

Week 5

Children will be learning:

- 7 c's of Resilience: Character
- The Beloved Messenger of Allah sallallaahu `alayhi wa sallam, said: "The best amongst you are the best in character and manners." (Al-Bukhari)
- To understand right and wrong and the capacity to follow a moral compass. A fundamental sense of right and wrong helps to make wise choices, contribute to the world, and become stable adults.
- The importance of good character in Islam
- An individual's character is one of the most important aspects of Islam. While acts of worship hold great significance, Islam is a way of life. Everything in a Muslim's life, including manners and personality, should be in line with Islam. Thus, proper Islamic values and traits are extremely important, not to mention relevant, in the daily lives of Muslims, even though they are unfortunately neglected at times.
- The Prophet Muhammad, peace be upon him, taught love, kindness and compassion to his people, and was seen to be the most loving, kind, and compassionate of all of them.

Week 4

Children will be learning:

- 7 c's of Resilience: Connect
- "Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood"
- When children are part of a community (class, team, club) they know they aren't alone if they struggle and that they can develop creative solutions to problems. Close ties to family, friends, school, and community give children a sense of security.
- This week is also Anti-Bullying week: United we Stand.
- We are all connected to each other. Our deen connects us. As humans we are connected, we are all the children of Prophet Adam a.s.
- When we all work together alot can be achieved. Taking examples from the Ansaar who helped the Muhajireen when they first arrived in Madinah.

Week 6

Children will be learning:

- 7 c's of Resilience: Contribution
 - Part of a longer hadith...
"Allah is helping the servant as long as the servant is helping his brother." (Muslim)
 - The experience of offering our own service makes it easier for us to ask for help when we need it. Once we understand the feel-good factor of helping others, it becomes easier to ask for help when it's needed – being willing to ask for help is a big part of being resilient. Those who learn to cope effectively with stress are better prepared to overcome life's challenges.
 - Muslim teachings have alot to offer when it comes to bringing personal values into public life and how best to live together.
- Week 7 – Coping Week 8 - Control

RESILIENCE

Week 3

Children will be learning:

- 7 c's of Resilience: Confidence
- The solid belief in one's own abilities is everything. Building on your confidence.
- To develop confidence by pushing to achieve with age-appropriate opportunities for experiencing success.
- Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts and actions that can be learned and developed in anyone.
- Growth Mindset from The Quran and Sunnah:
- 'Indeed, Allah will not change the condition of a people until they change what is in themselves' Quran 13:11
- People with a growth mindset belief that all accomplishments are achieved through hard-work, consistency, and dedication. They believe that traits can be moulded or even changed over time.
- Explore the beliefs and characteristics of people with a growth mindset verses a fixed mindset.

LAND OF LEARNING PRIMARY SCHOOL



Halaqah Overview

AUTUMN TERM 2

Week 1

Our core values: We are all a good FRIEND

Children will be learning:

- At Land of Learning we always try our best and persevere in learning to the best of our abilities. We have a "can do" attitude and we work hard in everything we do. We all have strengths and together we strive for success.
- Allah (SWT) says in the Quran, "Oh you who believe! Seek help with patient perseverance and prayer, for Allah is with those who patiently persevere. [Surah Baqrah, Verse 153]
- Resilience is at the very heart of wellbeing and is made up of the 7Cs: competence, confidence, connection, character, contribution, coping and control. We will inshaAllah be looking at these 7C's over the following weeks.

Week 2

Children will be learning:

- 7 c's of Resilience: Competence
- Children need to be seen when they are doing something right and to be given opportunities to develop specific skills.
- When the Prophet sallallahu alayhi wasallam was very young, his uncle saw that he was very honest and a quick learner. He encouraged him to come with him on trading missions.
- When He sallallahu alayhi wasallam was older he became very proficient at trading and everyone wanted him to trade for them.
- Even Hadhrat Khadijah r.a. asked him to trade for her.
- When he was given Prophethood his honesty and hard work helped him to spread the message of Islam.
- We see many people who have continued to work hard to persevere and never give up.

