

ISSUE 3

FEBRUARY 2022

LITTLE FARAH MAGAZINE

Confidence

ISLAM | EDUCATION | FUN



LEARNING

SUPPORT

PATIENCE

FAITH

ACCEPTING
YOUR ERRORS

**What is confidence?
Tips to build your
confidence!
How to bounce from failure?
Learn from the Prophets!**



What's inside?



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EDITORIAL



Salam Alaykum/Peace be with you, everyone!

How are you all?

Little Farah Magazine would like to welcome you to its third annual virtual magazine!

This magazine aims to provide children aged 6 to 16 a balance between Islam, Education and Fun!

Some articles would benefit the adults and parents too!

Little Farah is an annual project as part of the Farah Saeed Trust and is open to ALL readers.

Our Chief Editor, Shama Farag, is an enthusiastic and experienced writer who develops each theme to ensure it will benefit our target audience: CHILDREN who will be the ambassadors of the upcoming generations in sha Allah (if Allah wills)!



This year, 2022, the aim is to look at CONFIDENCE after the lift of the coronavirus pandemic and; everything is slowly going back to normal Alhamdulillah (All praise to Allah).

What is it?

How to build it?

Is there something called a failure?

How can we build confidence through Islam, Education and Fun?

We hope you find these articles by our buzzing writers inspiring and they boost your confidence in sha Allah (if Allah wills)!

Our previous issue looked at different aspects of the coronavirus pandemic, how to deal with it from a spiritual and psychological point of view, the science behind the coronavirus, the history of epidemics and pandemics, filled with lots of activities for our target audience to try!

Please do check out our website for previous issues:

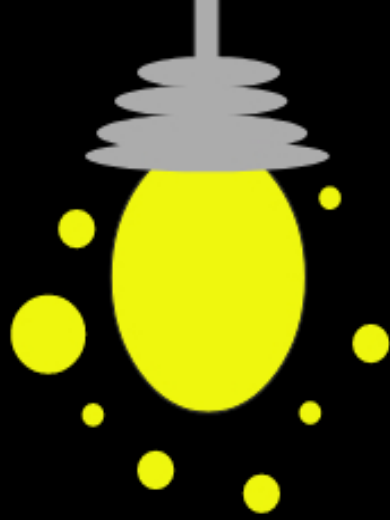
<http://thefst.weebly.com/little-farah-magazine.html>

If you would like a magazine copy to be emailed or would like to provide feedback or any other queries, please get in touch:

littlefarahmagazine@hotmail.com

The Little Farah magazine team





CONFIDENCE

What is it?

What are the different types ?

How many of you heard of the word confidence?

Each of us most likely has heard of this word from relatives, friends, teachers, sports coaches or even social media!

Confidence is having the belief and feeling positive about yourself and how you can succeed!



Spiritual confidence – believing in Allah!

Believing in yourself!

Believing in others!

Other people believing in you!

Sport Confidence



SPIRITUAL CONFIDENCE

Having confidence and trust in Allah (The Most High) goes hand in hand. It is to know that Allah (The Most High) is in control of everything and we need to have faith in His ability and power. When we pray to Allah (The Most High), we are worshipping The Creator of the whole universe who is the Most Knowledgeable and has the ability to do anything He wills. In the Quran, Allah (The Most High) says



“With Him are the keys of the unseen—no one knows them except Him. And He knows what is in the land and sea. Not even a leaf falls without His knowledge, nor a grain in the darkness of the earth or anything—green or dry—but is ‘written’ in a perfect record.”

[Surah Al-Anaam (The Cattle), 6:59]



This form of confidence is discussed later in the Islam section of the magazine!



BELIEVING IN YOURSELF

Do you like being in your shell?

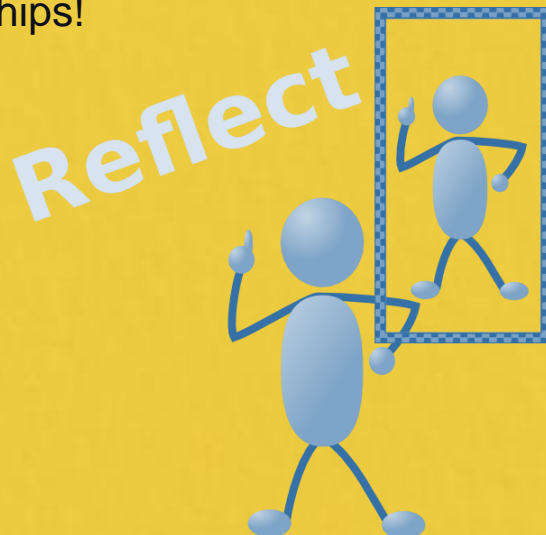
Self-confidence is the ability to TRUST yourself, KNOW yourself and your OWN potentials. This does not mean being ignorant but using your talents effectively and know your limit in doing good!

Having confidence in yourself is one of the key elements that allow you to live happily!

Confidence is not whether you can do something or not. It is how you think of whether you can do it.

You may be able to draw, cook or play a sport or any other activity, but do you believe that you can?

Hard work and motivation is needed to learn a new skill, completing a task, buying something, getting a top grade, going onto a course, passing an interview and even all forms of relationships!





Some people are confident in learning and education but not confident in relationships.

Other people are the complete **OPPOSITE!**

Someone with low confidence would say 'I cannot do this' and other fear-driven thoughts. This is because of over-thinking and it can make you feel in doubt!

