

# NASIRAT UL AHMADIYYA UK

## REGIONAL TALEEM & TARBIYYAT CLASS 2015

Dear Regional Presidents,

Assalamo alaikom wa rehmatullah,

I hope you are well, Inshallah. Below are the guidelines for the regional Taleem and Tarbiyyat classes for 2015. Some subjects are compulsory for all and, where possible, guidelines and instructions have been given to make it easier for yourself and the teachers. We have added ideas for other optional activities for each age group which you may also wish to include.

### GUIDELINES

All of the compulsory topics have been taken from the Ijtema syllabus for 2015 and relate to Speech titles, the Tilawat competition or Hifze Qur'an. The lesson plans are for guidance only. You are free to design your own lessons for the compulsory topics if you wish to do so. However, please ensure that any lectures or explanations are limited to 20 minutes, especially for the younger age groups. If any worksheets or handouts are to be given to the Nasirat, or any PowerPoint or other presentations are to be shown, **please ensure that you, as the Regional President, have had a look at them first, proof read and approved them.** This is very important as all information must be correct and in accordance with the teachings of our Jama'at. **Please emphasise to the teachers that they must only use Jama'at literature and Jama'at websites such as [alislam.org](http://alislam.org).**

### TEACHERS

First of all, when choosing your teachers, please keep the following in mind:

- She must be a good role model figure for the Nasirat
- Her Purdah must be of a good standard.
- Her knowledge of what she is teaching must be correct and sufficient.
- Where possible, choose ladies who are good with children, are friendly, and approachable.
- She must be reliable and punctual.
- Try, where possible, to include Waqfeene nau and young girls who have recently entered Lajna, but they should be under the supervision and help of more experienced ladies.

### DISCIPLINE

Apart from teachers, you will need a group of ladies for discipline; this can be the local Nasirat secretaries in your region who will be with the Nasirat throughout the day, including break times.

May Allah make these classes a success and may the Nasirat benefit from them fully. Ameen.

W'Salaam,

National Secretary Nasirat

## **COMPULSORY SUBJECTS – AGE GROUP 7-9**

- THE HOLY QURAN – AL-BAQARAH, CH2 V258
- CONDITION OF BAI'AT – NO.3 SALAT
- QURANIC PRAYER FOR REMEMBERING PARENTS' KINDNESS AND A PRAYER OF MERCY FOR THEM
- HAZRAT BILAL (RA)
- THE DANGERS OF UNISLAMIC CUSTOMS

When planning lessons please keep in mind that these should not be lengthy "lectures". Nasirat in this age group are very young and have short attention spans. Therefore, lessons should be engaging, interactive and interesting. You can include visual aids such as PowerPoint presentations, pictures, charts etc. Ensure the teacher is not just reading from the board and ensure there is not too much text on the board. Nasirat should also be listening to you as well as looking at the board. Ideas for discussion have been given within the lesson plan. Ensure you feedback correct answers after discussions as not all Nasirat will raise the same points and may need correcting or assurance.

### **THE HOLY QURAN - AGE GROUP 7-9**

#### **SURAH AL-BAQARAH - CHAPTER 2, VERSE 258**

##### **LESSON PLAN**

- Read out the Arabic verse and the translation. If possible, have the verse and translation on a board/screen at the front for all to see and follow or provide printed copies.
- Explain any difficult words.
- Tell them about the Attribute of al-Walee

Discuss as a class or in smaller groups the following:

- What qualities should a good friend have?
- According to this verse, who are the 'inmates of the Fire'?
- Think of a time when Allah helped you like a friend.

If the discussions were organised in small groups then gather everyone back together and share the ideas and answers.

##### **NOTES**

Answers can be recorded on a flip chart as a whole class or as mind maps in groups. Make it as interactive as possible. Try to involve the whole group, listen to ideas from everyone and then reinstate the correct ones, removing any misconceptions.

Encourage girls to make their own notes on the hand outs you give to them for later referral.

## **CONDITION OF BAI'AT – NO.3 (SALAT) – AGE GROUP 7-9**

### **LESSON PLAN**

Firstly, briefly remind Nasirat what the Conditions of Bai'at are then read Condition number 3 to the class.

- Explain/discuss the importance of offering salat.
- Explain/discuss tahajjud prayer. Ask the Nasirat if they have offered tahajjud prayers and the effect it had on them.
- Go through correct salat positions and ask the Nasirat to follow (they could judge each others' salat positions).
- Remind Nasirat of the importance of sending durud on the Holy Prophet (pbuh).

