

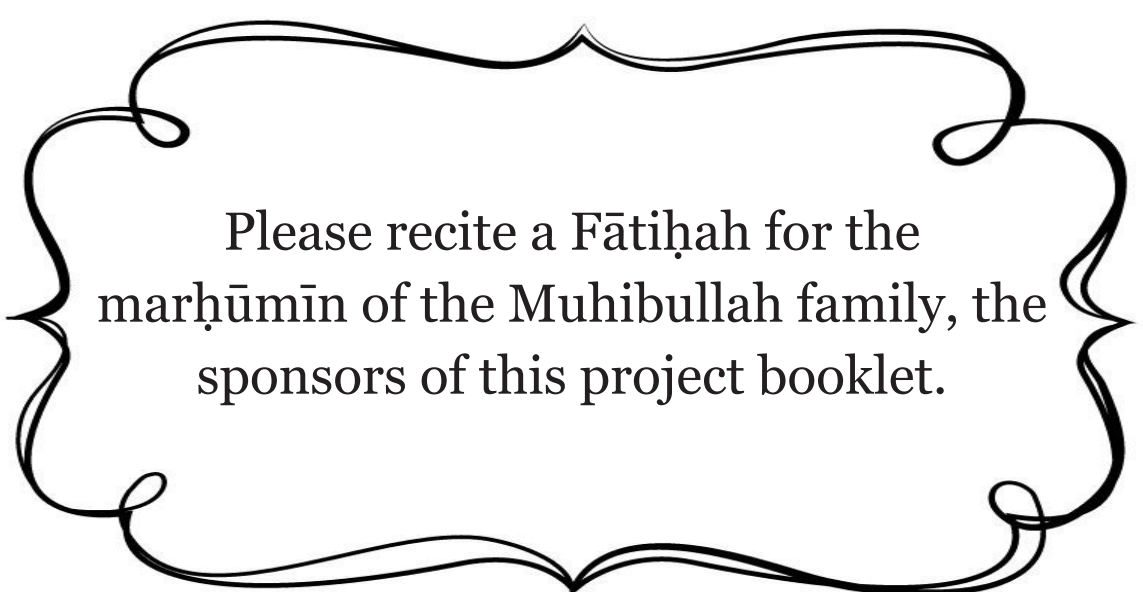


2020 | 1441 AH
4th ed

The Spiritual Season

Project Booklet





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INFORMATION AND INSPIRATION:

imam-us.org

islamicinsights.com

Let Me Learn About Aimmah from QFatima

al-islam.org

<https://www.youtube.com/watch?v=LOkFL4Nyaew>

<https://www.teacherspayteachers.com/Product/Feelings-Thermometer-4961657>

<http://www.islamfromthestart.com/2014/06/areeza-special-letter-to-imam.html>

Salāmun ‘alaykum,

A plant does not suddenly appear out of nowhere. It begins as a seed and gradually grows in stages. But in order for a plant to be healthy, it must also receive adequate amounts of water, nutrients, and sunshine. In other words, it must be taken care of properly. One can analogize the soul in a similar manner.

In Islām, the purpose of a human’s existence is to reach perfection, which is defined as closeness (qurb) to Allāh. Just as the spring season marks the regrowth of the plants, the month of Rajab marks the renewal of a person’s soul and quest for union with Allāh. In this sense, Rajab is the month of reseeding our faith and relationship with Allāh. We nourish this seed with spiritual water and sun through various recommended ritual practices and by following the example and blueprint of the Prophet Muḥammad (ṣ) and his Ahl al-Bayt (‘a).

This seed eventually grows into a plant during the month of Sha‘bān. In this month, we continue to grow the plant by nourishing the soul with proper akhlāq and observing our duties towards Allāh.

Why do we do this? These actions of renewal are there to prepare us for the upcoming month of Ramaḍān. The month of Ramaḍān is critical in our quest to reach spiritual perfection and for our salvation as Muslims in the Hereafter. For a month of such importance, do we really want to enter it empty handed? Obviously not. We want to enter it spiritually renewed so that we may take our relationship with Allāh to the next Level.

Let us therefore take advantage of this beautiful month of Rajab. Let us grow this seed of faith by following the example of the Noble Prophet (ṣ) and his Ahl al-Bayt (‘a) and serving the oppressed of the world through prayer and good deeds. By following the right role models and serving Allāh's creatures all around the earth, we open the opportunity to finally reach communion with Him.

Inshā‘Allāh the project lesson plans found in this booklet will assist in planting the love and importance of these upcoming months in our children. If you have any questions, suggestions, or feedback, please feel free to email and let us know (info@kisakids.org).

With Du‘ās,
Nabi R. Mir (Abidi)

The Spiritual Season

Objective: Children will learn about the Spiritual Season and why it is so important.

