

A Healthy Life



A Healthy Family

Parent to ask children the following question:

Question: How can we help each other to stay healthy?

Potential Answer: We can exercise together every day to make exercise fun and enjoyable for the whole family.

Parents, children and siblings to all join in to play a game of Follow the Leader in the home or around the garden.

Everyone to stand in a line and choose a leader. The leader should stand at the front of the line.

To make the game more interesting, the leader can shout out the name of an animal and do the action associated with that animal as they move around the house or garden.

Everyone else should copy what the leader is doing. The leader can change the animal and action whenever they wish to.

Suggestions:

Rabbit = Hopping

Kangaroo = Jumping

Spider = Crawling

Frog = Leap frogging

Deer = Skipping

Snake = Slithering on the ground

Hedgehog = Forward rolling

Once the leader has had their go, they should run to the back of the line and the next person at the front of the line should become the leader.

Everyone in the group should have a go at being the leader.

Facilitate a discussion around the following questions:

Question:

- Was exercising together as a family enjoyable?
- Do you think we can make it a regular part of daily life?

Conclude with the intention to exercise as a family every day, even if it is for 15-20 minutes to keep fit and healthy together.

How to Lead a Healthy Life


Healthy and Unhealthy Word Match

Match the words with their opposite meanings. Use a dictionary to help you!

Well	Weak
Happy	Lethargic
Fresh	Sad
Energetic	Lazy
Active	Sick
Strong	Unfit
Fit	Stressed
Relaxed	Stale

Can you think of any more words?

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Ask children the following question:

Question: What happens to us when we are unhealthy?

Potential Answer: We feel tired, get bored and may even become sick.

Turn to the worksheet and read the instructions together. Children to match the words with their opposite meanings.

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Can you think of any more words?

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How Do We Stay Healthy?

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How can we stay healthy? Describe the healthy activity shown and the health benefits it brings.

Making Dua  Make du'aa to Allah asking for good health. Allah will bless and protect you.	Laughing 
Keeping Fit 	No Devices 
Eating Healthy 	Sleeping 
Drinking Water 	Washing Hands 
Reading Quran 	Talking to others 

Ask the following question:

Question: As well as exercise, what can we do to keep our mind, heart, body and soul in a healthy state?

Potential Answers: Eat healthily, keep clean, think positive, pray and play.

Turn to the worksheet and read the instructions together.

Children to describe each healthy activity and the health benefits it will bring.

For example, make dua to Allah asking for good health and the health benefits this will bring are that Allah will bless and protect you.

How Do We Stay Healthy?

How can we stay healthy? Describe the healthy activity shown and the health benefits it brings.

Making Dua



Make du'aa to Allah asking for good health. Allah will bless and protect you.

Laughing



Keeping Fit



No Devices



Eating Healthy



Sleeping



Drinking Water



Washing Hands



Reading Quran



Talking to others



The Sunnah Food Treasure Hunt

The Sunnah Food Treasure Hunt



Your Task
The Prophet's favourite foods not only taste delicious, they are good for the body too! Identify the foods from the shadows, hunt for them at home and taste as many as you can.

Helps when you have a fever.		Is good for skin and hair and helps keep you young.	
Food: Barley		Food: Olive Oil	
It is a cure for diarrhoea and other stomach illnesses.		It is the best of condiments.	
Food: Honey		Food: Vinegar	
Helps clean out the stomach and remove its diseases.		If you eat seven a day, you will not be harmed by poison or magic that day.	
Food: Melon		Food: Dates	
Quenches thirst and cools the stomach.		Builds strong bones and is a cure for heart burn.	
Food: Cucumber		Food: Milk	

Complete the treasure hunt together with your children to identify the Sunnah foods and taste as many as you can. Discuss the health benefits of the food items as a family and see how you can use the ingredients to create and trial your own recipe.

The Sunnah Food Treasure Hunt



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Food:

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Food:

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Food:

Quenches thirst and cools the stomach.



Food:

Builds strong bones and is a cure for heart burn.



Food:

Inspire Others & Win a Prize



We'd love to see how you got on with our activity pack! Share a photo or a video with us by tagging us on Twitter or Instagram, @Ilm2amal or use the hashtag #Ilm2amal.

We're always looking out for creative work that inspires others.

The best photo or video we receive each month will receive a story and activity book as a prize!

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