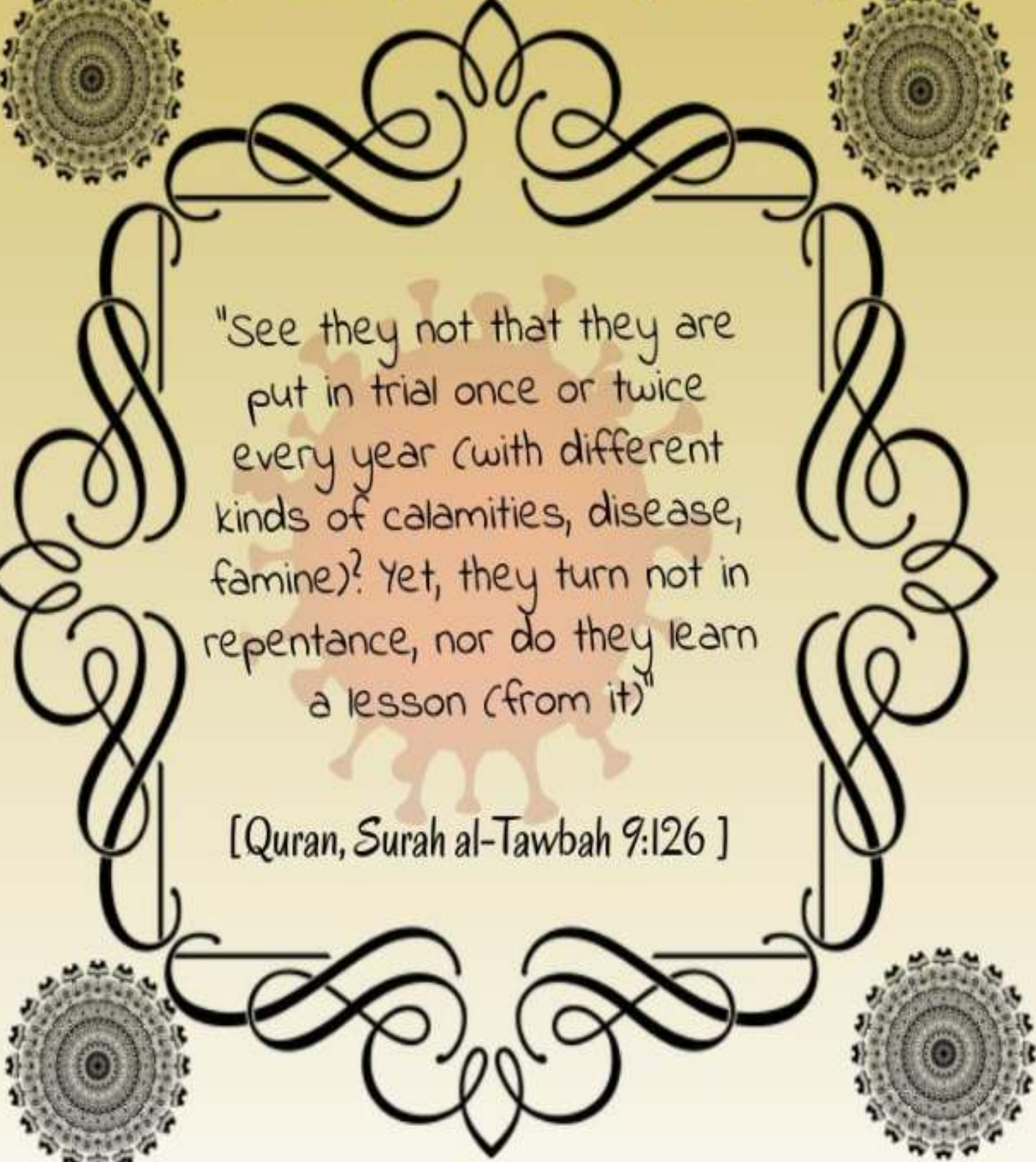





FIRST AID

A decorative border with floral and scrollwork elements surrounds the text. It features intricate black and gold patterns, including circular mandala-like designs and flowing scrollwork. The background is a light beige color with a faint, stylized map of the world in the center.




The coronavirus pandemic has spread rapidly, and it affected many families in various countries. However, numerous epidemics occurred since the earliest time, and they have changed society. Faith, improvement of healthcare services, continuous research, and technology development significantly have impacted death rates.

We, the Farah Saeed Trust have conducted an overview summary study of critical events as a timeline.



"See they not that they are
put in trial once or twice
every year (with different
kinds of calamities, disease,
famine)? Yet, they turn not in
repentance, nor do they learn
a lesson (from it)"

[Quran, Surah al-Tawbah 9:126]





THE HISTORICAL



3000 BC

A prehistoric village was eradicated in present-day Hamin Manga in North-East China.



250 – 271 AD the Cyprian Plague It was named following the Tunisian bishop St. Cyprian, which killed 5000 people in Rome. They made lime as a disinfectant.



430 BC - After the war between Athens and Sparta, an epidemic killed 100,000 people. It was assumed to be typhoid. They protected themselves by building a wall.



165 – 180 AD – The Antonine Plague

The epidemic killed more than 5 million people in Rome. It was known as Pax Romana. It was thought to happen right after the war against Parthia.

541 – 542 AD the Justinian Plague
It was named after the emperor Justinian of Byzantine. He survived the plague caused by *Yersinia pestis* bacteria. About 30 – 50 million people died.



PANDEMIC TIMELINE



1346 – 1353 Black Death.

It was caused by *Yersinia pestis* initiated in Asia and spread to Europe via fleas and rodents. About 200 million people died.

1520 – New World Smallpox

It was caused by the Variola major virus killing 56 million people.



1665 – Great Plague of London.

The bubonic plague was caused by *Yersinia Pestis* that was spread by bacteria, rodents, and fleas that killed more than 100,000 people.

1545 – 1548 – Cocoliztli epidemic.

It is derived from the Aztec word 'pest.' Around 15 million people died in Mexico and Central America. Some studies suggest it is a viral hemorrhagic fever. Others suggest it was caused by typhoid.

735 – 737 – The Japanese Smallpox epidemic.

Over 1 million people died and were caused by the Variola virus.



Prophet Muhammad (peace be upon him) said:
"If you hear of an outbreak of plague in a land, do not enter it, but if the plague breaks out in a place while you are in it, do not leave that place."
[Sahih Al Bukhari 5728]



THE HISTORICAL



1770-1772 Russian plague - This occurred in Moscow and Empress Catherine II ordered to move all factories from Moscow. In 1773, Yemelyan Pugachev (Peter II) led insurrection.

1793 - Philadelphia yellow fever epidemic. It was transmitted by mosquitoes in humid weather, and approximately 5000 people died.

1885 The Third Plague

This was caused by *Yersinia Pestis* and was spread by rats, and fleas. More than 12 million people died in India and China.

1720 – 1723 Marseille plague

It was caused by *Yersinia Pestis*, killing more than 100,000 people.

1817 – 1923 - The Cholera Pandemic

This was caused by the bacterium *V. Bacterium* that killed 1 million people.



PANDEMIC TIMELINE



1889 – 1890 Russian Flu pandemic. More than 1 million people died and spread in St Petersburg and then throughout the UK. It was thought it was caused by the H2N2 Avian Flu.

American polio
This will occur until the Salk vaccine was developed in 1954. The last person died was in 1979.



1918 – 1920 – Spanish Flu

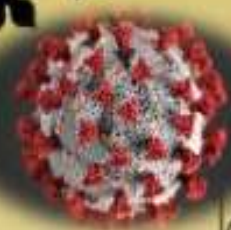
Many people assumed it took place in Spain. However, it took place throughout Europe. More than 50 million people died. It was caused by the H1N1 virus via pigs.

1957 – 1958 Asian Flu- It was caused by H2N2 virus (Avian flu). More than a million Singaporean people were affected. 1968 – 1970 Hong Kong Flu. This was caused by the H3N2 virus, more than 1 million people died.



Late 1800s Yellow Fever It was caused by a virus that was spread by mosquitoes where around 150,000 people died in America.





2019 – present –

COVID-19 This coronavirus is a new virus initiated in Wuhan in China in December 2019, affecting many countries globally.

2009 – 2010 - H1N1 Swine Flu pandemic
Originated in Mexico and then affected global countries. More than a billion people were affected and 575400 people died. The vaccine is now present.

1981 - AIDS

It initially started as an epidemic developed from chimpanzees and transferred to people in West Africa initially. The treatment has improved to increase life span.

2015 – Zika virus

This mainly affected South and Central America via mosquitos of the Aedes Genus, who live in humid climates. It can also be sexually transmitted and can cause birth defects.