Today marks the beginning of a very special time of year known as the Spiritual Season. What does this mean? The months of Rajab and Sha'bān, which fall during the Spiritual Season, are a time for us to enliven ourselves spiritually. Just as spring is the season of regrowth for plants, this is a season of renewing our souls in order to get closer to Allah.

Think of carefully planting a seed into the ground. In the month of Rajab, we want to reseed our faith and relationship with Allah. Then, we have to nourish the seed with water and sunlight. Through various recommended practices, such as fasting and following the example of the Ahl al-Bayt (‘a), we nourish our souls. This seed eventually grows into a plant during the month of Sha'bān. In this month, we continue to nourish the soul with proper akhlāq and observing our duties towards Allah.

These actions of renewal are there to prepare us for the month of Ramaḍān. We want to make sure to begin the month of Ramaḍān spiritually renewed and ready for the cleansing of our souls during this month. Today, we are going to set up a special calendar that will help us keep track of our actions during this Spiritual Season.

You can refer to the Children’s Daily Rajab A’māl Checklist to see what recommended practices to do.

Rajab and Sha'bān Calendar

Suggested Ages: 5+

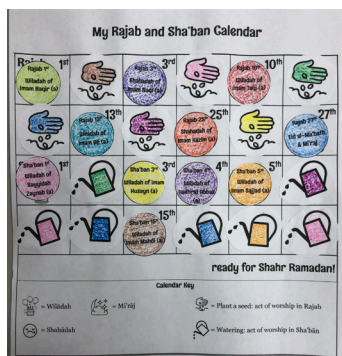
Time: 40 minutes

Materials:












- Calendar with small icons and key
- Crayons/colored pencils
- Scissors
- Glue
- Small ziploc bag

Procedure:

1. Color and decorate the calendar and the small icons
2. Carefully cut out the small pictures and the key, and keep them in a small ziploc bag.
3. As each day passes, match the events to the correct date and glue them onto the calendar. On the blank days, do an act of worship and glue a small icon on that day. Use the key to help determine which icon goes on each day.




My Rajab and Sha'ban Calendar

| | | | | | |
|---|---|---|--|---|---|
| Rajab 1st  | | 3rd  | | 10th  | |
| | 13th  | | 25th  | | 27th  |
| Sha'ban 1st  | | 3rd  | 4th  | 5th  | |
| | | 15th  | | | |

ready for Shahr Ramadan!

Calendar Key

| | | |
|---|---|---|
|  = Wilādah |  = Mi'rāj |  = Plant a seed: act of worship in Rajab |
|  = Shahādah |  = Watering: act of worship in Sha'bān | |

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Rajab 1st
Wiladah of
Imam Baqir (a)



Rajab 3rd
Shahadah of
Imam Naqi (a)



Rajab 10th
Wiladah of
Imam Taqi (a)



Rajab 13th
Wiladah of
Imam Ali (a)



Rajab 25th
Shahadah of
Imam Kazim (a)



Rajab 27th
Eid al-Ma'bath
& Mi'raj



Sha'ban 1st
Wiladah of
Sayyidah
Zaynab (a)



Sha'ban 3rd
Wiladah of Imam
Husayn (a)



Sha'ban 4th
Wiladah of
Hadhrat Abbas
(a)



Sha'ban 5th
Wiladah of
Imam Sajjad (a)



Sha'ban 15th
Wiladah of
Imam Mahdi (aj)



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Imām ‘Alī’s (‘a) Wilādah

Objective: Children will learn about ‘one of Imām ‘Alī’s (‘a) titles.

The 13th of Rajab marks the wilādah of one of the greatest figures and role models in history. Imām ‘Alī (‘a) was our first Imām (‘a). He was the cousin and successor of our Noble Prophet (ṣ), the husband of Sayyidah Fāṭimah (‘a), and the father of Imām Ḥasan (‘a) and Imām Ḥusayn (‘a).

Imām ‘Alī (‘a) has many titles that describe his different characteristics. One of his titles is “Asadullāh,” which means the “Lion of Allah.” Why do you think he was called the Lion of Allah? Imām ‘Alī (‘a) fought in many battles to defend and protect Islam, such as the battles of Uḥud, Khandaq, and Khaybar, to name a few. In these battles, Imām ‘Alī (‘a) stood out for his skillful fighting and immense bravery. He had no fear because he knew that he was fighting in the path of truth and Allah was his helper.

Besides on the battlefield, Imām ‘Alī (‘a) showed courage and strength when he was leading the Muslims after Prophet Muḥammad (ṣ) passed away. Even when he chose not to fight any physical battles, he stood for the truth and protected Islam with his wisdom and patience. Today, we are going to make a small ‘project to help us remember Imām ‘Alī’s (‘a) title.

