




# Raising Children the Islamic Way

## Session Five

### **Teaching children kindness and empathy**

How is the Kindness of Allah manifested in the human being?



The inheritance of Allah from  
a believing servant is a child  
who worships Him  
after his death.

**Imam as-Sadiq (a)**

# Hadith on Kindness

Acts of kindness and courtesy are treasures that last for ever

**Imam Ali (a)**

The first people to enter Paradise will be those who performed acts of kindness to others.

**Imam as-Sadiq (a)**

An act of kindness is not considered perfect until it has three things; not thinking much of it, hiding it, and rushing to complete it

**Imam al-Kadhim (a)**

# What does kindness look like?

- Courteous manners such as saying please, thank you . . . .
- Smiling and saying cheerful words.
- Complimenting and making someone feel good about themselves.
- Helping others do something.
- Feeling empathy for others.

# Teaching children kindness

- Be a good example, take time out to say and do kind things for others.
- Read stories on kindness
- Let children be aware of those who are in difficulties and discuss ways of helping them.
- Help children empathize by asking them to imagine how it would feel to . . .
- Discuss opportunities to be kind

# Mini kindness boosts

Teach children to say kind phrases often:

Are you okay?

How was your day?

You look tired.

Hope you have a good day.

It was nice seeing you.

You look nice today.

May God bless you.


Thank you for the delicious meal.

# Things to think about

1) Kindness is susceptible to omission, and can be easily overlooked. Children are not usually unkind, but sometimes they miss opportunities to be kind. Help children understand that they should look out for chances to be kind.

*Opportunities pass like the passing of the clouds.*

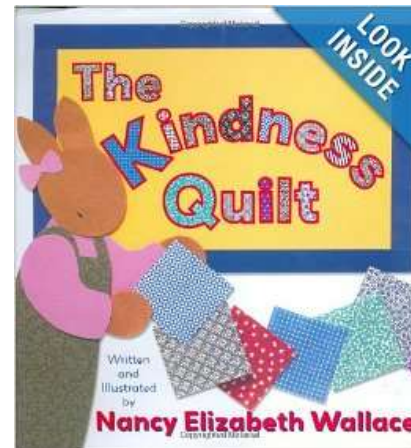
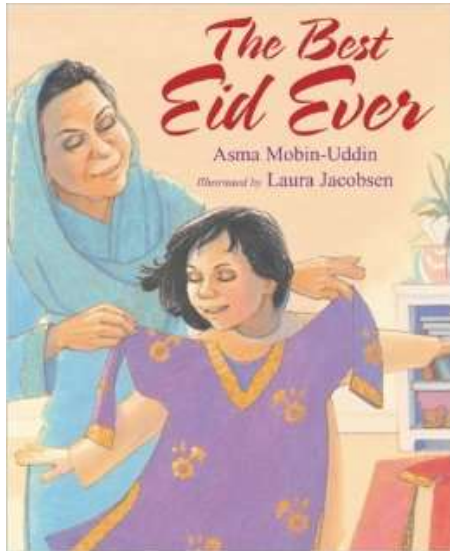
**Imam Ali (a)**



2) Kindness does not always mean to accept, and get along nicely. Sometimes a child needs to speak up, correct, communicate. . . etc. But it must always be done with respect, gentleness and understanding. There should be no trace of ridicule, mocking, or condemnation. This is true kindness.



# Children's books on kindness



More picture books on kindness

<http://humaneeducation.org/blog/2013/06/24/10-childrens-picture-books-kindness/>

# Reminders from the Holy Prophet (s)

Spoiling children by giving in to their demands creates weak, self-absorbed, and indecisive children. These children trouble their parents with unreasonable demands and expectations, and when they grow up they expect the same type of treatment from society.

A spoiled person is the victim of two tragedies;

- 1) The expectations that he will always be treated well by society. When they realize that society will not respect them and give in to them as their parents had, they become frustrated, angry, negative, and lose their self esteem.
- 2) The loss of self-esteem which is a result of frustrated expectations. It can lead to temper problems, conflicts in relationships, and generally an inability to be pleasant to others.

# Resources to check

Quotations on Kindness

<http://www.spiritualityandpractice.com/practices/practices.php?id=17&g=1>

Spirituality and Kindness

<http://www.spiritualityandpractice.com/practices/practices.php?id=17>