



MAJLIS
ATFALUL AHMADIYYA
UNITED KINGDOM

WEEKLY ATFAL CLASS

(May – Week 2)

TALIM DEPARTMENT MAA UK

 www.atfal.org.uk/talim

 talim@atfal.co.uk



Class Rules



- ✓ Arrive on time and be prepared
- ✓ Always say “Assalamu Alaikum” when you enter the room
- ✓ Pay attention and listen to the teacher quietly.
- ✓ Raise your hand if you have a question.
- ✓ Listen to others when they are speaking.
- ✓ Work hard and try your best to learn something new.



Lesson Plan



1. Tilawat
2. Hadith
3. Thought of the Week
4. Homework Recap
5. Salat Recap
6. Friday Sermon
7. Learning Time
8. Announcements!

Are you prepared for today's lesson?

- ✓ Topi
- ✓ Class Handout
- ✓ Pen / Pencil



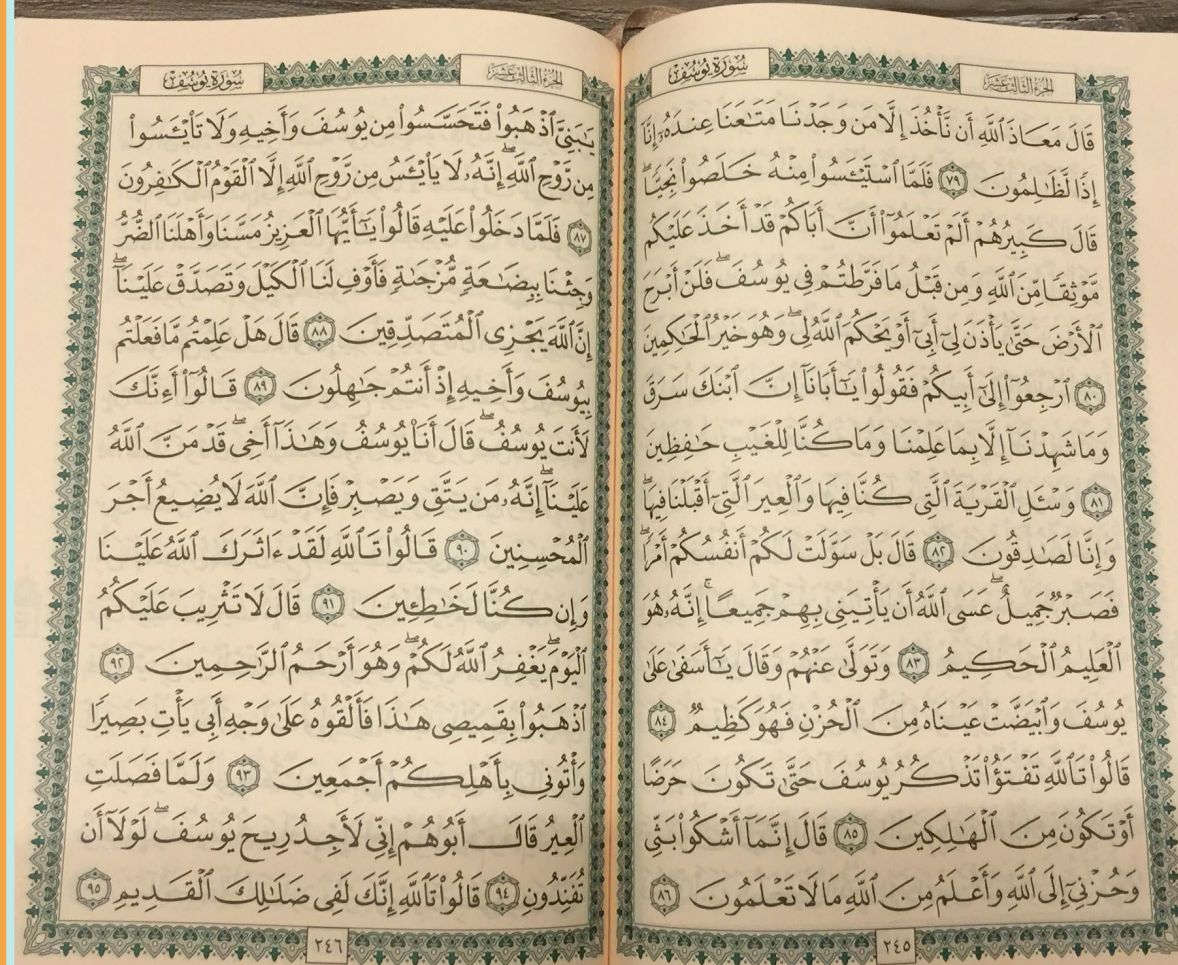
TILAWAT

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

TRANSLATION

“And when I am ill, it is He Who restores me to health;”

(The Holy Quran, Surah Ash-Shu'arah, 26:81)



HADITH

(sayings of the Holy Prophet Muhammad^{sas})

قَالَ رَسُولُ اللَّهِ ﷺ
مَا يُصِيبُ الْمُؤْمِنَ مِنْ وَصَبٍ وَلَا نَصَبٍ وَلَا سَقَمٍ
وَلَا حَزَنٍ حَتَّىٰ الُهمُّ يُهْمُهُ إِلَّا كُفِّرَ بِهِ مِنْ سَيِّئَاتِهِ

The Holy Prophet^{sa} states: “Never a believer is stricken with discomfort, hardship or illness, grief or even with mental worry except that his sins are expiated for him.”

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THOUGHT OF THE WEEK

TOPIC:

“MENTAL HEALTH
AWARENESS WEEK”



WHAT IS MENTAL HEALTH?

