THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

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Adab and Manners Worksheets

Honesty, kindness to parents, greeting properly, keeping a promise. One short worksheet per manner, for young children.

WHAT IS INSIDE

- Teacher's notes: why manners lessons usually fail
- Truthfulness
- Kindness to parents
- Greeting properly
- Keeping a promise
- Guarding the tongue
- Kindness to those who serve you
- A family chart for the week

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Why manners lessons usually fail

Children can give the right answer about honesty and still lie an hour later. That is not hypocrisy. It is the gap between knowing a rule and having a habit, and these six things close it.



1. The lesson is about the rule, not the moment

"Always tell the truth" is easy to agree with and no help at all when the child is standing over a broken plate with their mother coming.

Teach the hard moment, by name. "What do you say when you have broken something and nobody saw?" Rehearse the actual words. A child who has practised the sentence can find it when they need it.

2. Punishing the confession

A child tells the truth, and is punished for the thing they admitted. They learn, correctly, that honesty is expensive. One such lesson undoes a term of teaching.

Separate the truth from the deed, out loud. "Thank you for telling me. That was brave. Now let us go and clean it up." Praise the telling, deal with the mess, and never punish the confession itself.

3. Teaching only the children

Children measure adults against the standard they are being taught. An adult who breaks a promise to a child, then teaches a lesson on keeping promises, has taught the lesson that these rules are for children.

Let the children see you apologise. When you break a promise, say so and make it right in front of them. That single act teaches more than every worksheet in this pack.

4. Shaming instead of teaching

"Aren't you ashamed?" produces a child who hides, not a child who improves. Shame makes children secretive, and secretive children are harder to help.

Describe the act, never the child. "That was not true" instead of "You are a liar". The first is correctable. The second is an identity, and children live up to the identities we hand them.

5. One lesson, then nothing

A manner taught once in a term is an opinion. A manner noticed every day for a week becomes a habit.

One manner a week, and notice it out loud all week. "I saw you let your sister go first." Specific, not general. "Well done" teaches nothing, because the child does not know what they did.

6. Expecting it under pressure before it has been learned calmly

Nobody manages a new behaviour for the first time while angry, frightened or embarrassed. Manners are first needed exactly when they are hardest to produce.

Rehearse it when nothing is wrong. Act it out. Let them play both parts. Then, in the real moment, prompt gently rather than scolding. The skill is the thing you are building, and skills are built in practice, not in crises.

How to use the worksheets

One sheet a week. Read the hadith together, do the sheet, then **spend the rest of the week noticing**. The noticing is the lesson. The sheet is only what starts the conversation.

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Worksheet 1 · Truthfulness

عَلَيْكُمْ بِالصِّدْقِ، فَإِنَّ الصِّدْقَ يَهْدِي إِلَى الْبِرِّ

"Hold on to truthfulness, for truthfulness leads to righteousness."

THE PROPHET ﷺ, NARRATED BY 'ABDULLAH IBN MAS'UD (MAY ALLAH BE PLEASED WITH HIM). SAHIH MUSLIM 2607C.



1. What would you say?

Write the exact words. Not "I would be honest", but what you would actually say.

WHAT HAPPENED	WHAT YOU WOULD SAY
You broke a cup and nobody saw you.	
You said you had done your work, and you had not.	
Your friend asks you to say they were with you, when they were not.	

2. Why is it hard?

Being honest about why honesty is difficult is itself a form of honesty.

3. This week

I will tell the truth even when it costs me something.

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
I did it							

For the adult

If a child writes something during this worksheet that they have actually done, **do not punish it**. They have just shown you that they trust you, and that trust is worth more than any single consequence you might apply.

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Worksheet 2 · Kindness to parents

وَبِالْوَالِدَيْنِ إِحْسَانًا

"And be good to parents."

THE QUR'AN, SURAH AL-ISRA, VERSE 23



1. Three things they do that you did not ask for

Not big things. The ordinary, invisible things that happen every day.

2. Three things you could do without being asked

Something that would actually help, not something that would look good.

3. The hard part

WHEN THIS HAPPENS	WHAT WOULD BE THE KIND THING TO DO?
Your mother asks you to do something while you are playing.	
You think your father is being unfair.	
You are tired and you have been asked twice.	

4. The du'a for them

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir hamhuma kama rabbayani sagheera.

"My Lord, have mercy on them both, as they raised me when I was small." Surah al-Isra, verse 24.