Asadullāh - The Lion of Allah

Suggested Ages: 5+

Time: 40 minutes

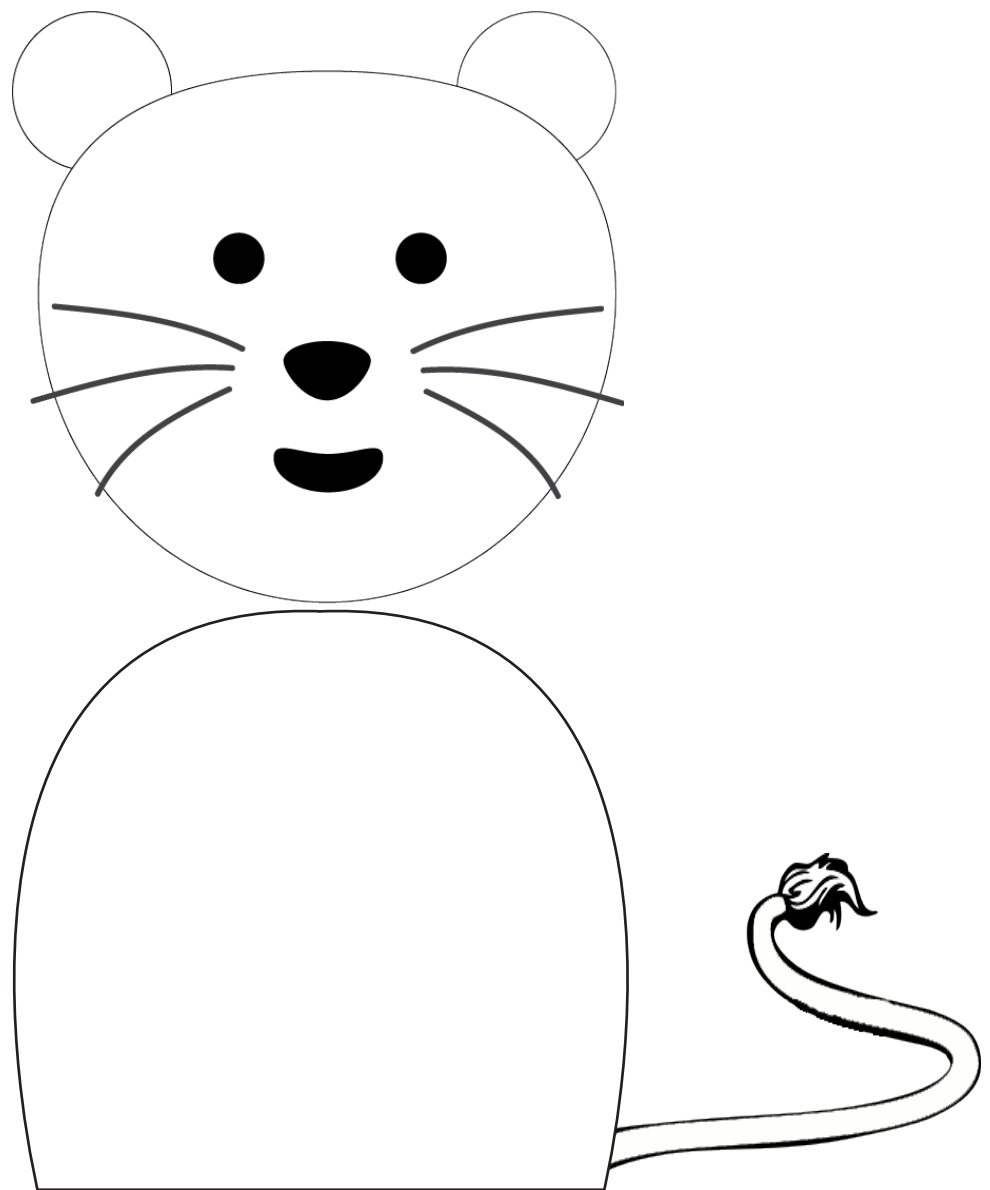
Materials:

- Lion template
- Crayons/Colored pencils
- Scissors
- Glue
- *Optional:* orange construction paper

Procedure:

1. Color the picture of the lion however you like.
2. Cut out the rectangle.
3. Color the rectangle orange (or whatever color you like) on both sides (*optional:* use orange construction paper; trace the rectangle shape and make faint marks where the dotted lines are, then follow from step 4).
4. Fold the rectangle in half lengthwise and cut along the dotted lines, making smaller strips of paper.
5. Still folded, glue one side of a small strip of paper near the outer line of the lion’s face, with the folded side near the lion’s face.
6. Glue all of the strips of paper around the lion’s face. This should create a mane.





Asadullah – The Lion of Allah

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Imām al-Kaẓim's (‘a) Shahādah

Objective: Children will learn about Imām al-Kaẓim (‘a) and how he controlled his anger.

