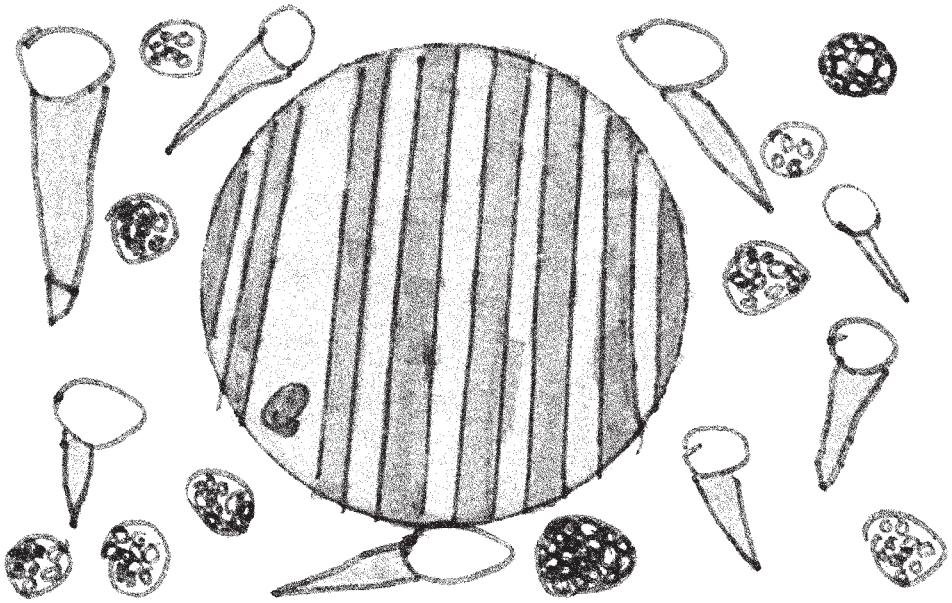
Peace Leaders

Those who pray, Our Lord! Grant us spouses and offspring to comfort our eyes and make us leaders of the righteous. Those will be rewarded with the highest place in heaven because of their patience; they will be met with peace. (Qur'an 25:74-75)

Prophet Muhammad said, "Surely! Every one of you is a guardian and responsible for his charges."

Al Fatih Academy's Peace Leaders Program is a conflict resolution and peace-building program for Pre-K through elementary grades. Peace Leaders teaches students, families, and communities to build and maintain peaceful relations with each other by living our Islamic values and practices.



Omar Syed Farooq
1st Grade

Themes: Humility & Arrogance

Engage the students in a discussion about humility and arrogance, asking their responses to the following questions.

What Is Arrogance (Kibr)?
- Thinking you're better than other people
- Having an attitude
- Pushing people away and not including them
- Being angry
- Showing off and bragging
- Gossiping and eavesdropping
- Not remembering to pray
- Thinking about yourself all the time and not thinking about Allah Almighty

What Is Humility (Tawada)?
- Knowing you're not better than other people
- Being embarrassed and ashamed when you do something wrong
- Trying to fix mistakes
- Appreciating other people
- Remembering Allah Almighty

What Is Modesty (Haya)?
- Being humble in our dress and bodies
- Boys and girls are humble with each other and aren't aggressive
- Making each other comfortable
- Giving each other space and respect

What Is Being Too Humble?
- Not speaking up when you know you should
- You can't defend yourself
- You are taken advantage of or made fun of
- Trying to impress other people with how humble you are
- Trying too hard to be liked
- Hiding the bounty of Allah Almighty
- Fearing people instead of Allah Almighty

Homework Assignments

Ask students to rewrite various phrases according to how a humble person would say them and how an arrogant person would say them.

Ask students to write in journals three examples each of: How a modest person would act, how a humble person would act, and how an arrogant person would act.

Prophet Muhammad (peace be on him) said:

- ***Allah has revealed to me the embracing of humility until there is no more arrogance.***
- ***Arrogance is denying the truth, disparaging people, and looking down on them.***

Prophet Muhammad (peace be on him) said:

- ***Modesty comes from faith and faith leads to paradise.***
- ***Every religion has its special feature: The special feature of Islam is modesty.***

Five-Minute Family Halaqa

Have a five-minute halaqa (circle time) with your family. Discuss the following:
"How do you see humility and modesty in yourselves and others?"

