

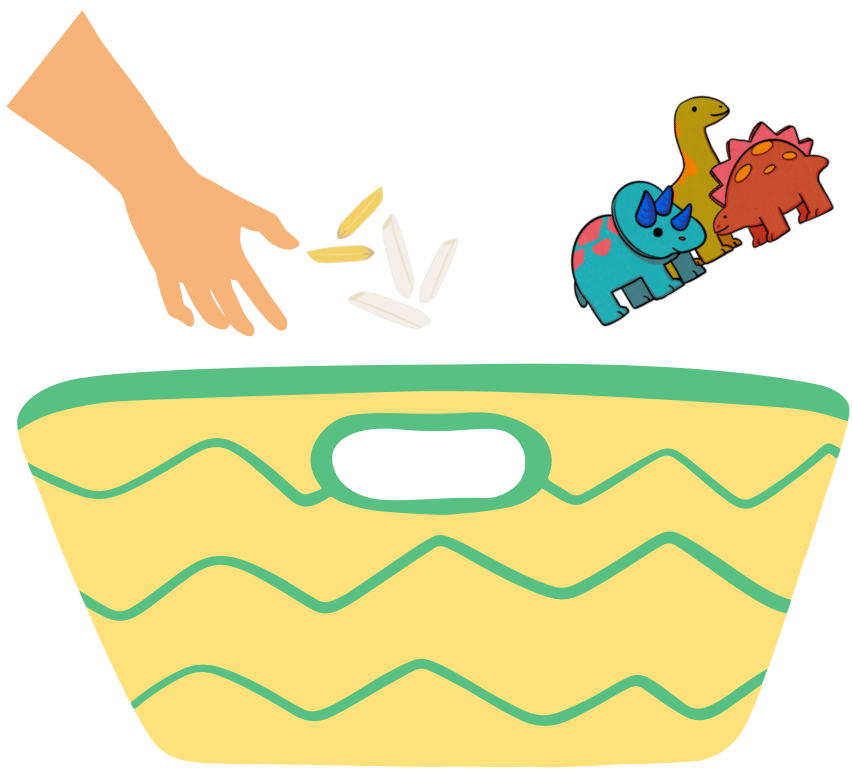
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

MUSLIM MOM'S
PLANNER FOR KIDS
(0-7 years)