The 25th of Rajab is the shahādah of our 7th Imām (‘a), Imām Mūsā al-Kaẓim (‘a). His title, “al-Kaẓim,” means “the one who swallows his anger.” While all of the Ma‘šūmīn had patience in their times of struggle, Imām al-Kaẓim (‘a) was known for controlling his anger and for his patience. He had to deal with the oppressive ruler of his time, who imprisoned the Imām (‘a) for around 19 years. Despite all he went through, Imām al-Kaẓim (‘a) remained patient, and his patience teaches us how to deal with our own struggles.

In one hadith, Imām al-Kaẓim (‘a) says, “*Anger is the key to all evils.*”¹ When we let our anger take control of us, we risk doing something that could cause a lot of trouble for us or others. Now, it is natural to feel angry when something is bothering us, but we should not act on our anger. Instead, we should have patience and use our energy to deal with the situation. Today, we are going to make a feelings thermometer to help us measure our emotions and help us remember to control our anger.

You can read more about this story in the Blessed Names #9: *Why Was He Named al-Kadhīm (‘a)?*: <https://kisakids.org/products/blessed-names-a-14-book-series-suggested-ages7>

1 Tuḥaf al-‘Uqūl , P. 417

Emotions Thermometer

Suggested Ages: 5+

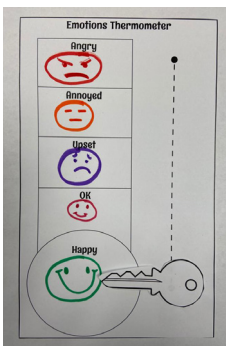
Time: 40 minutes

Materials:

- Thermometer and key template
- Crayons/colored pencils
- Scissors
- Glue/tape
- *Optional:* popsicle stick

Procedure:

1. Draw a picture for each emotion on the thermometer.
2. Pick a different color for each feeling and color the corresponding section of the thermometer that color. Try to pick colors that represent that emotion (for example: Angry could be red).
3. Now, cut along the dotted line next to the thermometer. This should create a slit. Be careful not to cut all the way down the paper.
4. Color the picture of the key; then cut out the key and rectangle piece.
5. Glue the key to the rectangle piece.
6. Take the rectangle, fold it in half along the line, and glue it together. Then glue this to the back of the key (*optional:* can use a popsicle stick instead).
7. Now put the key through the slit of their paper and slide it up and down the thermometer.



Emotions Thermometer

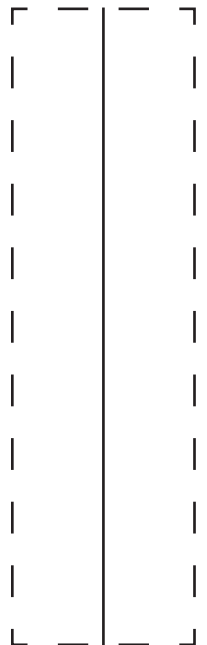
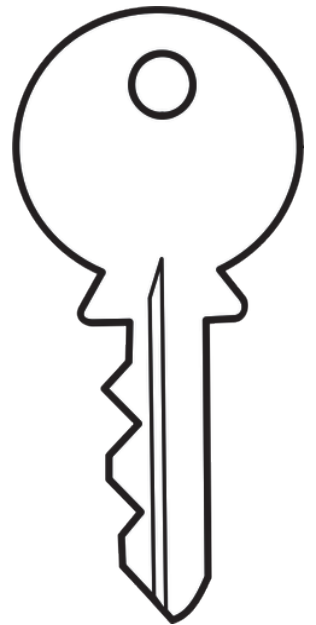
Angry

Annoyed

Upset

OK

Happy



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Mi'rāj: the Ascent to Heaven

Objective: Children will learn about Prophet Muḥammad's (ﷺ) journey to the heavens.

Today is a very special day in the Islamic year. The 27th of Rajab is the day of two important events in history: Bi'that and Mi'rāj. Bi'that was the announcement of the prophethood of Prophet Muḥammad (ﷺ). Twelve years later, the event of Mi'rāj occurred. This is when the Prophet (ﷺ) went on a miraculous journey to important places in the region and to the heavens. So where exactly did Prophet Muḥammad (ﷺ) go on Mi'rāj?

There is a verse of the Quran, which says: *"Glory be to Him who made His servant go by night from Masjid al-Ḥarām to Masjid al-Aqṣā, whose surroundings We have blessed that We might show him some of our signs. He is all Hearing and all Seeing."*¹ The Prophet (ﷺ) began his journey from the house of Umme Hanī, the sister of Imām 'Alī ('a). First, he went to Bayt al-Muqaddas, also called Masjid al-Aqṣā, or "the farthest mosque." Here, the Prophet (ﷺ) led ṣalāh while many other prophets prayed behind him.

At this time, Prophet Muḥammad (ﷺ) was taken to the heavens. Here, he saw the different levels of heaven and spoke to angels and previous Prophets. Finally, the Prophet (ﷺ) reached a place called Sidrat al-Muntahā, the highest place in heaven, and this is where his journey came to an end. Today, we are going to make a map of Prophet Muḥammad's (ﷺ) journey of Mi'rāj.

