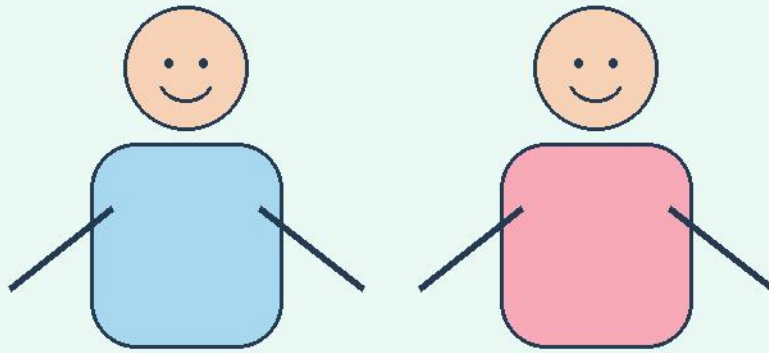


LESSON 1

السلام

As-Salam

I Am Safe Here



Peace begins with salam.

Allah gives peace, calm, and safety.

A gentle Islamic lesson for little hearts

Why You Are Learning This

This lesson helps you feel:

Sometimes a new class can feel big or new.

This lesson helps you feel calm.

It helps you feel welcomed.

You are safe here.

Name of Allah

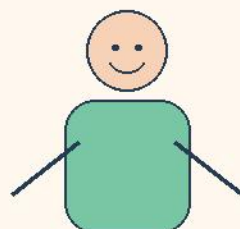
As-Salam

Allah gives peace.

Allah gives calm.

Allah gives safety.

Peace helps hearts feel better.



هُوَ اللَّهُ ... السَّلَامُ

Huwa Allah As-Salam

He is Allah ... the Source of Peace.

Allah is the Source of Peace. Peace is beautiful. Peace comes from Allah.

Hadith Anchor

أَفْشُوا السَّلَامَ بَيْنَكُمْ

Afshu as-Salama baynakum

Spread salam among yourselves.

The Prophet ﷺ taught us to spread peace. When we say salam, we begin with peace.

A child came to class for the first time.

The class felt new.

The child felt a little nervous.

Then the teacher smiled and said:

“As-salamu alaykum.”

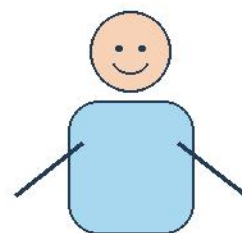
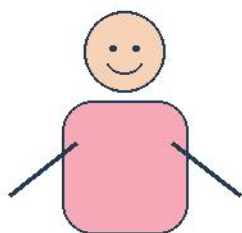
The teacher said:

“Welcome. You are safe here.”

The child sat down.

The child took a slow breath.

The child started to feel calm.



A calm welcome can help a little heart feel safe.

The Prophet ﷺ greeted people with salam.

He even greeted children.

That means children mattered to him.

Children were welcomed with peace too.

What This Lesson Is NOT Saying

This lesson is not saying:

- You must never feel shy.
- You must be perfect right away.

This lesson is saying:

- Peace helps your heart settle.
 - You can come as you are.
 - A good class should feel safe.
- 
- 
- 
- 

Calm Reflection

Put your hands on your heart.

Take one slow breath.

Now say softly:

I am safe here.

Effort Check

Today, did you try to:

- ☒ wave or greet?
- ☒ sit with the class?
- ☒ show safe hands?
- ☒ take a calm breath?

That is a good effort.

Closing Dua

اللَّهُمَّ اجْعَلْ قَلْبِي هَادِئًا وَمَكَانِي آمِنًا

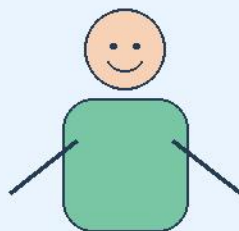
Allahumma ij'al qalbi hadian wa makani aminan

O Allah, make my heart calm and make my place safe.

Say it slowly.

Ask Allah for a calm heart.

Ask Allah for a safe place.

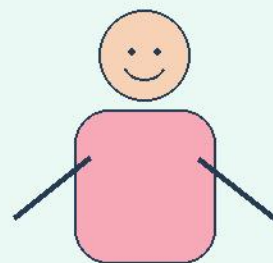
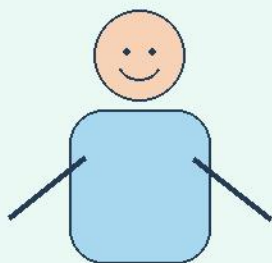


Carry This With You

**I am safe here,
and peace begins
with salam.**

As-Salam

Allah gives peace, calm, and safety.



Alhamdulillah for peace.