2002 – 2003 SARS

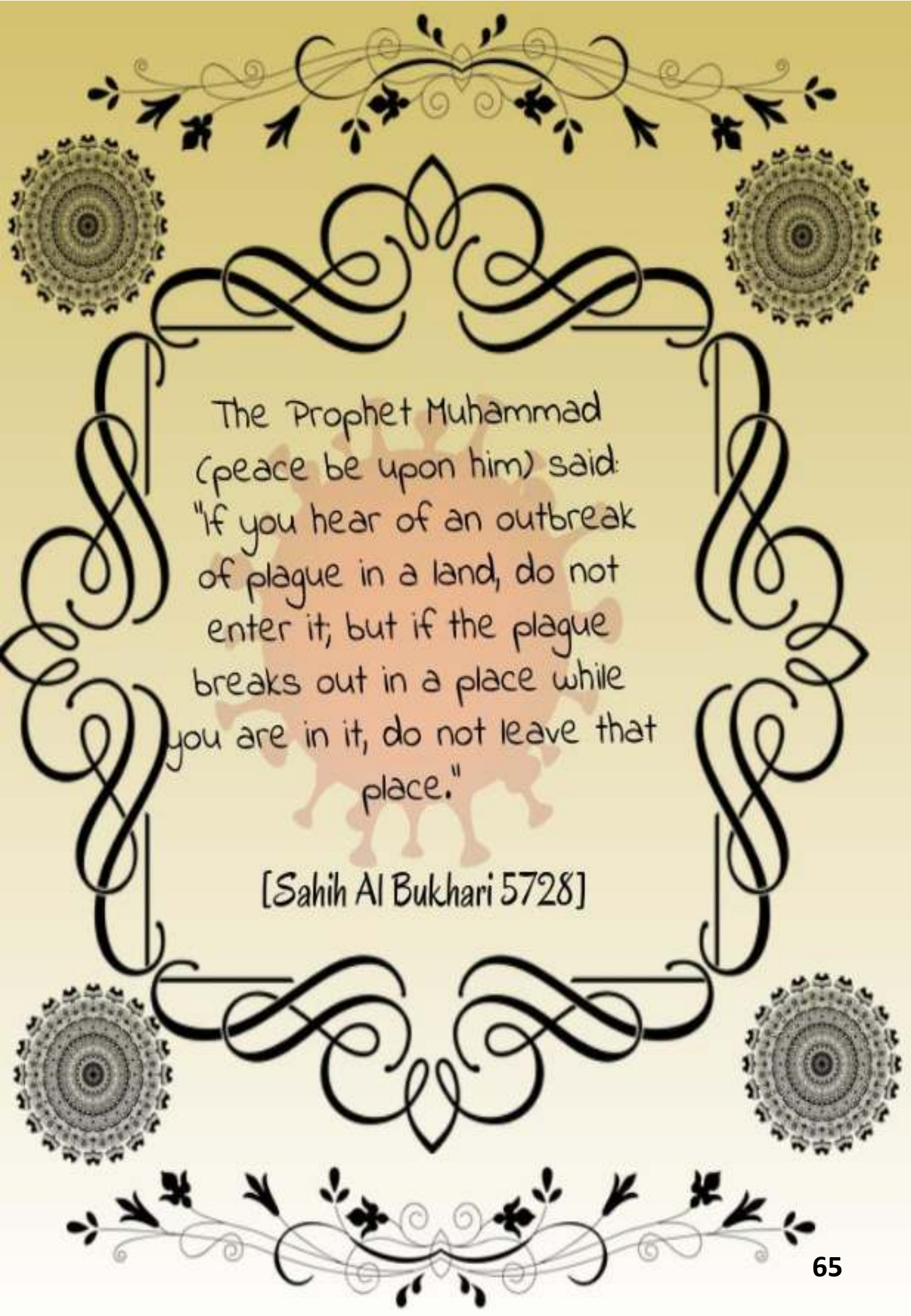
The coronavirus spread via bats and civets, killing over 770 people.

2015 – present MERS coronavirus

More than 850 died and was spread via bats and camels in Saudi Arabia and nearby countries.



MERS-CoV



The Prophet Muhammad
(peace be upon him) said:
"If you hear of an outbreak
of plague in a land, do not
enter it; but if the plague
breaks out in a place while
you are in it, do not leave that
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[Sahih Al Bukhari 5728]



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openstax™

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OpenStax is an amazing resource for students who have completed their GCSE and planning to go to college and university.

It was founded in 1999 by Professor Richard Baraniuk as part of Rice University, and contains FREE, peer-reviewed quality textbooks for instructors and students.

There are a range of subjects: Science, Maths, Humanities, Sociology and other subjects to succeed and improve access especially as textbook costs are rising

Gain an unlimited access to seek knowledge.

Meet your goals!

A book review on 'I am Malala'

By Ishtanetra Pillai



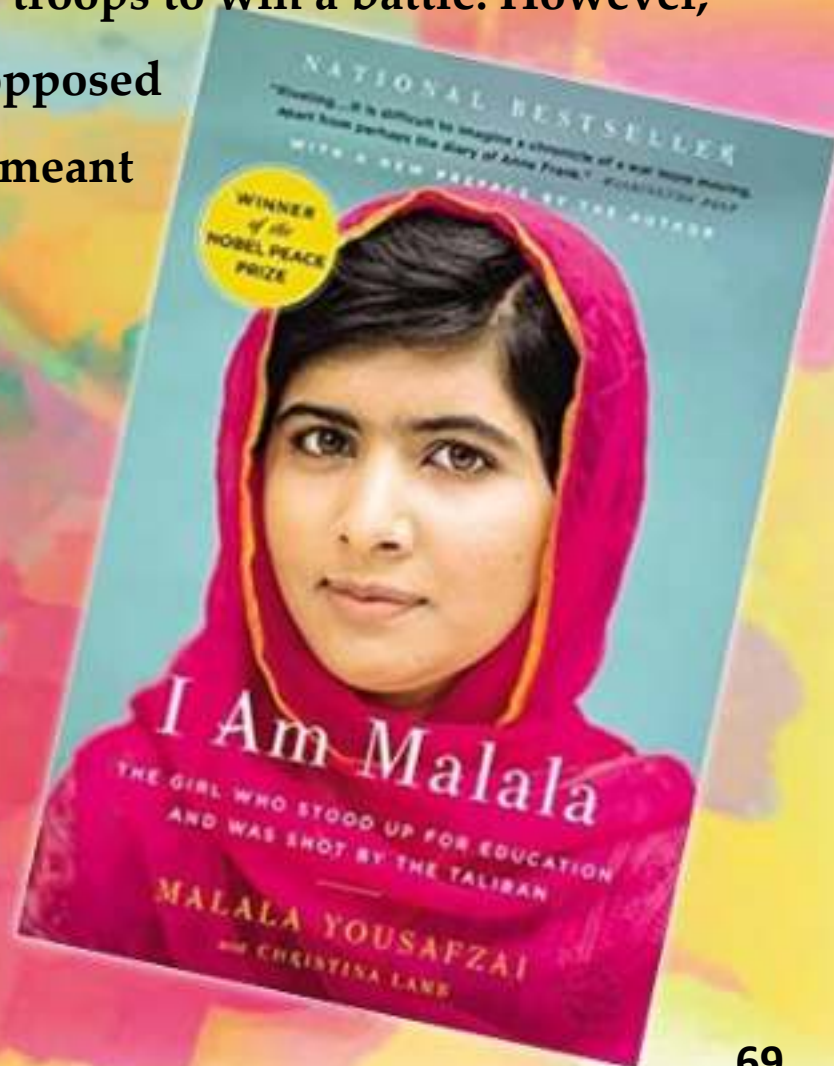
*"When the whole world is
silent, even one voice becomes
powerful."*

Malala Yousafzai



During this lockdown phase, I took the time to my most treasured book: *I am Malala*. An autobiography overflowing with wisdom, it will transport you into Malala's magnificent mind and heart to get a glimpse of her experiences.

Malala grew up in the exquisite Swat Valley in Pakistan and had always been different. Like a new-born baby, her father wrote Malala's name onto the family tree, the first female family member's name to have been etched. Malala's namesake is *Malalai of Maiwand*, who was a female Pashtun warrior who had a hand in helping her troops to win a battle. However, some of her family were opposed to the name initially, as it meant *grief-stricken*.



Passion

Throughout her childhood, Malala was inculcated with knowledge and stories in numerous topics, such as politics. Even when she was young, she understood the utmost importance of education. This fire for knowledge was kindled by her father. Her father is the founder of her school and a staunch advocate for girls' right to education.

However, at the age of ten, a group of people began restricting women's rights- especially in the education sector. As tensions arose, Malala decided to take charge and let her voice be heard. Under the pseudonym 'Gul Makai,' she documented her life in Swat Valley when the serene vicinity was filled with gunshots. Her entries were published in a BBC blog. As it gained more traction, Malala realized that

'The pen and the words that come from it can be much more powerful than machine guns, tanks or helicopters.'

Intelligence

During this period, the extremists also began to prevent girls from going to school by instilling fear into the families. Hence, the number of students and teachers trickled down. On a fateful January day, girls were banned from going to school for a month by direct order. Malala created a documentary regarding her experiences in school every day.

Girls were permitted to go back to school; however, the family had to evacuate from their home due to political tensions. They officially became IDPs (Internally Displaced Person) and took refuge in camps. After a while of struggle and constant fear in their hearts, they slowly went back to their home, to see that the school had gained only some damage.

On a sweltering hot day, as Malala rode home from school after an exam, she was shot by a gunman. The bullet entered near her left eye, ultimately landing on her shoulder. Thankfully, she managed to recover and did not have any brain damage.

Recognized for her heroic actions, Malala received the Nobel Peace Prize in 2014, officially becoming the prize's youngest recipient, at 17. Malala is an emblem and a beacon of strength for all children around the world. She is a constant reminder that everyone has a voice.

Love

GCSE RESULTS

**LOCK
DOWN**



Amaan is a 16 years old dedicated individual who we have interviewed to ask what it was like during lockdown gaining his GCSE results, helping the community and what advice he would like to give to other children.

What did you do during the lockdown at home?

During the lockdown, I volunteered in our local community through food banks, homeless shelters, and many more initiatives. When the lockdown started, I was bored at home as I didn't have anything to do, especially with my cancelled exams due to Covid-19. I was already volunteering at our local mosque, Masjid Al Falaah. The day I found out that our local mosque was setting up a food bank, I put my name forward to help out.

We packed and delivered over 3500 food parcels to many different people, NHS workers, those who were shielding, and those who couldn't afford staple food due to their financial situation.

With Ameen

From noon till the evening, we would be there - sorting out and managing the food bank with all its deliveries. Another initiative I am a part of is the homeless shelter. This has been running since the winter of 2019. However, due to new social distancing guidelines - set by the government- we had to reassess how we would cater to the homeless people.

Every Saturday, I would go to the shelter and help create small food packs and distribute them outside the shelter. Occasionally, we would even walk around Birmingham City Centre to distribute food amongst the homeless. Overall, during the lockdown, I was quite busy - volunteering whenever and wherever I could. So, those who are disadvantaged in Birmingham will not be forgotten about. We also had many different media outlets that came into with other volunteers and me. These included documentary filmmakers, news channels, radio stations, and charity organizations.





GCSE RESULTS

**LOCK
DOWN**

How was your experience with your teachers?

My experience with my teachers was quite good, alhamdulillah! They realized how COVID would impact our studies and potentially our future careers. They encouraged me to not worry and reassured me that all the hard work and effort I've put in since year 7 will come to fruition on results day. Going to an Islamic Ethics school, our teachers constantly reminded us to have faith in Allah and said that this might be a test from The Almighty. During my time at school, I wasn't a student who would mess around nor distract others from their learning. Our teachers taught us to be mature. Therefore, it created a respectful and friendly environment in our school, and I had great relationships with all my teachers.

With Ameen

How did you keep in touch with your family and friends?

