

Emotional Health

Age: 5-7 Years

Assalamu'alaikum, Children!

We all know the importance Islam places on mental and emotional health. They are amongst Allah's ﷻ greatest blessings.

Let's learn some practices to help us manage our emotions in an Islamic manner.

Match the pictures to their appropriate response boxes. Some emotions may have multiple responses and vice versa.

When you feel...

stressed



jealous



happy



sad



angry



You should...

do dhikr

have Talbeenah –
The Prophet ﷺ advised to have
it when one is upset

listen to or read the Qur'an

say 'Alhamdulillah

change positions
If you are standing, then sit
down; if you are sitting down,
then lie down

ask Allah ﷻ to increase the
other person's blessings

seek refuge with Allah ﷻ