1 Noble Qur'ān, 17:1

Map of Mi'rāj

Suggested Ages: 5+

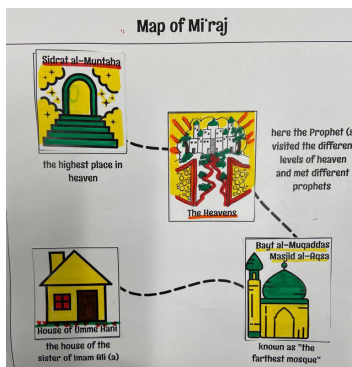
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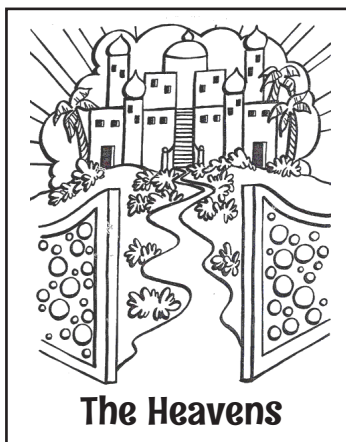
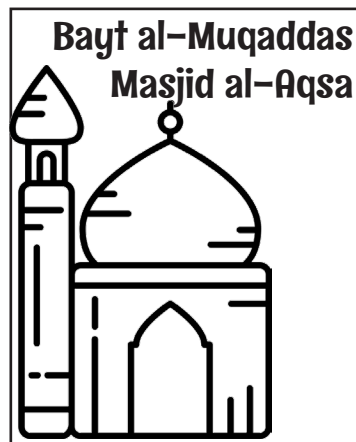
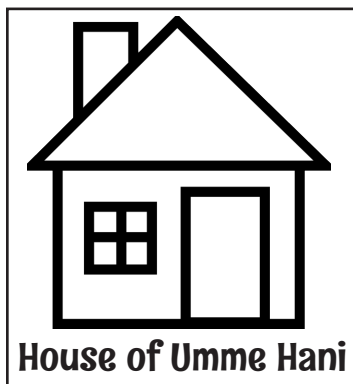
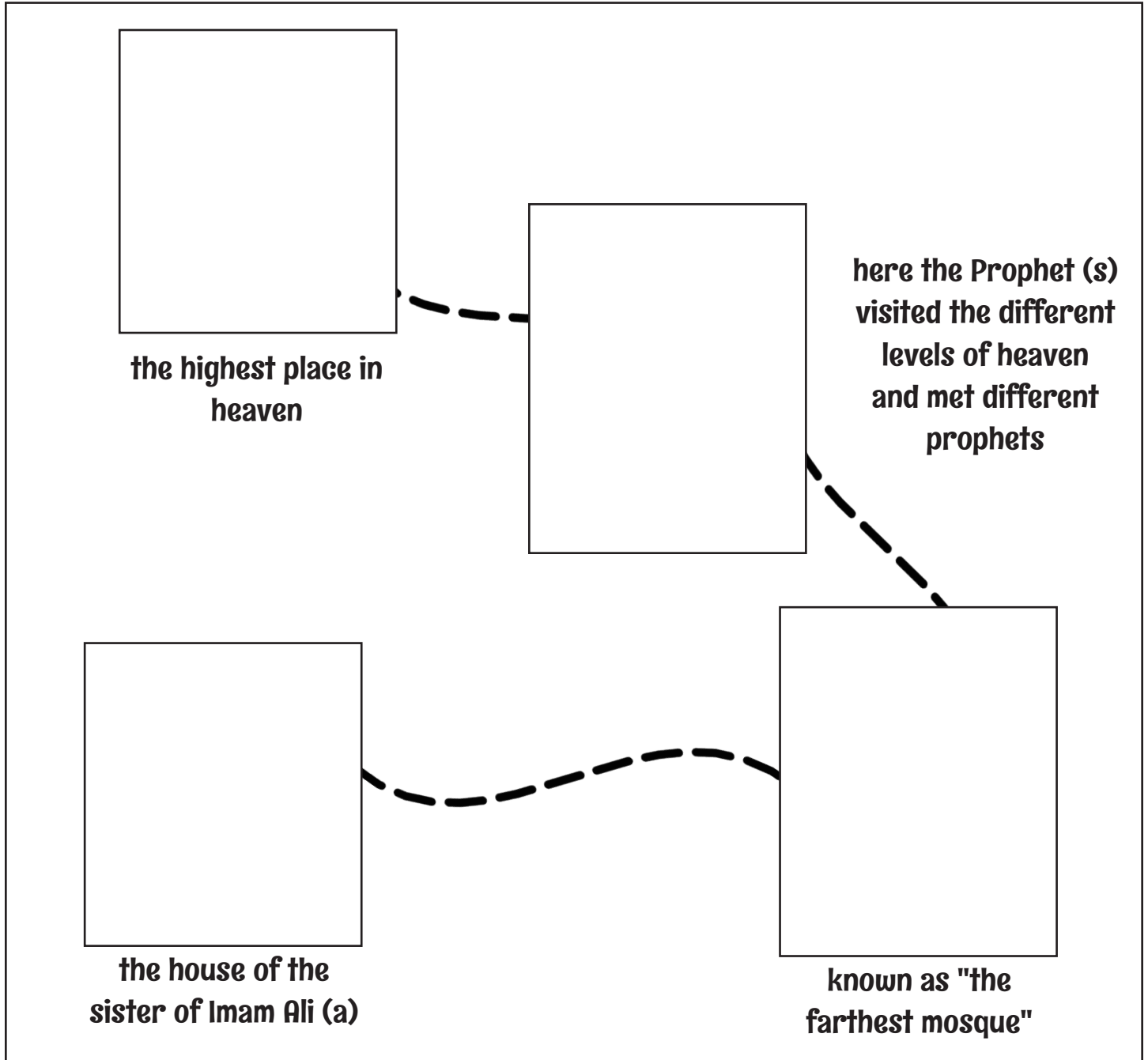
- Map template
- Crayons/colored pencils
- Scissors
- Glue