I kept in touch with family and friends through regular phone calls and messages. As you could imagine, during these unprecedented times, families and friends were all told to stay away from each other for an extended period. Due to those guidelines, I didn't get to see many of my relatives or friends. It was obviously creating a lot of concern, and to check up on my family and friends regularly, I would message them or call them every day whenever I could.

Did you have exams, how did it go?

Alhamdulillah, I achieved terrific grades in my GCSE's. As we all know, many exams were cancelled this year. Therefore those who were due to sit exams would instead receive predicted grades based on their teacher's predictions. Although I trust my teachers, I was worried initially as those expected grades weren't my actual grades - I could have potentially achieved higher grades. However, I am proud of my grades and achievements, alhamdulillah!





GCSE RESULTS

**LOCK
DOWN**

How did you manage to motivate yourself for revision?

My experience with my teachers was quite good, alhamdulillah! They realized how COVID would impact our studies and potentially our future careers. They encouraged me to not worry and reassured me that all the hard work and effort I've put in since year 7 will come to fruition on results day. Going to an Islamic Ethics school, our teachers constantly reminded us to have faith in Allah and said that this might be a test from The Almighty. During my time at school, I wasn't a student who would mess around nor distract others from their learning. Our teachers taught us to be mature. Therefore, it created a respectful and friendly environment in our school, and I had great relationships with all my teachers.

With Ameen

How was it different from previous years?

2020 was very different compared to previous years. The whole world has come to a standstill due to Covid-19. We can't see family or friends. People have lost their jobs and livelihoods. Lives have been lost. The shockwaves sent across the globe will affect billions of people for many years to come.

However, this year has also brought out the best of humanity. For instance, the key workers risking their lives to get the world up and running again. Also, we had time to reflect upon ourselves and how we have taken many privileges for granted. InshaAllah, we will recover from this test that Allah has sent to us.

What do you hope to do next?

InshaAllah, at college, I will be studying aviation engineering and the fundamentals of aircraft. My goal is to become a pilot inshaAllah. I chose this course over the academic subjects at A-levels as it gives me background knowledge in the industry that I would need one day. This diploma would make me stand out from the rest as I will have experienced the basics of how planes work. After college inshaAllah, I will be applying to a Flight Academy, where I will receive my private pilot license. This license will allow me to work for commercial airlines. The course will consist of 8 months in Florida, USA, and then 6 months in Malaga, Spain. My desired airline that I would like to fly for is Emirates.



GCSE RESULTS

**LOCK
DOWN**



What qualities and skills did the pandemic teach you?

The pandemic has taught me many skills and developed some qualities of mine. For instance, volunteering has put me on the front line to see the less fortunate daily struggle. It made me feel grateful for what we already have and that we shouldn't complain because others who might be wishing for what we have. Also, doing various interviews, communicating with other volunteers, and learning about people has improved my social and people skills. I feel more confident to speak up in a group of people, whereas before, I could be a bit shy. Another quality I have developed in the pandemic is patience. Staying indoors and not doing the things we enjoy outside has made me realize how much fun we can have in our own homes and with our families. Of course, it would get boring and repetitive at times, but being patient has helped me throughout the pandemic.

With Amaan

What advice do you give to other children?

One advice I would give to children is to be grateful to Allah, your family, and friends. Never have we depended so much on one another during these difficult times, and by being thankful and showing gratitude to those people, it is the least we can do. Another piece of advice I will give is to encourage one another to follow the rules set out by our government to get back to our normal lives. We can enjoy the football matches at break time, have a laugh and a joke with our mates. Also, pray to Allah for all that he has blessed us with, and pray for your loved ones.

Thank you Amaan for sharing your experience. May Allah reward you. We hope many children benefit from the tips and advice given.





CORONAVIRAL REFLECTION FROM MOROCCO

By Rajae



The coronavirus pandemic disrupted education and caused a lockdown. And that was a whole new thing for our families all over the world and for us!

So how could people communicate during this lockdown?

How were students able to do distance learning during this pandemic?

In Morocco, lockdown started on 13/03, and the schools were closed, then students started distance learning. We can talk about two categories of students:

1. In most private schools, they have smartphones, computers, ipads, Wifi, and all the new technologies that made learning easier for them to communicate with their teachers, friends (WhatsUp groups) or Zoom application or Skype...





Teachers respect the schedule, provide courses on time, and contact parents if the students (most of them were disciplined) are not connected.

2. For public schools, most of the students don't even have internet in their houses, or computers or smartphones...

It was very hard for them and their teachers to communicate.

Some students waited for their dads to come back from work(late) to give them the smartphone to talk with the teacher, so we can say that communication and distance learning were challenging for this category of students...

The government made some effort to make it a bit easier, for instance, internet companies decreasing internet costs.

In conclusion, people were using technology to communicate during this lockdown because it is the only way to see each other via video calls to talk and learn.



How are you developing your self belief skills?



Self belief is all about building your motivation, resilience and positive attitude skills! Recognising and practising these skills is a must – sign up to becoming a Young Professional and get free access to building your self belief.

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How are you developing your self management skills?



Self management is all about building your initiative, organisation and accountability skills. You'll need to grow these skills over time but there is no better time to start than right now! Kick start your career – sign up to the Young Professional and get free access to growing your skills.

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Empower yourself and show the world what you can do.

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How are you developing your team work skills?



Team work is a vital skill in school, work and life! Working together to achieve a common goal is one of those skills which will really have you going places. Your team work skills will grow over time as you work with new and different people – sign up to becoming a Young Professional and get free access to grow your skills.

www.youthemployment.org.uk/young-professional-training

How are you developing your communication skills?



Good communicators can share messages in a number of ways; it's a skill that's vital for school, work and your personal life!

Communication skills grow and develop over time – sign up to becoming a Young Professional and get free access to grow your skills.

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How are you developing your problem solving skills?



What do work and life have in common? They always have new challenges to face. A logical approach and aiming to find solutions to problems can take you far in life. Your problem solving skills grow over time – sign up to becoming a Young Professional and get free access to grow your skills.

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Social Skills · Basic Skills



Following Directions



Using Manners



Having a Positive Attitude



Working with Others



Good Hygiene



Using Polite Words



Taking Turns



Greetings



Waiting & Having Patience



Being a Good Sport



Listening to Others



Understanding Personal Space

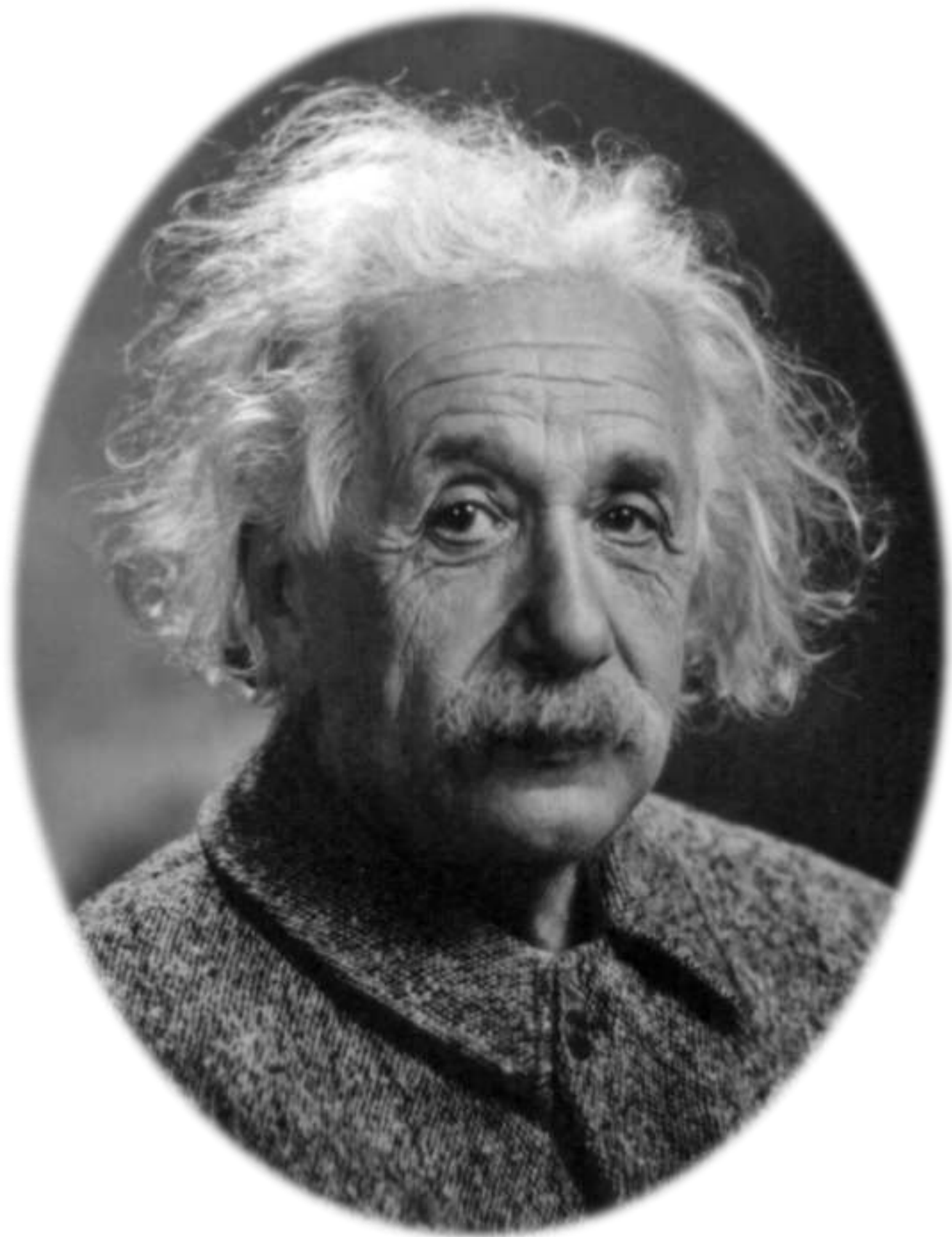
Pathway 2 Success



*“Three Rules of Work:
Out of clutter find
simplicity; from
discord find harmony;
in the middle of
difficulty lies
opportunity.”*