ACTIVITIES





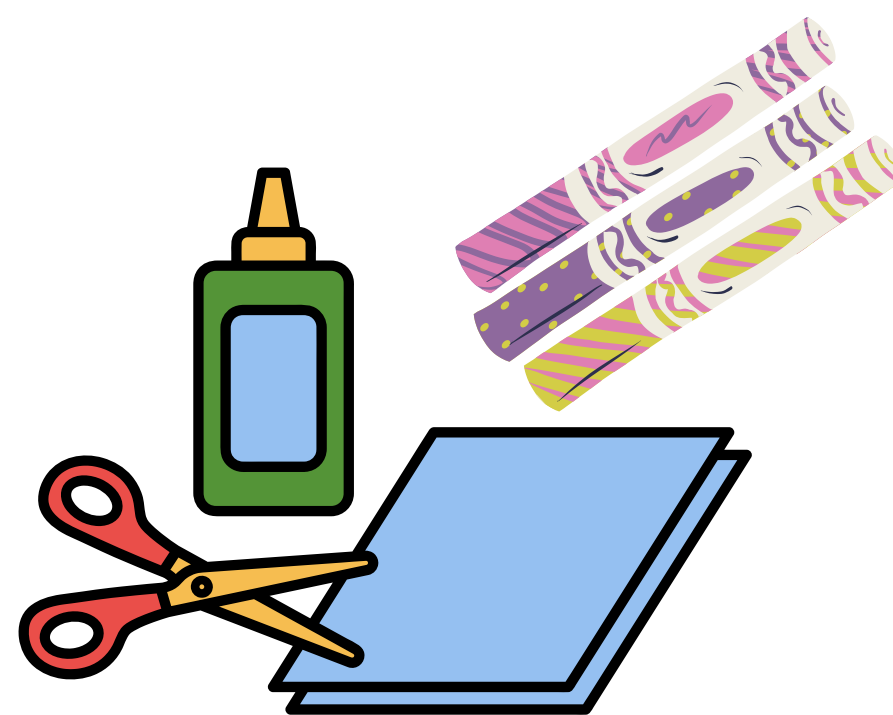
SENSORY BIN



DANCE



DRAWING



ARTS & CRAFTS



PLAY DOUGH



CHORES





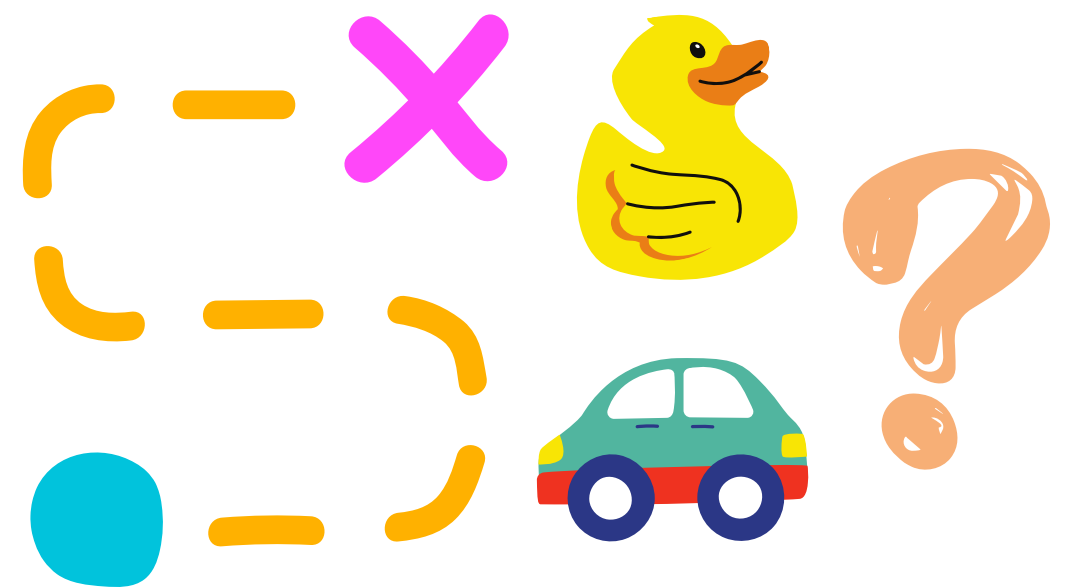
FREE PLAY



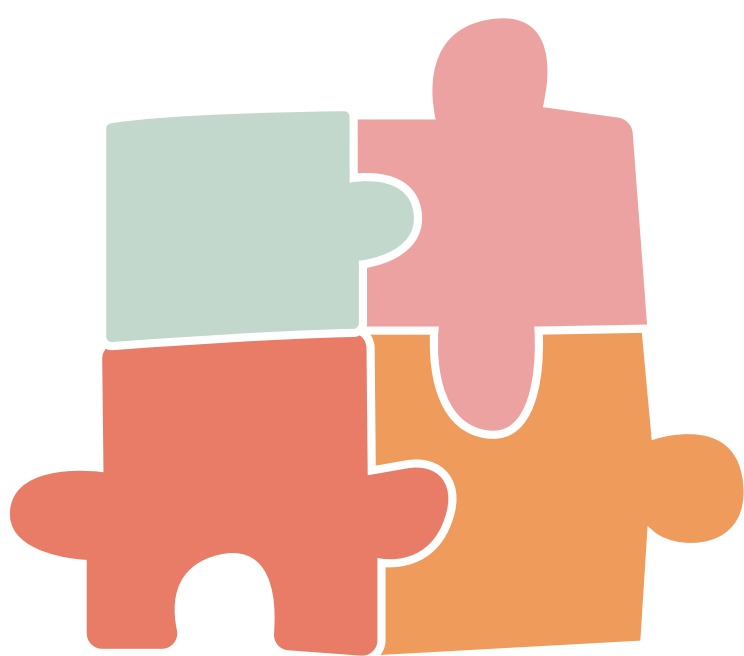
MEAL TIME



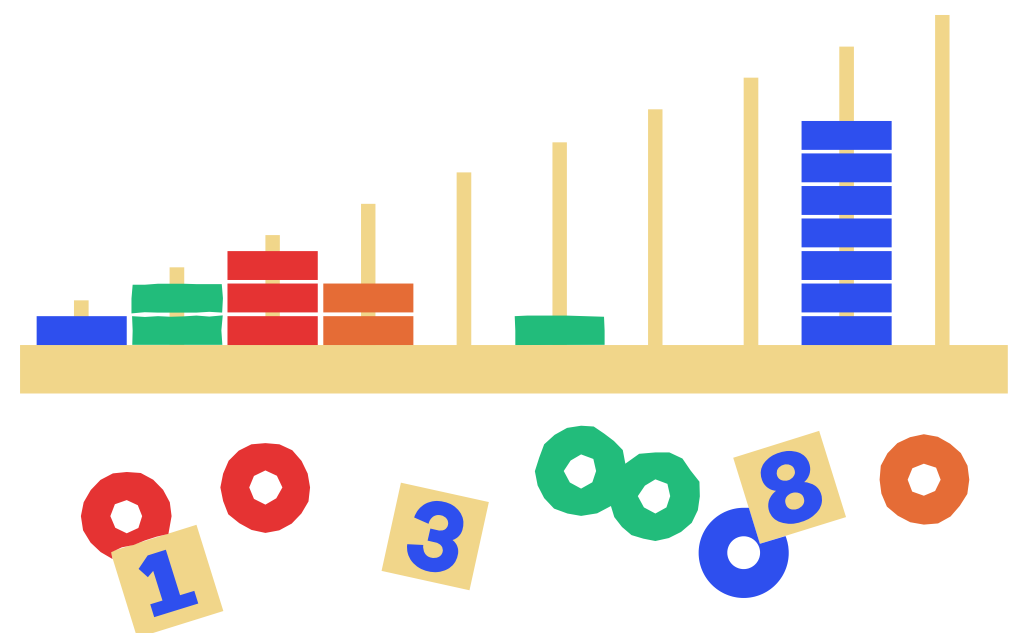
SNACK TIME



INDOOR GAMES



PUZZLE



SORTING ACTIVITIES





CHALK TIME



SLEEP



FAMILY FUN TIME



PLAYGROUND

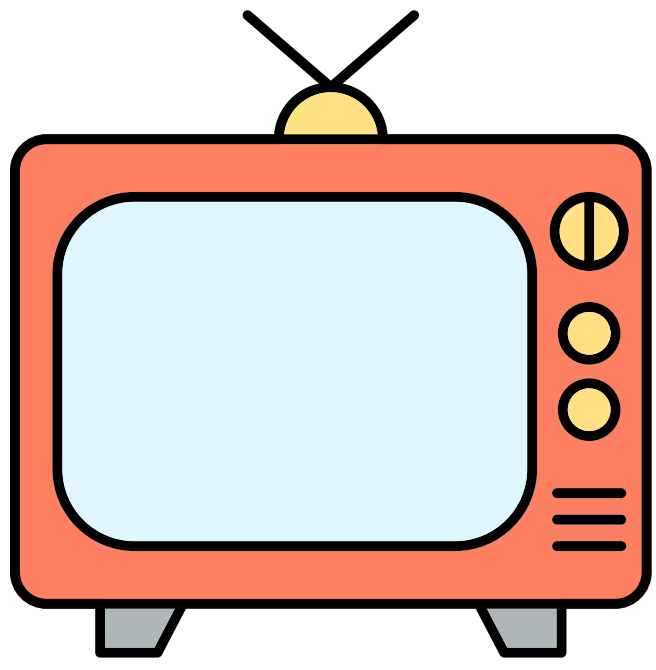


WALKING



READING TIME

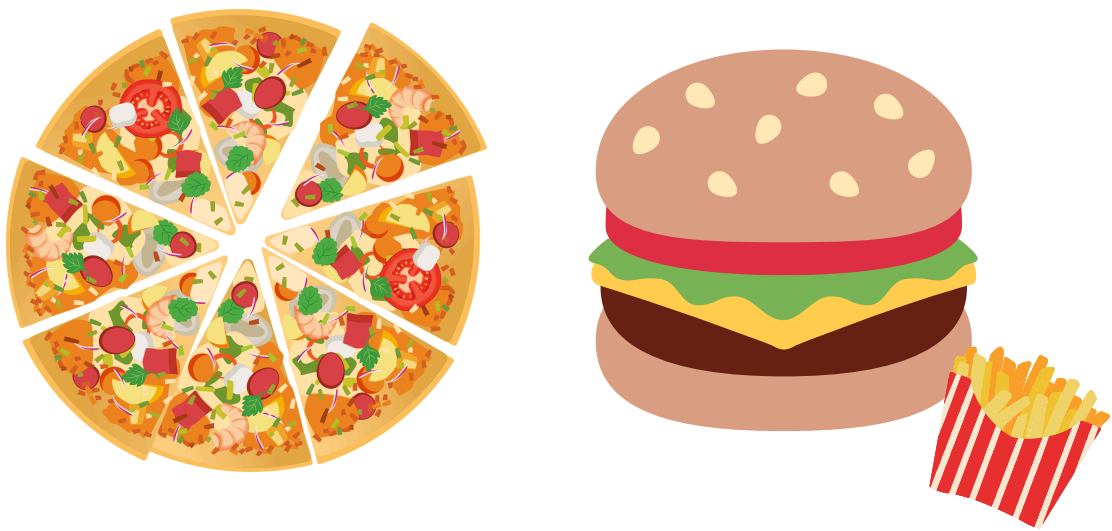




TV TIME



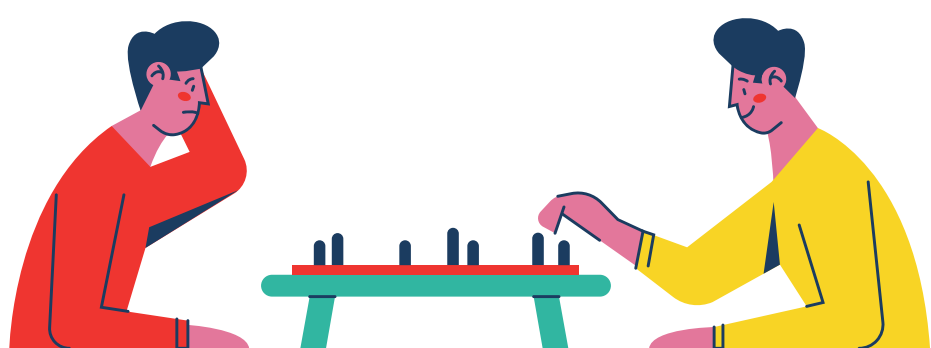
GARDEN TIME



**PIZZA/HAMBURGER
DAY**



DRIVE

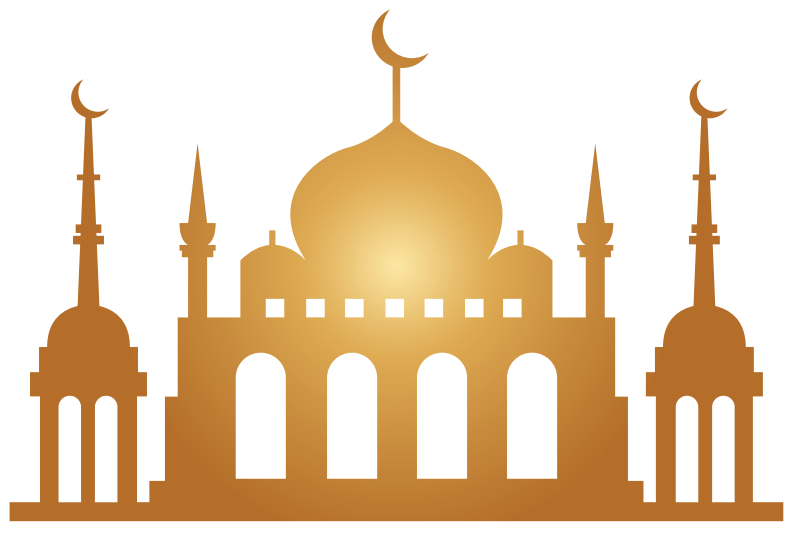


CHESS



ISLAM





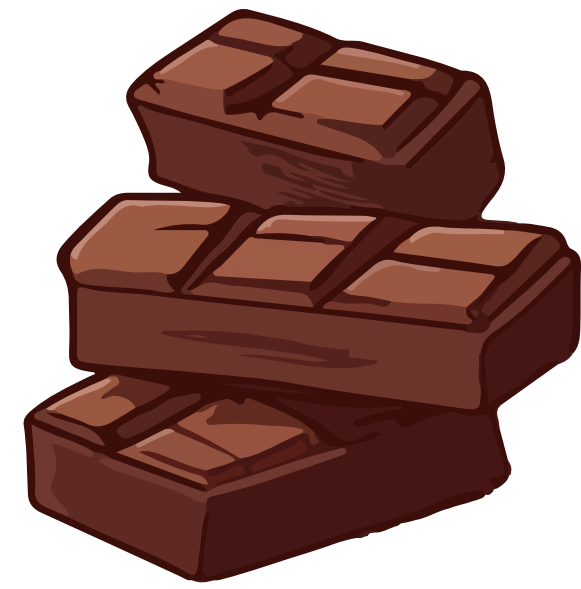
MOSQUE VISIT



CHARITY



ICE CREAM



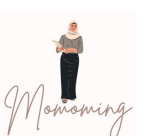
SWEETS

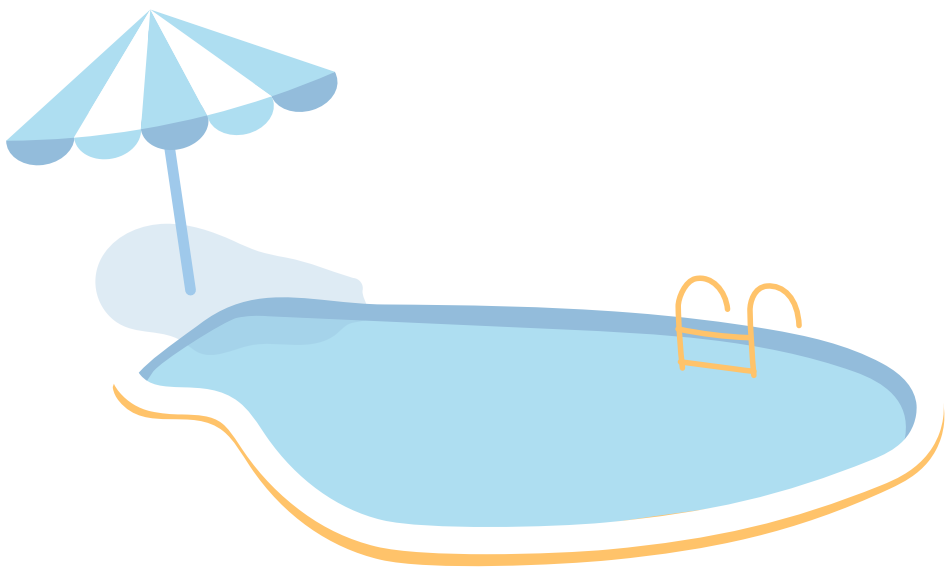


BEACH DAY



SWIMMING





POOL TIME



TENNIS



FOOTBALL



**MOM/DAUGHTER
TIME**



DAD/SON TIME



MOM/SON TIME





DAD/DAUGHTER TIME



EXERCISE



QUITE TIME



BUBBLES



COOKING TIME

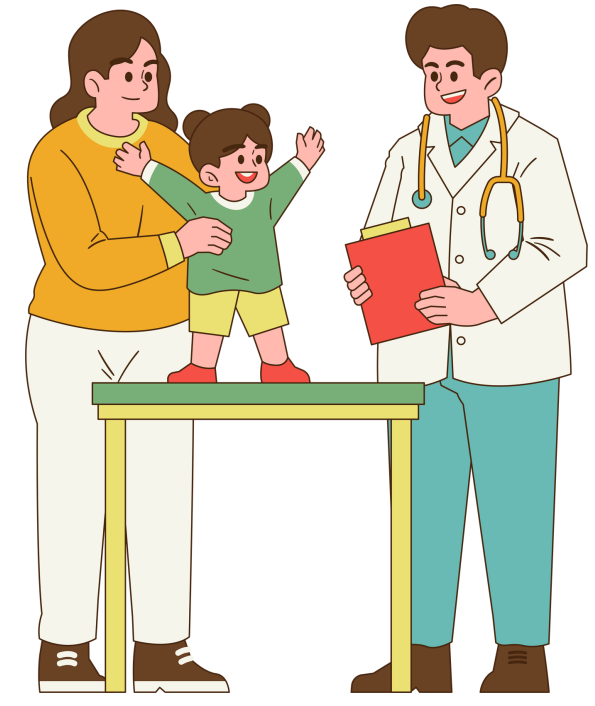


BATH TIME





FAMILY VISIT



DOCTOR VISIT



MUSEUM



EAT OUT



SAHOOR/IFTAR



EID MUBARAK





SUPERMARKET



COFFEE CAKE DAY



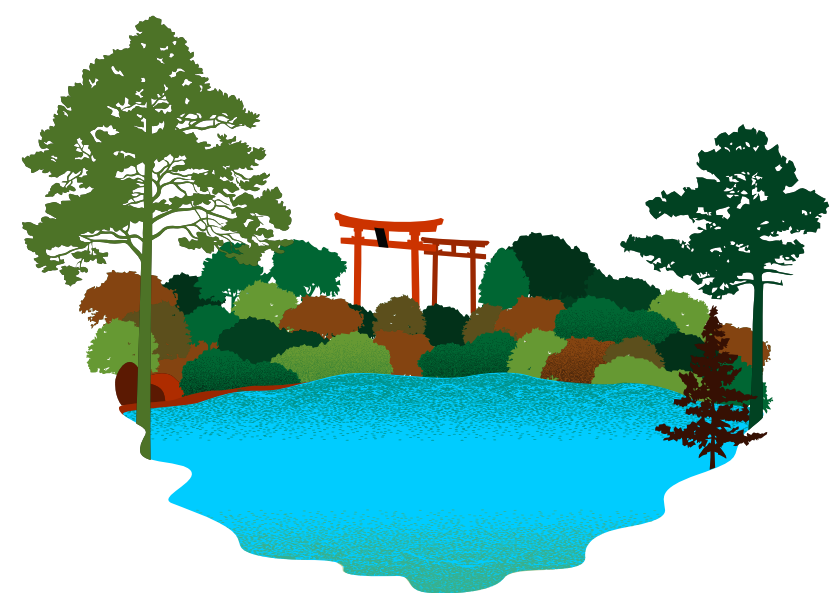
SHOPPING



PICNIC



BIKE



NATURE DAY