There are many causes for this feeling, for example, bullying, fear of failure or even judging yourself too hard.

You need to push yourself by motivating yourself in small steps.

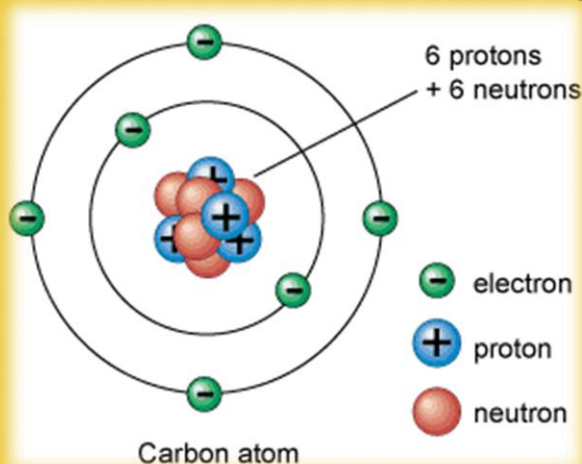
Once your self-confidence builds up, you will realise this and push yourself further.

Criticise yourself on your weaknesses!

Congratulate yourself on your strengths!




This does not cause a charge and give overall positive energy.

Just like the nucleus of an atom, the neutron has no charge, but the proton does and; the overall charge of the nucleus is positive!







OTHERS BELIEVING IN YOU!




Having this form of social confidence is important.





Being able to study or work as a team with other people can help build your self-confidence and increase respect for one another.



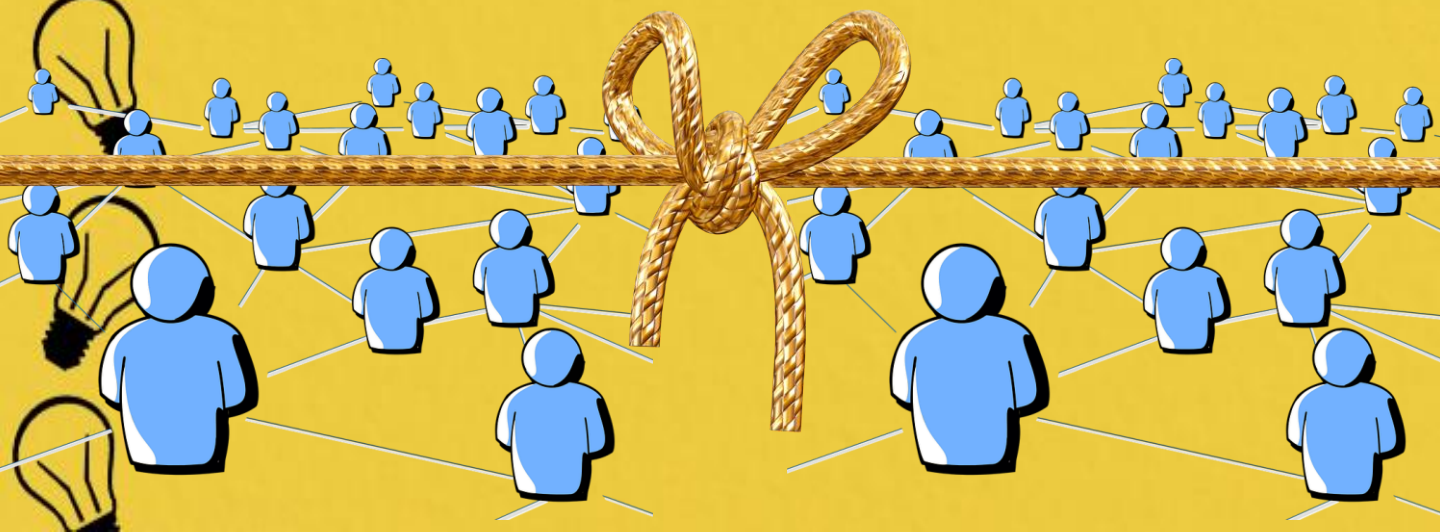
It is a key skill many people look at most, and when communicating, what is said and the way it is said can make a huge difference. For example:



'I am sure this will work' is an example of epistemic confidence where you are certain this will work.



Time is important when growing confidence in relationships with others!





SPORT CONFIDENCE!

The ability to have confidence in sports is a skill.

According to a research study, confidence in sports is affected by how well you prepare and perform your skill, your achievements, the use of tactics based on coaching and experience, competition, trust, experience, support and coaching.

They also discovered that females think sport confidence is based on how well they perform whereas males think it is based on winning.

Source: Hays, K., Maynard, I., Thomas, O. and Bawden, M., 2007. Sources and Types of Confidence Identified by World Class Sport Performers. *Journal of Applied Sport Psychology*, 19(4), pp.434-456.







“

"My Lord, expand for me my chest [with assurance]. And ease for me my task. And untie the knot from my tongue. That they may understand my speech.

”

The Quran, Surah Taha, Verse 25 - 28





How to have confidence in Allah?

Do you have confidence in Allah (The Most High)?

This is the most important form of confidence after confidence in yourself and Tawwakul. Tawwakul is the ability to rely on Allah (The Most High).

When reading to Allah (The Most High) speaks to us in the Quran.

Did you know He has chosen you and has given you His Book as guidance so you be able to distinguish what is right from wrong and learning from it using your intellect?

Trust in Him.

Our Beloved Prophet Muhammad (peace be upon him) said:

"Allah said, 'I am to my slave as he thinks of Me, (i.e. I am able to do for him what he thinks I can do for him)."