Albert Einstein





10 CAREER CHALLENGES

EASY ★ MODERATE ★★ HARD ★★★

CAREER RESEARCH



SPEND 1 HR EXPLORING CAREERS ON THE NET

DREAM JOB



HOW WOULD YOU DESCRIBE IT?
WRITE OR MAP YOUR IDEAS
DISCUSS IT WITH YOUR TEACHER & FAMILY

CAREER ADVICE

CONTACT YOUR CAREERS ADVISOR
PLAN YOUR QUESTIONS
KEEP YOUR APPOINTMENT



INFORMATIONAL INTERVIEW

INTERVIEW A PROFESSIONAL
SCRIPT SOME QUESTIONS
WRITE AN ARTICLE OR VIDEO IT



POSTER DESIGN

INSPIRE STUDENTS WITH A CAREERS POSTER
DESIGN OF YOUR OWN



VOLUNTARY WORK



JOIN A CLUB OR CHARITY
AND START HELPING A CAUSE YOU BELIEVE IN

HELP ORGANISE A CAREERS EVENT

SPEED EVENT
CAREERS FAIR
CAREER TALKS
WORKSHOPS



ENTERPRISE ACTIVITY

JOIN AN ENTERPRISE CLUB
DESIGN A PRODUCT
DEVELOP A SERVICE
MARKET AND SELL



CHALLENGE YOURSELF

DO DUKE OF EDINBURGH
LEARN A MUSICAL INSTRUMENT
START A HOBBY
JOIN A DEBATING GROUP



WORK EXPERIENCE

GET A PART TIME JOB
ORGANISE A WORK PLACEMENT
JOB SHADOW SOMEONE YOU KNOW



★★ / ★★★

GET ADVICE IF YOU ARE CONSIDERING A MODERATE OR HARD CHALLENGE

★★ / ★★★





CORONAVIRUS A SHORT STORY OF ITS EFFECTS

Asqarini is from Indonesia. She is the Co-Founder of Books4Care, a local writing community in Indonesia. She has published short stories and poetry such as: "The Smiling Old Lady and The Rose Garden," and "The Crescent Heart." At present, she is a freelance writer at The Farah online Magazine and at www.acoachforyourheart.com.

Daisies, Roses, Jasmine, and even lotus in the pond never felt so happy to see the sun shines all the time... taking beautiful moments when all together showed in natural light all over the park.



Humans sitting on the park chair, reading books, or simply having a conversation with friends. There were also lots of children playing with their friends, running all the way around. Perfect heaven- like on earth.

In Mid-March 2020, the streets were empty, no one outside. It looked like a dead city, where no one existed. But nature always tries to give it the best in everything.

Not just the empty park. Offices, terminals, theaters, cafes, malls, subways, and other public places got affected. We no longer can see humans doing their activities or blending with nature freely. Never had imagined these small things would worth a million.

But why?

"What really happened?"

The park asked the whispering wind. The whispering wind explained gently, hoping that the park would not feel sad about what happened.

The Outbreak...

We were no longer be able to see humans gathered in the park, children, parents, or food street sellers. The elderly couples who loved sitting on the park's bench enjoying the scenery of the small lake. The musicians who sang together with the bird's chirping along with the cat's meowing. Those activities vanished suddenly; in every corner of the park, it felt so quiet and tranquil.



CORONAVIRUS A SHORT STORY OF ITS EFFECTS

It killed many people, children, beloved parents, grandparents, grandmothers, husbands/wives, medical staff, doctors, and professors. Be careful! It's spreading so easy, specifically the elderly people who were vulnerable and easily affected.

Everything has changed ever since...

Humans were no longer have the full freedom to interact with one another. As usual, they are obliged to wash their hands, wear masks, social distancing. Grandparents and grandchildren were not able to give hugs to one another.



Their obligation was to use a face shield/mask whenever they go outside. Going to the park was almost forbidden, strict activities in the public area, and they must be aware of conducting health procedures in any place. Seldom we've seen people joining their religious activities.

Everything has changed.

And it has never been the same, ever since...

"My harmonious whispering Wind.....!" said The Park.

"It must be wondering if we're able to do things together with family and friends again or hang around outside at the park doing outdoor activities. It must be tough for humans to relate with the pandemic.." Added the park.

"We would not be able to see how beautiful life is if we have taken everything for granted. Yes, true, my wonderful park, humans need to learn to be more grateful, and they should support one another!" added the whispering wind.

"Yes. I agree with you. Humans have learned their lessons, I am sure they have," replied the park.

WHERE IT ALL BEGAN

BY MIRIAM ISLAM

Let me start off this post by confessing that I won't be sharing any writing tips, insights, or anything about my writing journey during this period as I haven't done anything. I haven't written anything at all, new or old. I hang my head in shame, considering this is a post on a writers' group... but it's true.

I had been hoping that this lockdown would change the way I use time, but unfortunately, it seemed to have the reverse effects: I became mentally exhausted and sick of trying to achieve a writing goal. In fact, I believed that it is not worth writing my story-I don't believe in my ability anymore -therefore, I should just stop trying.





However, something surprising just happened. I lost hope in my previous tale, but I regained something else; I gained a new idea to write about—a reason to write.

Taking several steps back to how I got to that, I need to relay my mindset during the lockdown... It was very different having the kids at home all day every day.

Challenging and riddled with setbacks, losing my job, and my children all fell quite ill, and I had to deal with every one of their symptoms and emotions while suppressing my own fears and anxiety. It was a very uncertain new way of living.

Eventually, we got through the worst of it, and that lonely feeling of being like an outcast dissipated as I realized we were all fighting the same battle. Nothing else mattered because my kids were now healthy and safe- with me- at home.



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Sure, I wasn't the best teacher and couldn't develop a regimented timetable initially, but I loved reading fairy tales with my children and watching their favourite films with them. We devised stories and theories of our own.

I tried commenting -constructively, of course- on their work. I revisited basic math concepts and failed miserably with 'some' shape names and metric conversions, much to their delight and mortification. Yes, I was not the best artist or a craftsman, nor good at baking, but we muddled our way through making different Pies, wraps, and desserts. We decided upon a time to pursue a long-neglected passion of mine: painting.





Thus, we planned, discussed, sulked, disagreed on boundaries and tech times, but we, and they, became closer as siblings, and therefore, slowly, slowly, my guilts as a parent eroded. So, every night was a movie night, and every day I was a wannabe teacher and a new chef trying out different dishes...

I was also an 'uncool' embarrassing mum who spoke to their teachers, made silly dance moves and wrestled with them, ruffled their hair, and planted huge kisses on their cheeks, which they would wipe away with surprised smiles.

It was through lockdown that we created 'us' moments and significant memories. We came to an understanding about each other and what the new reality was. And dare I say that a quiet sense of peace and happiness descended upon me. I was actually enjoying this new, slower pace of life as it provided the perspective and a breather that I hadn't realized that I needed.



WHERE IT ALL BEGAN

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As horrifying and painful it was to hear about the constant deaths, I was so relieved about my own children pulling through to give too much thought about the thousands who had died. I cocooned myself into my own happy bubble. But there was one thought that didn't entirely leave me: the moral injustice to society and our civil liberties being stripped by the very persons who advocated and violated them.

Many unjust atrocities occurred before and after the scandal of one of the politicians who remains anonymous. People were dying without their loved ones unable to be present. Families were torn apart, different types of violence, and divorce cases rose sharply, and last but not least, the George Floyd murder and the Black Lives Matter movement. Many truths were emerging.





People were kind, people cared, gave, and were willing to help the needy, but the people were enraged. People misbehaved, and they turned like caged beasts and reacted to every situation. Was it out of fear or anger?

It got me thinking about a very fundamental concept: Power. The imbalance of unspoken rules passed from top to bottom. I can, you can't. Why? Who said you could? How was it granted? Who created the power? The powerful or the overpowered?

I'm trying to understand this: What gives an individual more control over another? Surely it can't be knowledge or status alone. Who or what gives one person more right to exert power over another if both are of the same composition, i.e., flesh and blood?

The questions were driving me mad... Where did such concepts originate from? And so, I had to break it down to the most individualistic, simplistic form: Childs play.



WHERE IT ALL BEGAN

BY MIRIAM ISLAM

“I want your toy, and I am going to take it.” “My doll is better than yours.”

Inner School politics. “I’ve got Nike trainers.” “I’ve got an iPhone... I’m not on school dinners,” ...” Well, if you want to be like us...” The exchange of looks, the narrowing of eyes, laced with disdain and contempt. The wounded looking downcast at their shoes, wishing they weren’t who they were. It’s a cruel tale of suffering to someone close to my heart.

So, where did this us vs. them arise from? What enables or spurs on a young child to think that they should and can take someone else’s toy just because they want to?





There is no acquiring of education or wealth here, is there? It's only the feeling of entitlement. So, where does that arise from?

And that's when my dormant literary light bulb burst into flames. I felt suddenly compelled to write a story- children's story- about the beginnings of power imbalances between people. I had even thought of a simple title, "I want your toy," but... I don't even know where to start and how to write or what to write... * sigh* ...but I honestly hope I can write it one day!





Life Under Lockdown



BY

Madeeha

lockdown

Covid-19 has affected my life quite a lot. I have been preparing for the 11 plus test and I need tuition for that. However, since lockdown I have stopped going. In result of this, I now skype my teacher and its actually not that bad. So, during lockdown I have been doing tuition for most of my time. I also love drawing so in my spare time I draw! When it was school, I would try to face time my friends to make it seem more like school. School work wasn't too bad and I didn't mind it. My best friend would come and visit often and it was really fun when she came! My family and I used to stand in my cousin's front garden just to catch up. But now we go inside her house just for a little bit. Whilst Eid-al-Fitr was not the best, Eid-al-Adha was amazing because we planned an amazing set out and fun games! During lockdown summer holiday, me and my family went to Cambersand beach! We also went to Birmingham and it was so fun! In conclusion, my lockdown hasn't been too bad. Inshallah coronavirus will soon go so I can go school, Quran class and my friends & families houses! Inshallah I pass my test as well!



A COVID-19 EXPERIENCE OF A CHILDREN'S AUTHOR

*Elizabeth
Boothman*



Elizabeth Boothman is a children's writer for more than 20 years. She graduated from the University of California at Berkeley with an emphasis on World Mythology.