Notes: Use the book 'Conditions of Bai'at and Responsibilities of an Ahmadi' by Hazrat Khalifa tul Masih V (aba) as a reference and guide.

## **QURANIC PRAYER FOR REMEMBERING PARENTS' KINDNESS AND MERCY FOR THEM - AGE GROUP 7-9**

### **Chapter 17 Verse 25**

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا ۝

**My Lord have mercy on them even as they nourished me in my childhood**

### **LESSON PLAN**

- Read through the prayer with the Nasirat and get them to repeat it a few times.
- Spend some time discussing the context of the prayer and the position given to parents in Islam.
- Get the girls to discuss their relationship with parents, gearing it towards a feeling of gratitude towards parents.
- If time permits, they can do something creative such as writing a poem on the topic of respect and love for parents.

## **HAZRAT BILAL (RA) - AGE GROUP 7-9**

### **LESSON PLAN**

**Explain the following:**

- Who was Hazrat Bilal(ra)?
- How did he accept Islam?
- Give some accounts of his life after he became a Muslim.

**Discuss as a class or in groups the following:**

- Why did Hazrat Bilal (ra) patiently accept so much suffering at the hands of Ummayya bin Khalf (his previous owner)?
- What lessons can we learn from the life of Hazrat Bilal (ra)?
- What was the job of Hazrat Bilal (ra) at the Fall of Mecca? Why was he given this role?

NOTES: Try to keep the explanatory part to a maximum of 15 minutes. Answers can be recorded on a flipchart or spray diagrams in groups. During discussion feedback, try to involve the whole group, listen to ideas from everyone.

Encourage the girls to make their own notes on the handouts you give to them for later referral.

## **THE DANGERS OF UNISLAMIC CUSTOMS – AGE GROUP 7-9**

### **LESSON PLAN**

- Start the session by explaining that anything which goes against the Quran and Ahadith are unIslamic customs.
- Give examples of these and discuss (Halloween, Christmas, Valentine’s Day, certain practices on weddings such as mixed weddings, dancing, ‘rasoomat’ or activities which have been prohibited).
- Explain/discuss why these are dangerous and how they lead us away from Allah and our faith. Use excerpts from Jama’at literature, Friday Sermons etc.

You can make PowerPoint presentations to help you with the teaching. However you decide to conduct the lesson, please keep in mind the age of the Nasirat you are addressing, keeping it simple but interesting. Make it interactive wherever possible. Ask questions and keep the girls engaged. Ensure they leave with the correct concept of unIslamic customs and why we do not participate in them.

## **OTHER ACTIVITIES – AGE GROUP 7-9**

You are free to choose other activities to fill your timetable. Here are a few suggestions should you need any ideas.

Activities	Guidelines
Attributes of Allah al- Walee	Should be written out/drawn by Lajna. Nasirat can make a collage or colour in. Materials such as glitter, coloured rice, crystal beads, coloured tissue paper, felt tip pens, colouring pencils etc. can be used.
Quiz – The Holy Prophet of Islam (pbuh)	Questions can be based on the early life of the Holy Prophet (pbuh) such as his parents’ names, birth, first revelation etc. Topics can be given to Nasirat Secretaries beforehand to ensure adequate preparation of Nasirat.
Tehreeke Jadid and Waqfe Jadid money box	Nasirat can create money boxes out of materials such as cardboard boxes and can decorate with information about Tehreeke Jadid and Waqfe Jadid.
Health and Fitness – physical activities	Nasirat can do any appropriate form of exercise or play games such as ‘egg and spoon’ race, ‘balance-the-balloon-on-their-back’ race, ‘duck duck egg’ etc.
Health and Fitness – healthy activities	Nasirat can choose from; design their ideal healthy lunch box using paper and coloured pens, make a fruit salad, learn a new healthy recipe, decorate a plate with various fruits etc.

# **COMPULSORY SUBJECTS – AGE GROUP 10-12**

- THE HOLY QURAN – SURAH AL-TAUBAH, CH9 V71
- CONDITION OF BAI'AT – NO.1 SHIRK
- QURANIC PRAYER FOR RECEIVING GOODNESS
- THE HISTORY OF MINARATUL MASIH
- WHY IS SIMPLE LIVING PROMOTED IN ISLAM AND HOW CAN WE DO THIS?