[Al-Bukhari 7505]

i love you

He believes in us that we accomplish that task.

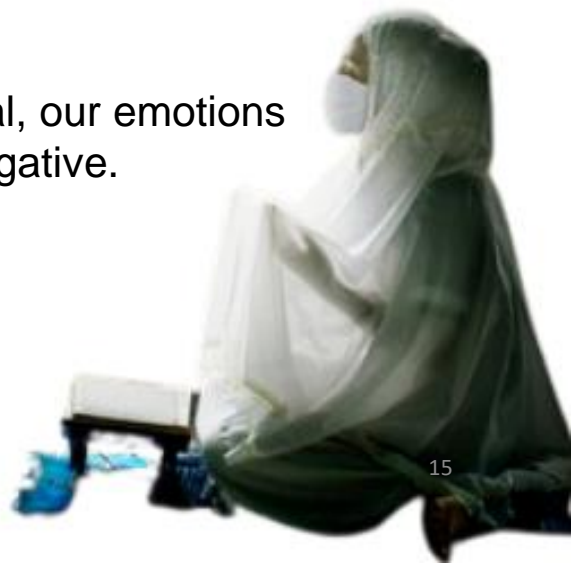
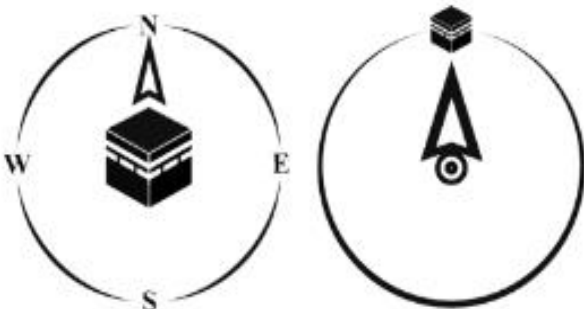
For example, praying five times a day to worship Him. He knew we can do this besides our worldly tasks else He would have not commanded us if we could not or not be able to pray.

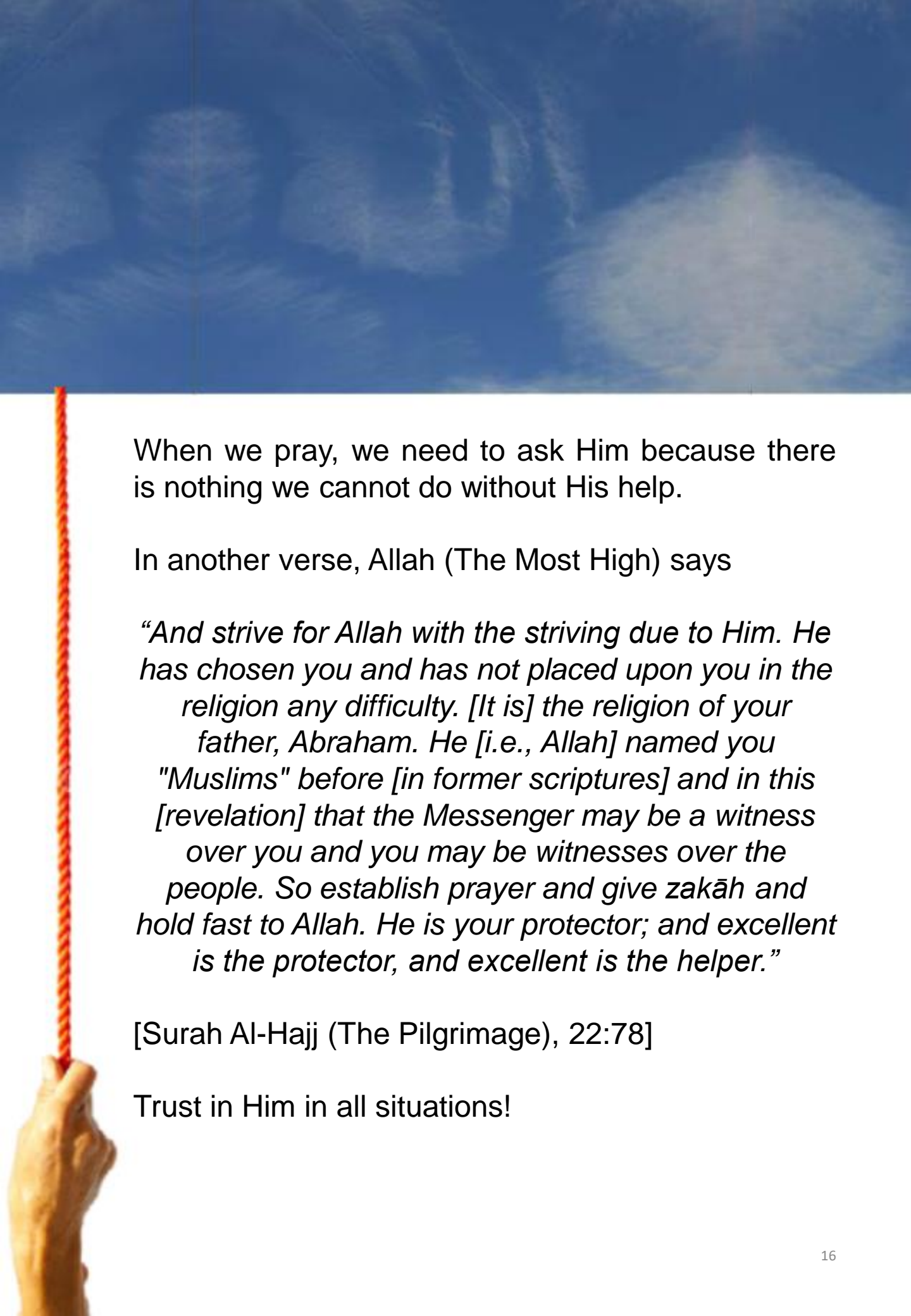
Praying increases our spiritual growth and confidence and; the lack of it can help us lose direction. Allah (The Most High) says:

“Allah does not obligate anyone beyond his capacity. For him is what he has earned, and on him what he has incurred.” Our Lord, do not hold us accountable, if we forget or make a mistake, and, Our Lord, do not place on us such a burden as You have placed on those before us, and, Our Lord, do not make us bear a burden for which we have no strength. And pardon us, and grant us forgiveness, and have mercy on us. You are our Lord. So then help us against the disbelieving people.”

[Surah Al Baqarah (The Cow), 2:286]

Many of us do pray but when we face a trial, our emotions take over and the positive becomes the negative.



A hand is visible on the left side of the page, holding a red rope that runs vertically down the page. The background is a clear blue sky with some light clouds. The text is centered on a white background that occupies the lower two-thirds of the page.

When we pray, we need to ask Him because there is nothing we cannot do without His help.

In another verse, Allah (The Most High) says

“And strive for Allah with the striving due to Him. He has chosen you and has not placed upon you in the religion any difficulty. [It is] the religion of your father, Abraham. He [i.e., Allah] named you “Muslims” before [in former scriptures] and in this [revelation] that the Messenger may be a witness over you and you may be witnesses over the people. So establish prayer and give zakāh and hold fast to Allah. He is your protector; and excellent is the protector, and excellent is the helper.”

[Surah Al-Hajj (The Pilgrimage), 22:78]

Trust in Him in all situations!

iloveyou



The confidence of Moses



We need to keep reminding ourselves of the Prophets whom Allah sent to the people to teach them the Truth of Allah.

The Prophets (peace be upon them) had confidence in themselves and their abilities. They knew the reason why they were created and; the limit in their knowledge.

A prime example is Prophet Moses (peace be upon him)

Like many other Prophets, Moses (peace be upon him) never had his life easy!

His mother wanted to protect him from being killed by the Pharaoh who killed every male infant. She placed him in a basket on the River Nile that reached the palace of the Pharaoh who performed this massacre.

The Pharaoh's wife raised Moses (peace be upon him) until he became an adult. He then faced issues when he was older.

He was accounted for murder when trying to stop a fight between a Bani Israelite and an Egyptian and killed the Egyptian by accident. He was scared of what was going to happen next. He sought forgiveness from Allah (The Most High) and ran away.

He migrated to Madian, where he found refuge in a household by marrying one of the daughters and serving her father. Please read Surah Al Qasas (The Stories), 14:28.



After some time, Moses (peace be upon him) returned to Egypt with his family. On the way, near Mount Tur, he saw a distant fire, and he went towards it.

He communicated with the Almighty by hearing Him despite not seeing Him.

Allah (The Most High) believed in him and commanded him to go back to the Pharaoh to invite him to Islam.

Moses (peace be upon him) believed in Allah (The Most High) despite He knew Moses (peace be upon him) had the following challenges:

- Speech difficulties
- Memories with the Pharaoh and his wife.
- He never forgot his roots and, the Bani Israel was a low class in society.

All of the factors did not affect his confidence in Allah because Allah gave this command and Allah (The Most High) knew that Moses (peace be upon him) can achieve it.

So he asked Allah (The Most High) for some help through dua (supplication) to build his self-confidence by relieving his speech difficulty and for his brother, Haroon (peace be upon him) to be his assistant. His brother would help save the Bani Israelites from the cruelty of the Pharaoh. Moses (peace be upon him) focused on his mission to invite the Pharaoh and Egyptians to worship Allah (The Most High).

Prophet Moses brought clear signs from Allah (The Most High) but the Pharaoh accused him of sorcery. He was punished with the Bani Israel.

Another sign of the confidence and faith of Moses (peace be upon him) was when Allah commanded him to go through the Red sea to escape. The Pharaoh and his army followed but drowned whilst Moses (peace be upon him) and the Bani Israelites survived.



“And when the two companies saw one another, the companions of Moses said, "Indeed, we are to be overtaken!" [Moses] said, "No! Indeed, with me is my Lord; He will guide me." Then We inspired to Moses, "Strike with your staff the sea," and it parted, and each portion was like a great towering mountain. And We advanced thereto the pursuers. And We saved Moses and those with him, all together.

Then We drowned the others. Indeed in that is a sign, but most of them were not to be believers. And indeed, your Lord - He is the Exalted in Might, the Merciful”.

[Surah Al-Shuraa (The Poets) 26:61-68]

This raised the confidence of the Bani Israelites due to their patience.

“And We caused the people who had been oppressed to inherit the eastern regions of the land and the western ones, which We had blessed. And the good word of your Lord was fulfilled for the Children of Israel because of what they had patiently endured. And We destroyed [all] that Pharaoh and his people were producing and what they had been building.”

[Surah Al-Araaf (The Heights) 7:137]

Another command that presents the confidence of Allah (The Most High) in Moses (peace be upon him) was when Moses was chosen to lead the people of Bani Israel.