Procedure:

1. Color the map and small pictures however you like.
2. Cut out the small pictures.
3. Glue each picture in the correct spot on the map based on the small descriptions given. Be sure to double check them before gluing them down.



Map of Mi'raj



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Sayyidah Zaynab's (‘a) Wilādah

Objective: Children will learn about Sayyidah Zaynab (‘a) and how she spread the message of Islam.

The month of Sha‘bān is filled with the wilādāt of many important figures from Karbalā’, beginning with the wilādah of Sayyidah Zaynab (‘a). She was the daughter of Sayyidah Fāṭimah (‘a) and Imām Alī (‘a), the granddaughter of Prophet Muḥammad (ṣ), and the sister of Imām Ḥasan (‘a) and Imām Ḥusayn (‘a).

After the day of ‘Āshūrā’, Sayyidah Zaynab (‘a) gave several speeches, and these speeches passed on the message of Karbalā’ and helped keep Islam alive. She talked about all of the wrongs that Yazīd had done to the family of the Prophet (ṣ) and to Islam. In her speeches, Sayyidah Zaynab (‘a) continued the mission of Imām Ḥusayn (‘a) and made it clear that what the people had done was wrong.

At that time, there was no such thing as microphones and speaker systems. Sayyidah Zaynab (‘a) was so strong and eloquent in speaking that the whole crowd was able to hear her. When she spoke, the people thought it was Imām ‘Alī (‘a) speaking!. Today, we will remember her by making a symbol to represent her speech, and learn a small du‘ā to help us be strong in our speech.

You can also watch this video about Sayyidah Zaynab (‘a) to learn more about her:

<https://www.youtube.com/watch?v=rNHzyOnh140>

Microphone for Speaking the Truth

Suggested Ages: 5+

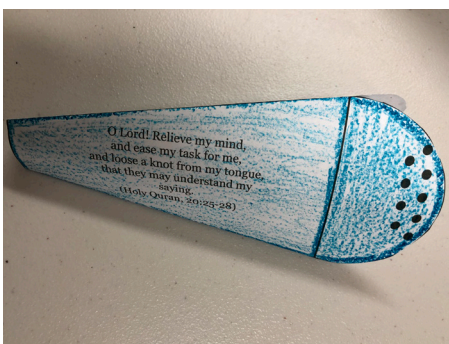
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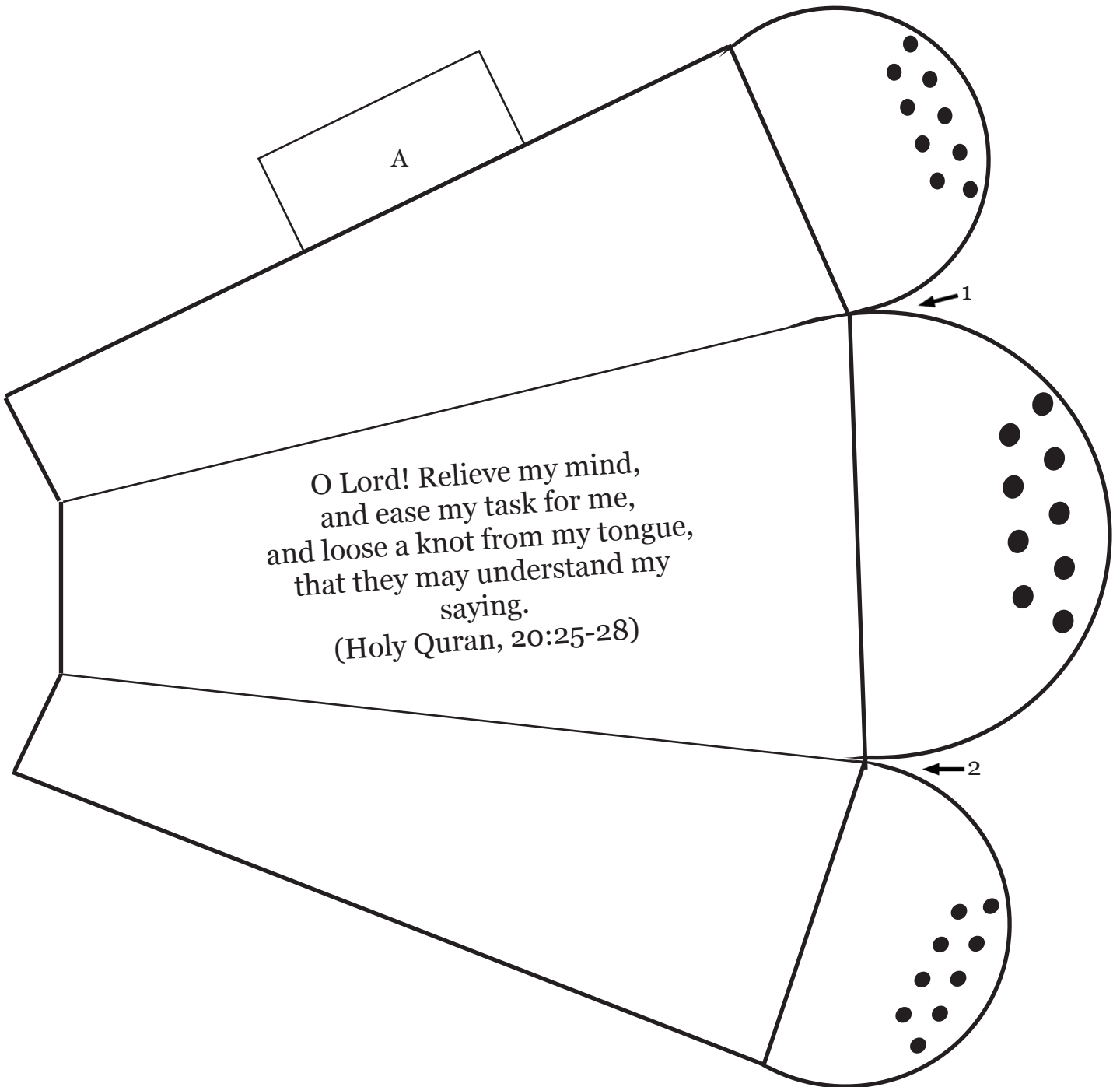
Materials:

- Microphone template
- Crayons/colored pencils
- Scissors
- Glue/tape

Procedure:

1. Color and decorate the microphone however you like.
2. Fold along the thin solid lines that the numbers 1 and 2 are pointing to.
3. Cut along the outermost outline, making sure to include the tab labeled A.
4. Glue or tape the tab on line A to the inside of the other side. Be sure the sides with the ayāh translation are on the outside.
5. Bend the top three pieces toward the center.
6. Once the microphones are all complete, have children each stand up and say, "My name is [insert name here] and I stand with Sayyidah Zaynab (‘a)."





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Imām Mahdī's (‘aj) Wilādah

Objective: Children will learn about waiting for the reappearance of Imam Mahdī (‘aj) during the Spiritual Season.

We have almost reached the holy month of Ramaḍān. It is the 15th of Sha‘bān, and we are celebrating a very happy occasion. It is the wilādah of the Imām of our time, Imam Mahdī (‘aj)! Many du‘ās and good wishes for his protection on this day.

This Spiritual Season is a time for all kinds of worship, such as ṣalāh, fasting, and various different ‘amāl (specific acts of worship). Another great act of worship that we can do is to prepare and pray for the reappearance of Imām al-Mahdī (‘aj), inshā‘Allāh. The Noble Prophet (ṣ) said, *“The best worship is to await the reappearance [of Imām al-Mahdī (‘aj)].”*¹ So, what actions can we do to show we are waiting for our Imām (‘aj)? We can say salām to him and take out ṣadaqah (charity) for him every day.

One thing we can also do is write a special letter to him called an ‘arīḍah. In this letter, we offer our du‘ās for his safety and write about what we will try to improve upon so that he is happy with us. We can write to him any time of the year, but it is especially recommended to write to him on his birthday. Today, we are going to write a letter to Imām al-Mahdī (‘aj) and send it to him in a special envelope.