For the adult

Section 3 may produce an answer you do not like. A child who writes "I would say it is not fair" is being honest, and that is the point of the exercise.

Discuss how to say it respectfully rather than telling them not to feel it. Islam does not ask a child to pretend they have no view. It asks them to carry it with adab.

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Worksheet 3 · Greeting properly

أَفْشُوا السَّلَامَ بَيْنَكُمْ

"Spread the salam amongst yourselves."

THE PROPHET ﷺ, NARRATED BY ABU HURAYRAH (MAY ALLAH BE PLEASED WITH HIM). SAHIH MUSLIM 54.



1. The greeting, and the reply

YOU SAY	THEY REPLY
السَّلَامُ عَلَيْكُمْ	وَعَلَيْكُمُ السَّلَامُ
As-salamu a'laykum	*Wa a'laykumu as-salam*
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ	وَعَلَيْكُمُ السَّلَامُ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

The longer form is better. Answering with more than you were given is better still.

2. Who greets first?

IN THIS SITUATION	WHO SHOULD SAY IT FIRST?
You walk into a room where people are sitting	
You are walking and you pass somebody sitting	
You are leaving a gathering	

3. The part people forget

Greeting is not only words. Write what else matters.

ALSO PART OF GREETING WELL	WHY IT MATTERS
Looking at the person	
Saying it so they can hear it	
Greeting the person nobody else greeted	

4. This week

I will greet somebody that people usually walk past. The cleaner, the guard, the quiet child at the back.

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Worksheet 4 · Keeping a promise

آيَةُ الْمُنَافِقِ ثَلَاثٌ: إِذَا حَدَّثَ كَذَبَ، وَإِذَا وَعَدَ أَخْلَفَ، وَإِذَا اؤْتُمِنَ خَانَ

"The signs of a hypocrite are three: when he speaks he lies, when he promises he breaks it, and when he is trusted he betrays the trust."

THE PROPHET ﷺ, NARRATED BY ABU HURAYRAH (MAY ALLAH BE PLEASED WITH HIM). SAHIH AL-BUKHARI 33, SAHIH MUSLIM 59.

1. What is a promise?

Tick the ones that count as a promise.

☐	"I will give it back tomorrow."	☐	"I might come."
☐	"I'll help you after Dhuhr."	☐	"I promise I won't tell."
☐	"Fine, whatever," said to end an argument	☐	Nodding when somebody asks you

2. When you cannot keep it

Sometimes keeping a promise becomes impossible. What do you do? Write the words.

3. The promise you should not keep

Somebody makes you promise not to tell. Then they tell you something that is hurting them, or that somebody is hurting them.

You must tell a trusted adult. That promise does not hold.

Keeping a secret that lets somebody be harmed is not loyalty. Write below who you would tell.

4. This week

I will not say yes to something unless I mean to do it.

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
I kept it							

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Worksheet 5 · Guarding the tongue

مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيَقُلْ خَيْرًا أَوْ لِيَصْمُتْ

"Whoever believes in Allah and the Last Day, let him say something good or stay silent."

THE PROPHET ﷺ, NARRATED BY ABU HURAYRAH (MAY ALLAH BE PLEASED WITH HIM). SAHIH AL-BUKHARI 6018, SAHIH MUSLIM 47.

Before you say it, three questions

ASK YOURSELF	WRITE AN EXAMPLE OF SOMETHING THAT FAILS THIS ONE
Is it true?	
Is it kind?	
Does it need saying?	

Something can be true and still not need saying. That is the one children find hardest, and the one adults find hardest too.

Worksheet 6 · Kindness to those who serve you

إِخْوَانُكُمْ خَوَلُكُمْ، جَعَلَهُمُ اللَّهُ تَحْتَ أَيْدِيكُمْ

"They are your brothers, whom Allah has placed under your authority."

THE PROPHET ﷺ, NARRATED BY ABU DHARR (MAY ALLAH BE PLEASED WITH HIM). SAHIH AL-BUKHARI 30.

Who is there, that you might not have noticed?

Write the names of people who do things for you that you did not thank them for this week. If you do not know their names, that is the first thing to notice.

This week

I will learn the name of somebody who helps my family, and use it.

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The noticing chart

This is not a chart of who behaved. It is a chart of what was **noticed**. Every person in the house, adults included, writes something good they saw somebody else do.