SKIING



FOOTBALL MATCH



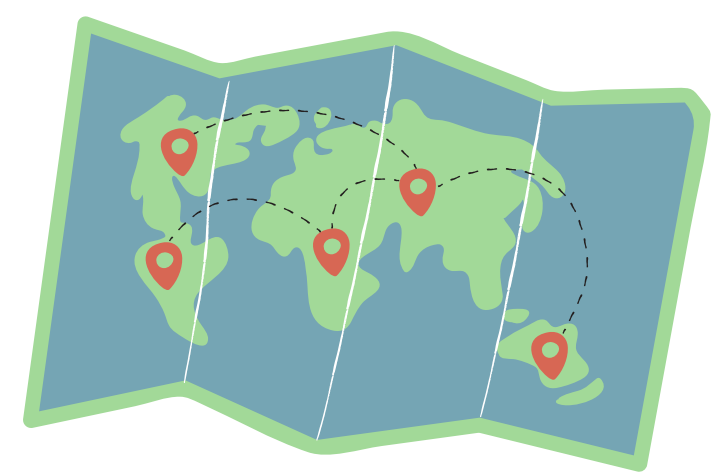
BIRTHDAY PARTY



MOVIE NIGHT



ZOO



WORLD TRAVEL





MOON SIGHTING



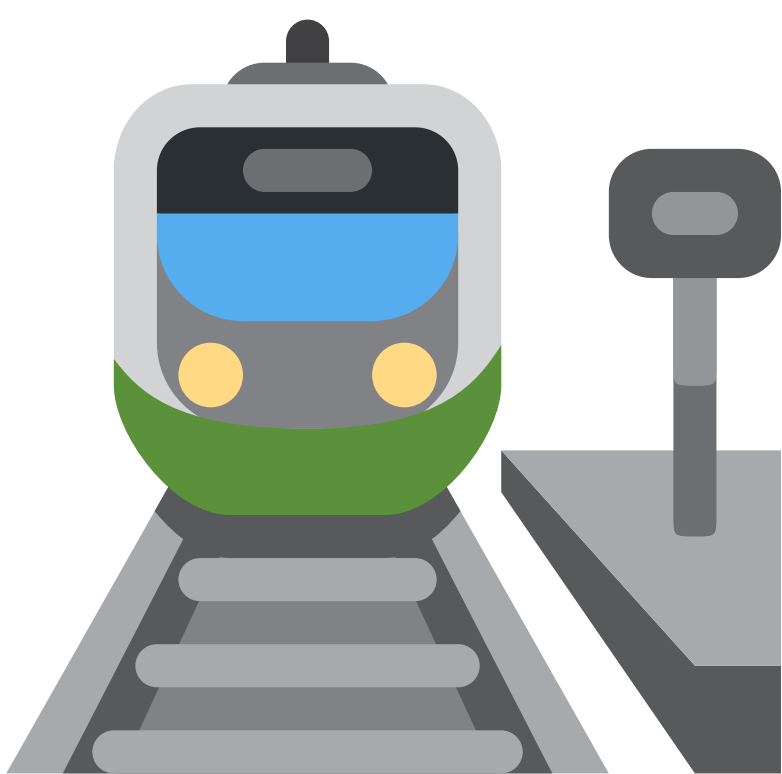
CARPENTRY / FIXING



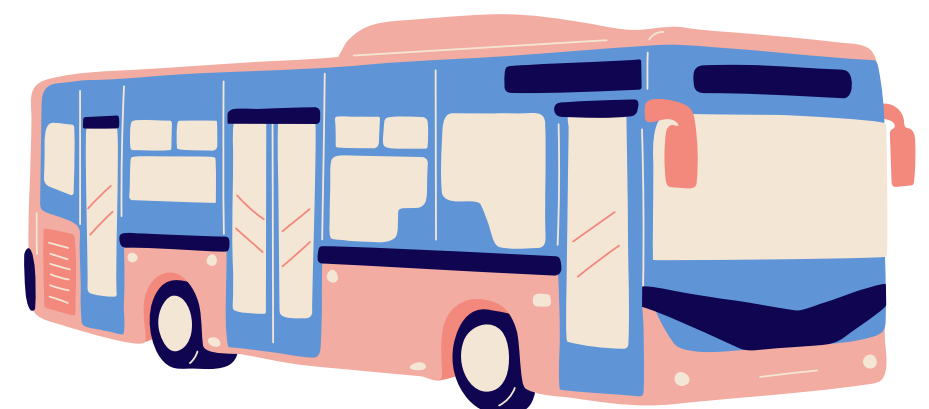
HOUSE CLEANING



FISHING



TRAM



BUS





PAPERWORK



SCHOOL



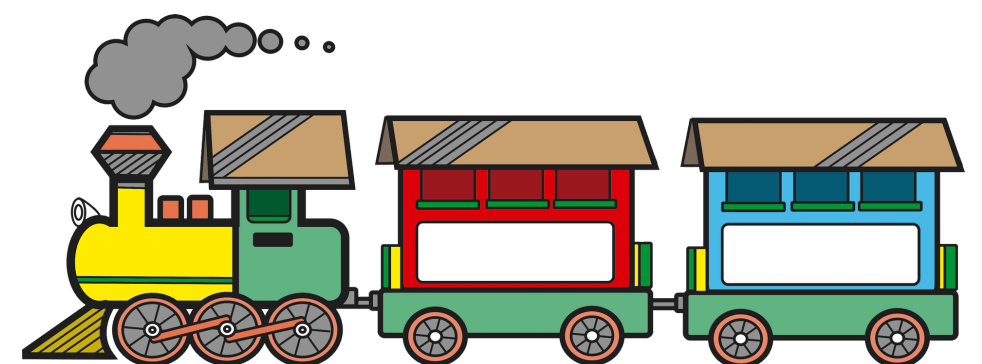
HORSE RIDING



**PRODUCING/PLAYING
MUSIC**



PHOTOGRAPHY



HOP ON THE TRAIN





MONEY MANAGEMENT



CARE OF PETS



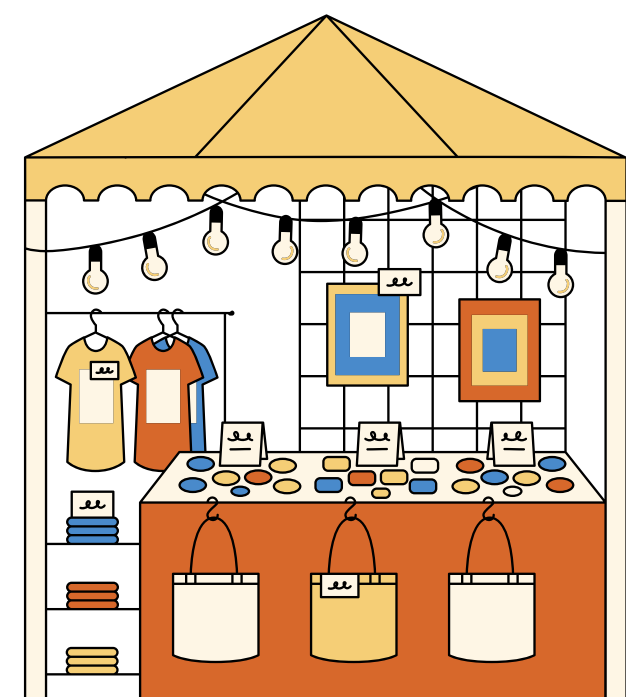
DENTIST



VACCINE



FARM DAY



SELLING



SKILLS/CHARACTER /EDUCATION



HABIT



MANNER



GROSS MOTOR SKILL



FINE MOTOR SKILL



VIRTUE



SURAH



DUA



QUR'ANIC VERSE



**STORY OF MUHAMMED
PBUH**



SUNNAH



ALLAH'S NAME



ARABIC LETTER



LETTER



NUMBER



WUDOO

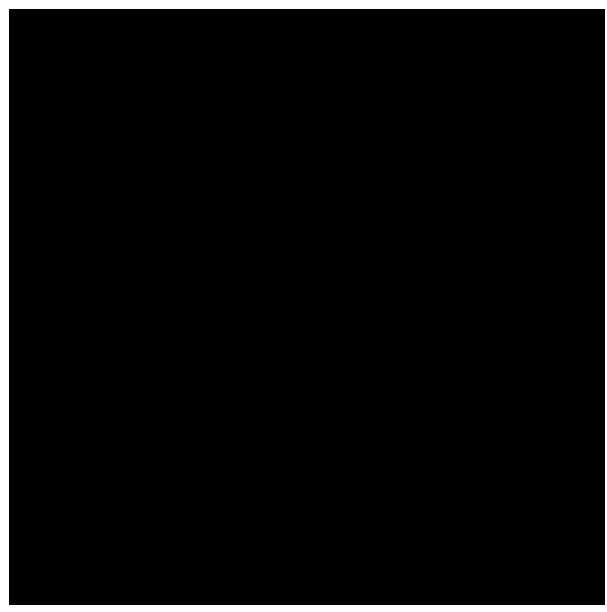


SALAH

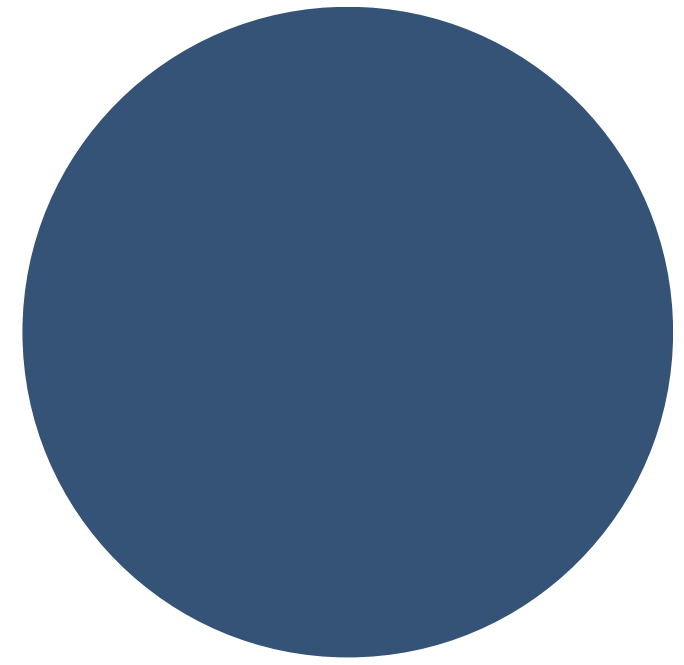


GHUSL





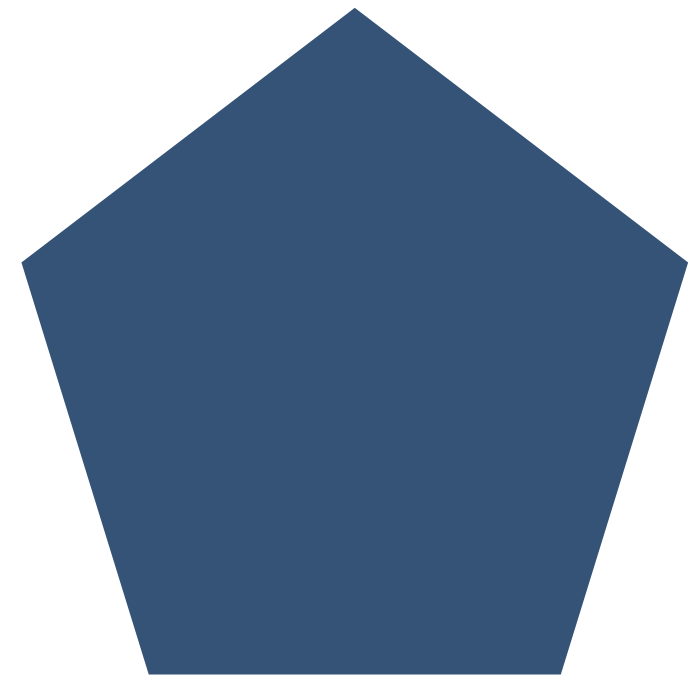
SQUARE



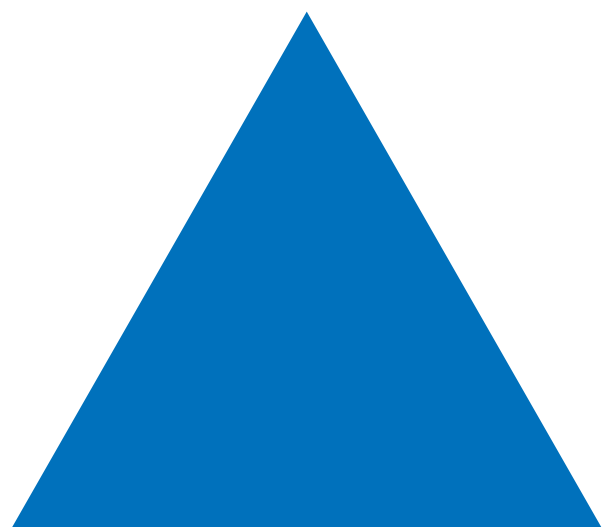
CIRCLE



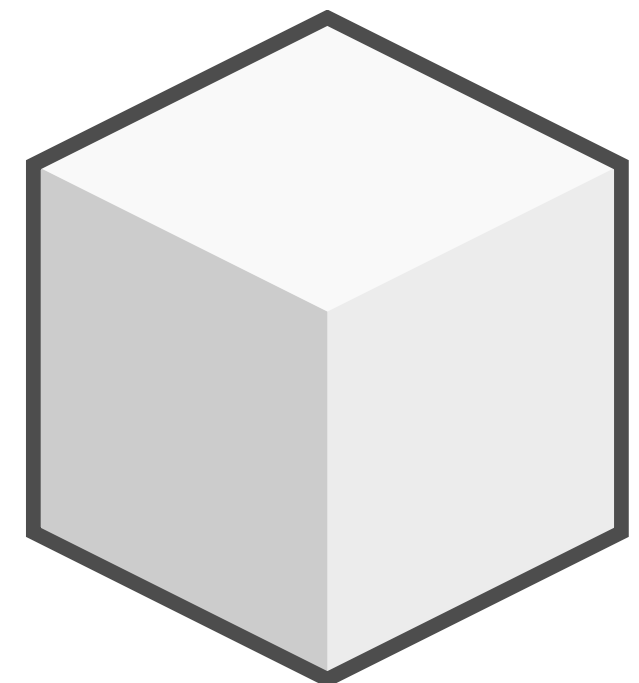
RECTANGLE



PENTAGON

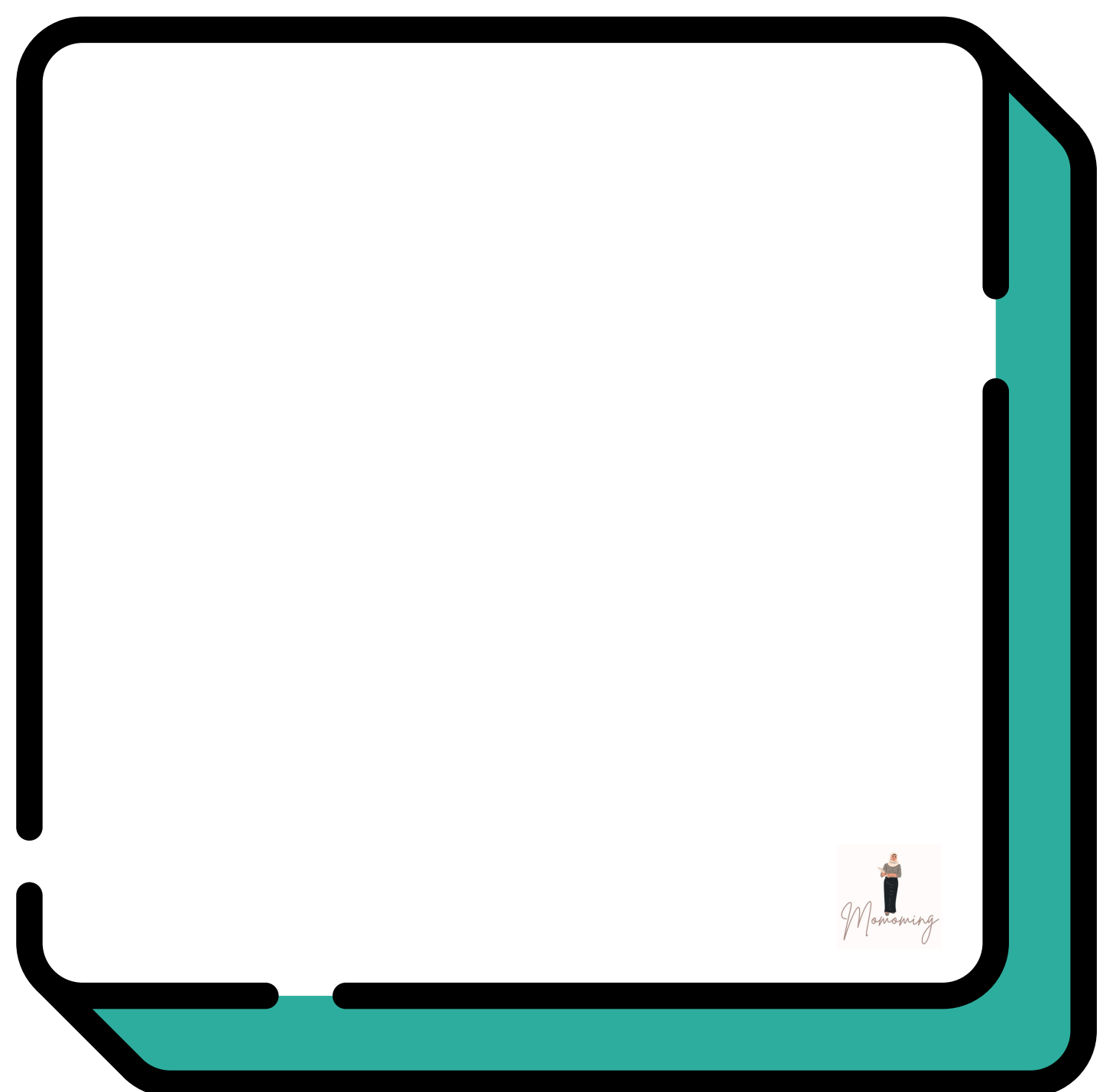
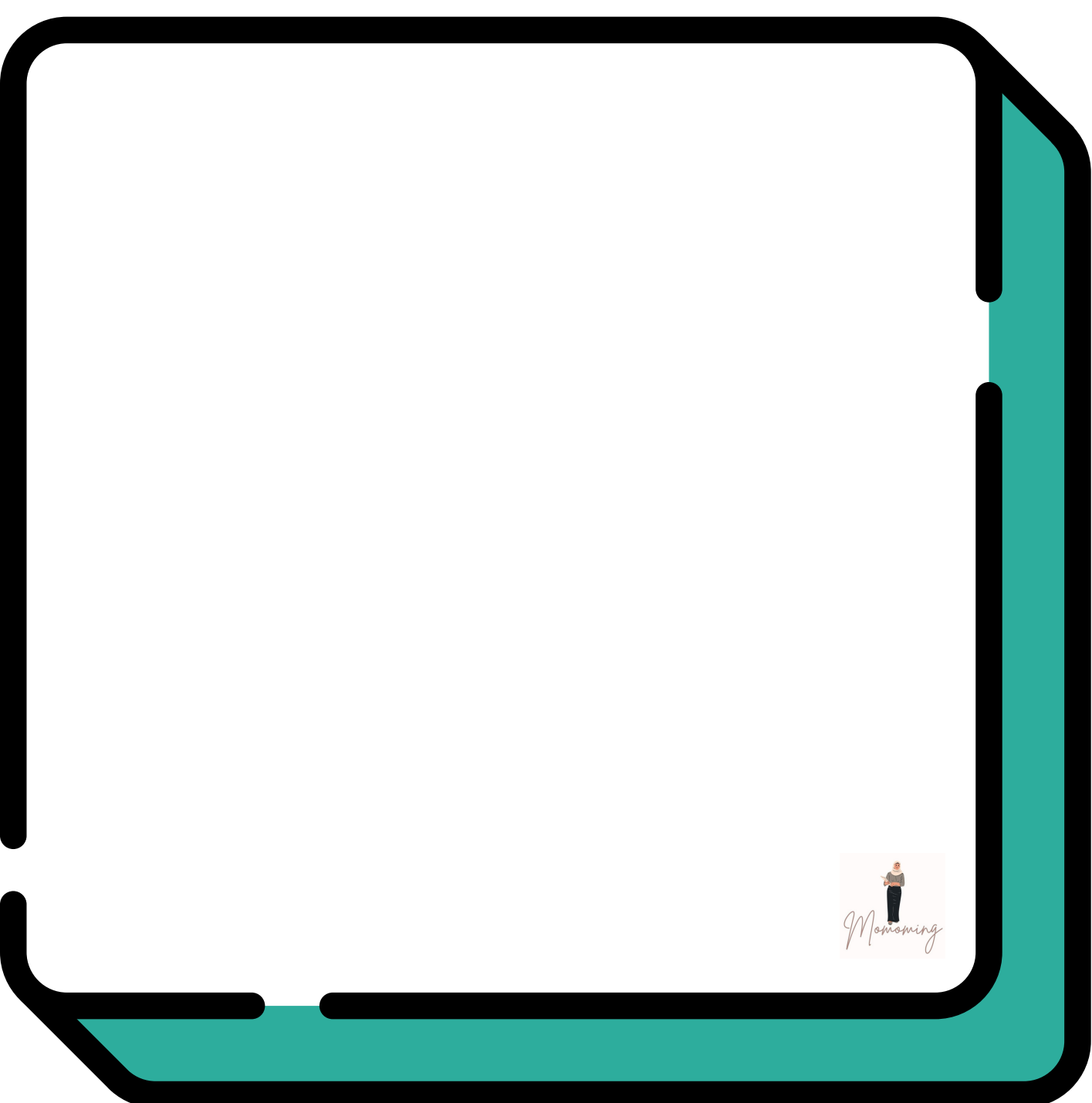
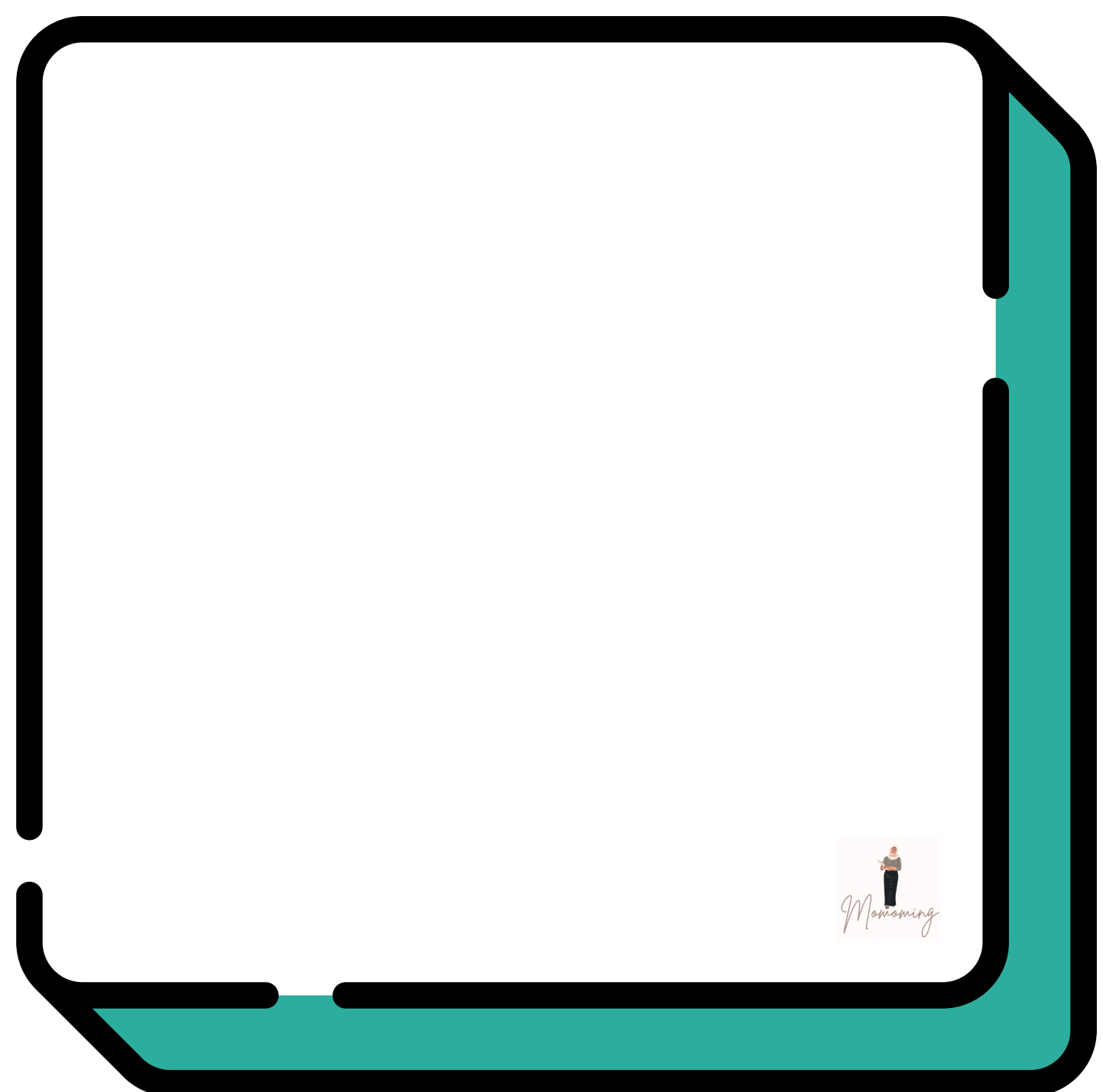
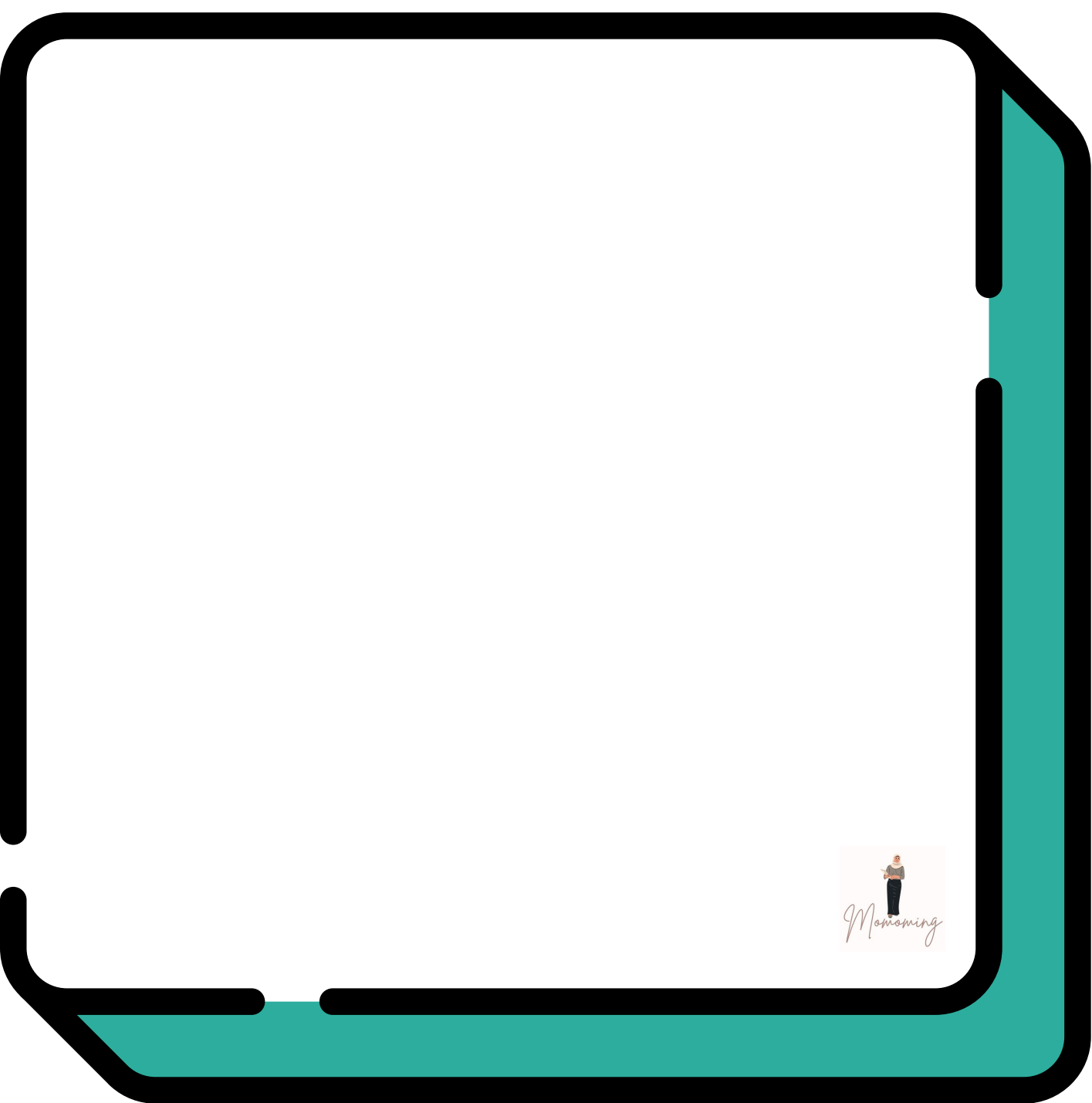
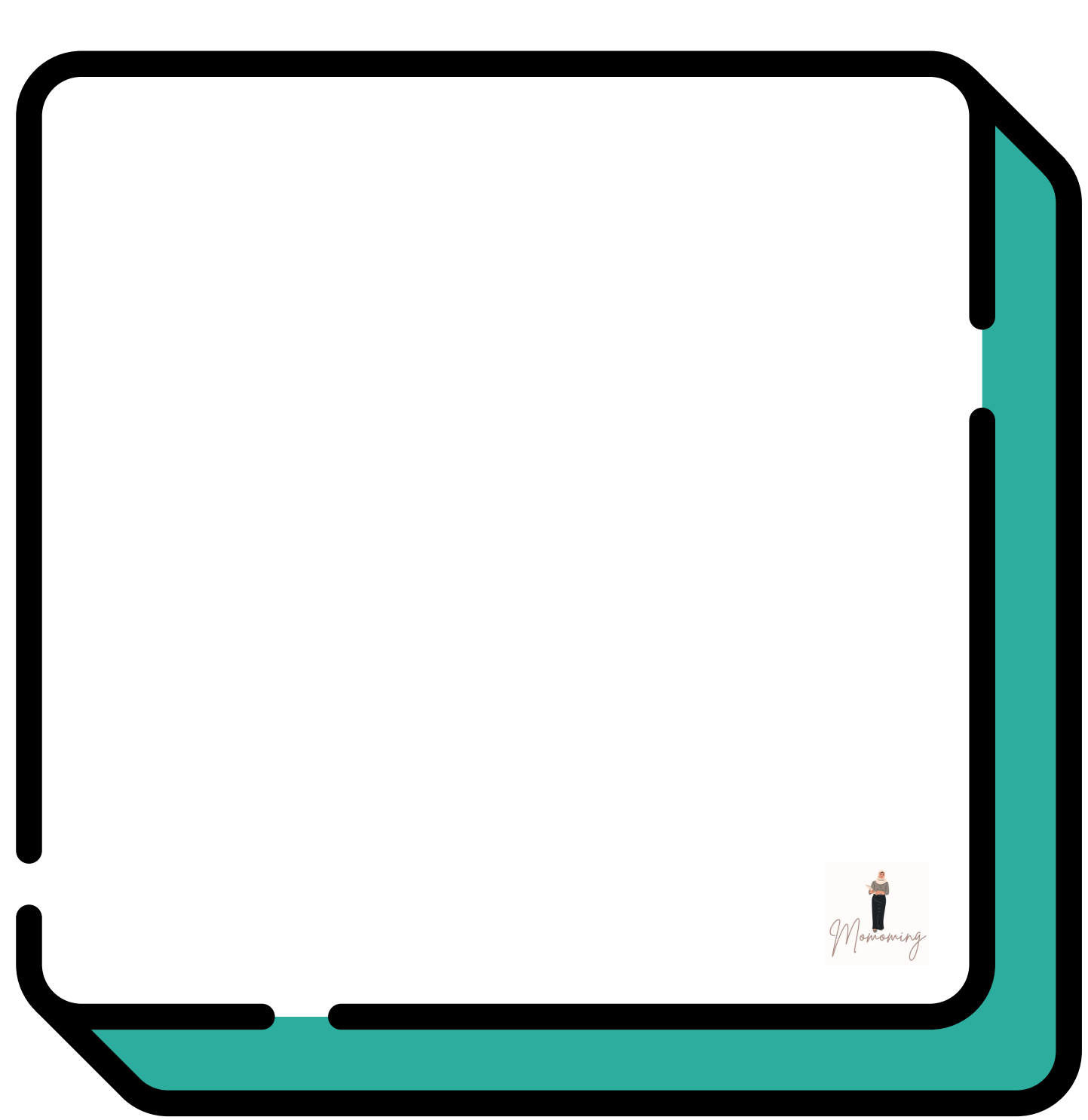
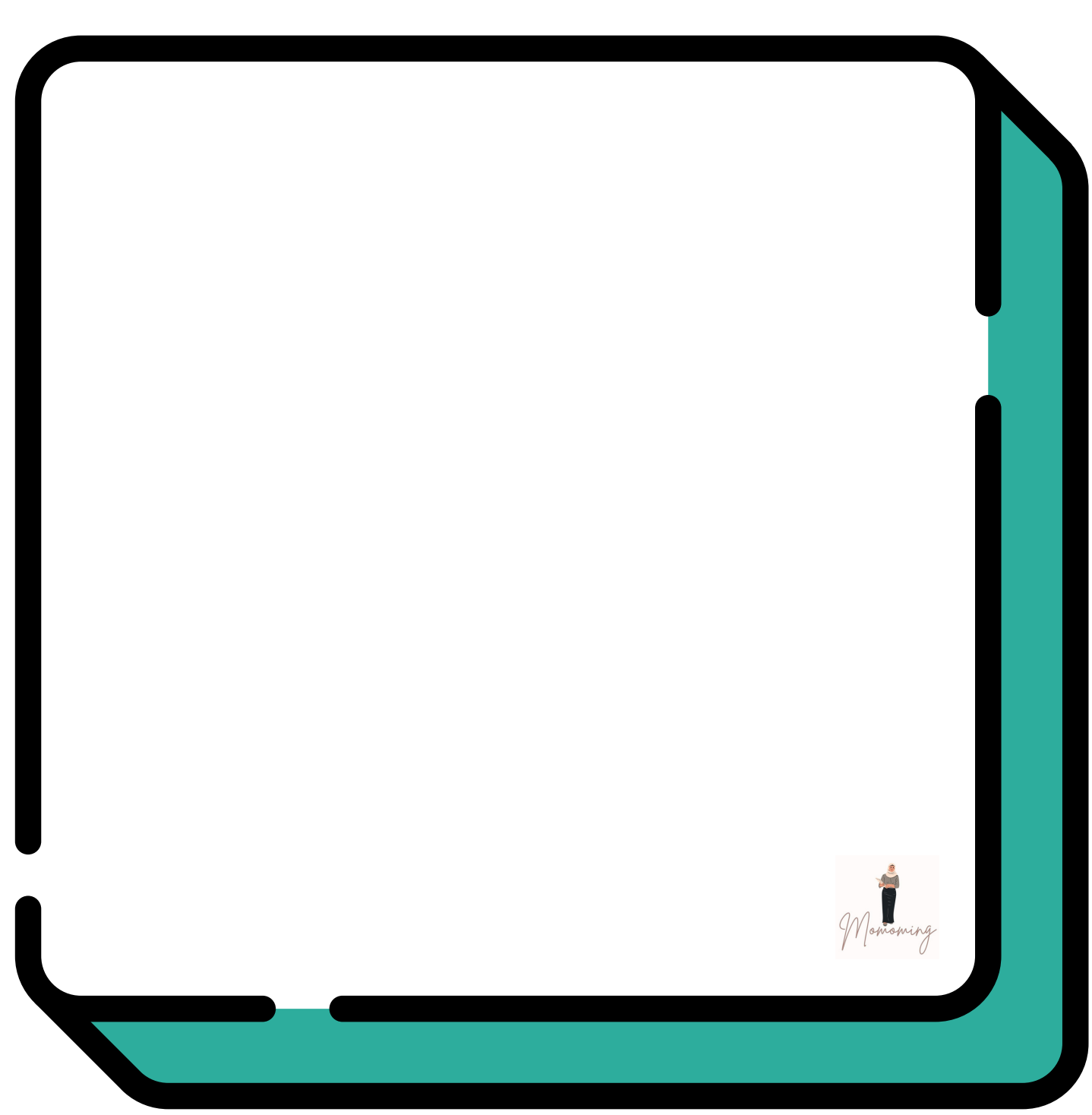