Our Humble Bodies

Clothes: Modest, clean, and beautiful.
Eyes: Look down towards the ground.
Nose: Not stuck up.
Head and Neck: Straight and facing front.
Ears: Listen to good things. Pay attention and listen with respect.
Voices and mouths: Speak gently and kindly. Speak loudly only when needed. Say the truth. Recite Qur'an. Smile. Give good advice. Use good manners.
Chest: Relaxed.
Arms: Peaceful.
Legs: Walk quietly and energetically.
Bodies: Calm, focused, purposeful. Make simple movements. Control anger and strong emotions. Pray.

Our "Show-Off" Bodies

Clothes: Immodest and extravagant.
Eyes: Stare, roll, and watch what they shouldn't be watching.
Nose: Stuck up.
Head and Neck: Neck bends back and head looks away in pride.
Ears: Listen to what they shouldn't be listening to. Don't pay attention. Don't listen with respect. Ignore good advice.
Voices and mouths: Speak loudly, say mean things, laugh at people, and gossip.
Chest: Stuck out and puffed up.
Arms: Aggressive and hurting.
Legs: Stomp around, kick. Walk in ways that attract attention to our bodies.
Bodies: Loud and threatening. Try to be above others. Try to overpower others.

Our Humble Hands…

Help, Pray, Give Charity, Communicate, Work, Share…
What else do humble hands do? Think about this during your day.

Brainteaser: How can we give charity by being arrogant?

Answer: ***Prophet Muhammad said it's a charity to show arrogance to an arrogant person. The arrogant one can realize his/her mistake and correct him/herself. The 4th, 5th, and 6th graders came up with a hand signal for when they are acting arrogant by being too noisy. It's a popular signal that usually shows an arrogant attitude ("look at the hand…"). When they see this signal, they know it's time to settle down.***

Most times, we will see that when we are humble, others will be humble in return. When we are arrogant, others will be arrogant in return. The 2nd and 3rd graders came up with a hand signal for these positive and negative "cycles" by rolling their arms in a circle. Always try to start a positive cycle by being humble!

Zayd Kochaji
Kindergarten

Themes: Kindness and Meanness

Engage students in a discussion of kindness and meanness. Ask for their responses to the following questions.

What is Kindness (Rahma)?

Talk about being kind in terms of the Arabic word "rahma."

Rahma is the kindness that the more powerful shows to the less powerful. It is also known as **mercy**. Meanness is not having rahma for others.

Allah Almighty is Ar-Rahman - He is the Most Powerful and yet is also the Most Kind and Merciful to all of His creation.

Rahma comes from the Arabic word for the womb. The womb is a place of rahma for the baby. The baby is completely powerless; yet inside the womb the baby is protected and nurtured, by the will of Allah Almighty.

Who Should Have Rahma for Whom?

Have students discuss who has more power and who should have rahma for whom. For example,