1 Kamāl ad-Dīn, V. 1, P. 287.

A Special Letter to Imām Mahdī (‘aj)

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Letter template
- Heart envelope template
- *Optional:* colored/patterned paper
- Crayons/colored pencils
- Scissors
- Tape

Procedure:

1. Write a letter to Imām al-Mahdī (‘aj) by filling in the blanks of the letter.
2. Now, take the heart envelope template and cut out the heart shape (*optional:* can use a colored or patterned paper to make the envelope; trace the heart shape onto that paper and continue from step 3).
3. Place the heart flat with the point facing toward you. Fold at lines labeled A and B.
4. Now turn it so the point is facing away from you. Fold at the line labeled C.
5. Tape the folds down so that they don’t open back up. Be sure not to tape it shut.
6. Color and decorate the envelope however you like.
7. Fold your letter and slip it into the envelope.
8. Now you can seal the envelope closed.



Dear Imām al-Mahdī (‘aj),

Salāmun ‘alaykum!

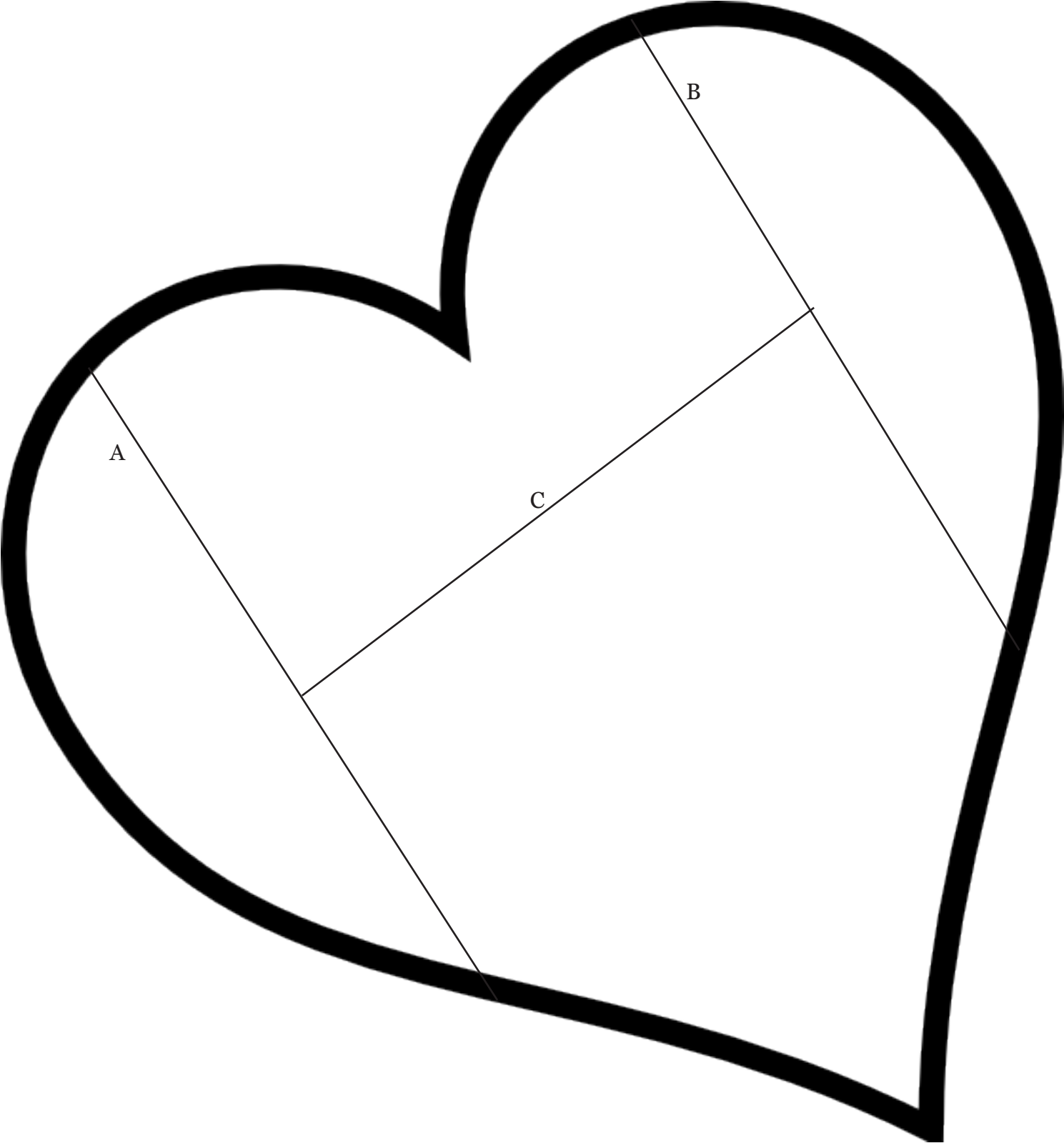
I promise that I will try my best to keep you happy
by:

Please help me be the best I can so that I can join
your team and be your helper.

I remember you every day and pray to Allah to
make you reappear soon, Inshā ‘Allāh!

With Du‘ā and Love,

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