“And We wrote for him on the tablets [something] of all things - instruction and explanation for all things, [saying], "Take them with determination and order your people to take the best of it. I will show you the home of the defiantly disobedient.”

[Surah Al-Araaf (The Heights) 7:145]

This presents how Moses confidence in Allah was steady and how Allah believed in Moses’s abilities giving him commands to do which strengthened their relationship.



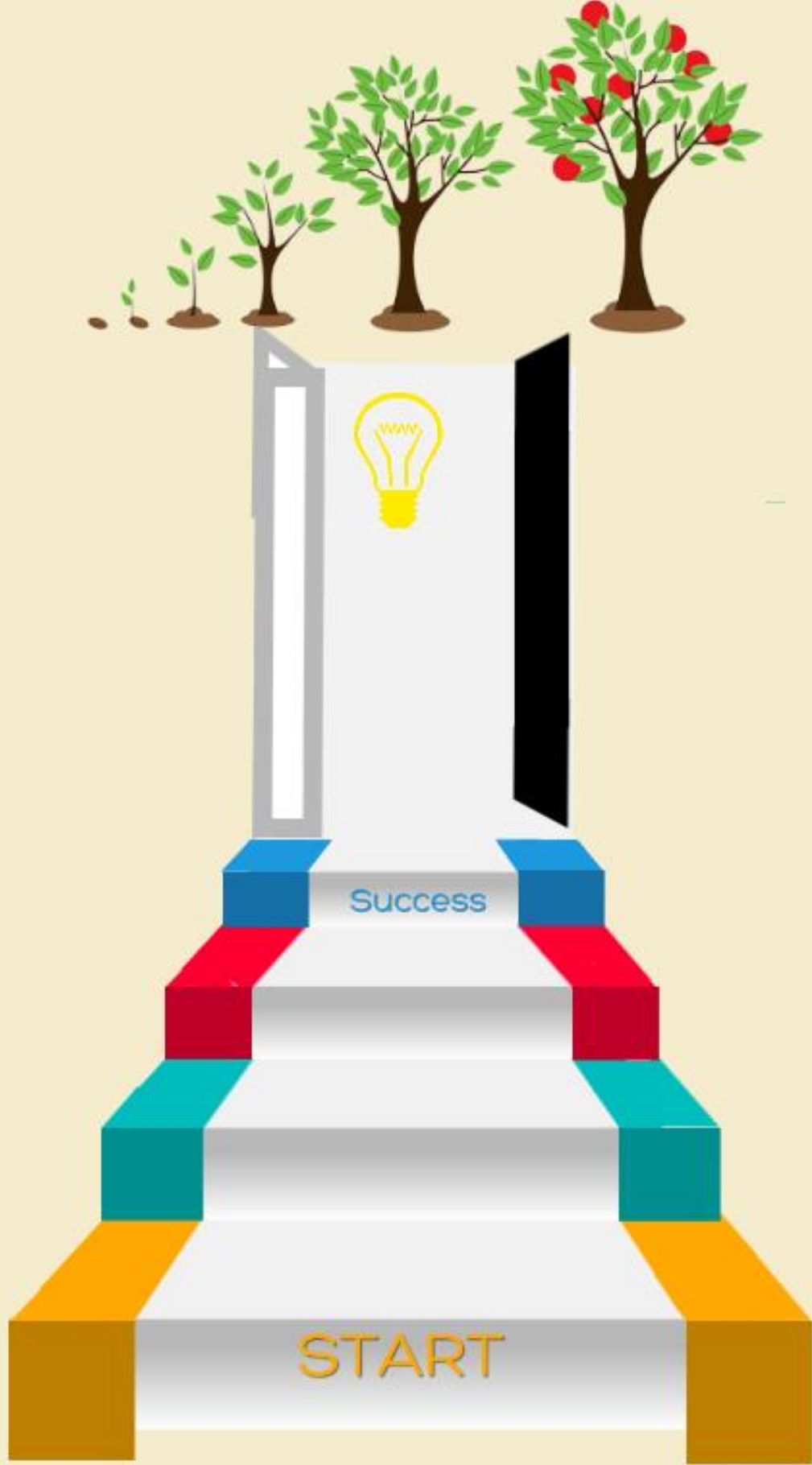
It is **CONFIDENCE** in
our **BODIES, MINDS**
and **SPIRITS** that
allows us to keep
looking for **NEW**
adventures.

OPRAH WINFREY



EDUCATION





**Take the FIRST step to START
building your CONFIDENCE** ²³



TIPS ON HOW TO REVISE!



Many children will have exams around the Winter/Fall and Summer terms, so we wanted to share these tips in time and we hope you find them in use!



We will start with the mind and lifestyle. It is important to have a positive and optimistic mindset to help you start, progress and do well in your exams!.



Try to eat, drink and sleep well to fuel your brain! For instance, drinking lots of water and eat fruits and nuts that have a lot of vitamins!

Gentle warm-up exercises also helps!



Find out what are your areas of strengths and weaknesses by creating a table!

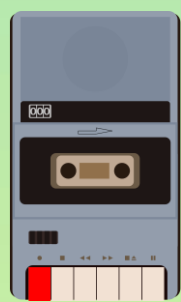
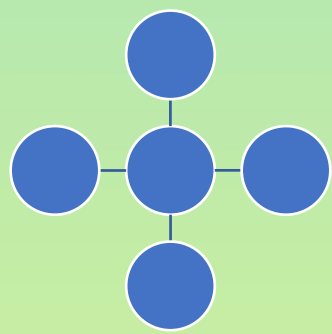
It is also good to find out when your exam is and create a timetable with mini breaks starting with the topics that you are weak with!