DAY	WHAT I SAW	WHO DID IT	WRITTEN BY
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

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Why this works when a behaviour chart does not

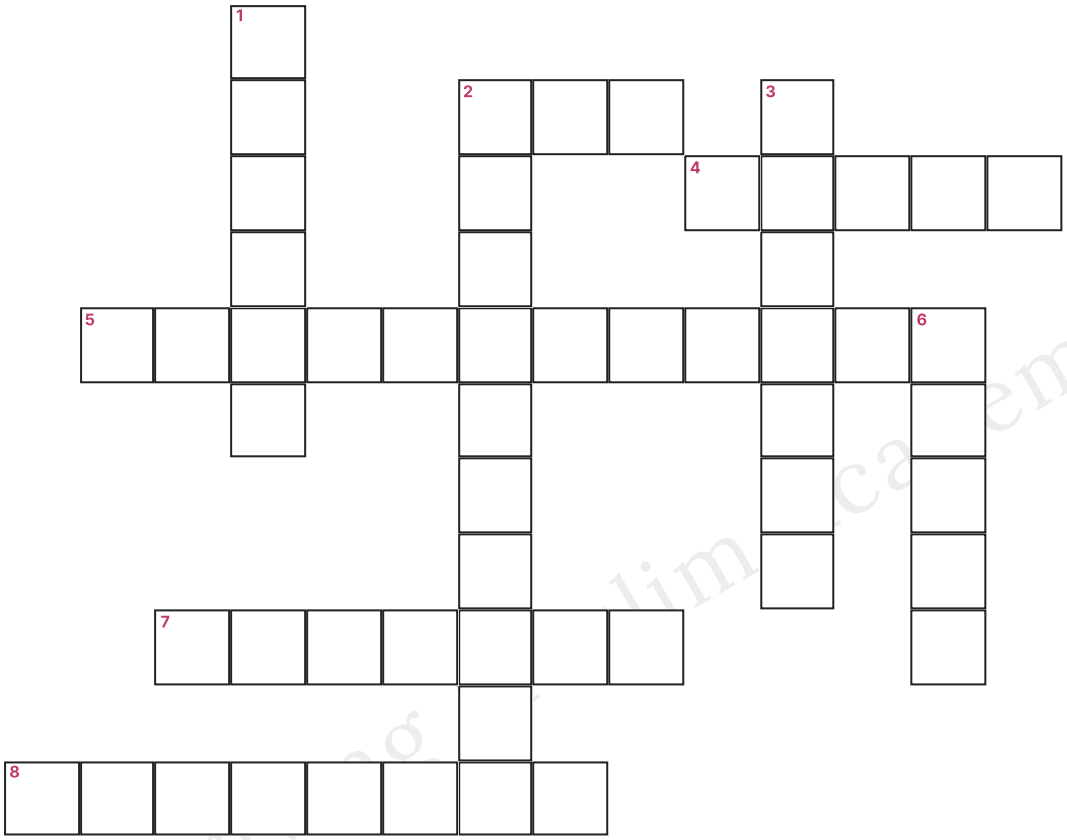
A behaviour chart makes children compete and makes the losing child give up. This one asks everybody to look for good in everybody else, which is a different exercise entirely, and the one the hadith is actually asking for.

The rule that makes it work: you cannot write about yourself.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