When planning lessons please keep in mind that these should not be lengthy "lectures". Nasirat in this age group are young and have fairly short attention spans. Therefore, lessons should be engaging, interactive and interesting. You can include visual aids such as PowerPoint presentations, pictures, charts etc. Ensure the teacher is not just reading from the board and ensure there is not too much text on the board. Nasirat should also be listening to you as well as looking at the board. Ideas for discussion have been given within the lesson plan. Ensure you feedback correct answers after discussions as not all Nasirat will raise the same points and may need correcting or assurance.

## **THE HOLY QURAN - AGE GROUP 10-12**

### **SURAH AL TAUBAH, CHAPTER 9 VERSE 71**

#### **LESSON PLAN**

- Read out the Arabic verse and the translation. If possible, have the verse and translation on a board/screen at the front for all to see and follow or provide printed copies.
- Explain any difficult words
- Tell them about the meaning of 'Momin'

#### **Discuss as a class or in smaller groups the following:**

- What similarities do 'friends' and 'believers' have?
- From the verse, what does it mean to 'enjoin good'?
- Can you think of a time where you observed prayer and God has shown mercy?

If the discussions were done in small groups then gather everyone back together and share the ideas and answers.

#### **NOTES**

Answers can be recorded on a flip chart or spray diagrams in groups. Make it as interactive as possible. Try to involve the whole group, listen to ideas from everyone Encourage girls to make their own notes on the hand outs you give to them for later referral.

## CONDITION OF BAI'AT – NO.1 (SHIRK) – AGE GROUP 10-12

### LESSON PLAN

Firstly, briefly remind Nasirat what the Conditions of Bai'at are and then read condition number 1 to the class.

- Explain what the basic meaning of 'shirk' is.
- Then discuss 3 examples of shirk.
- What is the importance of abstaining from shirk 'right up to his/her last breath'?
- Discuss and come up with a few ways to stay away from shirk.

Notes: Use the book 'Conditions of Bai'at and Responsibilities of an Ahmadi' by Hazrat Khalifa tul Masih V (aba) as a reference and guide.

## QURANIC PRAYER FOR RECEIVING GOODNESS- AGE GROUP 10-12

### Chapter 28 Verse 25

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ ﴿٢٥﴾

O my Lord, a beggar I am of whatever good You bestow upon me.

### LESSON PLAN

- Read through the prayer and translation with the Nasirat and get them to repeat it a few times.
- Give them a brief background to the prayer - The story of Hazrat Moses (as) and include the account of the prayer:  
'Hadhrat Abdullah bin Abbas (ra) relates that Hadhrat Moses (as) was so hungry, he became desperate even for a piece of a date. God not only provided food and shelter for him in a foreign land but also arranged a home and a wife for him.' (Taken from 'Treasure House of Prayers' by Hafiz Muzaffer Ahmad)
- Ask the girls what they understand from this and what the prayer inspires in them,
- Get the girls to evaluate how they can apply this to their own lives. Let them self-reflect about whom they turn towards in difficult times. Ensure they understand that when asking for something from Allah they need to have firm belief that Allah knows what's best for His people, firm belief that He listens to all sincere prayers and firm belief that if a prayer is not answered, there is good in that for the individual.

# **THE HISTORY OF MINARATUL MASIH**

## **LESSON PLAN**

**Explain the following:**

- What is a minaret?
- What is a Minaratul Masih and where can we see it?

**Discuss as a class or in groups the following:**

- The prophecy regarding the white minaret.
- The instruction and announcements of when the building was planned.
- The significance of the Minaratul Masih to Ahmadis around the world today.
- If time permits, they could do a creative activity such as building a model of Minaratul Masih, or a poster/leaflet etc.

Encourage girls to make their own notes on the hand outs you give to them for later referral.

## **ALTERNATIVE LESSON PLAN**

This session could be done as a research-based task followed by a creative one. Give each pair or small group of Nasirat an article (hard copy from a Jama'at magazine, printout or photocopy from [alislam.org](http://alislam.org)) on the topic of Minaratul Masih. Ask them to read and highlight key facts. Then get them to create a model/poster/leaflet/flag etc. illustrating key facts/points relating to the topic. You can give them a sheet with the main bullet points they should include so they are on the right track.