TRIANGLE



CUBE





EMOTIONS

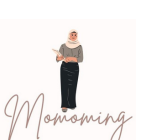




HAPPY



SAD



ANGRY



SCARED



SICK



EXCITED





SHY



BORED



CONFUSED



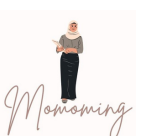
ANNOYED



LOVED

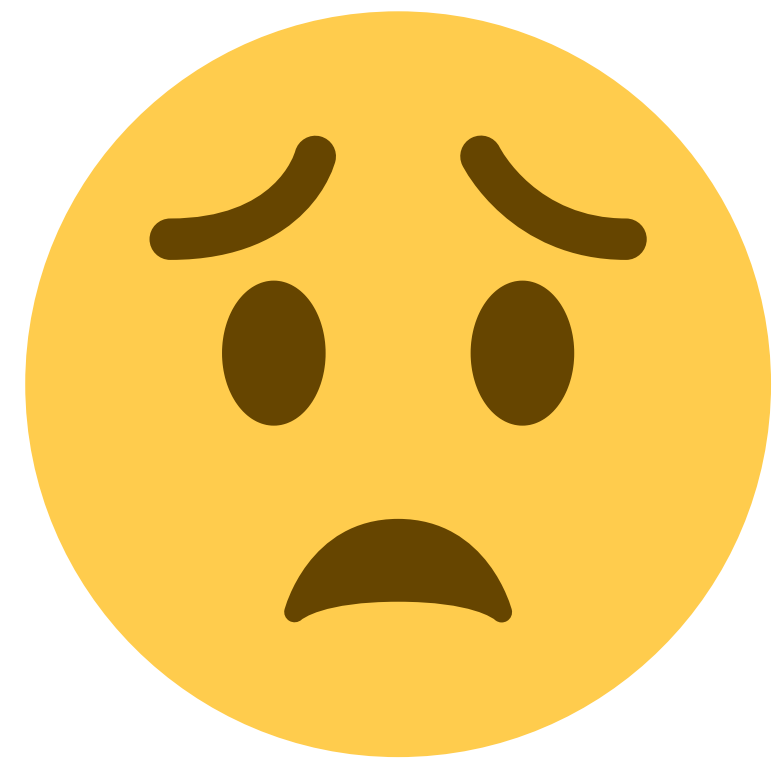


NERVOUS





SILLY



WORRIED



HURT



CURIOUS

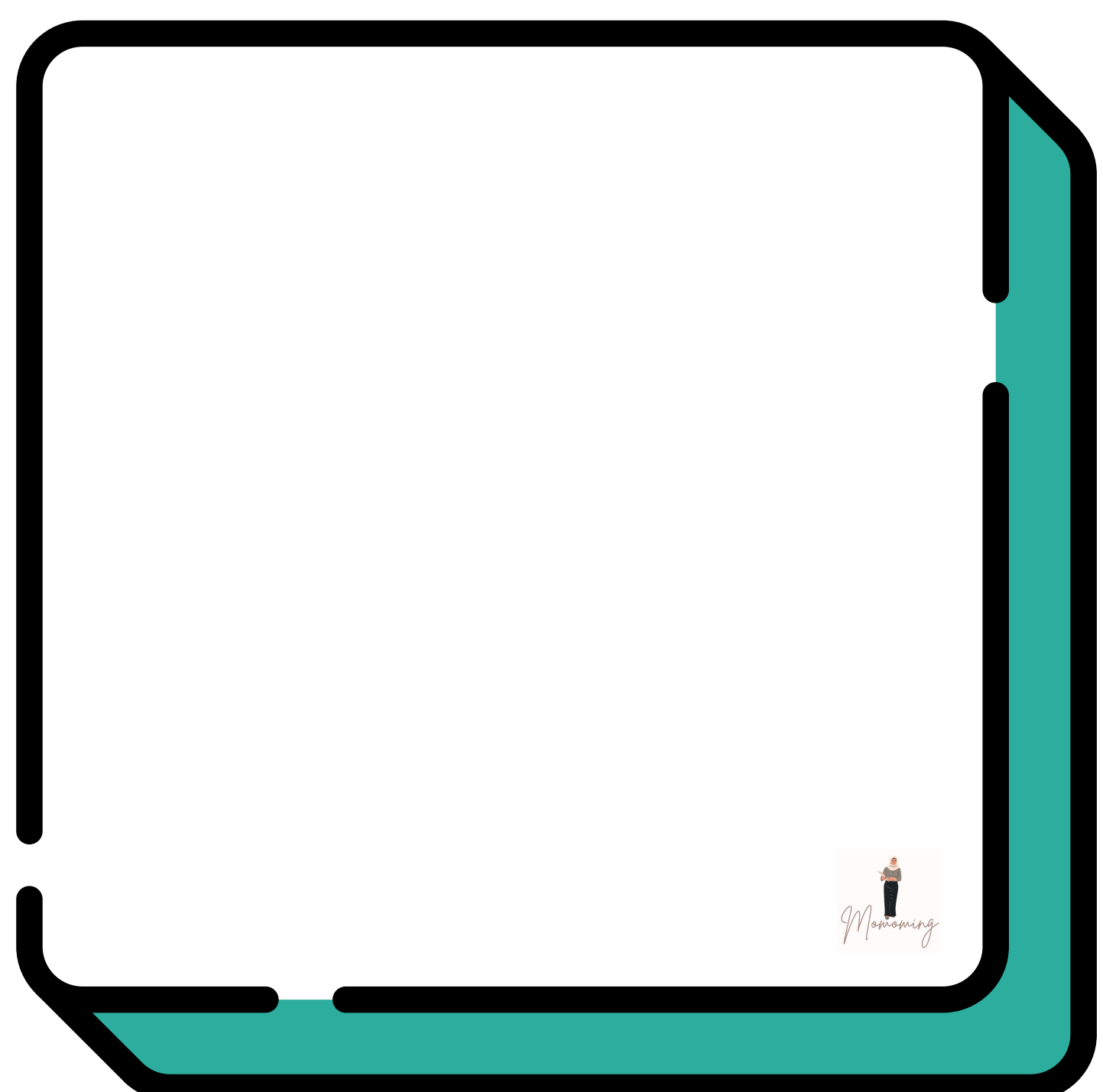
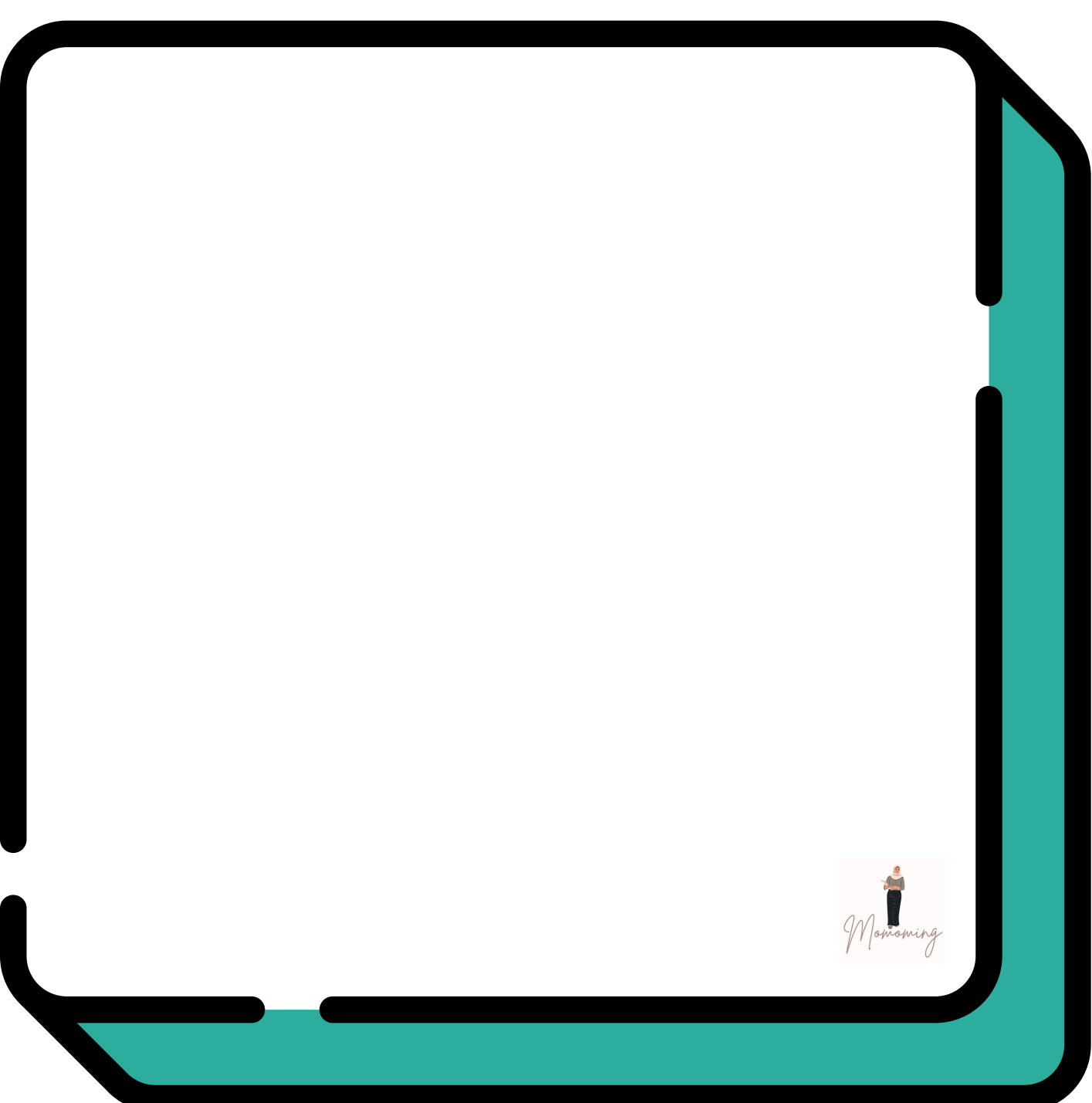
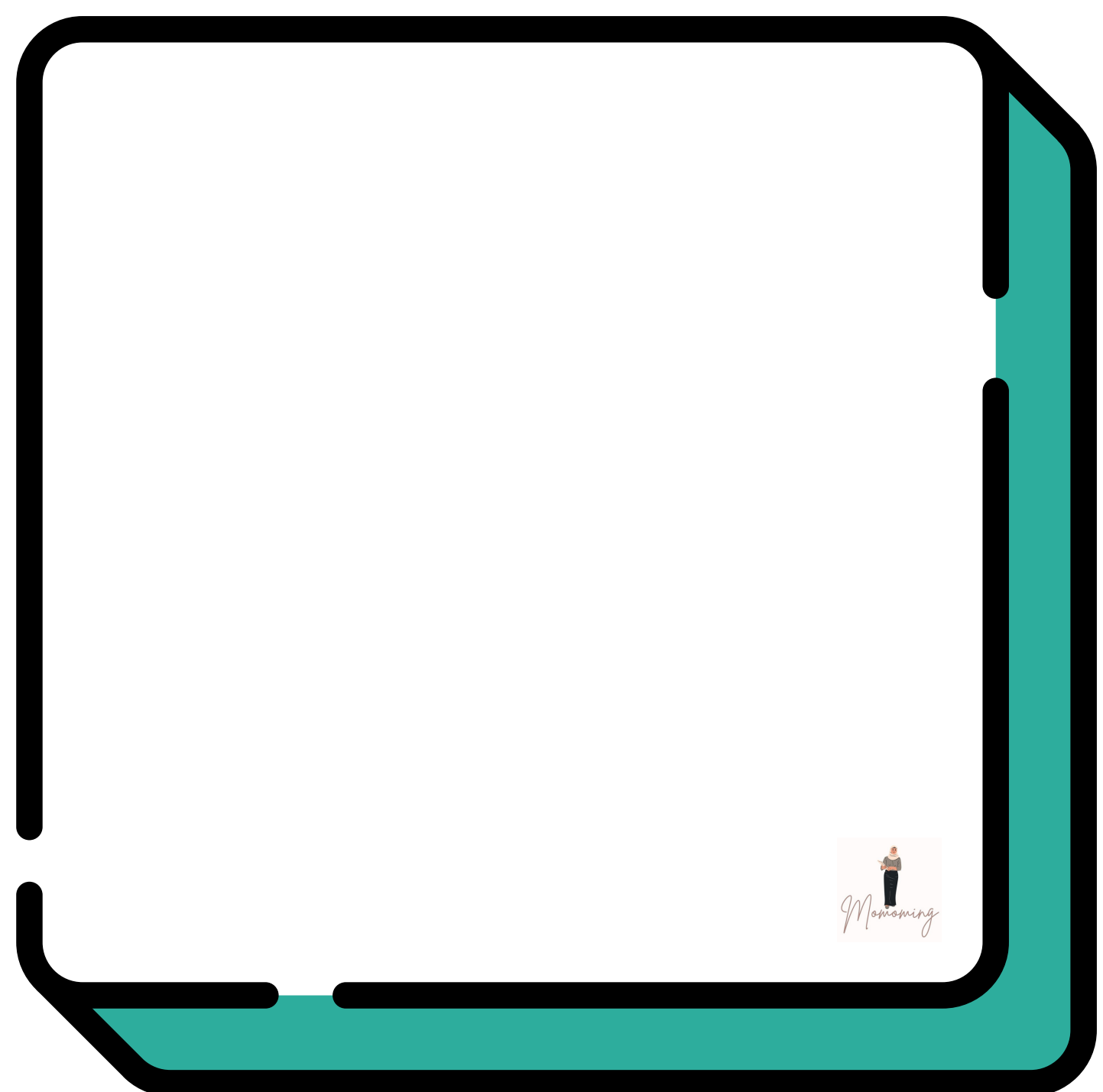
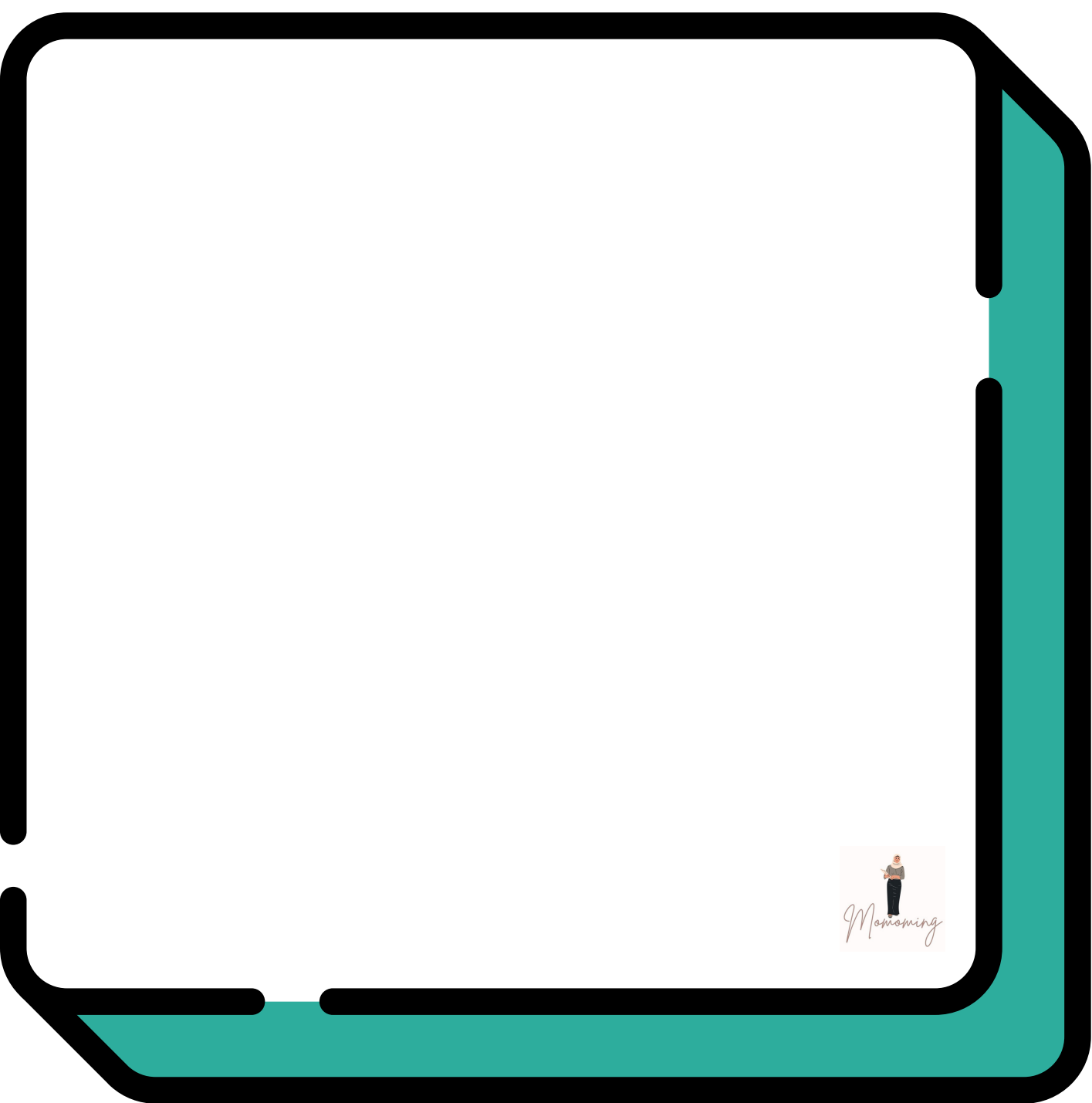
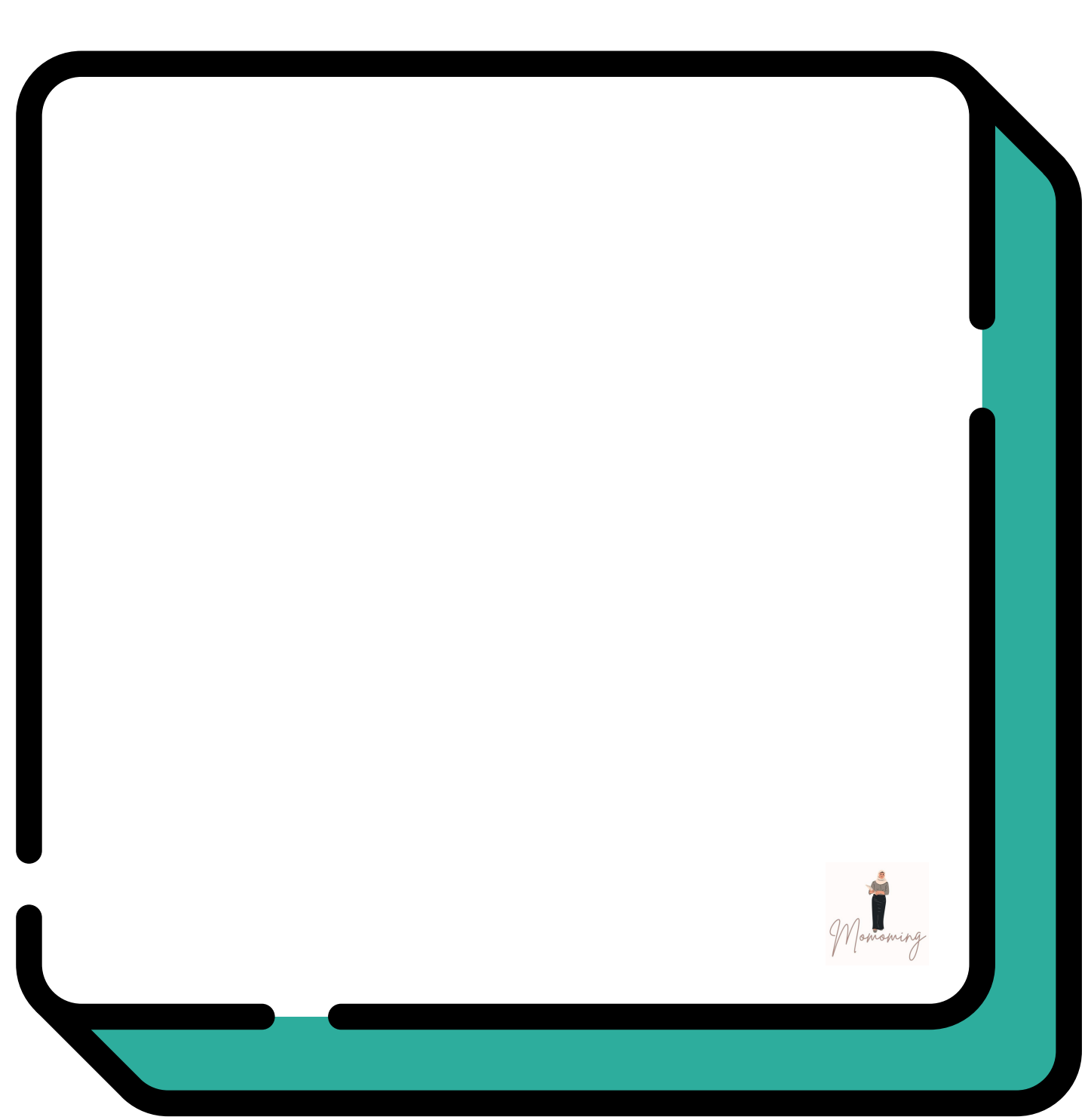
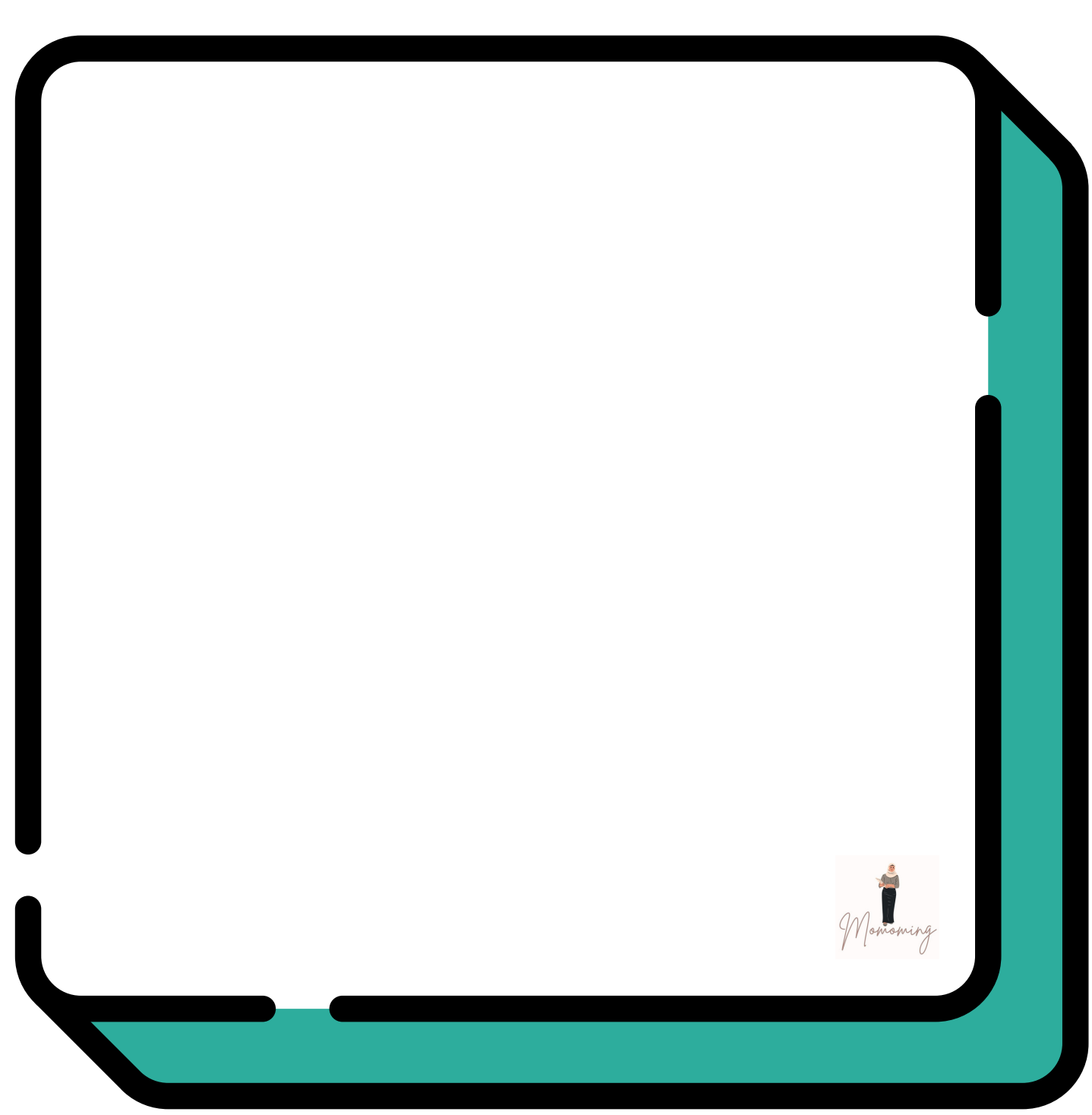