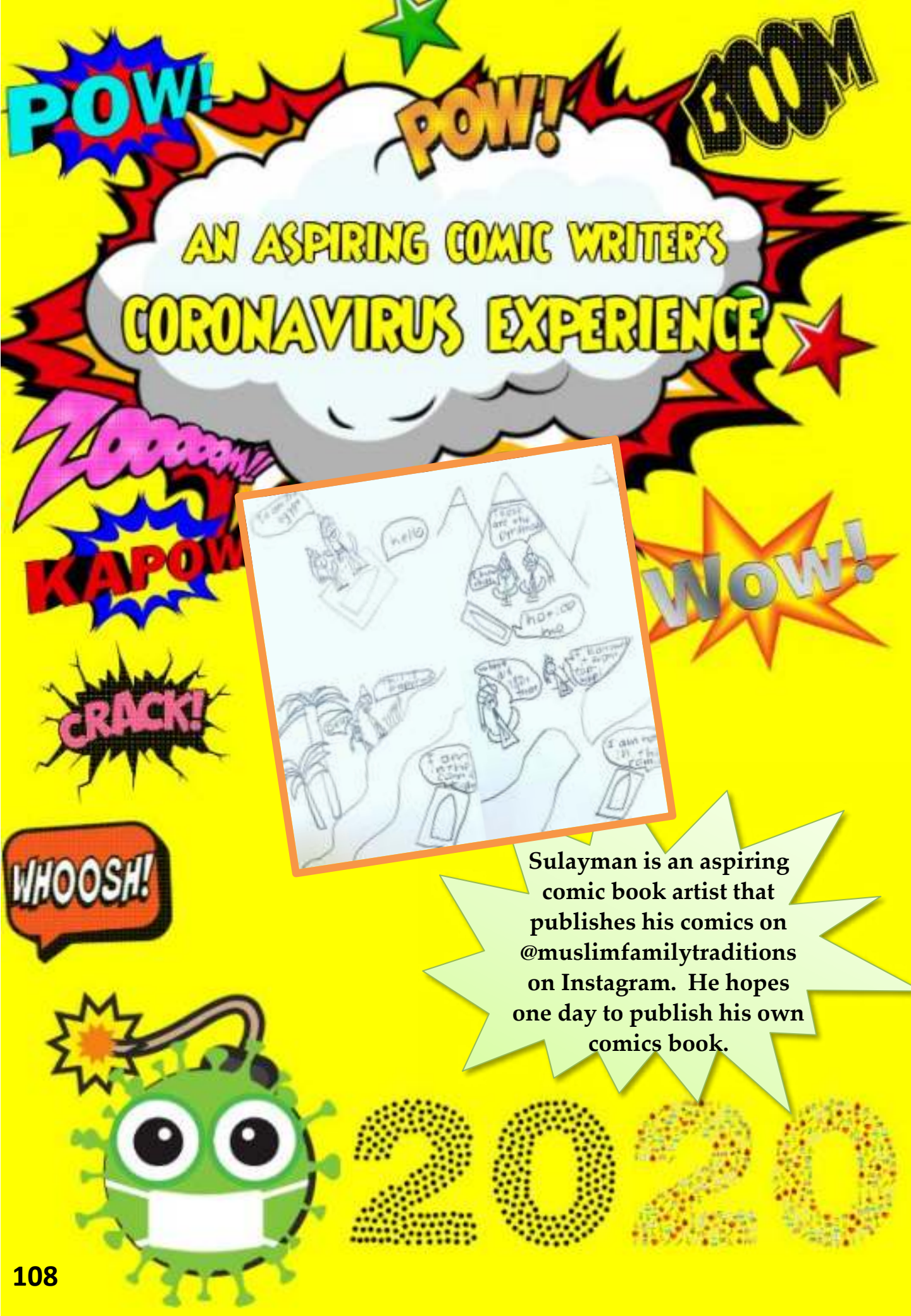
During the lockdown, I have continued to research the second novel of the Sulayman Series while the first novel *Sulayman and the Green Lamp*, is being edited. The lockdown has delayed some of my projects, but I have continued to set and achieve modest goals even with less time.

During the lockdown, I stayed connected with zoom for family gatherings. I have also used social media for some live interviews on my Instagram and Facebook group.

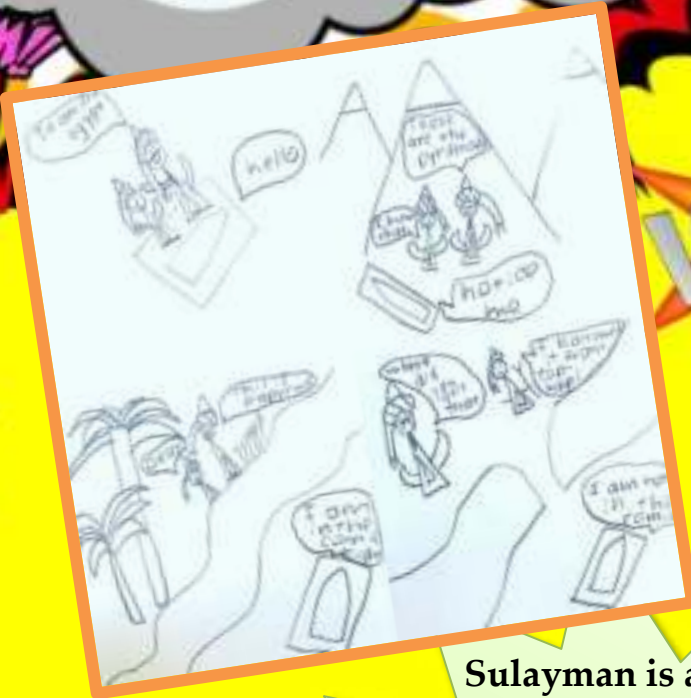
To relax, I subscribed to some make-up and exercise blogs. This gave me something to do when we could not go out. I also compiled a list of books I wanted to read on Amazon Kindle and downloaded samples. I am slowly working through this list because most of the titles contribute to my research for the Sulayman Series. I recently finished one called *Where the Two Seas Meet* about Khidr.

As an author, I use my work with Muslim students as a jump-off point for my books. Working more with my children at home during the lockdown has made it possible to prepare and deliver more home-based lessons, but I have had less time to work on my books overall because my kids are at home full time





AN ASPIRING COMIC WRITER'S CORONAVIRUS EXPERIENCE



Sulayman is an aspiring comic book artist that publishes his comics on @muslimfamilytraditions on Instagram. He hopes one day to publish his own comics book.



BOOM!



CRACK!

My mom is a teacher, so I had no break during lockdown because she gave me lessons and homework. The good thing is that I am learning about world history now, and I am using that to help my comics.

During the lockdown, I talked with my aunties and uncles on WhatsApp.

I began reading the Horrible Histories book series, and I love to learn about history through jokes. My mom also plays videos from YouTube that funnily tell history. My comic strip called Sulayman Comics is funny, so I like to watch things that are fun too.

I do not have exams, but I do have some quizzes on Khan Academy. I get really happy when I do well, and I want to be homeschooled even after the lockdown.



POW!



ZOOOM!

The Room

By M.M

The sad thing is that no one knows why Robby told everyone that he was infected with the most frightening thing known to mankind. It wasn't funny in the slightest, but he did it anyway. The teacher scanned him with her beady eyes, and she grabbed hold of the phone on her desk like it was the last thing she wanted to do in her life.



She told the office, and the office people took him away. No one knows why Robby Hodkinson did that and where they sent him. They call the place they sent him the "*White Room.*"

Why?

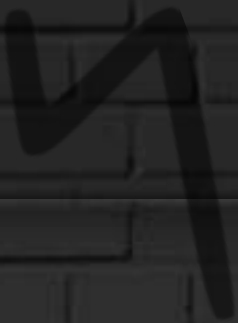
No one knows that, either.

Life went back to normal. It is probably your guess. Nope. It got worse.






People thought the infection was a joke, so someone did it again. This time, however, a large man took the student away to the White Room.



Once again, people thought this was funny, so someone did it again. And that person was me. Yes, me. I will not tell you my name because of security reasons. Only kidding. It is because I am annoying. Meanwhile, I was sent to the White Room, which, trust me, was anything but white. They sent me to a dark room with dim lighting.

I walked around the room, and I felt the rough wall with my hands. It had jagged lines and bumps that felt like miniature mountaintops.



I tried to find a door handle, but I found nothing. How did they get me in here? I tried to remember, but nothing appeared in my mind.

This eerie room was getting to my head. I looked for an air ventilation shaft but found none. I searched around for a window but got nothing. It seemed all hope was lost when a light came in.

"Hello, welcome to the White Room, where your infection will be extracted into a protected container hidden for people's safety. This will only hurt a lot!"



A computer voice cackled.

I was doomed.

I couldn't live through this, could I?

Well, how else could I be telling this story?





I saw a large vacuum snake its way toward me, getting ready to exterminate the phony infection along with me in the package.

I needed a way out and fast. That's when I realized that there was a hole in the ceiling! Alhamdulillah! I dodged the snaking vacuum, and I clawed my way into the rectangular-shaped hole.

I shimmied my way across the claustrophobic vent, and I saw a rat or two along the way. Dust bunnies danced across my face, but all in all, I made it out. I heard the teacher's voice below a vent under one of my hands. The classroom!

I kicked the vent, and it let loose with ease. I slowly but surely went downward and let go.
And what I saw was a sight to behold.

The truth is, I can't tell you what happened. I blacked out. I can't remember anything. I woke up a while later, and I saw something in the far distance.... A white room, the vacuum broken, and the infection gone.