WAYS ON HOW TO REVISE!

- Use of mind-maps/Spider diagrams
- Mini posts/Stick notes/Flash cards
- Podcasts/Videos
- Highlighting
- Past paper questions
- Mnemonics
- Quizzes
- Record yourself



HOW TO APPROACH AN EXAM QUESTION!



1

LOOK at the time and the time allocated to the test and number of questions.

Please ensure you **COMPLETE** all questions 10-15 minutes **BEFORE** the end of the test.



2



3

Any questions you are unsure, please **GO BACK TO THEM AT THE END.**

Please email littlefarahmagazine@hotmail.com
If you require a pdf copy of the magazine to self-print the poster!





4

READ the **WHOLE** question carefully please.

HIGHLIGHT key words if required.



5



6

LOOK at the number of marks. E.g. If the question has one mark, one sentence/point is required.

If 2 marks, then 2 points required.



Is there anything called failure? How to BOUNCE back.

A failure is a form of fuel that helps you to try and; work harder the next time you perform a task. For example, a course, exam, lost a football match or when dealing with ANY situation.

The keyword you need to remember is that you TRIED.

NO MATTER what the situation is, your confidence level determines how easily and quickly you can overcome the negative thoughts that sprung out.

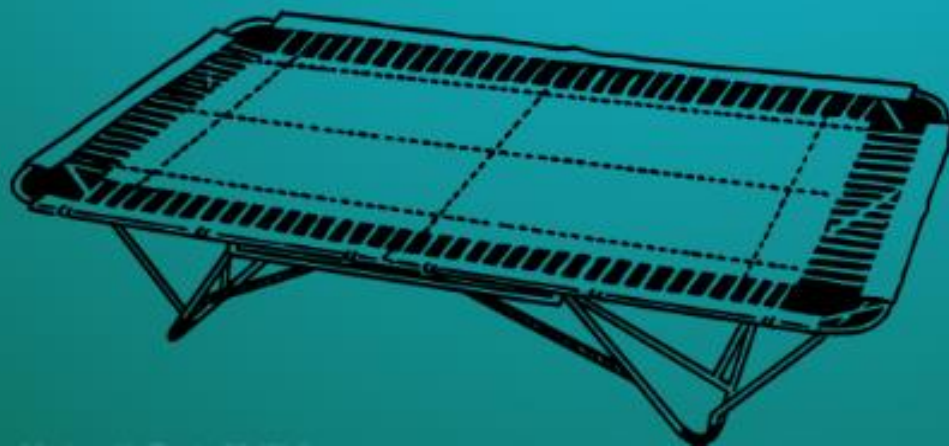
how to bounce back?


1. Give yourself time to recover, reflect and relax. Make peace with your past and don't let it destroy your next step! Some people may criticise you for being slow as a tortoise but sometimes slow is good to allow you to think logically and control your emotions. Your mind is the master of emotions.

2. Take responsibility and accept where you went wrong.

3. Have the right support around you! This can be your parents, siblings, friends, teachers, boss, coach and even your pets! Any form of support is great!

**The GRATEFUL.
INSPIRED.
MOTIVATED. OPEN-
MINDED. HONEST**



- 
4. Don't stress – better said than done! The key is for you to TRY.
 5. Know who is in control! Having spiritual confidence in God can aid in many ways. Patience because Allah is aware of everything and knows the unseen.
 6. Be realistic! Understand that neither you nor anyone can be 100% perfect in everything in life. There are some days you will feel lively and other days when you just feel down.
 7. Reward yourself for recognising your strengths, understand what went wrong and what it taught you to improve. You are responsible for your own happiness!
 8. Be brave! Believe in yourself! Think positive and do not underestimate your abilities nor strength.
 9. Stop comparing yourself! Be happy for other people's achievements but focus on yourself.

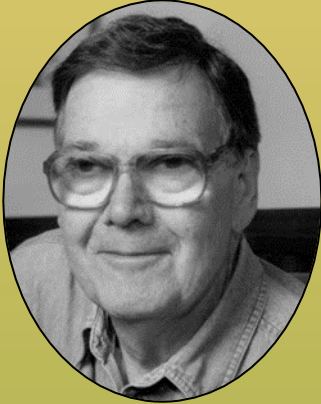
Once your mind, heart and soul are ready, set your REALISTIC goals!

Think about what you are going to do next? You can try again but think about Q7...What are the techniques to improve or skills to gain?

You can also look for another or different outcome or challenge. Having a plan gives you directions, energizes you and makes you think outside the box!



What career is suitable for you?



John Holland created a hexagonal diagram where he divided the personality of people and; the type of work they are interested in that is suitable!

He noted in his book:

“...people tend to act on their dominant interests and seek occupations in which their interests can be expressed.”

“Lack of congruence between personality and environment leads to dissatisfaction, unstable career paths, and lowered performance”

Holland, J. L. (1996). Exploring careers with a typology: What we have learned and some new directions. *American Psychologist*, 51(4), 397–406.



The hexagon is split into six personalities:

- Investigative [I]: They use their analytical skills to figure things out. They like to complete tasks and prefer doing it alone.

The further they are away from one another, the less they are in common, for example, realistic and social.

This is helpful for many people in many scenarios!



Artistic [A]: They have a good imagination and like to create things. They enjoy working with others.