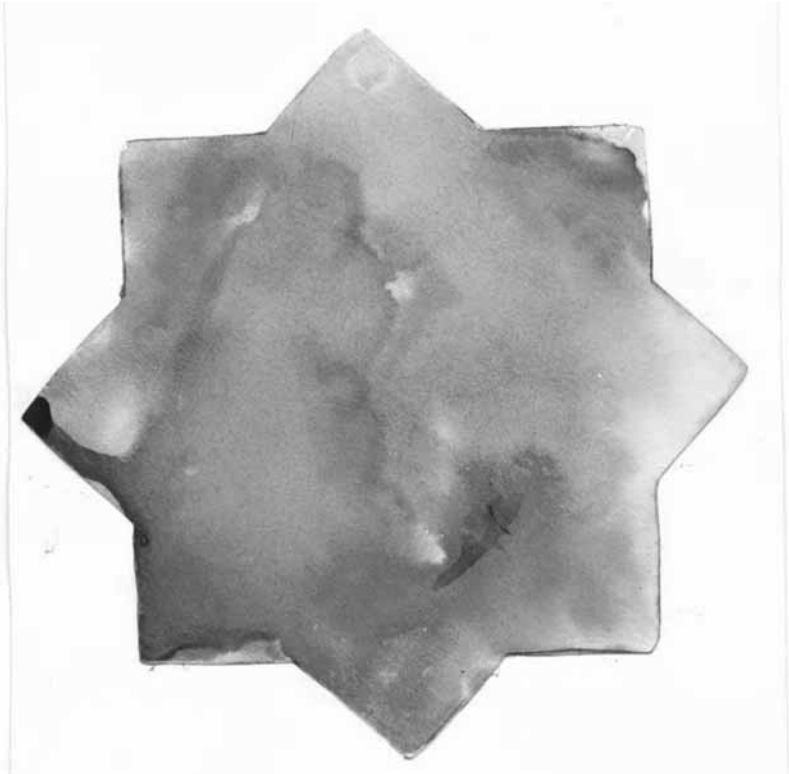
- The stronger has rahma for the weaker
- The richer has rahma for the poorer
- The healthier has rahma for the sicker
- The older has rahma for the younger
- The more learned has rahma for the less learned
- The leader has rahma for the follower

Rahma to Allah's Creation: The Thirsty Dog

In this familiar hadith, children learn how a person showed rahma to a thirsty dog by fetching it water from a well. Allah Almighty forgave the person because of the person's act of kindness.

Ongoing Assignment

Ask the students to give examples of how they will have more rahma for their younger classmates and siblings. Here are some ways one group of students came up with for showing rahma to younger kids: Tying their shoelaces, pushing swings, opening doors, helping them to read, making them feel better, and helping them get water from the water fountain.



Rawan Nasir
PreK

Allah is Ar-Rahman (The Most Kind and Merciful)…

Ar-Rahman. He has taught you the Qur'an. He created humankind. He taught humans eloquent speech. The sun and the moon follow fixed courses for counting. And the stars and trees prostrate in worship of Allah. And He has raised high the heavens and He has set up the Balance (of Justice). In order that you may not transgress the balance. And observe the weight with equity and do not make the balance deficient. (Quran, 55:1-9)

Allah is the Most Merciful of those who show Mercy (Qur'an, 7:151; 12:64; 21:83)

Allah Almighty Revealed to Prophet Muhammad (peace be on him):

We sent you (Muhammad) except as a rahma (mercy) to all the worlds. (Qur'an, 21:107)
…(Prophet Muhammad) is a rahma (mercy) to those of you who believe…(Qur'an, 9:61)

Five-Minute Family Halaqa

Have a five-minute halaqa (circle time) with your family. Discuss the following:
List three specific actions each family member can take to show rahma to other family members.

Leaders with Rahma

- Help their followers and little kids
- Carry things for old people
- Are friends who stick up for you
- Cheer you up
- Punish without violence
- Their punishments fit the crimes
- They are fair and nice to people
- Careful and peaceful to animals
- Generous with money and time
- Mothers who are kind to babies
- Lead people to do good
- Think of others before themselves
- Tell their followers the truth

Leaders without Rahma…

- Don't use their knowledge to help others
- Won't help ladies because they're ladies
- Don't care for anything but themselves
- Brag that they are leaders
- Don't give the poor any money
- Trip people up
- Blame things on others
- Backbite and gossip
- Laugh at others in a mean way
- Cheat, tell lies, and can't be trusted
- Hurt and punish severely
- Ignore cries for help
- Stand by while others are hurt

Being Mean by Calling Each Other Names…

Students at Al Fitah Academy in Herndon, Va., shared how they feel when others make fun of their names. Nicknames can be used in a kind way. Prophet Muhammad often used kind nicknames for his followers. But making fun of names in a mean way leads to hurt feelings. Students promised not to call each other names once they have been asked to stop. Our names are important. Allah Almighty taught Adam the names of things. Allah Almighty commands us not to make fun of each others' names. Mean people used to make fun of Prophet Muhammad's name. Most Muslim names have religious significance. Making fun of our names is like making fun of our religion. Let us strive to only call each other by the best names.