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ
وَالكَسَلِ وَالْبُخْلِ وَالْجُبْنِ، وَضَلْعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

*O Allah, I seek refuge in you from grief
and sadness, from weakness and from
laziness, from miserliness and from
cowardice, from being overcome by
debt and overpowered by men (i.e.
others).*

*[Al-Bukhari 7/158. See also Al-
Asqalani, Fathul-Bari 11/173]*



Fun



CHALLENGE
1

**Try and find the words
in the Coronavirus
wordsearch!**

V	C	C	D	D	N	S	N	E	E	Z	E	A	G
I	I	E	A	L	A	S	E	M	E	H	N	N	C
R	T	W	S	F	I	S	E	N	T	C	I	N	O
U	S	I	E	E	A	D	A	L	C	H	U	N	V
S	T	V	A	F	I	Y	A	W	S	H	Y	W	I
P	E	L	E	C	O	E	W	A	A	L	L	O	D
R	E	T	I	K	H	C	W	O	C	L	I	D	C
A	Y	N	D	I	S	T	A	N	C	E	M	K	P
Y	E	K	S	A	M	E	C	A	F	S	A	C	D
H	V	N	U	I	C	O	U	G	H	Y	F	O	P
T	P	P	A	N	D	E	M	I	C	M	Z	L	N
S	T	E	M	P	E	R	A	T	U	R	E	I	E
N	F	C	T	E	N	I	T	N	A	R	A	U	Q
L	H	M	P	Z	F	R	I	E	N	D	S	H	S

QUARANTINE
PRAY
FAMILY
WASHING
TEMPERATURE
SNEEZE
FACE MASK
FEVER
DISTANCE
LOCKDOWN
HEALTH
COVID
VIRUS
PANDEMIC
FRIENDS
COUGH
MEDICINE
SAFETY
LAW

CHALLENGE 2

Discover Little Farah's secret message about the coronavirus

A	B	C	D	E	F	G	H	I	J	K	L	M
♥	◀	▲	★	↗	💧	◯	▽	↘	◎	😊	✳	⚡
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
↙	◎	⊗	↑	◻	◻	✕	▯	⌚	■	◐	◊	●

✕ ▽ ◻ ◎ ▯ ◯ ▽ ⊗ ◻ ♥ ◊ ↗ ◻

↗ ★ ▯ ▲ ♥ ✕ ↘ ◎ ↙

♥ ↙ ★ ▲ ♥ ◻ ↗

■ ↗ ▲ ♥ ↙ ⊗ ◻ ↗ ⌚ ↗ ↙ ✕

✕ ▽ ↗ ◻ ⊗ ◻ ↗ ♥ ★

◎ 💧 ▲ ◎ ◻ ◎ ↙ ♥ ⌚ ↘ ◻ ▯



CHALLENGE
3

Are you a Maths Wizz?

	-		/		1
+		×		×	
	-		+		8
+		+		-	
	×		+		11
11		38		13	

Try to fill in the blanks using the integers 0 - 9.

Each row and each column is a separate maths equation.

Each equation follows the BODMAS rule: (Brackets of Division, Multiplication, Addition and Subtraction)

The numbers (1-9) can only be used once.



CHALLENGE
4

Try this MathsMania puzzle!

				17
				16
1		2	2	12
	3		4	18
			4	29
17	27	18	13	23

Try to fill in the blanks using the integers 0 - 9.

Each row and each column is a separate maths equation.

Each row gives the total to the right.
Each diagonal line gives a total to the right.

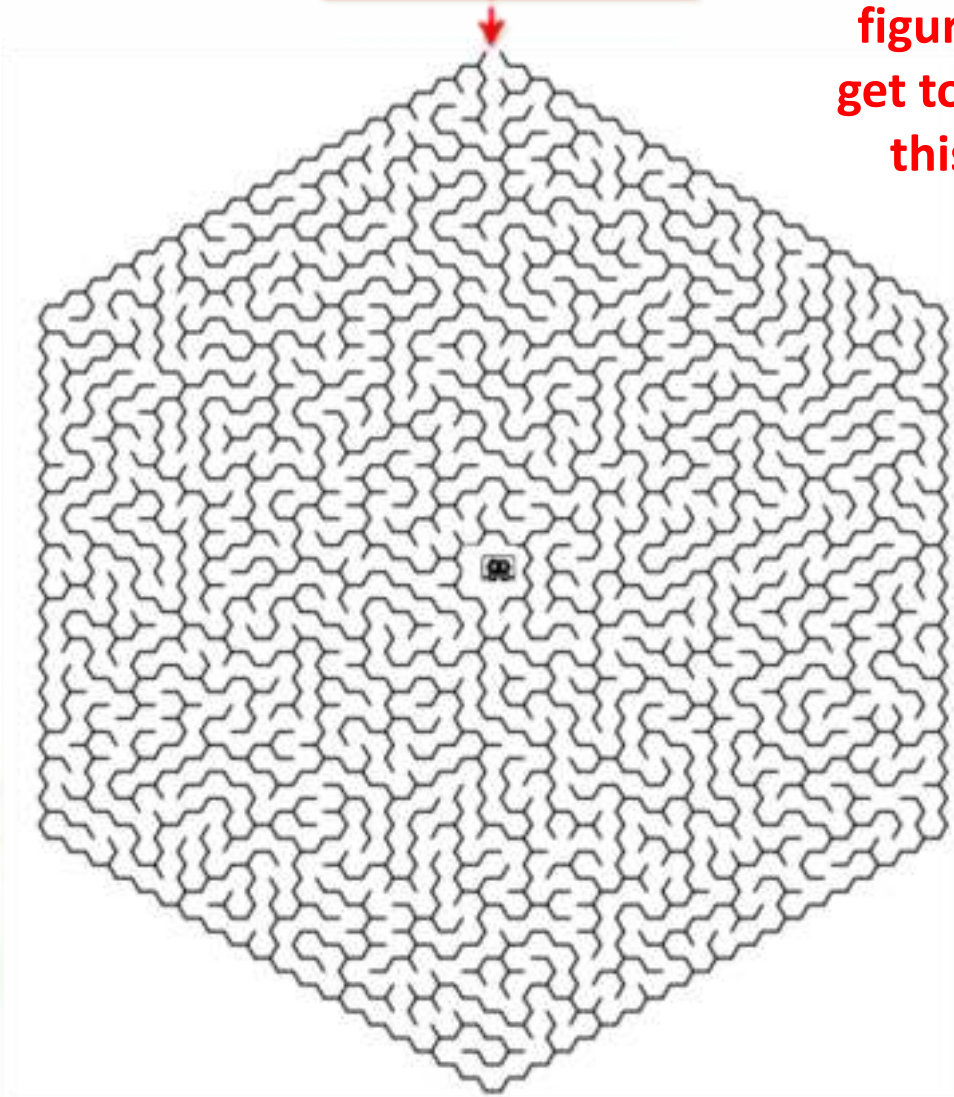
Each column gives the total to the bottom.



CHALLENGE
5

SURVIVAL MAZE!
Are you able to get home
before the coronavirus
catches you?

START HERE



Let's see who can
figure out how to
get to the centre of
this hexagonal
maze?



CHALLENGE
6

Unscramble the Bramble Apple Pie!



posa _____

anhds _____

tsiseu _____

iemunm symtse _____

rste _____

rtawe _____

cesreeix _____

octdro _____

rnues _____

toinrtiun _____

etoiincnf _____

trnoeveinp _____

tloonaisi _____

urivs _____

ayrp _____





KIDS
ART
During COVID-19
lockdown



This painting
is by 13 years
old Laiba and
10 years old
Hiba

Become closer
to Allah

Allah is beautiful
and made the
world beautiful



A drawing of two fishes from Zoya aged 7



A drawing of the coronavirus from Zara aged 7





**Both drawings
are from 10-year-
old Yaseen**





Both drawings are from 8 years old Mohammed



Both drawings are from 6 years old Abdelberri Chebab

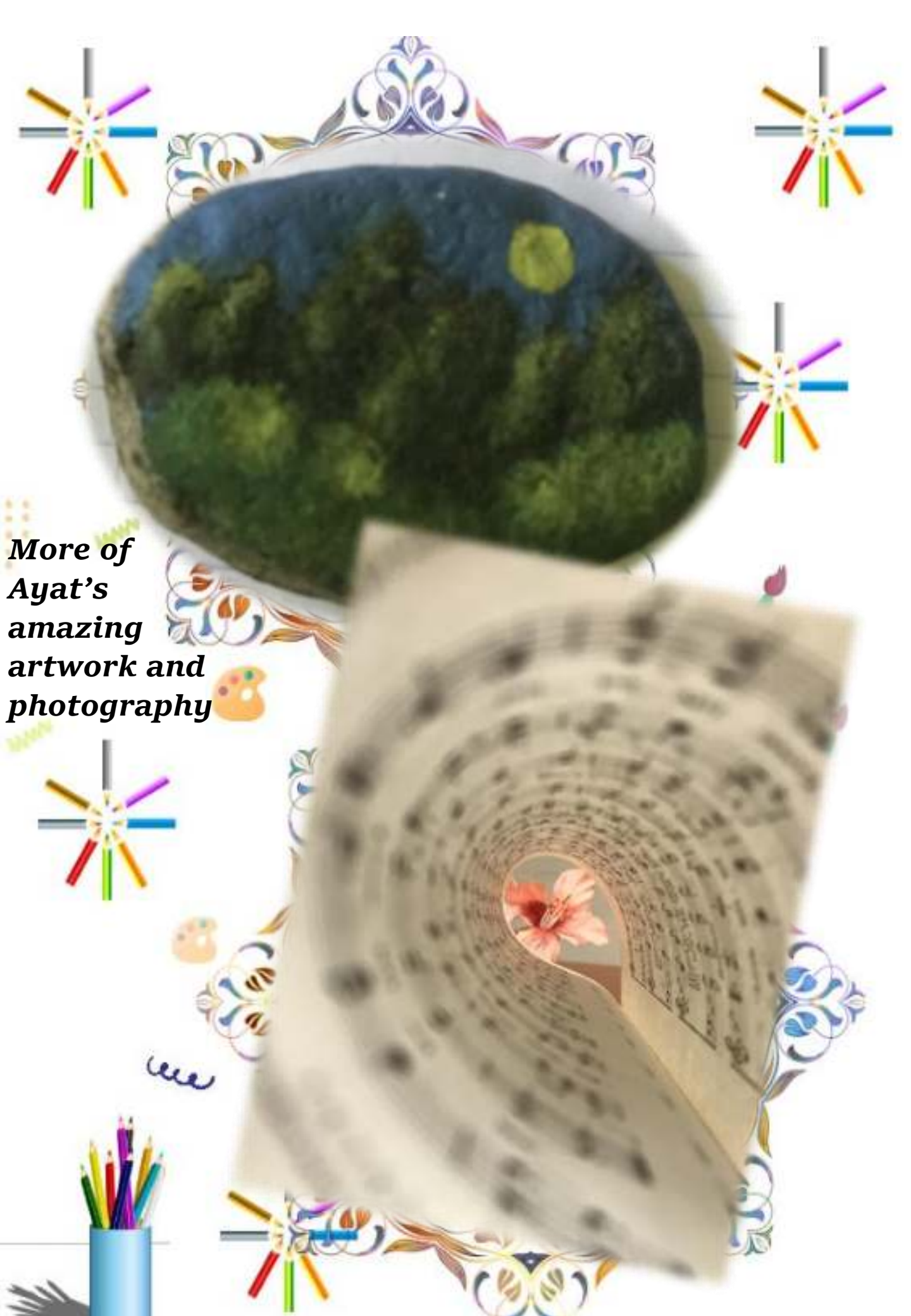





Ayat is 13 years old who enjoys drawing, painting, digital design and photography.