# **WHY IS SIMPLE LIVING PROMOTED IN ISLAM AND HOW CAN WE DO THIS? – AGE GROUP 10-12**

## **LESSON PLAN**

- Explain what simple living means. (Spending within your means, not being extravagant in spending on clothes, food, etc, not giving priority to acquiring things, sharing what you have with those who don't, not boasting about what you have, keeping faith as a priority, treating others with kindness, being grateful for what you have.)
- Use examples from the life of the Holy Prophet (pbuh)
- Discuss why simple living is important for an Ahmadi Muslim and how we can apply this to our daily lives.

You can use PowerPoint presentations and flipcharts for collating ideas. Please ensure all Nasirat are involved, ask questions and allow a range of girls to answer. You may wish to provide a handout with key points/stories from the life of the Holy Prophet (pbuh) relating to simple living.

## **OTHER ACTIVITIES – AGE GROUP 10-12**

You are free to choose other activities to fill your timetable. Here are a few suggestions should you need any ideas.

Activities	Guidelines
Attributes of Allah al- Wahid	Should be written out/drawn by Lajna. Nasirat can make a collage or colour in. Materials such as glitter, coloured rice, crystal beads, coloured tissue paper, felt tip pens, colouring pencils etc. can be used.
Quiz – The Promised Messiah (as)	Questions can be based on the Promised Messiah (as) as a ‘family man’ (relating to the Ijtema syllabus speech title). Topics can be given to Nasirat Secretaries beforehand to ensure adequate preparation of Nasirat.
Minaratul Masih - creative task	If you did not have time to do something creative in the session relating to Minaratul Masih, Nasirat can spend a session creating something such as a model using card, papier maché, PVA glue, plain paper or a poster/leaflet/factfile.
Health and Fitness – physical activities	Nasirat can do any appropriate form of exercise or play team-building games to get them socialising with one another. For example: a word game (such as Articulate or Pictionary) or building a bridge with paper and sellotape which holds the weight of a small object (such as a toy car/ball etc).
Health and Fitness – healthy activities	Nasirat can design their ideal healthy lunch menus which includes costing for a lunch service at a school canteen/restaurant or lunch party, learn a new cooking skill (if feasible), decorate a plate with various salads/vegetables etc.
How to set a table for a formal meal/tea	Nasirat can be taught how to set a table with disposable croquetry/cutlery and be taught other skills such as decorative napkin folding.

## **COMPULSORY SUBJECTS – AGE GROUP 13-14**

- THE HOLY QURAN – SURAH BANI ISRA'IL, CH17 RUKUH 3
- CONDITION OF BAI'AT – NO.7 HUMBLENESS
- QURANIC PRAYER FOR SPIRITUAL PROGRESS AND FORGIVENESS
- HAZRAT RUQAYYA (RA)
- WHY IS IT SO IMPORTANT TO HAVE TRUST (TAWAKKAL) IN ALLAH IN OUR EVERYDAY LIVES?

When planning lessons please keep in mind that these should not be lengthy "lectures". Nasirat should be engaged throughout. Therefore, lessons should be engaging, interactive and interesting. You can include visual aids such as PowerPoint presentations, pictures, charts etc. Ensure the teacher is not just reading from the board and ensure there is not too much text on the board. Nasirat should also be listening to you as well as looking at the board. Ideas for discussion have been given within the lesson plan. Ensure you feedback correct answers after discussions as not all Nasirat will raise the same points and may need correcting or assurance.

### **THE HOLY QURAN - AGE GROUP 13-14**

#### **SURAH BANI ISRA'IL, CHAPTER 17 RUKUH 3**

##### **LESSON PLAN**

- Read out the Arabic verses and the translation. If possible, have the verses and translation on a board/screen at the front for all to see and follow or provide printed copies.
- Explain any difficult words
- Explain the significance of the word 'uff/ugh'.

##### **Discuss as a class or in smaller groups the following:**

- What does the prayer in this rukuh indicate regarding our responsibilities towards our parents in return for their kindness?
- From the rukuh, what types of people/groups are mentioned in need of rights?
- Who is said to be the 'brothers of Satan' metaphorically and why?

##### **NOTES**

Answers can be recorded on a flip chart or spray diagrams in groups. Make it as interactive as possible. Try to involve the whole group, listen to ideas from everyone.

Encourage girls to make their own notes on the hand outs you give to them for later referral.

## **CONDITION OF BAI'AT – NO. 7 (HUMBLENESS) – AGE GROUP 13-14**

### **LESSON PLAN**

Firstly, briefly remind Nasirat what the Conditions of Bai'at are and then read condition number 7 to the class.

