

My gratitude journal

What is Gratitude?

Gratitude means to thank someone for their kindness. In Islam, we thank Allah for all the blessings He has given us, such as food, water, warmth, parents, teachers and our health because these are all gifts from Allah to us. A grateful person always says **Alhamdulillah** (All praise is for Allah) and shows thanks through their actions by either returning the same kindness or by doing something better.

A special Hadith

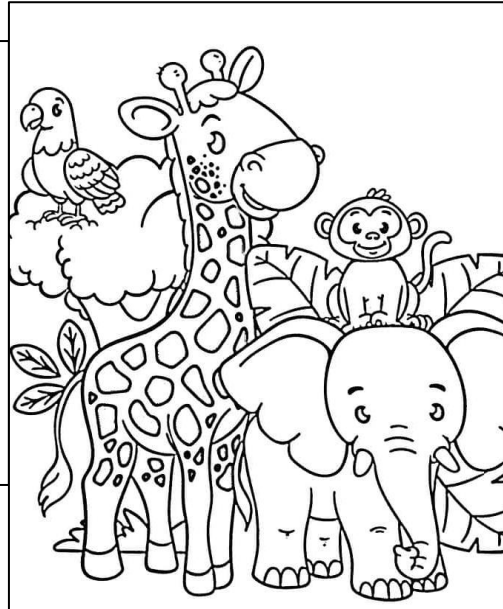
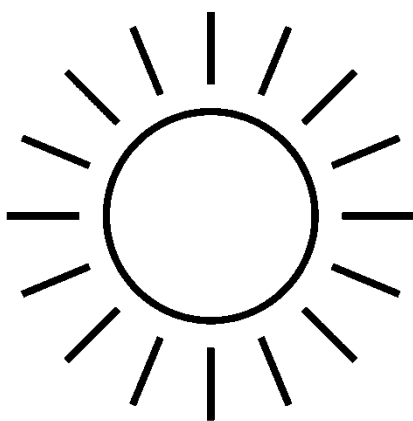
The Holy Prophet (peace be upon him) said:
**"The one who does not thank people,
 does not thank Allah."**
 (Abu Dawud)

What does this hadith mean?

If we do not thank people when they help us, it is as if we are not showing **true gratitude** to Allah. Being thankful to others is part of being grateful to Allah because He is the one who gave them the ability to help us. So, whenever someone does something kind for us, we should say "Jazak'Allahu khayra" to thank them.

Exercise

Colour in the pictures of the blessings below and write on the dotted lines below each picture what blessings they are.



Home learning

1. **Gratitude journal** – On the next page, write **three** things you are thankful for every day for one week.
2. **Thank someone:** Say Jazak'Allahu Khayra to someone who helps you, like your parents or teacher.

My gratitude journal

Monday: Today, I am grateful for

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Tuesday: Today, I am grateful for

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Wednesday: Today, I am grateful for

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Thursday: Today, I am grateful for

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Friday: Today, I am grateful for

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Saturday: Today, I am grateful for

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Sunday: Today, I am grateful for

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