*More of
Ayat's
amazing
artwork and
photography*





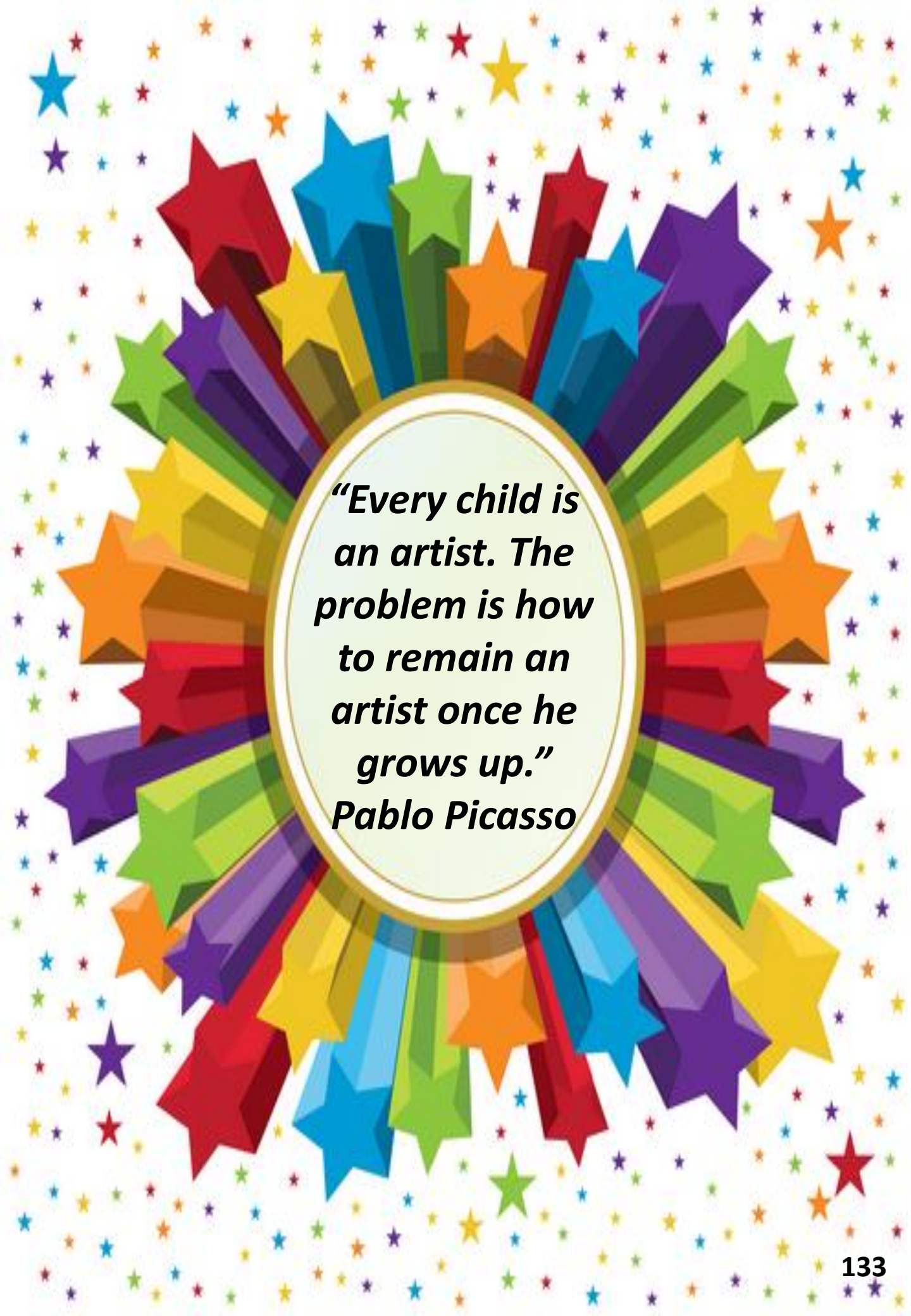
Eyad is 8 years old who enjoys drawing.

Karim is in second grade and loves to paint and draw.



*More of
Karim's
amazing
artwork*





***“Every child is
an artist. The
problem is how
to remain an
artist once he
grows up.”
Pablo Picasso***



Getting Kids involved

At Home



Children are blessings in every parent's life. It is important that as they grow and transition from primary to secondary to college, they have the necessary skills to develop. Naturally, children get excited quickly as their dopamine levels increase, so why not getting them excited about house chores?

Why?

Kids should get involved from a young age, which will deepen their understanding and the connection of what family life is.





They will learn skills that can be used when they become adults. For instance, preparing meals, cleaning, organizing, and recording great memories. Getting them involved will allow children to negotiate, communicate, and work as a team.

Narrated by Abdullah ibn Umar (may Allah have mercy upon him)

"Indeed, each of you is a shepherd, and each of you will be questioned regarding his flock. The commander in authority over people is responsible, and he will be questioned regarding his responsibility. The man is responsible for the inhabitants of his house, and he will be questioned about them. The wife is responsible for her husband's house and will be questioned about it.

The servant is responsible for his master's property, and he will be questioned about it. Indeed, each of you is a shepherd, and each of you will be questioned about his flock."

[Al Bukhari and Muslim]





Hey Kids! When you see your mother or father doing a task, why don't you offer to help?

Hey parents! Why don't you ask your kids to contribute and get them involved?

How?

- Make it fun – ask your kids to create a poster of who is doing which task and alter the charges weekly or bi-weekly!
- Explain to them why doing what you do is great!
- Create a reward chart! However, with this, there are pros and cons. Kids will get happy when they receive pocket money or a treat or when they accomplish something.

However, unintentionally, their aim will be getting a reward rather than doing the chore because it's an important life skill. Thus, there is a need to be encouraged should be balanced, as well.





The type of tasks to impose on children depends on many factors:

Their age.

Their schedule during the day.

Was it a busy day?

Weight of the object.

Can they reach the object?

Health conditions...do they have allergies?





Most tasks require supervision until the kid is old enough to do it independently.

Elementary school children can do these everyday tasks:

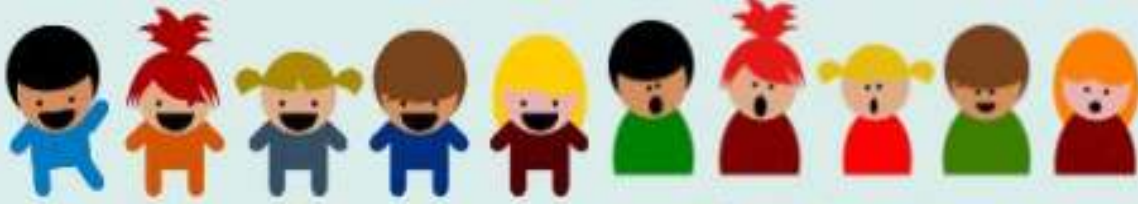


- Picking up their teddies, toys, and books.
- Hang clothes on hooks.
- Help set up the dinner table.
- Help prepare easy meals under parent supervision.
- Fold the laundry.
- Sorting out groceries.
- Watering the yard with their little buckets.



As they get older, they can start to do things without asking. They will become more confident and they will enjoy performing these tasks.







An Unexpected Visit

By Salam Labib

Salam Labib is 12 years old who loves archery and horseback riding.



Although summer break had just begun, it wasn't a great time for my family. My father's boss was giving him a hard time. Nadiya, my sister, changed her major in college again. Now she is doing it consistently. Not only that, she has decided to become vegan, triggering constant yells of *"There's nothing good to eat here!"* or *"If you love animals so much, why are you eating them?"*.

Personally, I am struggling to figure out why she's doing this to herself. My little brother, Ali, was now at the first stage of potty-training, which proved to be much harder than I thought. I always knew that that day would come, but never this soon. And due to stress, my mother is now on the verge of losing it.

As if this was not enough drama, the doorbell rang at exactly 7:14 AM. My father stumbled on the stairs and bumped into the wall. He definitely did not have his morning cup of coffee. My mother helped him up, not that she was feeling great either.

Dad finally reached the door and yelled, *"Mom!"* his eyes widened.

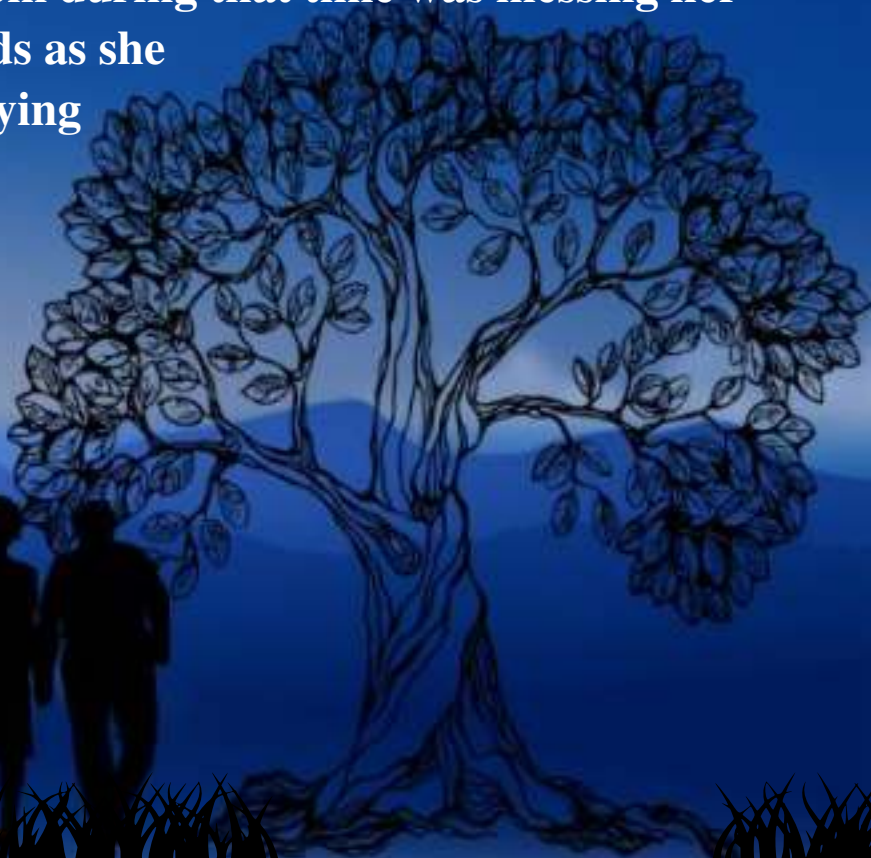




“I’m here for a surprise visit, and I see that you’re surprised.”
Grandma responded.