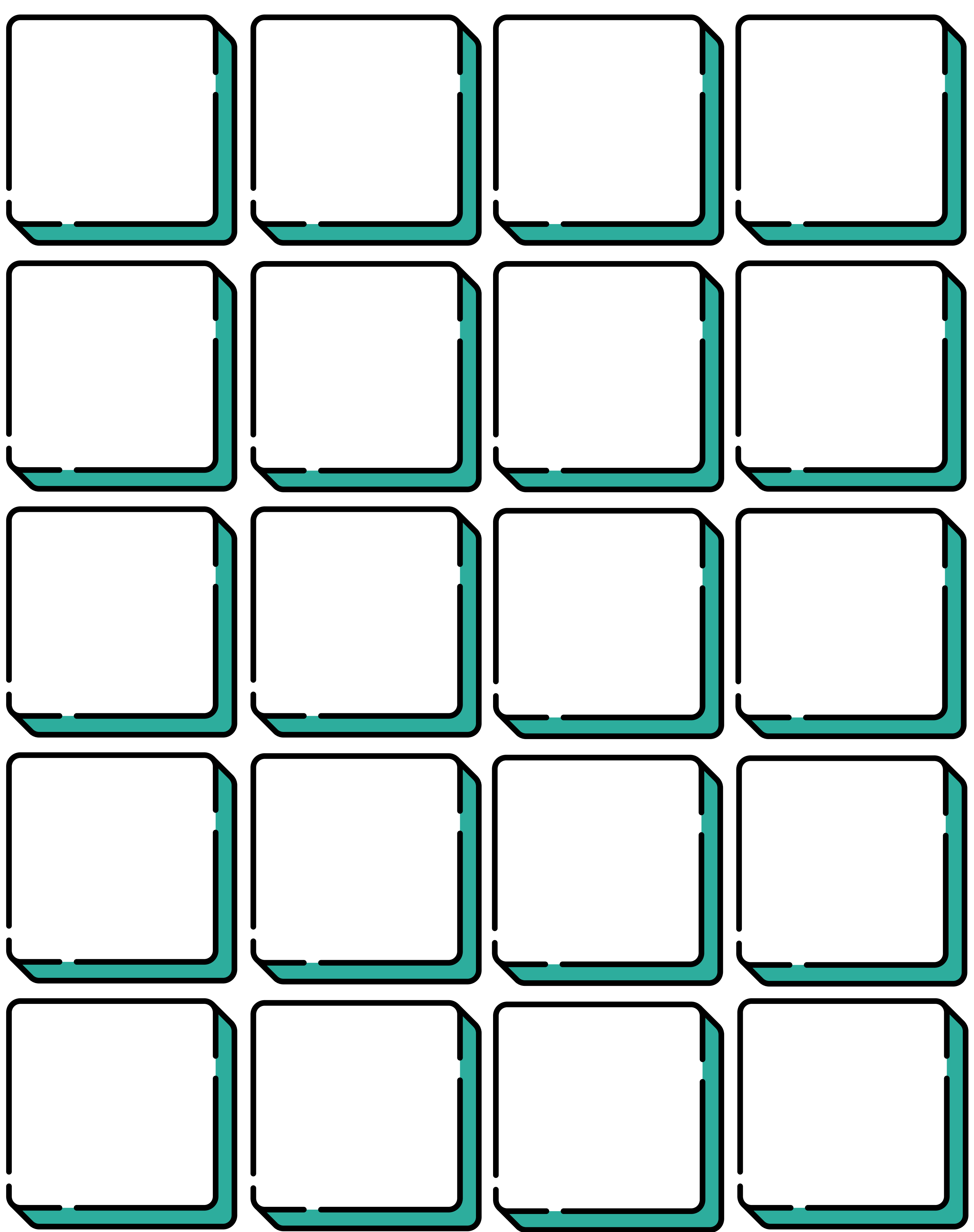
DISAPPOINTED



SURPRISED







CIRCLE TIME BOARD



SEASON

WEATHER

YEAR

DAY

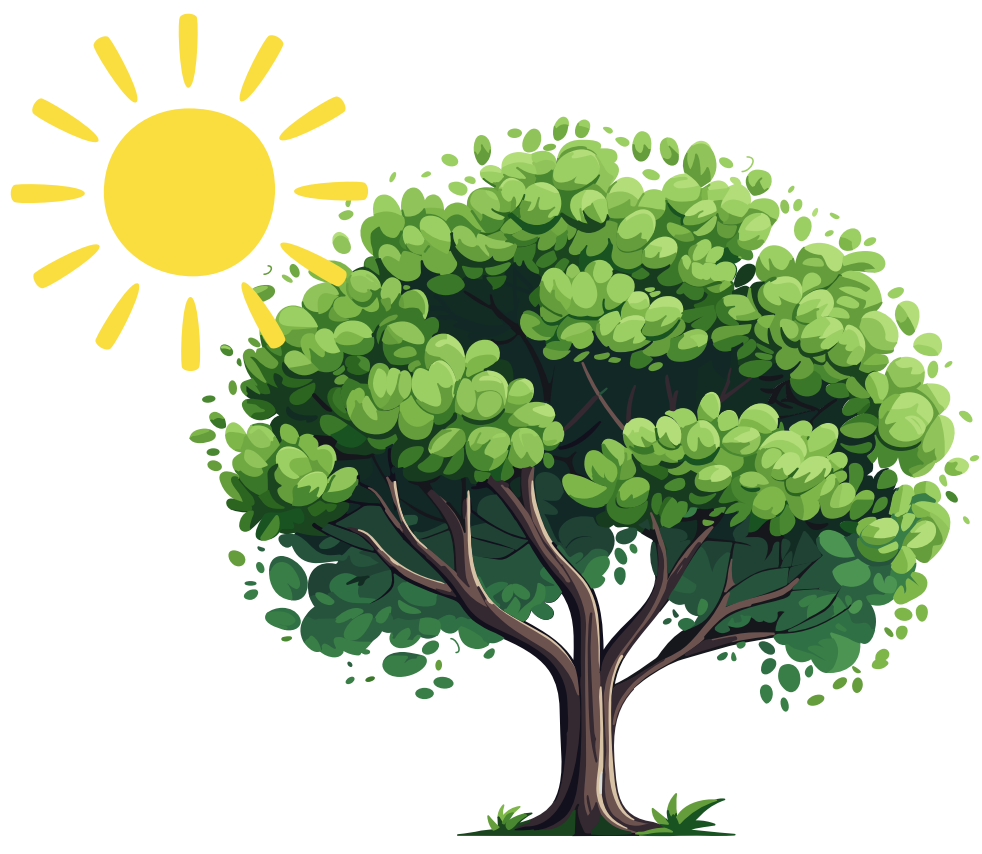
THEME OF
THE WEEK

DIY

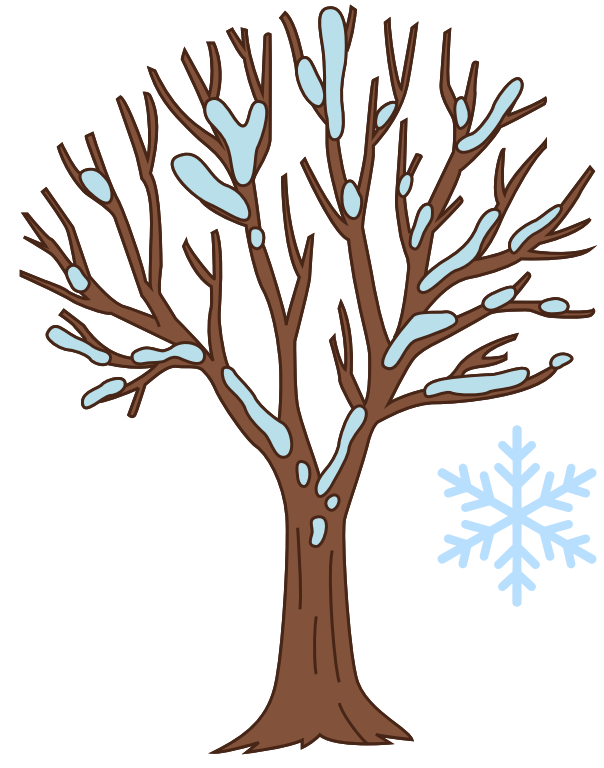
CHALLENGE OF
THE MONTH

A PLACE TO VISIT





SUMMER



WINTER



FALL



SPRING



MONDAY

TUESDAY

WEDNESDAY

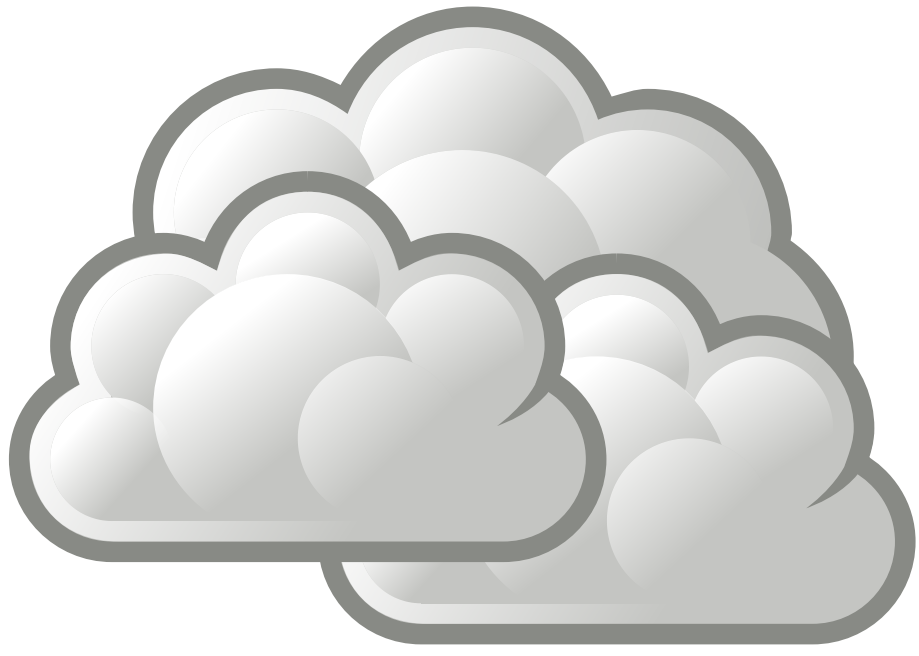
THURSDAY

FRIDAY

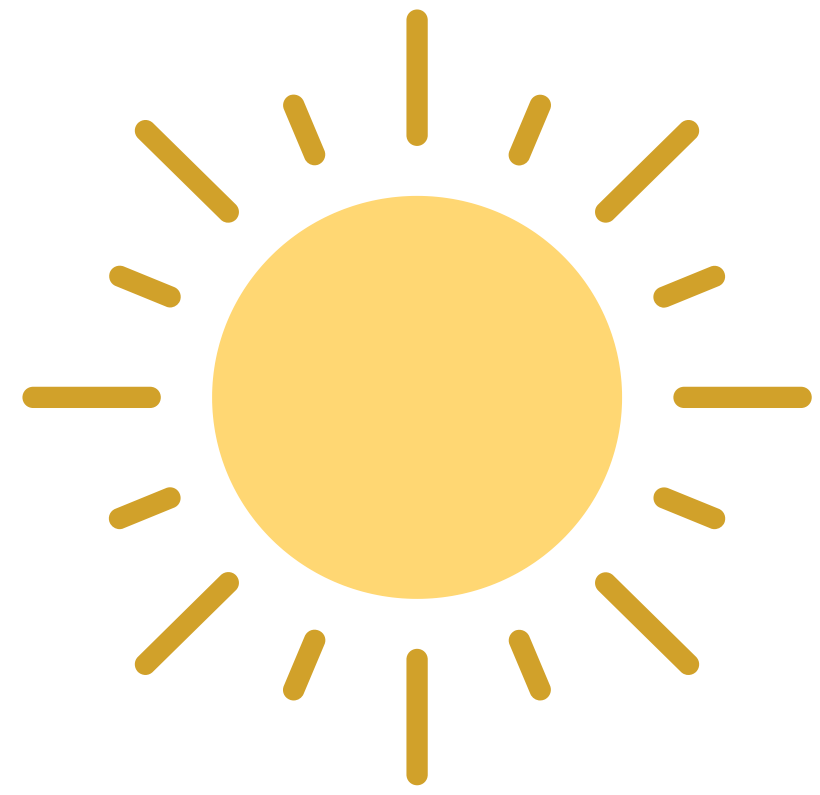
SATURDAY

SUNDAY

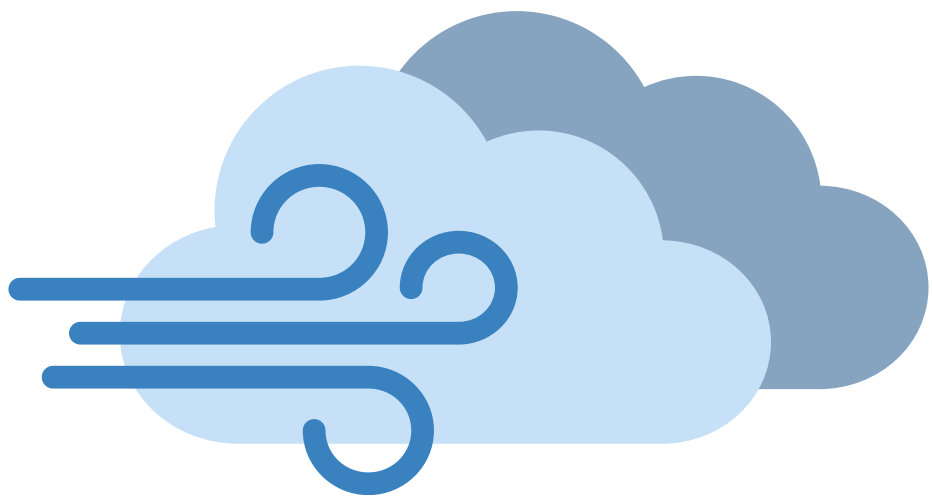




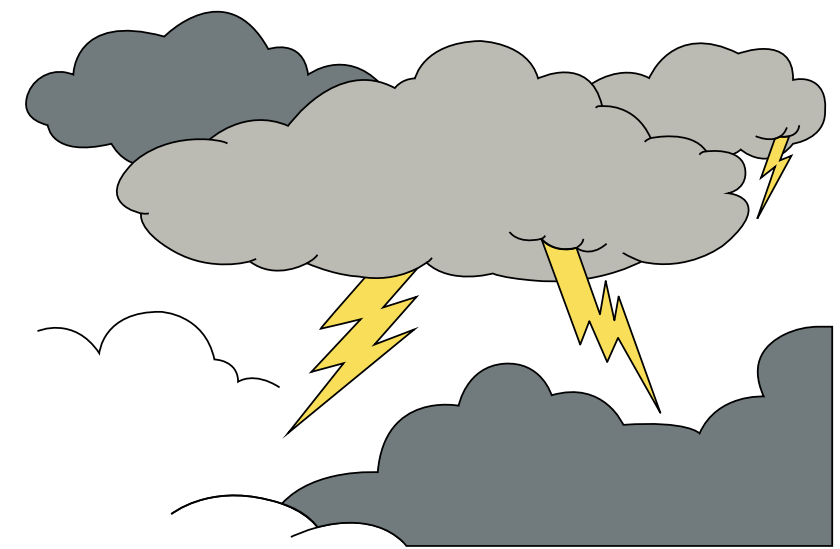
CLOUDY



SUNNY



WINDY



STORMY



PARTLY CLOUDY



RAINY



MONTH:



weekly plan

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

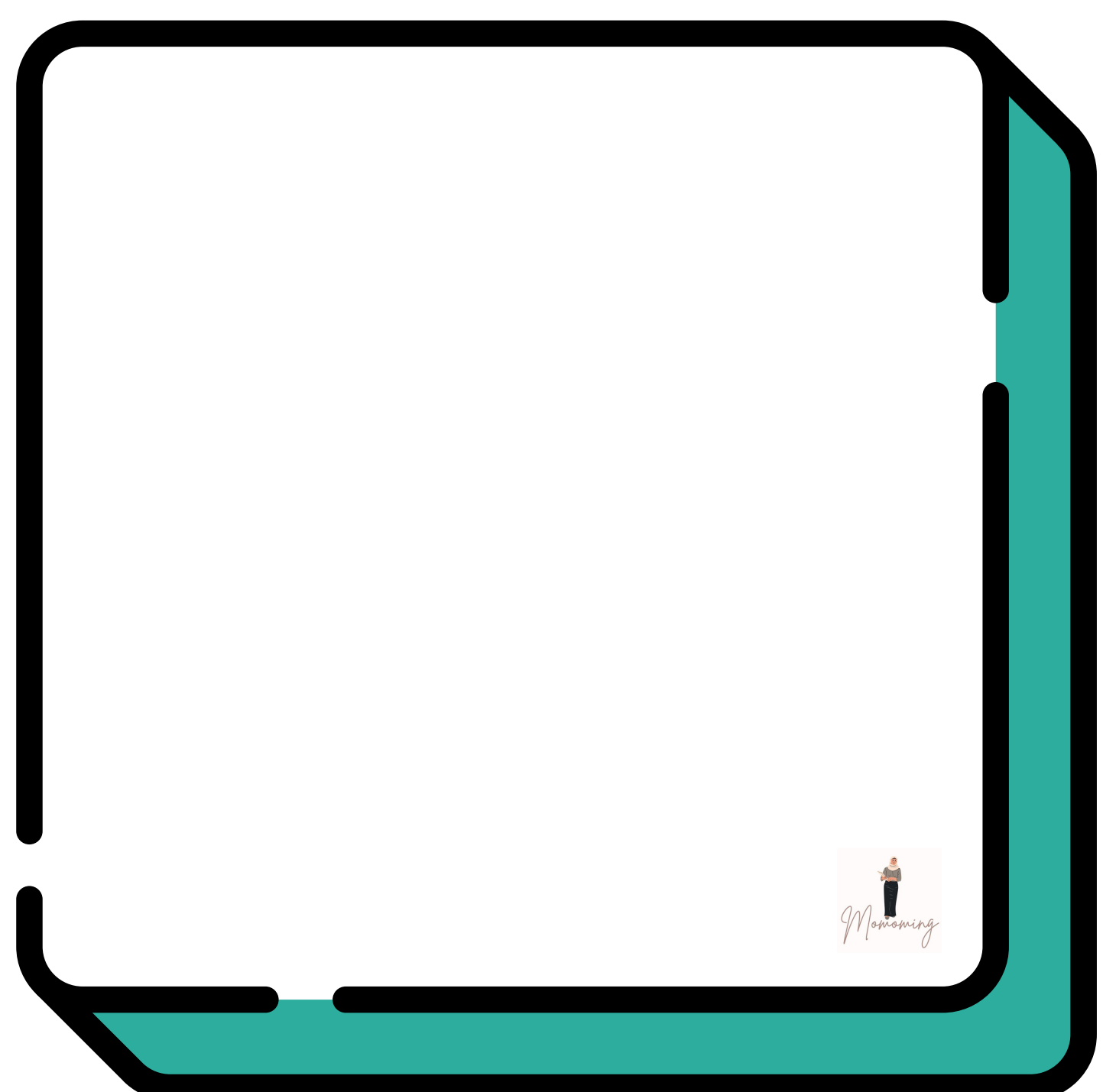
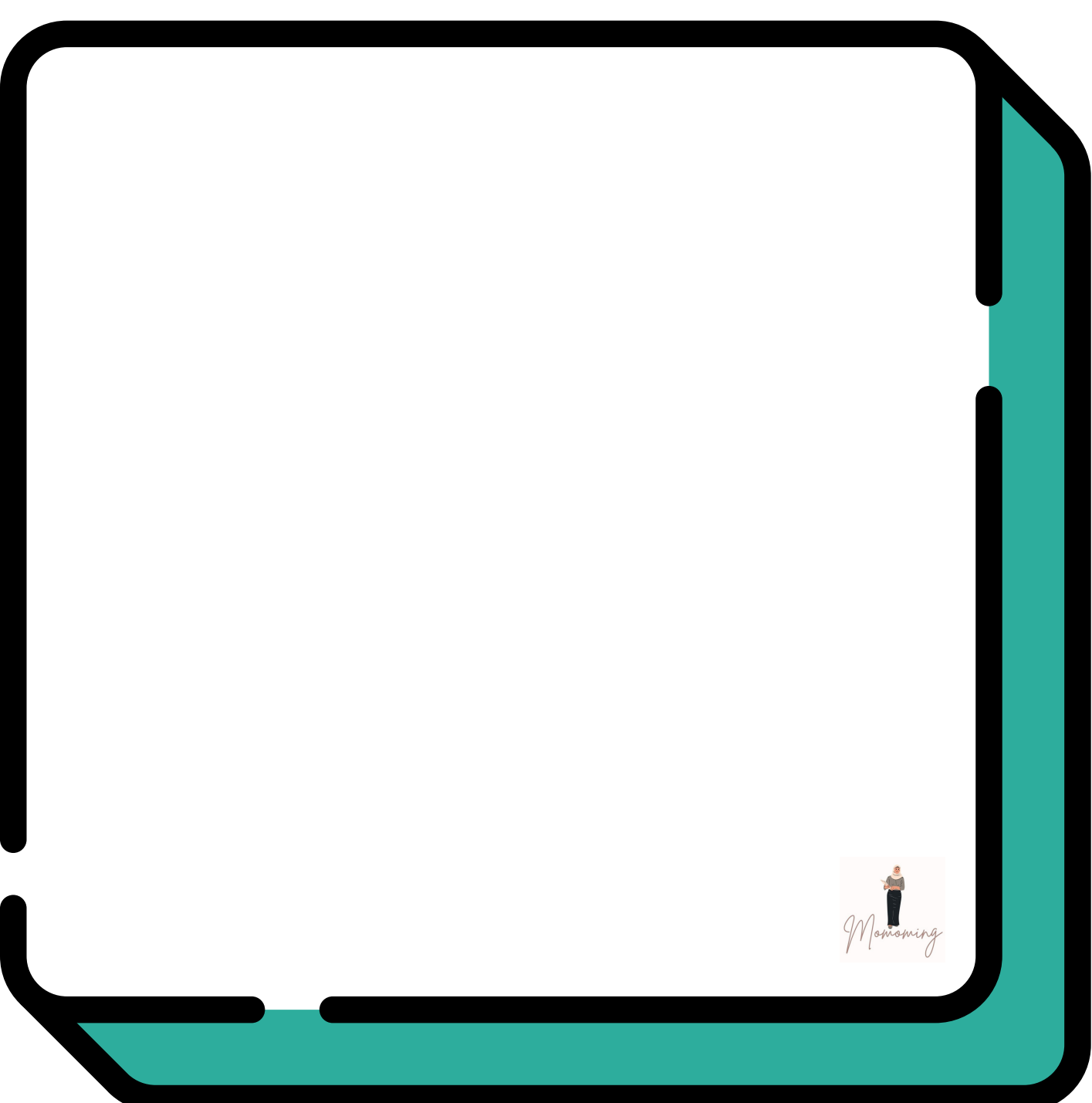
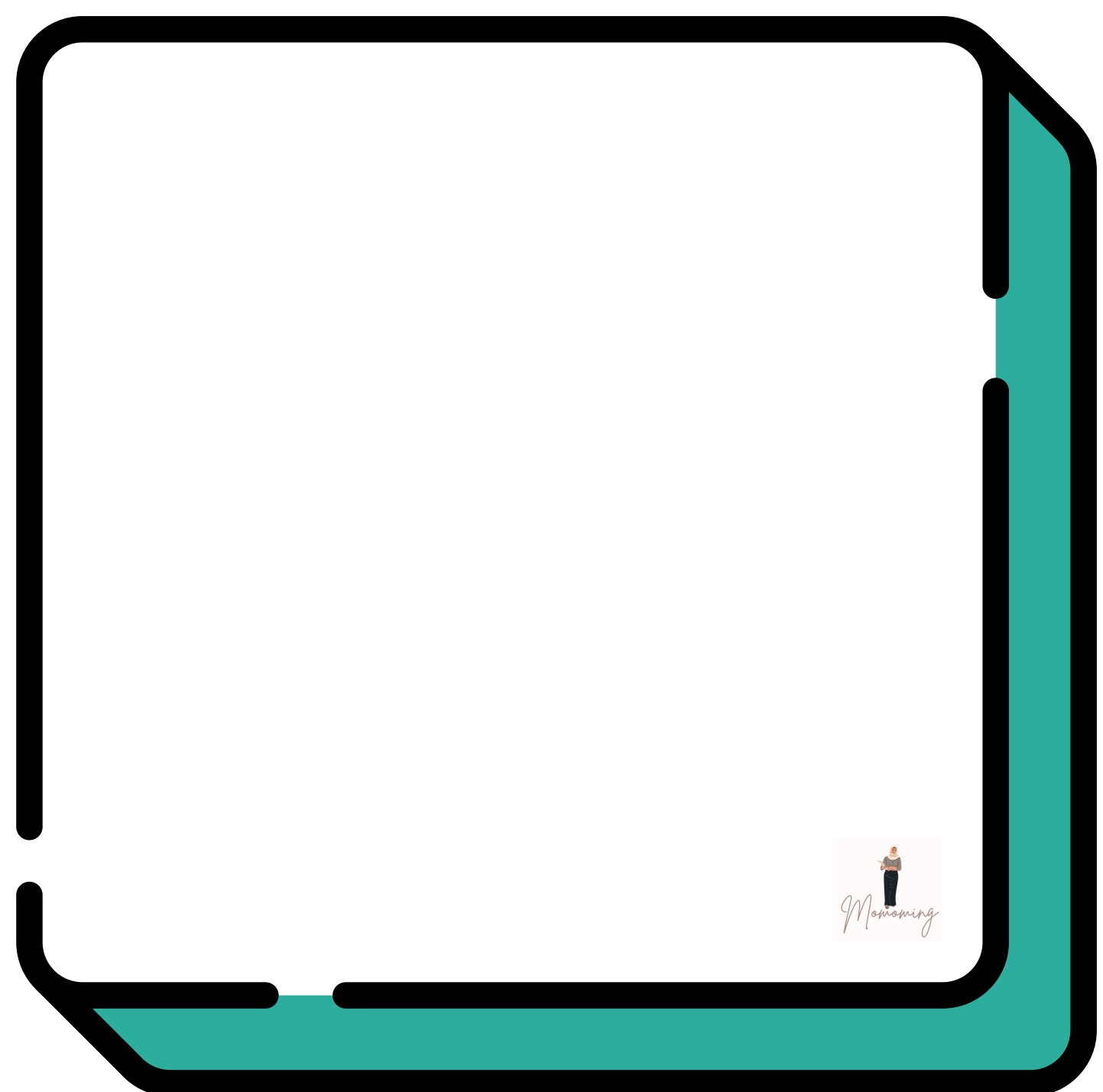
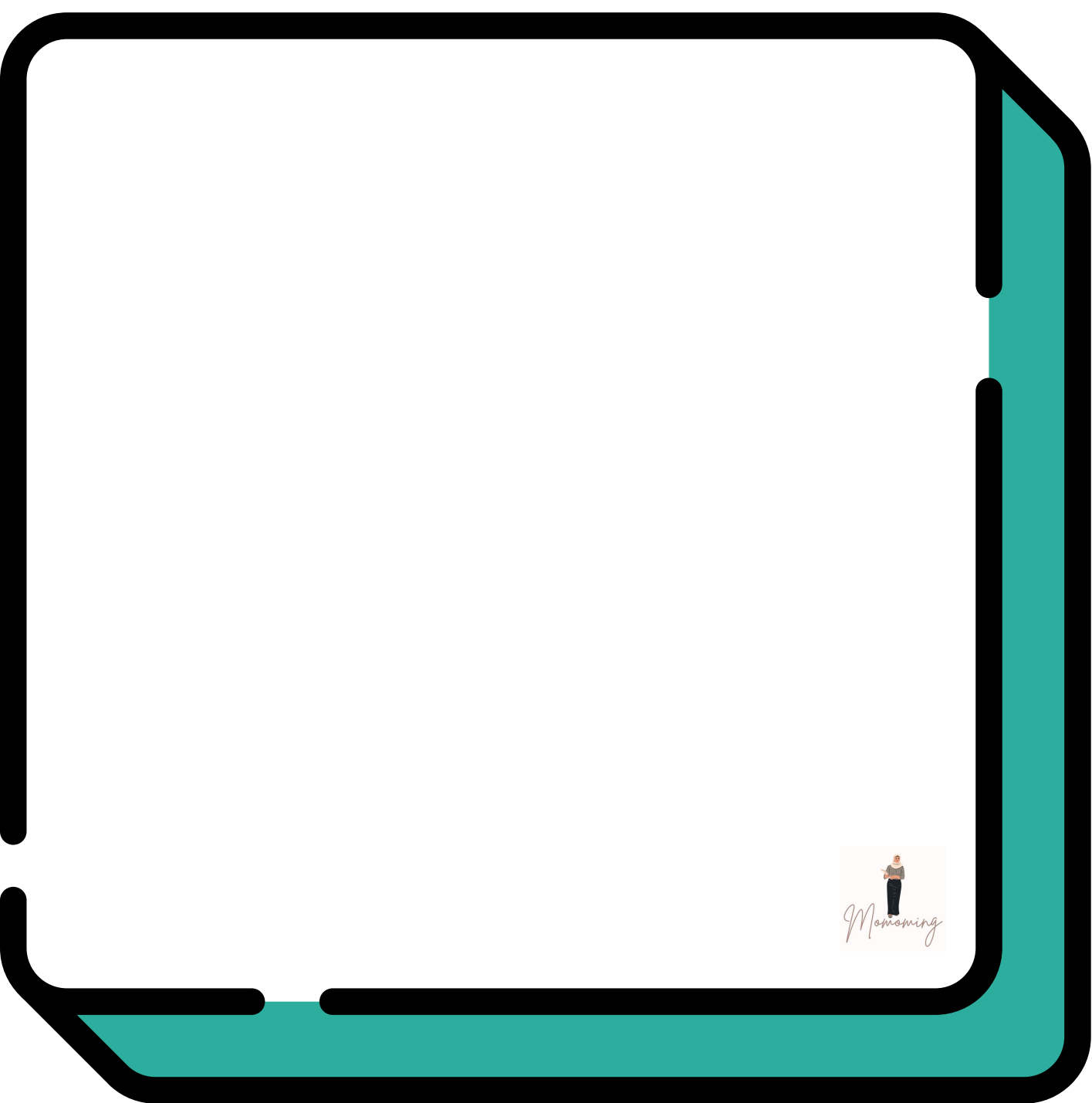
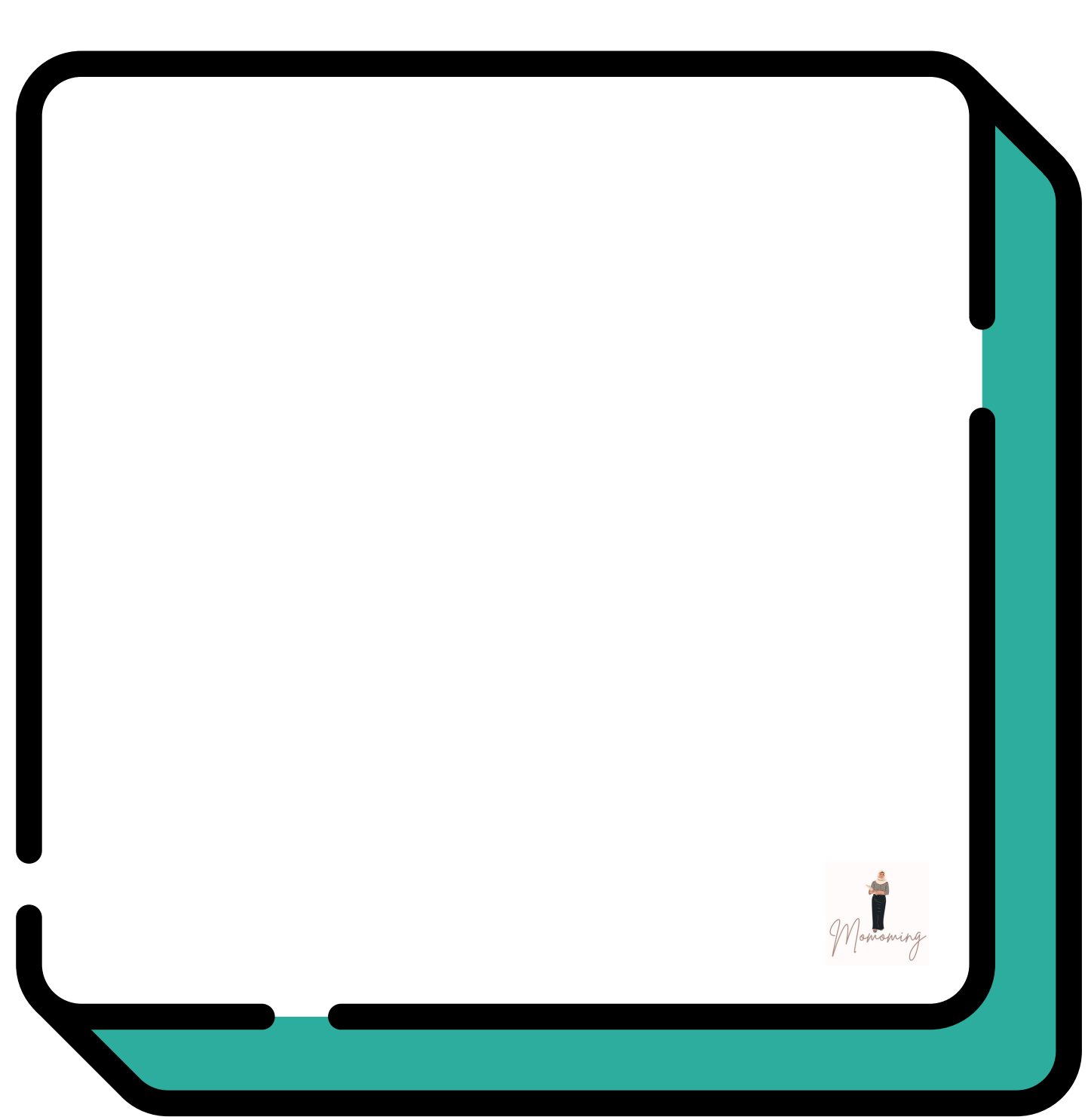
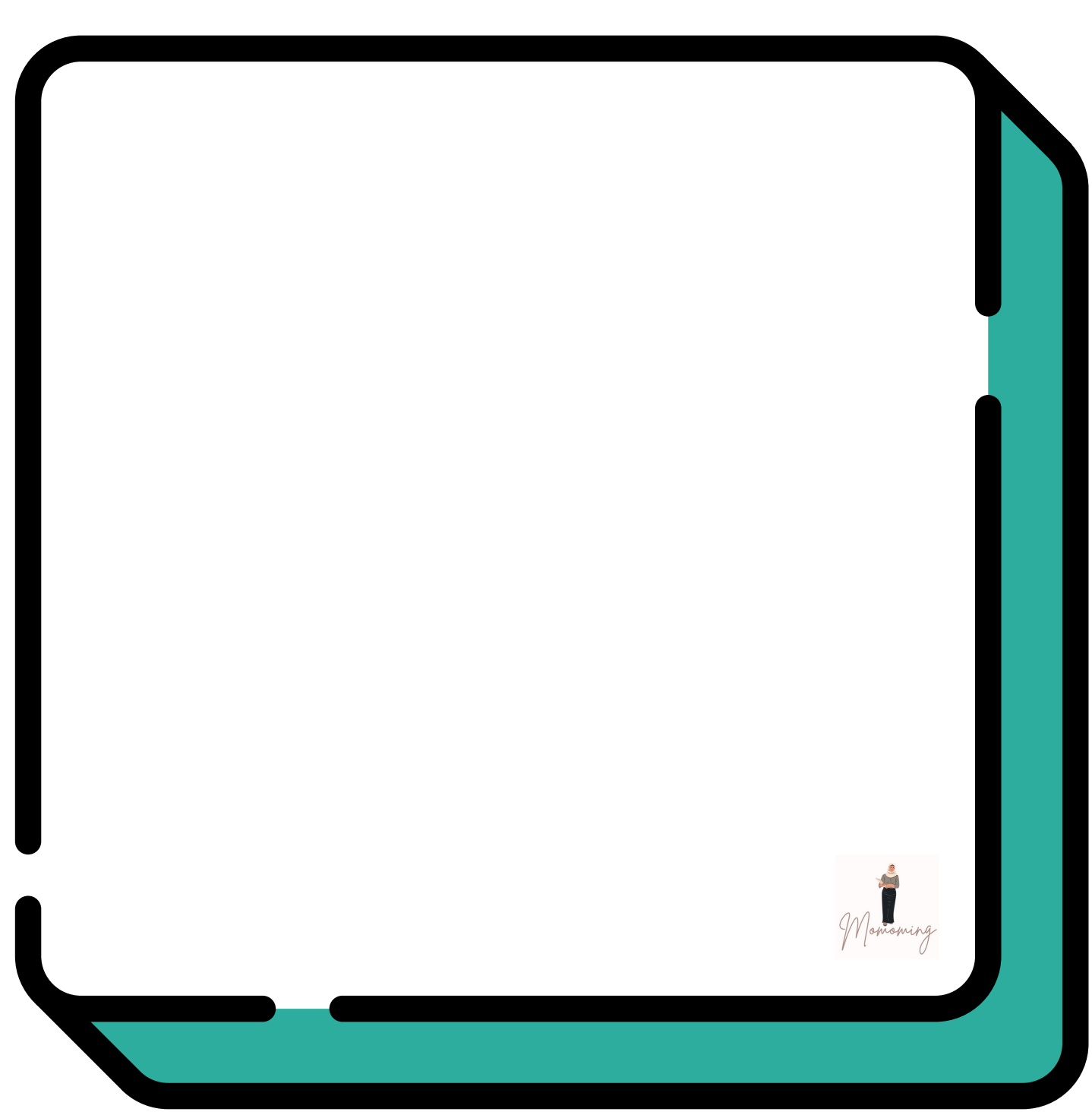
SEPTEMBER