Social [S]: They like communicating with people and helping others.

Enterprising [E]: They like leading people, take challenges and working with others. They can get aggressive.

Conventional [C]: They like things organised and give details.

Realistic [R]: They prefer concrete tasks and may enjoy working alone or with other people who are also realists.



Source: runninginaforest.wordpress.com



Need help with your CV, mock interviews, coaching or any advice? Call 020 3994 5533 or visit apply4u.co.uk

They are an independent company who provides great advice for Jobseekers, recruiters and employers and have over 1000s of positive reviews!

Chat with the **EDITOR**

S H A M A F A R A G

Salam, I am Shama Farag, the chief editor of Little Farah Magazine for kids.

I am a bilingual author who studied creative writing, digital storytelling techniques and writing for young readers at university.

I blog for Arabic-post dot com. and has many self-published books in both Arabic and English languages.





www.amazon.co.uk/Shama-Farag/e/B073XWK3JZ/

An interview with Shama

LF interviewer: “What made you write?”

Shama: Wise people say when you cannot find the book you wanted to read, write it instead. All of the books I wrote or the articles I published were ideas that no one else talked about the way I wanted. Plus, I am a reader. When you are a committed reader, you will be full of ideas, and your knowledge will broaden, and eventually, you will tend to analyze, comment, or criticize what you read. Writing gives you this privilege.

Reading allows you to reach the minds of the great thinkers and live their experiences, and if you are a loyal reader, you will learn how to go through what they have been through but with wisdom and knowledge that these thinkers did not have. Writing allows you to say what you could have done better. Or how you see things for yourself. Writing gives you a space to reflect and leave a legacy or a message for someone who needs to hear it. People transmit their knowledge and share real-life experiences through writings.

LF interviewer: “What do you like about writing books?”

Shama:

Two things:

1 - I admire the spirit of teamwork. Writing Books allows me to collaborate with different talents to deliver the final product. I work with an illustrator, a graphic designer, an editor, and a publisher, and sometimes I collaborate with many illustrators or photographers to get it done.

2 - I love reading the emotions and feelings of people through how they react to my writings. When I write something, and I see someone moved by it, it brings me delight. When I write something that impacts someone positively, I feel that I can make so much change in people's lives and this kind of success is eternal, huge, and priceless!

LF interviewer: “Why have you chosen the target audience?”

Shama: Writers wear many hats. Writers can write to many types of audiences and can write on many topics. However, the most impactful writings are the truest as you write from the heart. Your writing does not have to be something you have gone through personally. It can be something you have learned from someone important to you, or it can be something that touched your heart, and you wanted to share the experience or something no one else wrote about it the way it should be. Or it could be something that impacted someone deeply to the point that they were so hurt to speak up. Hence, writing is mandatory in this case.

LF interviewer: “What do you recommend for kids who want to write?”

Shama: I like to read a lot. Reading will keep your ideas flowing and; I suggest going for a walk regularly. Also, hiking is encouraged. Writing is a talent that can be a way to earn a living if you are lucky, or it can be the cave you go to when life is hard. Either way, writing is a talent, and every talent is God's blessing – see your talent as a blessing.

LF interviewer: Thank you Shama for sharing your inspiration!



"A man cannot be comfortable
without his own approval"

Mark Twain





FUN



**Kindness in words creates
CONFIDENCE.**

**Kindness in thinking creates
PROFOUNDNESS.**

**Kindness in giving creates
LOVE.**

Lao Tzu





Self-confidence in Alice in Wonderland

***“Do you love me?” asked Alice.
“No, I don’t love you.” said the white
rabbit.***

**Alice wrinkled her forehead and began to
rub her hands nervously, like she always
did when she was in pain.**

“Can you see that?” Said the white rabbit.

***“Now you’re probably wondering if it is
your fault, why can’t I at least love you a
little bit, what makes you so imperfect,
fragmented. This is the reason why I can’t
love you.***

***Because there will be days in which I will
be tired, angry, with my head in the clouds
and I’ll hurt you. Every day happens to
trample the feelings of the others for
boredom, carelessness,
misunderstanding.***

***But if you don’t love yourself at least a
little bit, If you do not create a shield of
pure joy around your heart, my weak darts
will be lethal and I will destroy you. The
first time that I met you, I made a pact with
myself: I’d not love you until you will teach
to yourself your value. So Alice no, I don’t
love you. I can’t do it” said the White
rabbit.***

***By Lewis Carroll, Author of Alice in
Wonderland***

Alice in Wonderland is about a curious girl who is on a mission to explore her identity and seek knowledge in her dream adventures in Wonderland. Alice goes through several cycles of physical changes of her size, emotional bursts and even meets many creatures who changed her belief that the world is in order and stable; this further increased her curiosity. Her self-confidence grew during the process and returns to reality.

The White Rabbit is the first character who Alice met and followed him into the rabbit hole to Wonderland. She was curious for seeing a rabbit dressed up and even holding a pocket watch.

Alice asked the White Rabbit whether he loves her and; this was based on her size as earlier in the chapter, she frightened the rabbit away due to her giant size.

When he said 'No' for not loving her, it made her 'nervous' because Alice's confidence was dependent on what people thought of her and not what she thought of herself.

The ability for Alice not to love herself and the discomfort about not being the right size suggests the changes that occur during the teenage years known as puberty.

The author, Lewis, emphasizes that self-love is important and; to progress in life, positive thoughts and intelligence is needed to understand life and the people we meet.

