

TEACHING ARABIC

following your child's development

SETTING THE TONE

*Preparing our
environment*

WORKBOOK

+ Action Plan

ABOUT THIS WORKBOOK

This workbook was designed to support you in starting your Arabic journey with confidence.

May Allah accept our efforts &
guide us all toward what is pleasing Him
Ameen

- DISCLAIMER -

This workbook is intended for participants of the
Online Training
Teaching Arabic Following your Child's Development
ONLY

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DUA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبِّ نَجِّنِي وَأَهْلِي مِمَّا يَعْمَلُونَ

My Lord! Save me and my family from what they do.

- Quran, 26:169

THE ENVIRONMENT

الْبَيْئَةُ

Introduction

Reflections

What do you think is most important in being successful in this journey?

Do you feel your environment is favorable?

مُلائِمَةٌ

Lesson Overview

PREPARING THE ENVIRONMENT

تَهْيِئَةُ الْبَيْئَةِ

#1: The real reason behind our overwhelm

#2: Making space for change

#3: What to live by to stay away from overwhelm

#4: Preparing a thriving environment

Ready for the challenge?
هَلْ أَنْتِ جَاهِزَةٌ لِلتَّحَدِّي؟

OUR DAY TO DAY LIFE

Reflections

Do you feel all that you do all day is cleaning, washing, tidying and sorting?

☐ yes

☐ no

Are you triggered by mess?

☐ yes

☐ no

Is this really an environment that *supports* my child's learning?

NOTES

it is indeed _____ to do about anything when being constantly _____ by all the daily tasks we need to do and keeping the pace with the never ending _____ of life

THE REASON BEHIND OUR OVERWHELM

We own too *much* stuff & we
are too *attached* to them.

We have much more than we (and our kids) _____ & we consume way more than we should. And this doesn't apply material things and food only, it's also about the _____ we consume, the things we do, the busyness we _____ in.

IS IT MAKING YOUR LIFE EASIER?

We have been fed this _____ that we need all this stuff, all this information, all these activities to make our life easier, better, to be more productive, to achieve more but in reality all these stuff are actually making our life _____.

Why?

Because they are getting us *away* from Allah,
they are keeping us attached to this *dunya*
more than to the Akhirah.

Am I mindful in my consumption?

Am I consuming more than I should/need?

How do I value my environment?

إِزْهَدْ فِي الدُّنْيَا يُحِبُّكَ اللَّهُ

If you practice abstinence in this world, Allah will love you

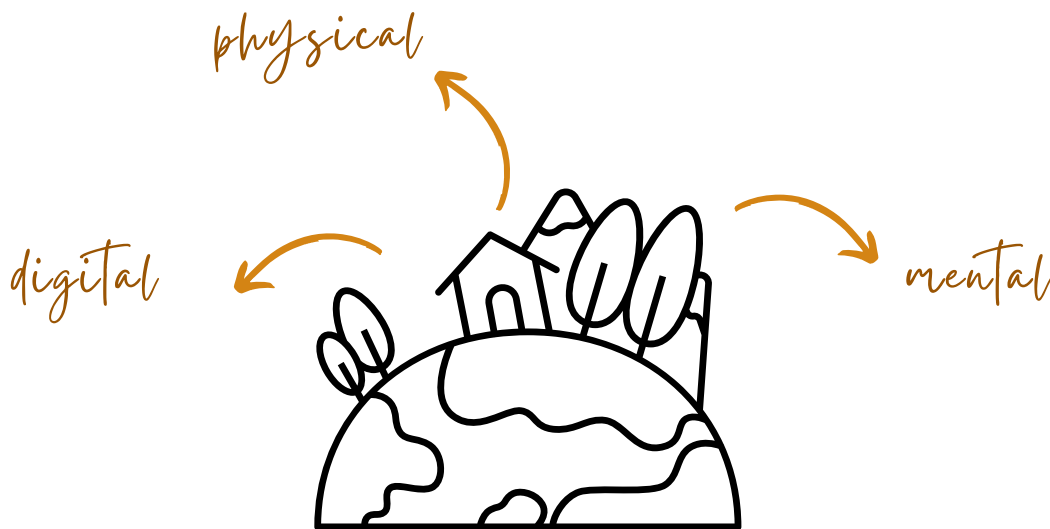
- Hadith 31, 40 Hadith an-Nawawi

MINIMALISM? A PRACTICE OF THE PROPHET ﷺ

This concept of Zuhd, often translated by abstinence or _____, was something practiced by the Prophet sall'Allah alaihi wa salam and the sahabas.

