



Allah Helps Me!

An encouraging lesson for little hearts (Ages 3-5)



Big Idea

Allah helps me.



Heart Goal

The child feels that when something is hard, they can ask Allah and keep trying.



Lesson Objective

The child expresses that Allah helps them and practices seeking Allah's help in a simple situation.

Language Focus: Help from Allah



Story Time with Hamza

Hamza was trying to put together a small puzzle . He tried one piece, then another. It did not fit.

He frowned a little .

His teacher  sat beside him and said, *"Try again slowly."*

Hamza tried again, but it was still hard.

Then his teacher said,

"When something is hard, we can ask Allah to help us." 

Hamza looked at her. *"Allah helps me?"*

"Yes," she said gently. "Allah helps us."

Hamza whispered, **"O Allah, help me."** 

Then he picked up another piece. This time, he looked carefully. He turned it slowly. It fit! 🎉

Hamza smiled wide. His teacher smiled too. "You tried, and Allah helped you."

Hamza felt happy and strong inside 🏆. The puzzle was still not all finished, but he was ready to keep going.

He said softly, *"Allah helps me."*

From that day on, when something felt hard, Hamza tried to remember:

Ask Allah. Keep trying. Allah helps me. ✨

Talk Together

- What was hard for Hamza?
- What did he say to Allah?
- Who helps us?

Let's Say It!

"Allah helps me."

Tiny Dua

O Allah, help me.

Practice Today

When something feels hard, say:

"O Allah, help me." 💡

Teacher/Parent Note:

This is a foundational lesson in resilience. The message is not passive waiting. It is: ask Allah, stay calm, keep trying. Remind the child of this when they are frustrated with a task.