She hugged my father, who forgot to close his mouth for a whole minute. We eventually gathered to help Grandma unpack her belongings and settle in.

This visit called for an emergency family meeting in my parents’ room. Three siblings all yelling at once around an astonished, messy-haired mother, whom during that time was messing her hair further with her hands as she always does when she’s trying to think of a plan.



My mother directed her words to my siblings and to me. *“Listen up!”* she said. *“Things are going to be okay. She’s your grandmother, and she usually stays for about a week. Now you’re going to behave yourselves, clean your rooms, tidy your hair, keep a smile on your face and never forget to say please and thank you.”* she added.

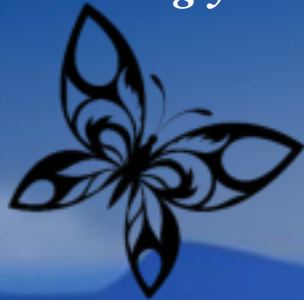
“Sounds like a lot of work! This is the worst summer ever,” I complained.

“I’m in the middle of a major crisis that can destroy my future.” Nadiya demonstrated, *“Maybe I could be a marine biologist?”*

My little brother, Ali, also demonstrated by wetting his pants.

“Oh, no, no, no, no, why didn’t you say potty? I’m right here,” my mother’s positive attitude just disappeared.

My father came to the room, ordered us to organize our rooms, change into clean clothes, and brush our teeth, *“And,”* he added, *“Be as polite as possible. I don’t want a lecture on how I failed in teaching you manners.”*



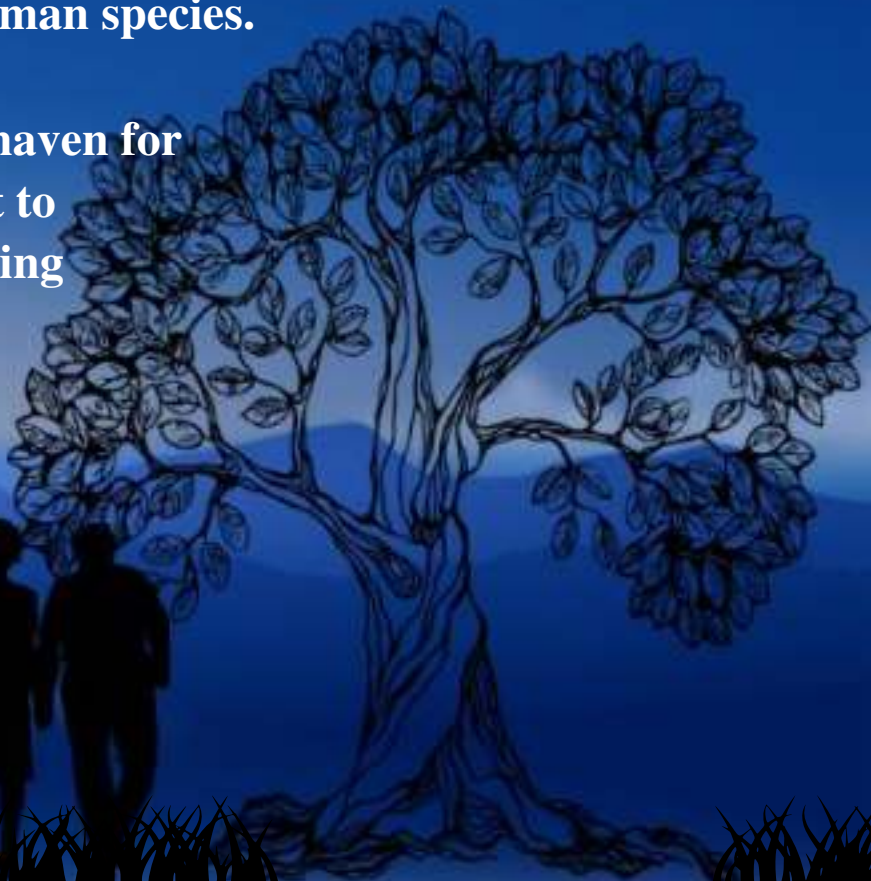


“But dad” I interrupted, “Aren’t we overdoing it? I mean, grandma doesn’t exactly hear us anyway.”

“Her hearing may be impaired, but she has plenty to say.” Dad responded.

I love my grandmother, but I had always assumed that her hearing was less impaired and more selective in all honesty. I gave in and went to clean my room. My mother had declared it a disaster area and not suitable for the human species.

My closet was the perfect haven for any item that doesn’t want to be found, so I ended up piling a lot of things in there.



On my way up the stairs, I decided that I might pile up all the baskets I didn't want to sort and stuff them in the closet if I found the space. My room will look amazing after hiding those baskets in the walk-in closet. After arriving at my room, I picked up a basket and crept to the walk-in closet. But when I opened the door, I found my grandma inside, sitting on her favorite wooden chair, sorting through a basket with a somewhat disapproving look on her face. I yelled and dropped the basket.

“Grandma, what are you doing inside my closet?” I asked.

“What was that? Oh, I know you appreciate everything I do for you.” Grandma replied.

“Wait, what?” I asked.

“No, really, you don't have to apologize. I am quite used to your laziness and irresponsibility,” she said with a genuine smile on her face.

“Lazy? Irresponsible? Me?” I sighed. What did I tell you? Selective hearing.





She then reached out to a plastic baseball bat that belongs to my little brother. She pulled it out and attached it to a large shirt that I did not recognize to be mine. How they ended up in my closet is a mystery to me.

“Whenever your dad was too lazy to do chores, I used something on him to urge him to clean. Pity I don’t have it with me now. Oh well, this baseball bat will probably have the same effect on you. This room will be spotless before your bedtime.” Grandma said.

“But, Grandma, I have soccer practice.”

I whimpered.



“If it’s that important, bring the team to help you finish in time,” said my grandma *“I am going to check on something downstairs, but I will be right back.”* she added.

“Take your time.” I said hopefully.

“Cut the limes? Sorry, I can’t. Don’t like to use knives. The last time I tried...,” said grandma.

“No.” I said. *“take your time.”*

“Oh, no! I don’t need anything from Amazon Prime. I’ll be back as soon as I can.” she said, getting out of her chair.

Dinner later that night was about as tiring as it had been all day. My family and I gathered to sit around the table.

“Grandma, would you like some noodles?” I asked.

“You’re raising poodles? I’m not a fan of dogs, and I don’t know if you can handle the responsibility.” Grandma responded.





“Just pass her the noodles,” I said my dad.

“Well, I’m going to go check on those poodles.” Grandma responded.

“Grandma, we don’t have any poodles,” I added.

“Don’t worry, I love dogs,” said grandma.

“No, you don’t.” my sister Nadiya muttered, but Grandma kept going.



After Grandma left the table for the poodles we apparently adopted, everyone seemed to have a complaint.

“She criticized my decision to become an emotional therapist.”

“I found her in my closet, and she threatened to use the baseball bat to force me to clean my room.” Dad sadly said.

“Well, is it clean now?” I asked my dad.

“Yes, but that’s beside the point.” Dad responded

“I’m not complaining, but she had me refold the laundry because it wasn’t based on colour,” said my mom.

And that was when we heard the Bang! We all ran from the dining room, only to see Grandma on the floor. We gasped and rushed towards her.

“Grandma, are you okay?!” I exclaimed.





“Oh, I’m completely fine. I just needed to get your attention.”
Grandma responded.

My mom looked as if she was going to faint.

“Well, I just wanted to let you know that I’m heading back now.”
Grandma added.

“Grandma, don’t leave,” I said.

“Yeah, we’re sorry,” added Nadiya.



“Oh, don’t worry. I’ll be back soon.” she said with a twinkle in her eye. “I’ll be at the door when you need me.”

“How will you know when that is?” I asked.

“I have my ways,” Grandma said, winking at me.

“So then, since you knew everything,” Nadiya asked “Should I do pre-med or political science?”

It was helpful to have Grandma with us, and for the first time in months, I’m looking forward to going into my room.





THE COOKING GAME

By Marwa Sabry



Marwa is an author and journalist at Aljazeera. She also works as a movie critic at Aljazeera Documentary. She enjoys teaching creative writing through her YouTube channel.

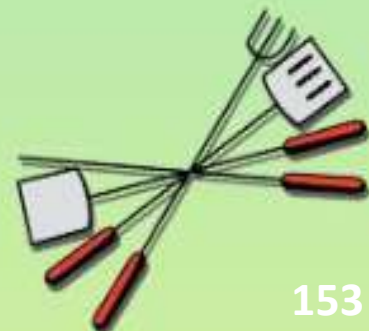


*It's either clean and boring,
Or messy with loads of fun.
That's my kitchen, by the way
So you know, as you read on.*



*It's fun when kids are here
It's boring when they're gone
Cooking can be a game,
With players more than one*

*Stew, Fry, and toss
Soak, drain, and chop
Spill, rinse and wash
Cut, add, and drop
Taste, dash, and mash
Sprinkle...oops, run for a mop!
It's either clean and boring
Or messy with loads of fun!*



WEEKEND Activities *With Family*

**Read the Quran
together and
memorize some
Quran verses.**



**Attend Halaqa
and story circles.**

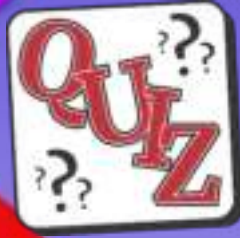




Make your own family quizzes about parables of the Prophet, Sahaba, general knowledge facts.

Explore nature!

Visit your local park and observe the beauty of nature, the squirrels, insects, or even flowers.



Be Creative!

Make your own t-shirts, pots, jewellery, and decorate it.



Create small cards with positive quotes to send to neighbours and the community.





Read a book and extract lessons and what you learned as a poster.

Start journaling?



Try a new recipe
Make a nice dish or cake?

THINK and TRY.



“He who believes in Allah and the Last Day, let him maintain good relation with kins”

[Al Bukhari and Muslim]

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