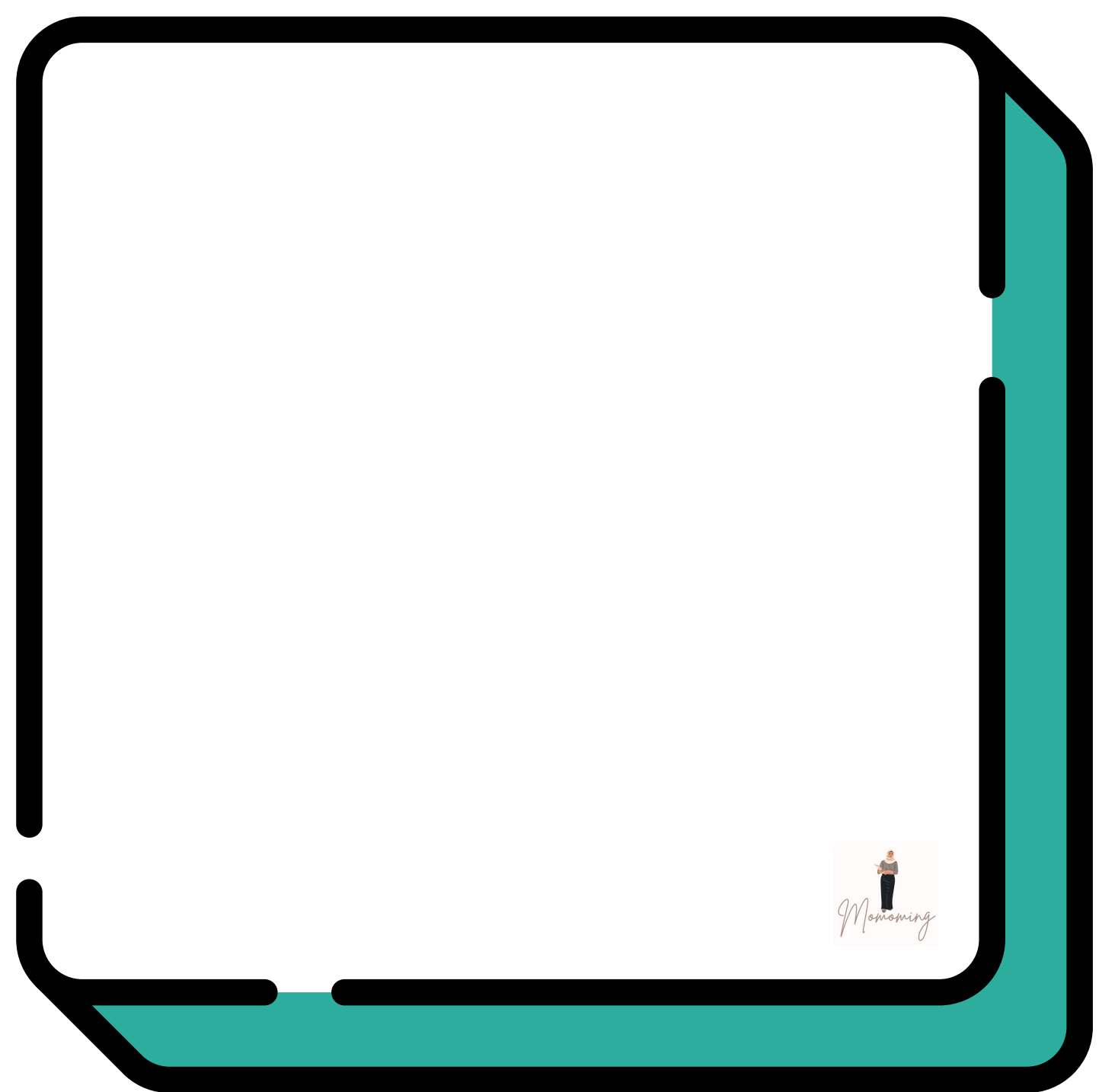
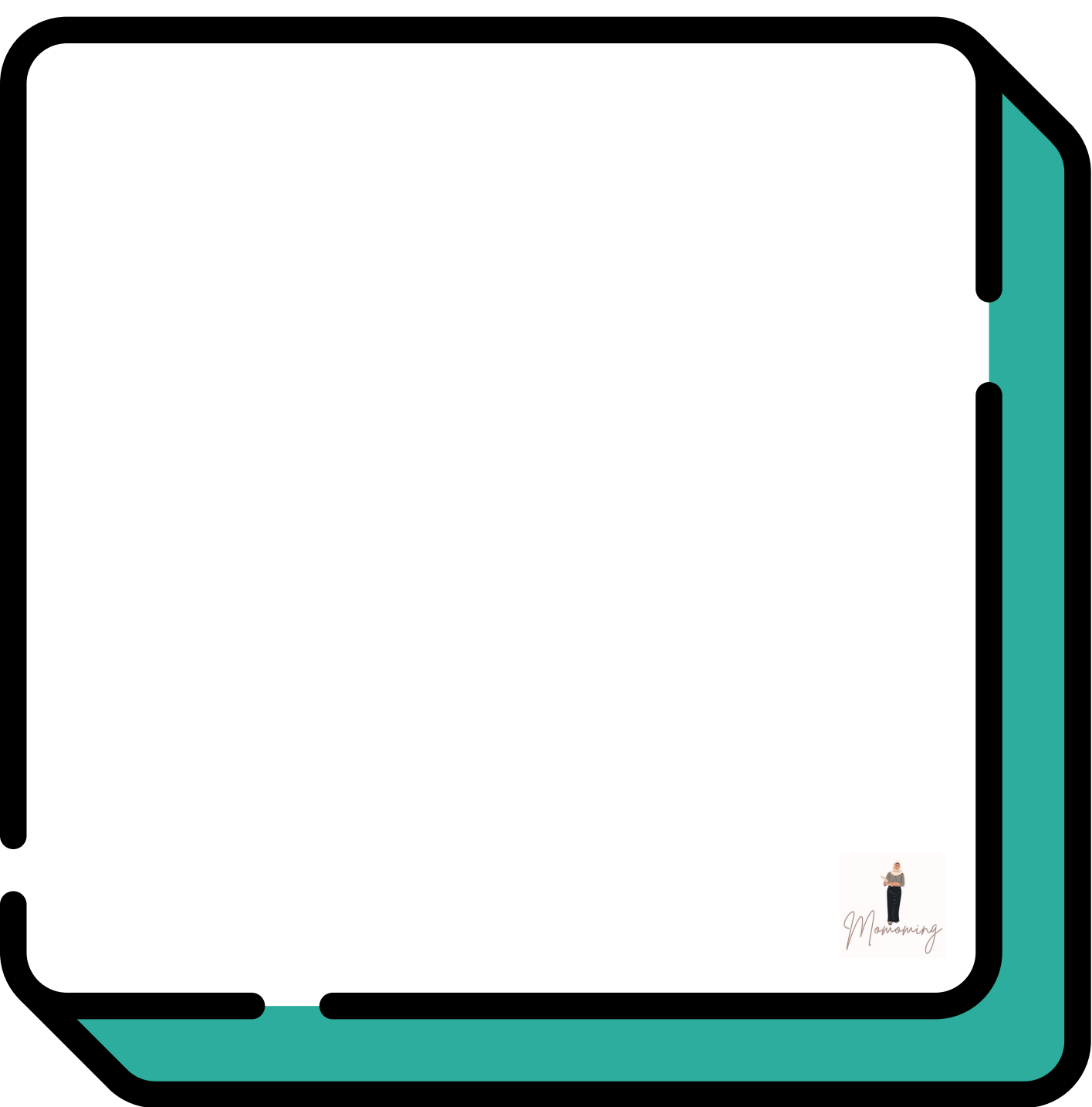
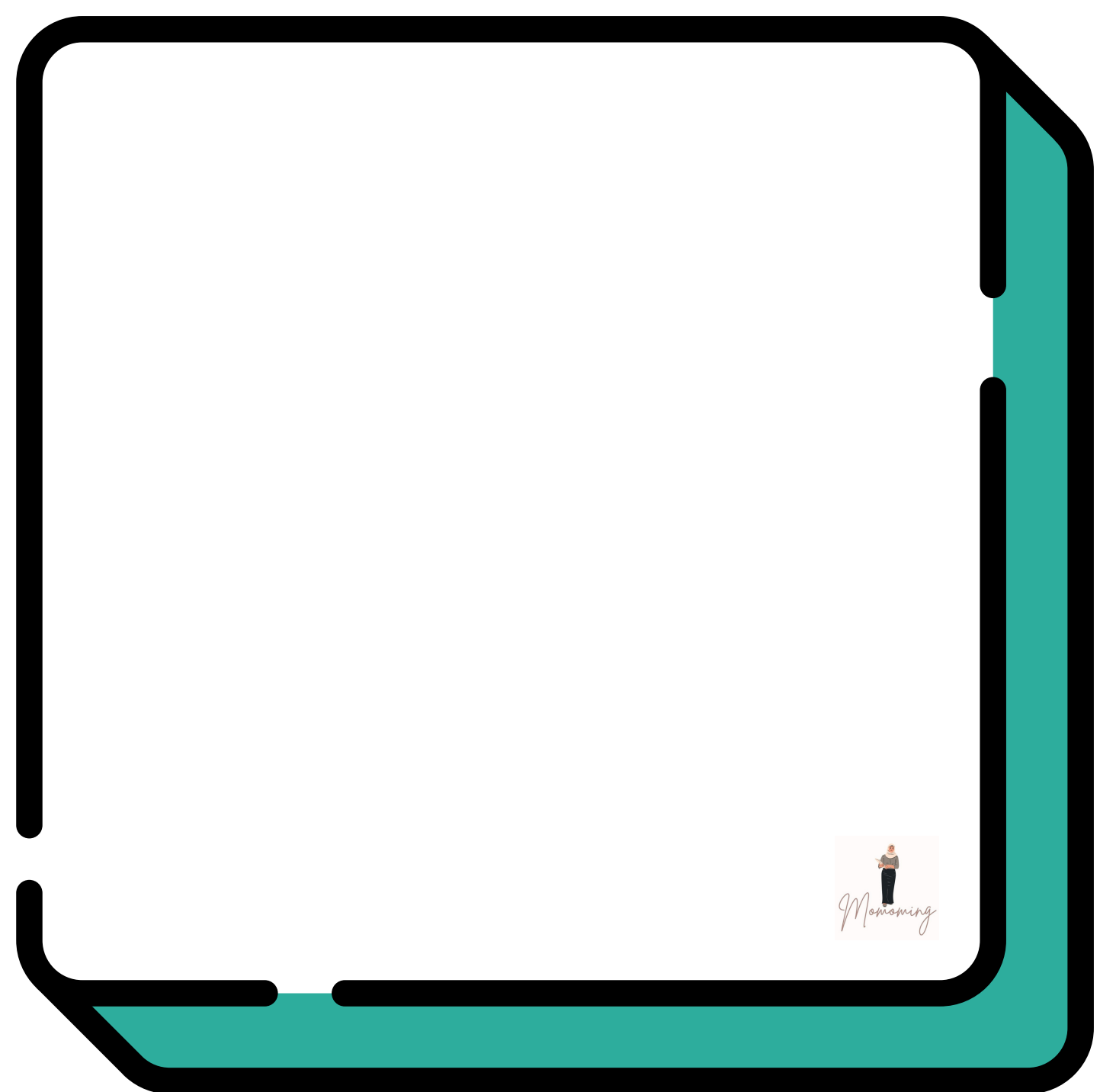
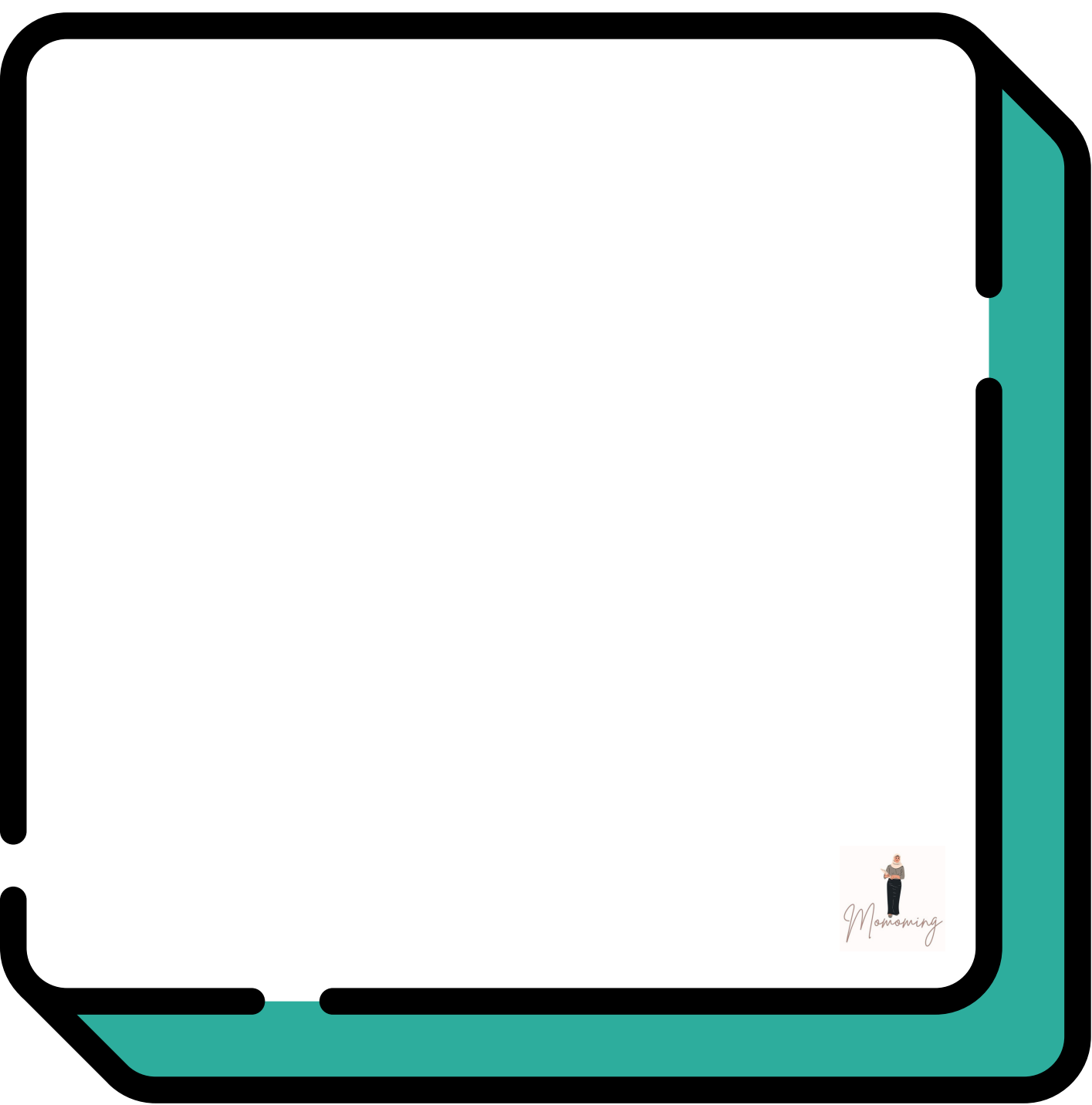
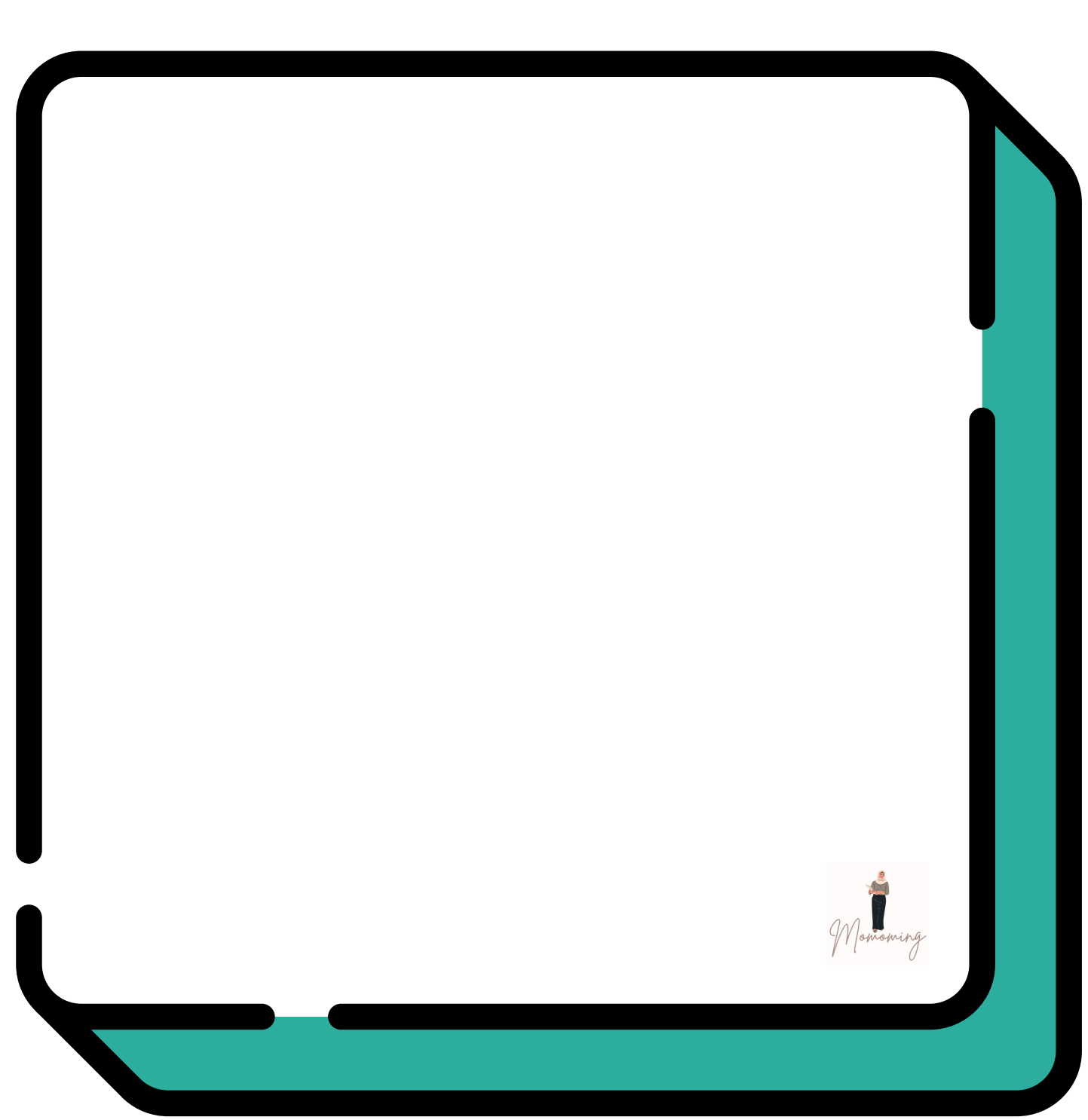
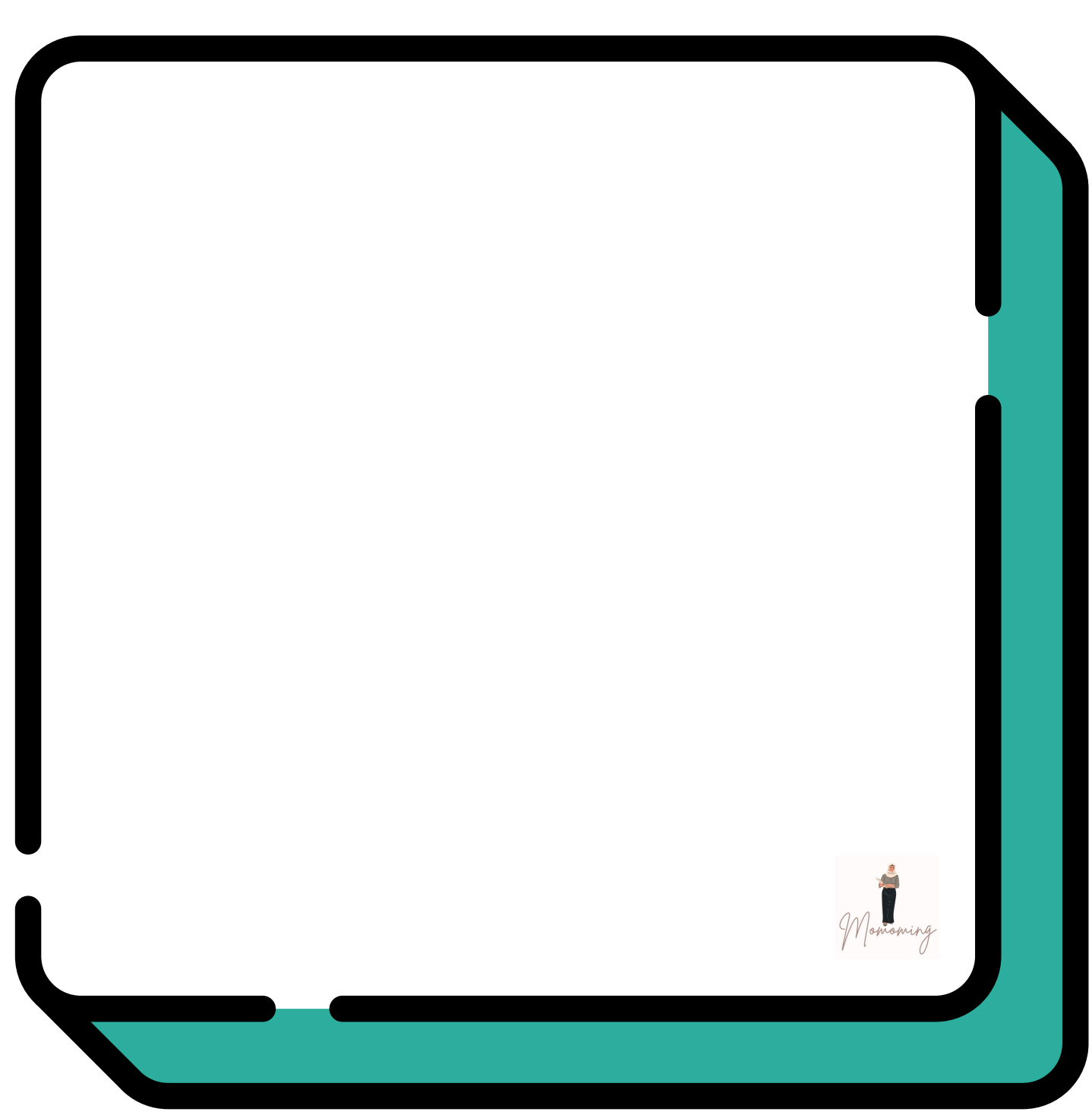
OCTOBER