The accumulation of things is not only _____ us & taking us further away from Allah subhanahu wa ta'ala but also inclining us towards committing deeds that aren't _____ to Him such as jealousy, frustration, pride, and lack of gratitude to Allah.

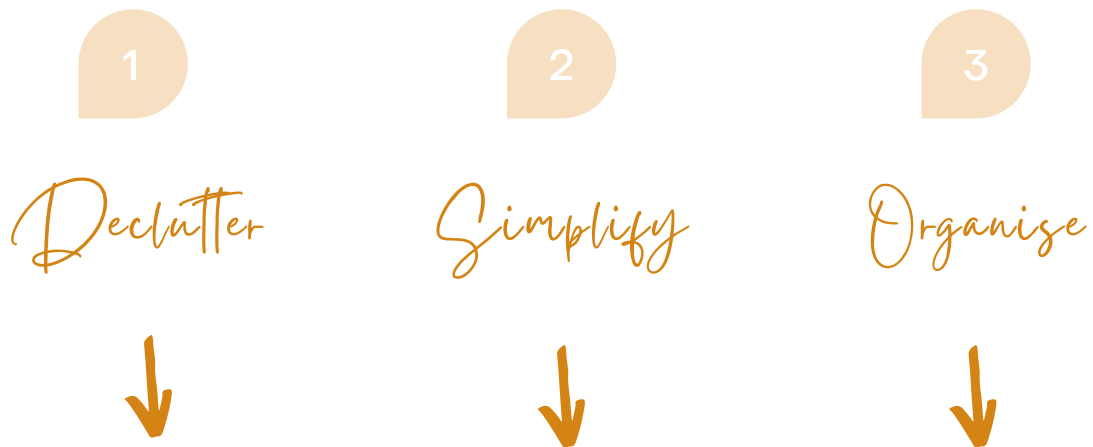
Sticking to the *essential* allows us to
live a more *purposeful* life



REMOVING THE EXCESS

How can we _____ all this excess and actually make time & space for what is really _____ for us and our families, to make the most of this Dunya while striving for our akhirah bi'idhni'Allah?

3-STEPS METHOD

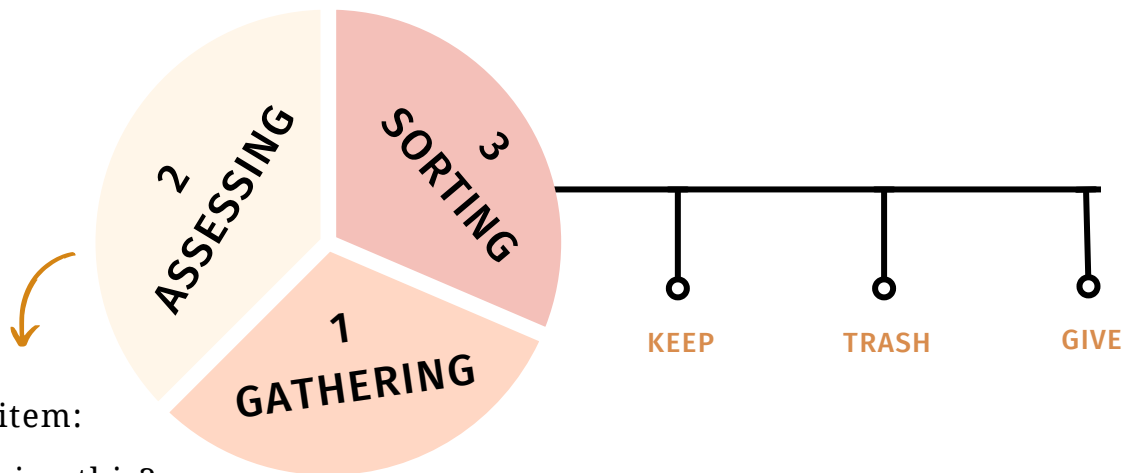


NOTES

DECLUTTERING

REMOVING DISTRACTIONS

PHYSICAL DECLUTTER



Ask for each item:

Am I really using this?

Is this truly valuable/useful?

Is this bringing me closer to Allah?

Depending on your situation, preferences, the frequency and your needs, you can use different strategies: by rooms, by category of items.

Recommendations

SELLING ITEMS

- If lots of small/cheap items, can be counterproductive.
- Donate instead to teach about charity and generosity.

LETTING GO

- It can be difficult to give up on some items because they held value (material or sentimental)
- Think of these as having served a purpose.

By keeping only what you *need* ,
you'll spend *less* time cleaning and
worrying about having a tidy house.

