

It's Ramadan!

Daily Activities for Ramadan

Ramadan 10

Controlling anger during the fasting of Ramadan (and other times)



Today's Quotes:

Two men disputed with each other in the presence of the Messenger of Allah (salla Allahu alayhi wa sallam) and the nose of one of them became swollen because of extreme anger. The Messenger of Allah (salla Allahu alayhi wa sallam) said, "I know of some words that if he said them, what he feels will go away: 'I seek refuge with Allah from the cursed Satan.'"

He who does not desist from obscene language and acting obscenely (during the period of fasting), Allah has no need that he did not eat or drink." (Bukhari, Muslim)

Goal:

To learn how to control our anger by following the Sunnah

Overview of Today's Activities:

Activity 1: How to Control Anger, insha Allah

Activity 2: What makes you angry?

Activity 3: What to say when someone insults you when you are fasting

Activity 4: Controlling your anger reminders poster

Activity 5: Role-playing: managing anger

Activity 6: Copywork/Dictation

Activity 7: Daily Quraan Reading

Activity 1: How to control anger, insha Allah

Read ahadith about anger and how to control it according to the Sunnah:

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Anger.pdf>



Also, learn more about the Istiadhah (seeking refuge with Allah) with this learning poster made by one of Talibiddeen Jr.'s students:

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Istiadhah.pdf>



Activity 2: What make you angry?

What are some things that make you angry?

List some things that make you angry in your Ramadan Journal for Ramadan 10.

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan10.pdf

Talk about or write about the following:

How do people act when they are angry?

Does losing control of our anger make things better or worse?

How can you tell when you are losing control of your anger? What can you do to calm down?

What are some good ways to get rid of anger?

Examples:

Seek refuge with Allah

Take a deep breath or walk away until you calm down

Tell someone in a calm matter what it is that you didn't like

Tell someone what it is that you would like to happen

What are some good ways to handle someone else's anger?

Activity 3: What to say when someone insults when you are fasting

Learn what to say when someone insults you while you are fasting:

إِنِّي صَائِمٌ ، إِنِّي صَائِمٌ .

I am fasting, I am fasting
Innee saw-im, Innee saw-im

Activity 4: Controlling Anger Reminders

From Activity 1, we learned to seek refuge with Allah when we are angry.
Make a poster to remind you what to do when you get angry and hang it up.

List seeking refuge with Allah as the main way,
but also include ideas that you came up with in Activity 2.

Activity 5: Role-playing: Managing Anger

Look at your list of things that make you angry (from Activity 2).
Role play examples of these situations and show how you might normally react in these situations.
Discuss the outcomes of these reactions and role play again with a better reaction.

Example situations:

A friend teases you over something/somebody says or does something you do not like
A sibling or friend takes something or snatches something from you
A sibling or friend hits/kicks/hurts you

Activity 6: Copywork/Dictation

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copy work Stationery](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm):
http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm

*See TJ Ramadan's "[Ramadan Quotes](#)" book or the daily quotes in larger print:
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf>

Other ideas:

- Give students dictation on randomly selected words from the
- If student misses the spelling of words, keep a list and give dictation again later in the week.
- Have students write selected words in sentences.

See [Talibiddeen Jr's Language Arts Spelling web page](#)
for ideas for practicing the spelling of words.

Activity 7: Daily Quraan Reading

Read from Juz 10:Al Anfal 41 - At Tauba 92