Across

2 In Worksheet 1, what did you break when nobody saw you? (3)

4 A manner noticed every day for a week becomes this. (5)

5 The manner in Worksheet 1: saying what really happened. (12)

7 Worksheet 4 is about keeping one of these. (7)

8 After the sheet, the family spends the rest of the week doing this, and it is the real lesson. (8)

Down

1 Worksheet 5 teaches you to guard this part of your mouth. (6)

2 When a child tells you what they did, you must never punish this. (10)

3 Worksheet 2 is about being kind to these two people. (7)

6 The Prophet ﷺ said to spread this greeting among yourselves. (5)

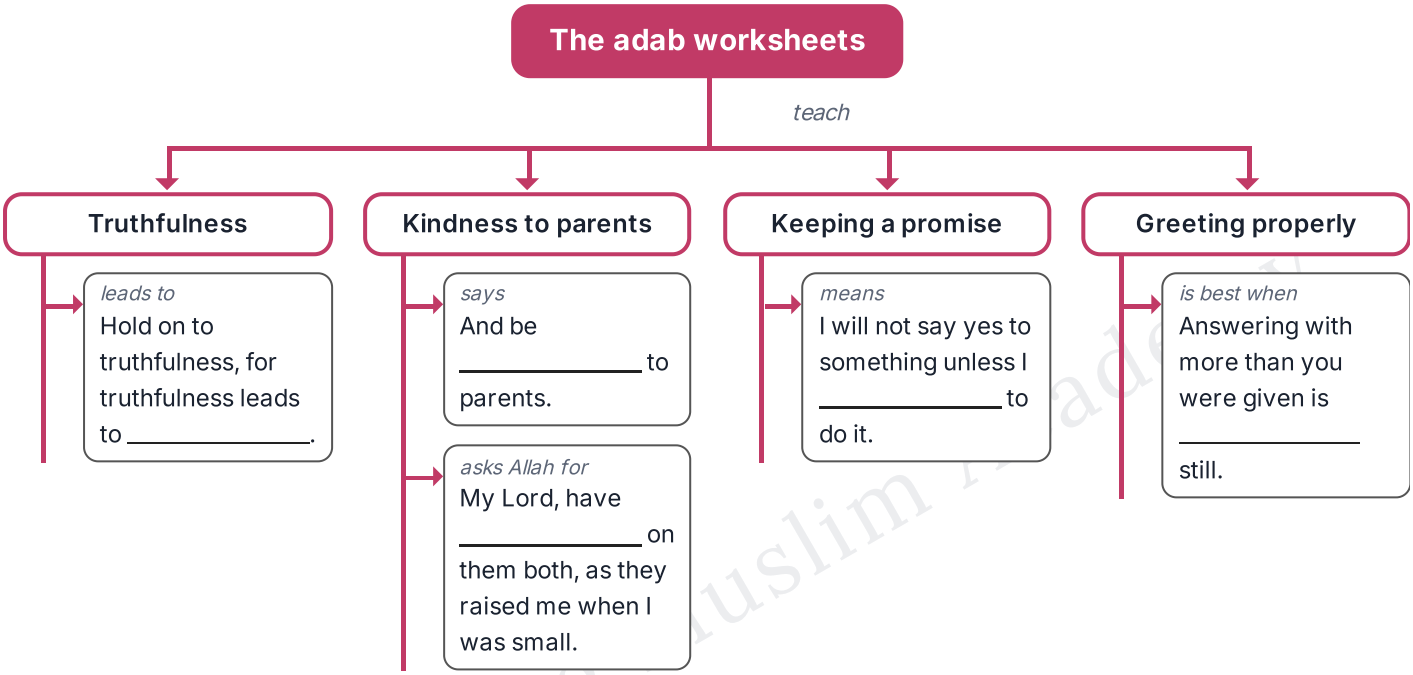
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Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

good **righteousness** **better** **mercy** **mean**



Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

G	R	E	E	T	I	N	G	R
C	T	T	F	A	M	I	L	Y
H	W	T	I	O	A	G	A	P
A	H	A	D	I	T	H	J	V
R	H	G	I	W	I	O	C	V
T	H	O	N	E	S	T	Y	E
B	R	O	T	H	E	R	S	L
H	Y	M	A	N	N	E	R	S
S	Y	M	D	Y	O	A	D	N

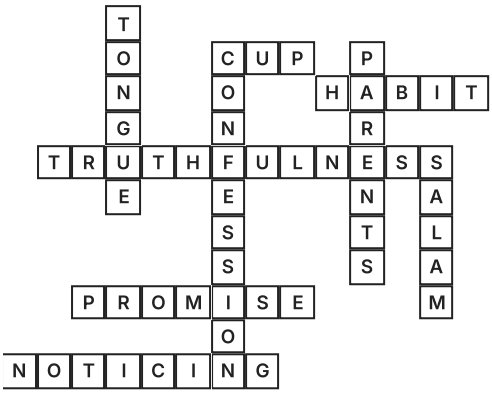
- ☐ Greeting
- ☐ Brothers
- ☐ Manners
- ☐ Honesty
- ☐ Hadith
- ☐ Family
- ☐ Chart

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Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 2 Cup, 4 Habit, 5 Truthfulness, 7 Promise, 8 Noticing

Down: 1 Tongue, 2 Confession, 3 Parents, 6 Salam

Let's Map It

righteousness; good; mercy; mean; better

Word search

G	R	E	E	T	I	N	G	R
C	T	T	F	A	M	I	L	Y
H	W	T	I	O	A	G	A	P
A	H	A	D	I	T	H	J	V
R	H	G	I	W	I	O	C	V
T	H	O	N	E	S	T	Y	E
B	R	O	T	H	E	R	S	L
H	Y	M	A	N	N	E	R	S
S	Y	M	D	Y	O	A	D	N

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