Decluttering methods

MARIE KONDO

THE BECOMING MINIMALIST BY

JOSHUA BECKER

COLLEEN MADSEN: 1 ITEM/DAY

THE MINIMALISTS PACKING PARTY

ANN MARIE: 40 BAGS IN 40 DAYS

PETER WALSH: 5 STEPS

LEO BABAUTA GUIDE

FLY LADY: 15'

Reflect on which method you would like to try and the logistics

Method:

Frequency:

Categories:

My assets

EMAILS

- ☐ Delete all unuseful emails
- ☐ Unsubscribe unwanted mailing lists
- ☐ Create filter to sort out automatically new emails

SOCIAL MEDIA

- ☐ Remove unused accounts
- ☐ Unfollow, remove or block any content that isn't beneficial

COMPUTER & PHONE

- ☐ REMOVING: get rid of large files, duplicates, non-necessary files
- ☐ STORING: place important files in a cloud storage
- ☐ FILING: use a system to label & store your files
- ☐ SORTING: create folder & subfolders to organise files

My filing & storing system

MENTAL DECLUTTER

Mental load →

all the things we need to think about on a daily basis
cooking, house chores, cleaning, washing, folding, getting the groceries, school work, Ibadaa, outdoor activities...

We, especially as mothers, can easily have a mental overload trying to manage all these in our _____ because we literally have tons of decision to take everyday and if not done efficiently these can lead to overwhelm and even _____ and depression.



Brain Dump

write down everything that comes to your mind

Steps to reduce mental load

1

GO BACK TO ALLAH

Pray, Make dhikr, confide in Allah.

2

SLEEP WELL, GO OUT, EXERCISE & HAVE BREAKS

Lack of sleep can lead to brain 'fog' as well as difficulty to focus. Have walks daily or as often as possible.

3

PRIORITIZE YOUR TO-DO LISTS

Write down all the things you need to do and categorize them in order of importance.

4

REDUCE MULTITASKING

Doing many things at once can reduce productivity and create a mental overload.

5

MANAGE YOUR TIME

Use a timer to decide how long you want to dedicate on a particular task.

6

BECOME DECISIVE

Learn to take decisions quickly without giving in to analysis-paralysis (meal planner, activities list...)

7

JOURNAL IT

Reframe your thoughts (awareness, gratitude, focus on strengths, positive affirmations)

CHANGING OUR LIFESTYLE HABITS

If we have _____ clutter over the past, chances are we will _____ even after doing a decluttering session. Because clutter is the consequence but not the _____ of the problem. And to be able to change our habits in a sustainable way to avoid having our environment cluttered again we'll just need to _____ our lifestyle.

Simplify? →

reduce the quantity of what we use and consume on a daily basis to the minimum and limit ourselves to the essential.

It is not because something is *halal* that we should abuse of it

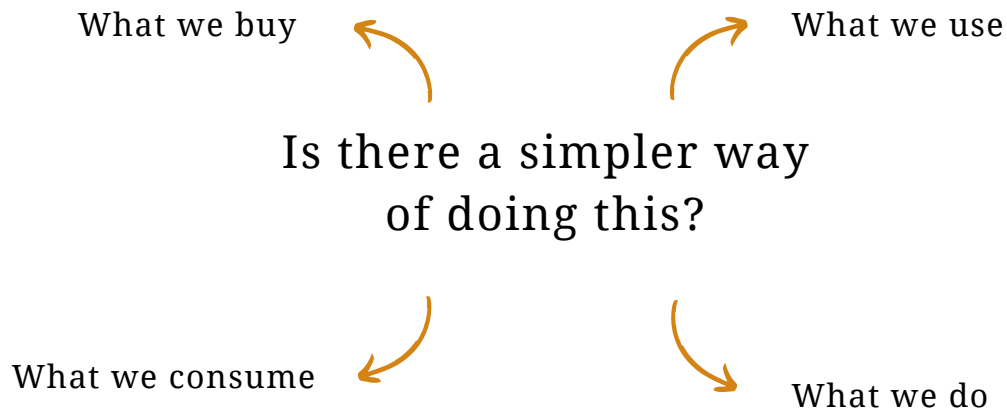
كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

Eat of the fruit they bear and pay the dues at harvest, but do not waste. Surely He does not like the wasteful.

- Quran 6:141

We live in a society that _____ us toward buying the latest, the newest, the prettiest of everything and making our lives _____ rather than simple while leaving us drained (and our bank account _____).