NOVEMBER

DECEMBER







APPENDIX (SUGGESTIONS)



HABITS

(The following pages consist of examples that you can work on with your kids. Each child's development is different. It is up to a caregiver to decide if the child is ready to work on them or not.)

(consistency / gentle reminders work wonders)

Be firm, but kind.

- Say Bismillah / Elhamdulillah
- Wash hands
- Specific times for the screen (age appropriate)
- Daily exercise
- Drink water
- Staying positive
- Be outdoors daily
- Take your plate to the kitchen after eating
- Brush teeth twice
- Make bed
- Potty time
- Hygiene
- Clean up after yourself
- Tidy up
- Read before bed + daily reading time
- Gratitude
- Take responsibility
- Trash
- Sleep at the right time
- Read dua / Surahs before sleep
- Control intense emotions
- Healthy foods - read
-



MANNERS

- Kindness
- Please / Thank you
- Asking before taking / going anywhere
- Sharing is caring
- Greeting
- Table manners
- Pass dishes at the table
- Excuse me
- Knock on closed doors
- Offer to help
- Introduce yourself / Ask their name
- Apologize
- Hold the door
- Take turns
- Ask permission...



FINE MOTOR SKILLS

Fine motor skills in academics encompass various abilities, such as:

Pencil skills, involving tasks like scribbling, coloring, drawing, and writing.

Scissors skills, including cutting tasks.

Play activities, which may involve constructing with toys like Lego,

Duplo, puzzles, and train tracks.

Doll dressing and manipulation.

Utilizing IT tools, such as manipulating a mouse or stylus.

Self-care tasks, including dressing (like tying shoelaces, fastening sandals, dealing with zips, buttons, and belts), eating (using cutlery, opening lunch boxes, and food bags), and hygiene practices (cleaning teeth, brushing hair, toileting).

Additionally, while not classified strictly as a fine motor skill, visual perception plays a crucial role in accurately using vision to 'see' and interpret information, thereby supporting fine motor skill performance.



GROSS MOTOR SKILLS

Gross motor skills play a vital role in enabling children to carry out daily activities like walking, running, playground activities such as climbing, and sporting activities like catching, throwing, and batting a ball. These skills are not only essential for activities like dressing, where the ability to balance on one leg is needed to put on pants without losing balance, but also for tasks like getting in and out of a car or bed.

DETAILED PDF ON DEVELOPMENT FROM 0 TO 6



SURAHS to memorize for the beginners:

- Al-Fatiha
- Al-Ikhlās
- Al-Falaq
- Al-Nas
- Al-Asr
- Al-Kawthar



ALLAH'S NAMES

1 الرَّحْمَانُ AR-RAHMAAN The Most or Entirely Merciful

2 الرَّحِيمُ AR-RAHEEM The Bestower of Mercy

3 الْمَلِكُ AL-MALIK The King and Owner of Dominion

4 الْقُدُّوسُ AL-QUDDUS The Absolutely Pure

5 السَّلَامُ AS-SALAM The Perfection and Giver of Peace

6 الْمُؤْمِنُ AL-MU'MIN The One Who gives Emaan and Security

7 الْمُهَيِّمُ AL-MUHAYMIN The Guardian, The Witness, The Overseer

8 الْعَزِيزُ AL-AZEEZ The All Mighty

9 الْجَبَّارُ AL-JABBAR The Compeller, The Restorer

10 الْمُتَكَبِّرُ AL-MUTAKABBIR The Supreme, The Majestic

11 الْخَالِقُ AL-KHAALIQ The Creator, The Maker

12 الْبَارِئُ AL-BAARI' The Originator

13 الْمُصَوِّرُ AL-MUSAWWIR The Fashioner



ALLAH'S NAMES

14 AL-GHAFFAR The All- and Oft-Forgiving **الْغَفَّارُ**

15 AL-QAHHAR The Subduer, The Ever-Dominating **الْقَهَّارُ**

16 AL-WAHHAAB The Giver of Gifts **الْوَهَّابُ**

17 AR-RAZZAAQ The Provider **الرَّزَّاقُ**

18 AL-FATTAAH The Opener, The Judge **الْفَتَّاحُ**

19 AL-'ALEEM The All-Knowing, The Omniscient **الْعَلِيمُ**

20 AL-QAABID The Withholder **الْقَابِضُ**

21 AL-BAASIT The Extender **الْبَاسِطُ**

22 AL-KHAAFIDH The Reducer, The Abaser **الْخَافِضُ**

23 AR-RAAFI' The Exalter, The Elevator **الرَّافِعُ**

24 AL-MU'IZZ The Honourer, The Bestower **الْمُعِزُّ**

25 AL-MUZIL The Dishonourer, The Humiliator **الْمُذِلُّ**

26 AS-SAMEE' The All-Hearing **السَّمِيعُ**



ALLAH'S NAMES

27AL-BASEER The All-Seeing **الْبَصِيرُ**

28 **الْحَكَمُ** AL-HAKAM The Judge, The Giver of Justice

29 **الْعَدْلُ** AL-'ADL The Utterly Just

30 **الْلَطِيفُ** AL-LATEEF The Subtle One, The Most Gentle

31 **الْخَبِيرُ** AL-KHABEER The Acquainted, the All-Aware

32 **الْحَلِيمُ** AL-HALEEM The Most Forbearing

33 **الْعَظِيمُ** AL-'ATHEEM The Magnificent, The Supreme

34 **الْغَفُورُ** AL-GHAFOOR The Forgiving, The Exceedingly Forgiving

35 **الشَّكُورُ** ASH-SHAKOOR The Most Appreciative

36 **الْعَلِيُّ** AL-'ALEE The Most High, The Exalted

37 **الْكَبِيرُ** AL-KABEER The Greatest, The Most Grand

38 **الْحَفِيظُ** AL-HAFEEDH The Preserver, The All-Heedful and All-Protecting



ALLAH'S NAMES

39 **أَلْمُقِيتُ** AL-MUQEET The Sustainer

40 **أَلْحَسِيبُ** AL-HASEEB The Reckoner, The Sufficient

41 **أَلْجَلِيلُ** AL-JALEEL The Majestic

42 **أَلْكَرِيمُ** AL-KAREEM The Most Generous, The Most Esteemed

43 **أَلرَّقِيبُ** AR-RAQEEB The Watchful

44 **أَلْمُجِيبُ** AL-MUJEEB The Responsive One

45 **أَلْوَاسِعُ** AL-WAASI' The All-Encompassing, the Boundless

46 **أَلْحَكِيمُ** AL-HAKEEM The All-Wise

47 **أَلْوَدُودُ** AL-WADOOD The Most Loving

48 **أَلْمَجِيدُ** AL-MAJEEB The Glorious, The Most Honorable

49 **أَلْبَاعِثُ** AL-BA'ITH The Resurrector, The Raiser of the Dead

50 **أَلشَّهِيدُ** ASH-SHAHEED The All- and Ever Witnessing

51 **أَلْحَقُّ** AL-HAQQ The Absolute Truth

52 **أَلْوَكِيلُ** AL-WAKEEL The Trustee, The Disposer of Affairs



ALLAH'S NAMES

53 **الْقَوِيُّ** AL-QAWIYY The All-Strong

54 **الْمَتِينُ** AL-MATEEN The Firm, The Steadfast

55 **الْوَلِيُّ** AL-WALIYY The Protecting Associate

56 **الْحَمِيدُ** AL-HAMEED The Praiseworthy

57 **الْمُحْصِي** AL-MUHSEE The All-Enumerating, The Counter

58 **الْمُبْدِي** AL-MUBDI The Originator, The Initiator

59 **الْمُعِيدُ** AL-MU'ID The Restorer, The Reinstater

60 **الْمُحْيِي** AL-MUHYEE The Giver of Life

61 **الْمُمِيتُ** AL-MUMEET The Bringer of Death, the Destroyer

62 **الْحَيُّ** AL-HAYY The Ever-Living

63 **الْقَيُّومُ** AL-QAYYOOM The Sustainer, The Self-Subsisting

64 **الْوَاجِدُ** AL-WAAJID The Perceiver

65 **الْمَاجِدُ** AL-MAAJID The Illustrious, the Magnificent

66 **الْوَاحِدُ** AL-WAAHID The One



ALLAH'S NAMES

- 67 **الأحد** AL-AHAD The Unique, The Only One
- 68 **الصمد** AS-SAMAD The Eternal, Satisfier of Needs
- 69 **القادر** AL-QADIR The Capable, The Powerful
- 70 **المقتدر** AL-MUQTADIR The Omnipotent
- 71 **المقدم** AL-MUQADDIM The Expediter, The Promoter
- 72 **المؤخر** AL-MU'AKHKHIR The Delayer, the Retarder
- 73 **الأول** AL-AWWAL The First
- 74 **الأخر** AL-AAKHIR The Last
- 75 **الظاهر** AZ-DHAAHIR The Manifest
- 76 **الباطن** AL-BAATIN The Hidden One, Knower of the Hidden
- 77 **الوالي** AL-WAALI The Governor, The Patron
- 78 **المتعالي** AL-MUTA'ALI The Self Exalted
- 79 **البر** AL-BARR The Source of Goodness, the Kind Benefactor
- 80 **التواب** AT-TAWWAB The Ever-Pardoning, The Relenting



ALLAH'S NAMES

81 **الْمُنْتَقِمُ** AL-MUNTAQIM The Avenger

82 **الْعَفُوُّ** AL-'AFUWW The Pardoner

83 **الرَّؤُوفُ** AR-RA'OOF The Most Kind

84 **مَالِكُ الْمَلِكِ** MAALIK-UL-MULK Master of the Kingdom, Owner of the Dominion

85 **ذُو الْجَلَالِ وَالْإِكْرَامِ** DHUL-JALAALI WAL-IKRAAM Possessor of Glory and Honour, Lord of Majesty and Generosity

86 **الْمُقْسِطُ** AL-MUQSIT The Equitable, the Requirer

87 **الْجَامِعُ** AL-JAAMI' The Gatherer, the Uniter

88 **الْغَنِيُّ** AL-GHANIYY The Self-Sufficient, The Wealthy

89 **الْمُغْنِيُّ** AL-MUGHNI The Enricher

90 **الْمَانِعُ** AL-MANI' The Withholder

91 **الضَّارُّ** AD-DHARR The Distresser

92 **النَّافِعُ** AN-NAFI' The Propitious, the Benefactor

93 **النُّورُ** AN-NUR The Light, The Illuminator



ALLAH'S NAMES

94 **أَلْهَادِي** AL-HAADI The Guide

95 **أَلْبَدِيعُ** AL-BADEE' The Incomparable Originator

96 **أَلْبَاقِي** AL-BAAQI The Ever-Surviving, The Everlasting

97 **أَلْوَارِثُ** AL-WAARITH The Inheritor, The Heir

98 **أَلرَّشِيدُ** AR-RASHEED The Guide, Infallible Teacher

99 **أَلصَّبُورُ** AS-SABOOR The Forbearing, The Patient



DUAS

Du'a for leaving home:

"Bismillaahi, tawakkaltu 'alallaahi, wa laa hawla wa laa quwwata ' illaa billaah."

Translation: In the name of Allah, I place my trust in Allah, and there is no might nor power except with Allah.

Dua for eating:

Teach your child to say the dua before starting a meal.

The dua is "Bismillah"

Translation: In the name of Allah.

Dua for seeking knowledge:

Teach your child to say the dua for seeking knowledge. The dua is "Rabbi zidni ilma"

Translation: O Allah, increase me in knowledge.

Dua for forgiveness:

Teach your child to say the dua for seeking forgiveness. The dua is "Astaghfirullah".

Translation: I seek forgiveness from Allah.

Dua when you get angry:

Every time your child gets angry, remind them to recite this:

"A'oothu billaahi minash-Shaytaanir-rajeem"

Translation: I seek refuge with Allah against the Satan, the outcast.

Du'a to make things easy:

If your child finds it difficult to do a task or is scared to speak up, teach them this dua:

"Rabbish Rahli Sadri wa Yasirli Amri Wahlul Auqdatan Min Lisane, Yafkahu Kauli."

Translation: My Lord, expand for me my breast [with assurance] and ease for me my task and untie the knot from my tongue That they may understand my speech

Remembrance of Allah throughout the day:

Encourage your child to develop the habit of remembering Allah throughout the day.

This can be done by reciting simple phrases like "SubhanAllah" (Glory be to Allah),

"Alhamdulillah" (Praise be to Allah), and "Allahu Akbar" (Allah is the Greatest).



VIRTUES

- Honesty
- Trustworthyness
- Patience
- Courage
- Compassionate
- Generosity
- Fidelity
- Integrity
- Fairness
- Self-control
- Prudence
- Perseverance
- Assertivness
- Caring
- Respectful
- Responsible ...



SUNNAH

- Be dutiful towards parents.
- Assist in age appropriate household chores.
- Be grateful and encourage them to express love and affection.
- Recite the dua for eating together (simplify it for the littlest ones).
- Eat/drink while sitting down, and using your right hand.
- Eat what is in front of you, first, rather than reaching out and over.
- Chew your food properly and try not to talk while doing so.
- Avoid eating food that is too hot and rather wait for it to cool down, instead of blowing over it.
- Take as much as you can eat and not waste food.
- Drink water in three sips or more, but not in one gulp.
- Say Alhumdulillah - all praise and thanks be to Allah - when done eating/drinking.



SUNNAH

- Always begin with Bismillah - in the name of Allah.
- Greet others with respect, preferably a smile, because it is considered a charity.
- Greet Muslim family members and friends with Salaams.
- Respond properly to Salaams when they are extended to you, as it is an obligation.
- Be mindful of the tongue and use the best speech and kind words.
- Speak the truth. (Parents be careful to allow children to admit and own up to their mistakes as it will discourage them from lying about the transgression.)
- It is advisable to dust the bed, before getting into it.
- Recite the dua for sleeping.
- Recite Surah Ikhlas, Falaq, and An-Naas three times and blow it over yourself before going to bed.
- Get in the habit of sleeping on your right side.
- Showing respect for neighbors and friends
- Respect the rights of neighbors.
- Perform acts of kindness by sharing kind words, food, gifts, and/or a helping hand.
- Be a good friend.
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