- Talk about examples of humbleness in the life of the Holy Prophet (pbuh).
- Discuss how being humble can lead to 'cheerfulness'.
- Discuss why being humble is a good way to do Tabligh.
- Remind Nasirat about the importance of gradually applying this to their every-day lives

Notes: Use the book 'Conditions of Bai'at and Responsibilities of an Ahmadi' by Hazrat Khalifa tul Masih V (aba) as a reference and guide.

## **QURANIC PRAYER FOR SPIRITUAL PROGRESS AND FORGIVENESS – AGE GROUP 13-14**

### **Chapter 66, Verse 9**

رَبَّنَا آتِنَا نُورَنَا وَارْحَمْنَا  
إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٩﴾

**Our Lord, perfect our light for us and forgive us; surely Thou hast power over all things.**

### **LESSON PLAN**

- Read through the prayer with the Nasirat and get them to repeat it a few times.
- Spend some time discussing the context of the prayer and the good news regarding forgiveness from Allah.
- Encourage the girls to discuss a personal example of forgiveness or to relate an example from an Islamic story.
- If time permits, organise an activity in which Nasirat share ideas of different ways we can effectively pray to Allah for forgiveness.

## **HAZRAT RUQAYYA (RA)**

### **LESSON PLAN**

#### **Explain the following:**

- Educate the Nasirat about Hazrat Ruqayya (ra); who she was, how she accepted Islam, marriage, migration etc.
- Give some accounts of her life as a daughter of the Holy Prophet (pbuh)

#### **Discuss as a class or in groups the following:**

- What was her status as a daughter of the Holy Prophet (pbuh)?
- What can we learn from her example?
- What improvements could you make in yourselves with regards your treatment of your parents (especially your mother)?

Notes: You can use PowerPoint presentations and flipcharts for collating ideas. Please ensure all Nasirat are involved, ask questions and allow a range of girls to answer. You may wish to provide a handout with key points/stories from the life of Hazrat Ruqayya (ra).

## **WHY IS IT SO IMPORTANT TO HAVE TRUST (TAWAKKAL) IN ALLAH IN OUR EVERYDAY LIVES? – AGE GROUP 13-14**

### **LESSON PLAN**

#### **Explain the following:**

- What is trust in Allah? Define the meaning of Tawakkul.
- Give them some examples from the Holy Quran and the lives of Prophets of Allah.

#### **Discuss:**

- How can we achieve Tawakkul in our daily lives?
- In which situations do you think Tawakkul is most important? How does this trust in Allah help us to avoid shirk?

You can use PowerPoint presentations and flipcharts for collating ideas. Please ensure all Nasirat are involved, ask questions and allow a range of girls to answer. You may wish to provide a handout with key points/stories from the lives of Prophets of Allah.

## **OTHER ACTIVITIES – AGE GROUP 13-14**

You are free to choose other activities to fill your timetable. Here are a few suggestions should you need any ideas.

Activities	Guidelines
Attributes of Allah al- Ghafoor	Should be written out/drawn by Lajna. Nasirat can make a collage or colour in. Materials such as glitter, coloured rice, crystal beads, coloured tissue paper, felt tip pens, colouring pencils etc. can be used.
Quiz – Hazrat Khalifatul Masih I (ra)	Questions can be based on the life of Hazrat Khalifatul Masih I (ra) (relating to the Ijtema syllabus speech title). Topic can be given to Nasirat Secretaries beforehand to ensure adequate preparation of Nasirat.
Circle Time/Q&A	At this age where girls are changing and noticing changes in themselves, they may have a number of questions that they wish to be addressed. You could hold a circle time where they discuss key issues that affect them or a Q&A session with a panel of speakers to answer their questions.
Health and Fitness – physical activities	Nasirat can do any appropriate form of exercise such as yoga, races, or sports games (depending on space/equipment available).
Health and Fitness – healthy activities	Nasirat can design their ideal healthy menu for a Nasirat Ijtema. This should include quantities and costing. They can learn a new cooking skill (if feasible). They can learn how to cut tomatoes/cucumber and other salads in decorative shapes.
Finance activity	Nasirat can creatively make a budget for their monthly/annual pocket money using paper/colouring pens/card etc in such a way that they manage their own Chanda payments and include Waqfe Jadid and Tehreeke Jadid. Nasirat can be given information on the various obligatory and optional Jama'at Chandas.