In life, misunderstandings or real-life situations can allow people to lose confidence. Sometimes bullying occurs because of 'boredom' or being 'carelessness' about how other people feel. So having an 'armour' of pure joy and self-confidence can make any sharp-pointed darts 'weak' and cannot destroy the confidence that you have in yourself. Love yourself to be loved but do not think you are better than anyone else.

Sources:

Ren, A. H. (2014). "Who Am I!": Alice's Quest for Knowledge and Identity in Wonderland. *Studies in Literature and Language*, 8(3), 126-132.

www.sparknotes.com



The Mouse and the Jar

Tom the mouse lived in a small hole in a house. One day, he was searching for food and found a jar filled with grains on a table. He was so happy and was thinking of how he did not need to go searching for food. He jumped into the jar and began to eat. After a few days, he reached to the bottom of the jar and was unable to get out. The mouse had to wait and depend on the owner of the jar to refill it.

LESSONS.

Nothing comes easy in life, and everything comes with hard work and believing in your abilities. Don't be trapped into dependency.

Use your skills to move forward otherwise you will lose your ability to think, make choices and even freedom!



WORDSEARCH

ability

discipline

heart

patience

belief

faith

mind

soul

confidence

goal

motivation

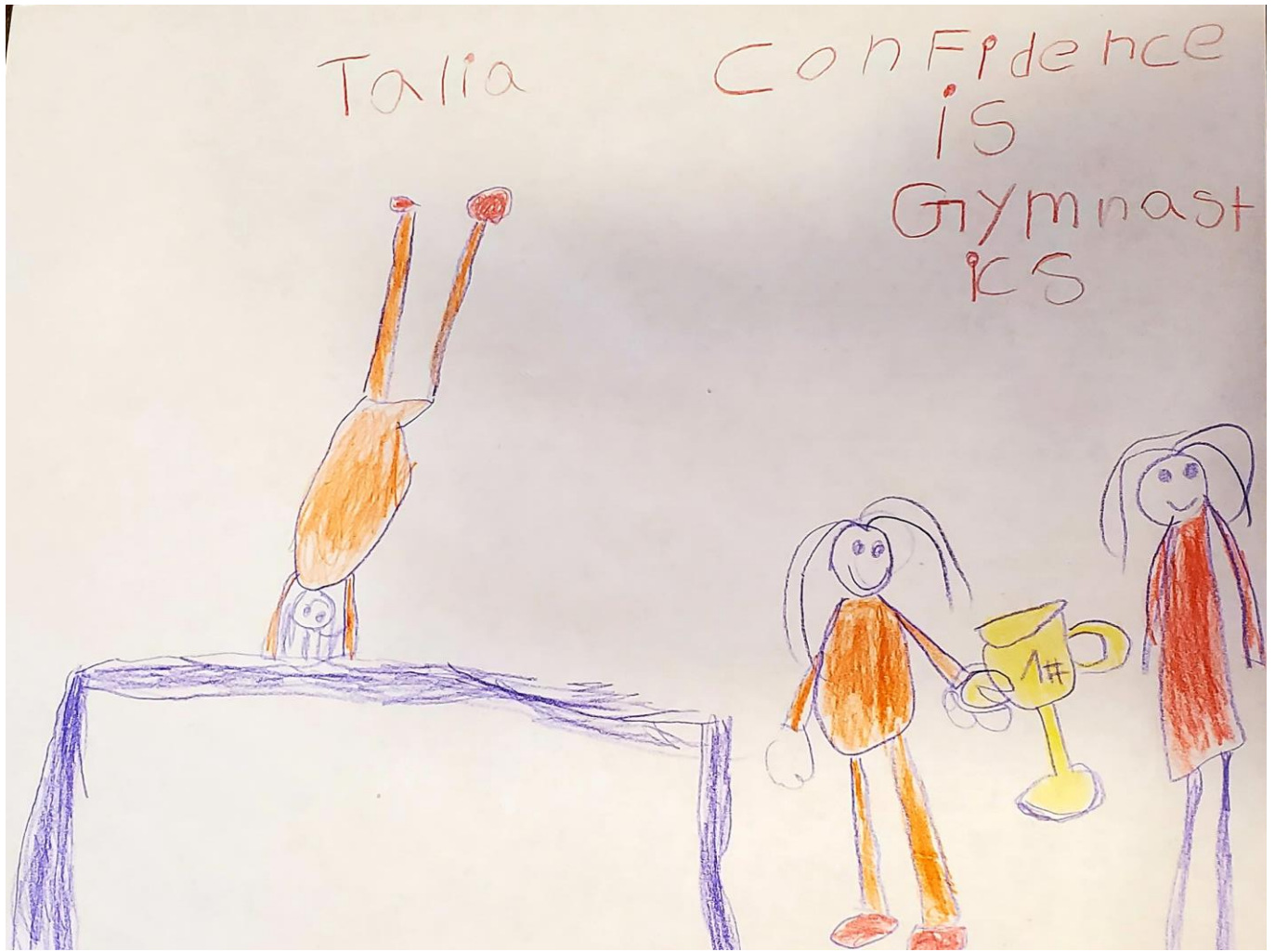
trust

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



Confidence is Soccer

By Julia aged 6 years old.



Confidence is Gymnastics

By Talia aged 6 years old.



**EXPERIENCES
TELL YOU
WHAT TO DO.**



**CONFIDENCE
ALLOWS YOU TO
DO IT!**

STAN SMITH