SIMPLIFYING



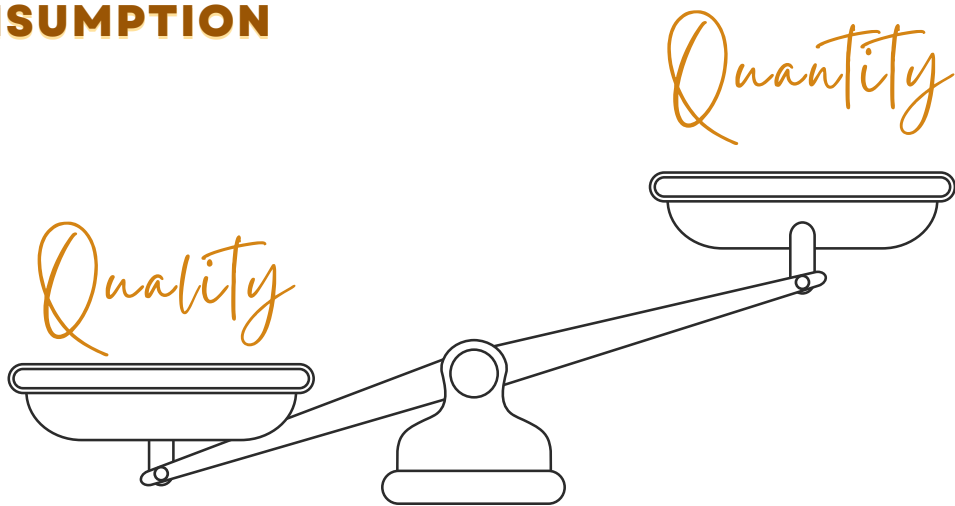
Let go of the pressure from _____ to have things in a particular way or do things as they are portrayed on social media and think of what works and _____ you and your family better.

Do I never buy anything anymore?
Do I seclude myself in a cave?

NO *but* → **BE MORE MINDFUL**

Zuhd isn't about giving up on _____ from this Dunya. It's about not giving more importance to material things than they have. Material things are all means to achieve a _____ here on earth and they should serve as a way to get closer to Allah, no further away.

CONSUMPTION



The story of the pair of sandals

NOTES

ORGANISING

We now need to make sure that everything in our house, in our digital world and in our mind is organized and has its _____ place.

a favorable learning environment

More is better (X)

Less is better (✓)

children who have too many toys will be _____ likely to play with them. Having too many options to choose from can result in children feeling _____, paralyzed to make a decision.

Reduce the items displayed to the maximum



ITEMS IN THE ENVIRONMENT

CHECKLIST

Are they accessible?

Are they sorted?

Are they labelled?

Is the environment tidy?

Are they suitable?

ABOUT TOYS

Closed-ended vs Open-ended

TOYS THAT AREN'T SERVING YOUR CHILD

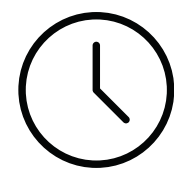
Requiring less _____ from the child

Examples

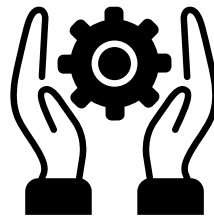
WHEN CLUTTER IS BACK AGAIN

There might be times when you see _____ forming all over again. Don't worry this is a perfect _____ for you to re-assess and see why it is so. Maybe there wasn't a dedicated place for those items or maybe you need to put in place a system to sort them periodically.

Find another way, look for other options, re-think and *reflect*

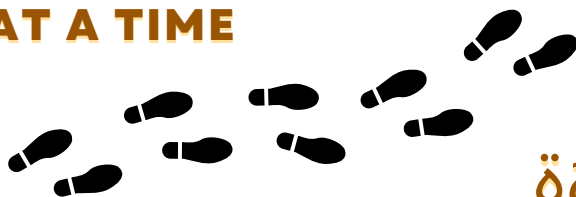


Time



practice

ONE STEP AT A TIME



خُطْوَةٌ بِخُطْوَةٍ



Al hamdulil'Allah, you have reached the end of this lesson & it's time to get to work sister! Read & complete the tasks below.

DECLUTTERING MY LIFE

MY FIRST STEPS IN REMOVING DISTRACTIONS

PHYSICAL DECLUTTER

In shaa Allah, I will start with...

DIGITAL DECLUTTER

In shaa Allah, I will start with...

MENTAL DECLUTTER

In shaa Allah, I will start with...

SIMPLIFYING

HAVE A HONEST LOOK AT YOUR CURRENT LIFESTYLE

Am I buying too many things or in too large quantities?

Do I have unnecessary expenses?

Am I overusing technologies?

Am I saying 'yes' too often?

Am I engaging in too many activities?

Do I have clarity on my priorities?

Am I being present in the moment?

HOW CAN I SIMPLIFY MY LIFESTYLE?

WHAT I BUY

A large, empty square box with a brown border, intended for notes on what the user buys.

WHAT I USE

A large, empty square box with a brown border, intended for notes on what the user uses.

WHAT I CONSUME

A large, empty square box with a brown border, intended for notes on what the user consumes.

WHAT I DO

A large, empty square box with a brown border, intended for notes on what the user does.

ORGANIZING

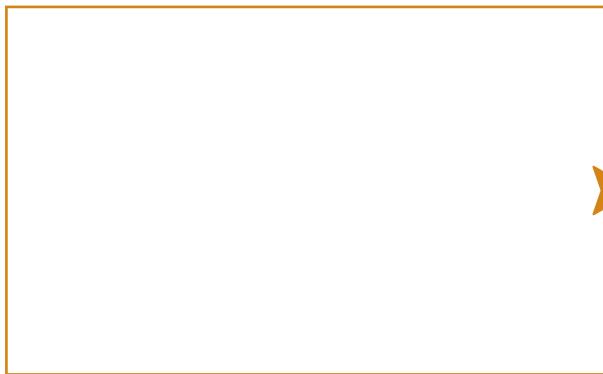
Do I have clarity in how to organize things?

What system do I or can I use?

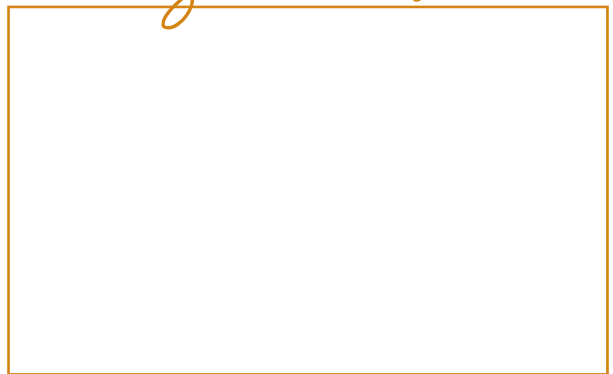
LEARNING ENVIRONMENT

Assessing the organization in my physical environment (identify the possible obstacles and work on solutions)

? ACCESSIBLE



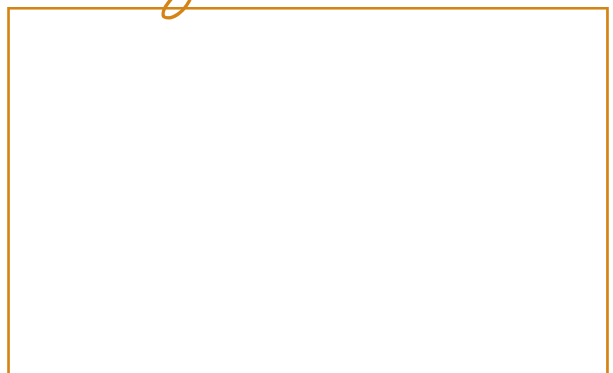
Solutions




? SORTED



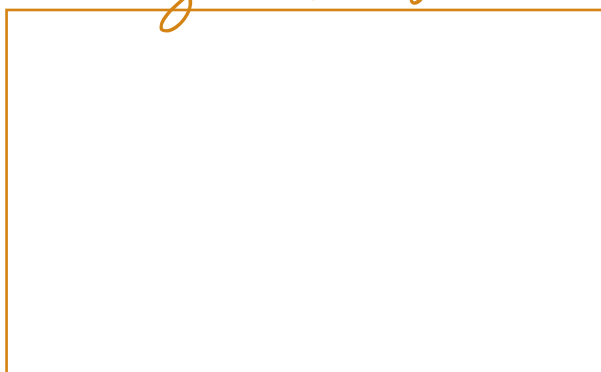
Solutions



? LABELED



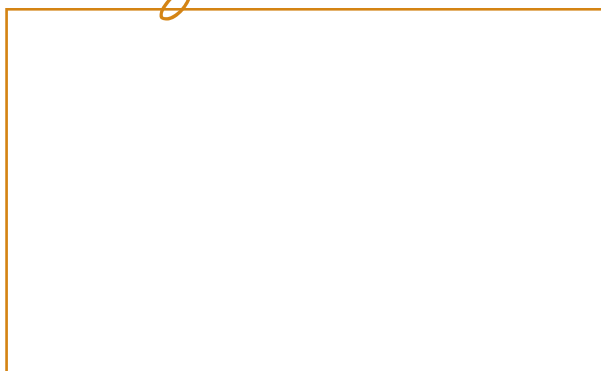
Solutions



? TIDY



Solutions



? SUITABLE



Solutions