- Mental health is about how you think, feel, and act every day.
- It affects, your emotions, thoughts, how you get along with others and how you handle problems and stress.
- Just like your body can be healthy or unhealthy, your mind can too.
- Having difficult feelings is normal sometimes.
- Talking about feelings is a sign of strength, not weakness.



WHAT IMPROVES MENTAL HEALTH?

The following things can help to improve the mental state of a person:

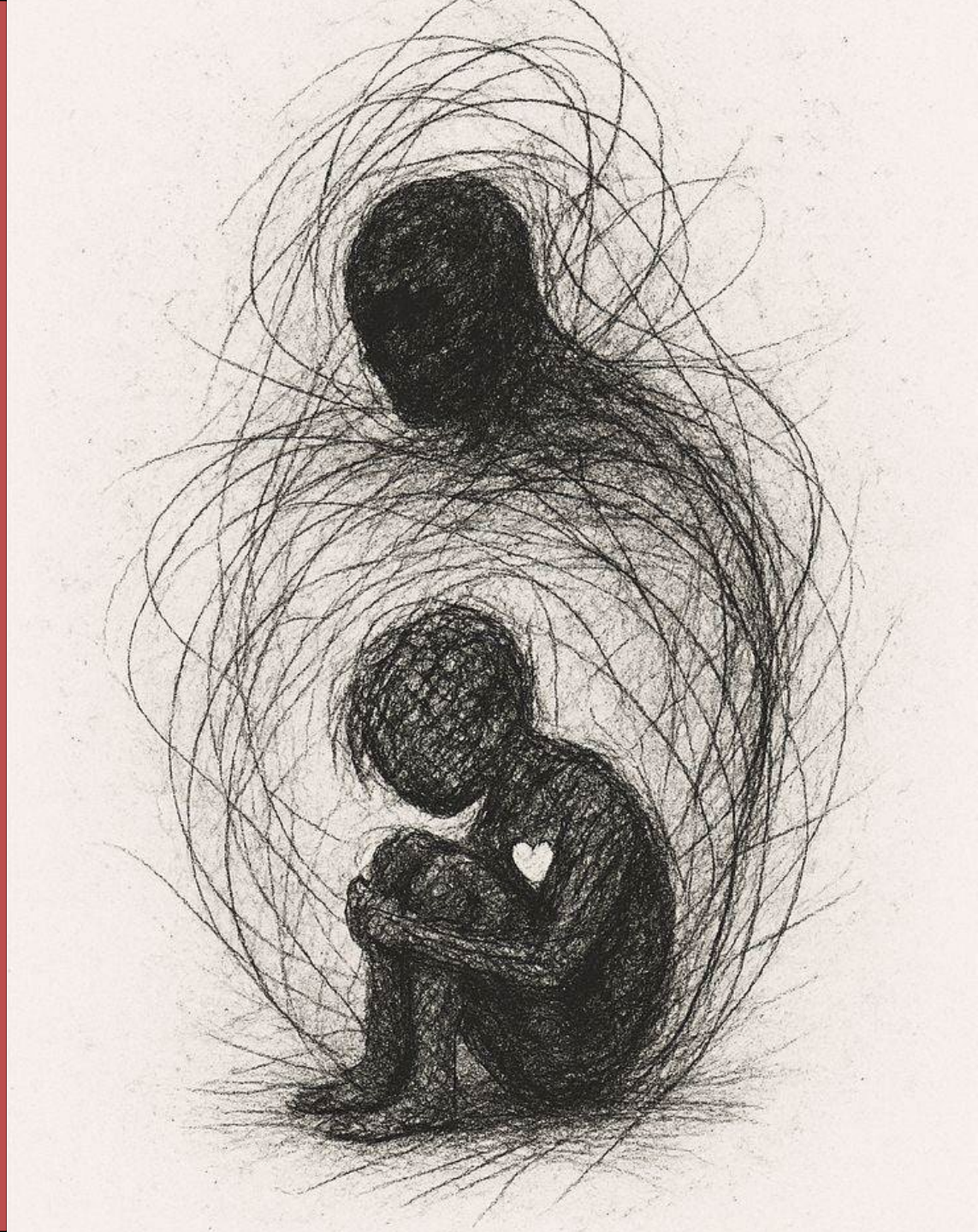
- Sleeping well
- Eating healthy food
- Playing and exercising
- Spending time with friends and family
- Talking to someone you trust
- Doing hobbies you enjoy



WHAT DESTROYS MENTAL HEALTH?

The following things can destroy the mental state of a person:

- Bullying
- Feeling lonely
- Too much stress
- Lack of sleep
- Keeping feelings bottled up
- Spending too much time worrying



STATISTICS REGARDING MENTAL HEALTH?

- One in five (20.2%) adults in England have a Common Mental Health Condition, with higher in women than men.
- Young people are more likely to have a Common Mental Health Condition than older people.
- Among 16 to 24 year olds, Common Mental Health Condition has risen from 17.5% in 2007 and 18.9% in 2014, to 25.8% in 2023/4.



Over **1 in 5** U.S. adults struggle with a mental health condition



U.S. adults struggle with substance use disorder



Of people who identify as being two or more races live with a mental illness



U.S. adults live with Major Depression

42.5
MILLION

U.S. adults live with an anxiety disorder



Suicide is the

2nd

leading cause of death in 10 - 14-year-olds



ISLAMIC VIEW ON MENTAL HEALTH

Regarding Mental Health, the Holy Qu'ran states:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ
أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

“Those who believe, and whose hearts find comfort in the remembrance of Allah. Aye! it is in the remembrance of Allah that hearts can find comfort.”

(The Holy Quran, Surah Ar-Ra'd, 13:29)



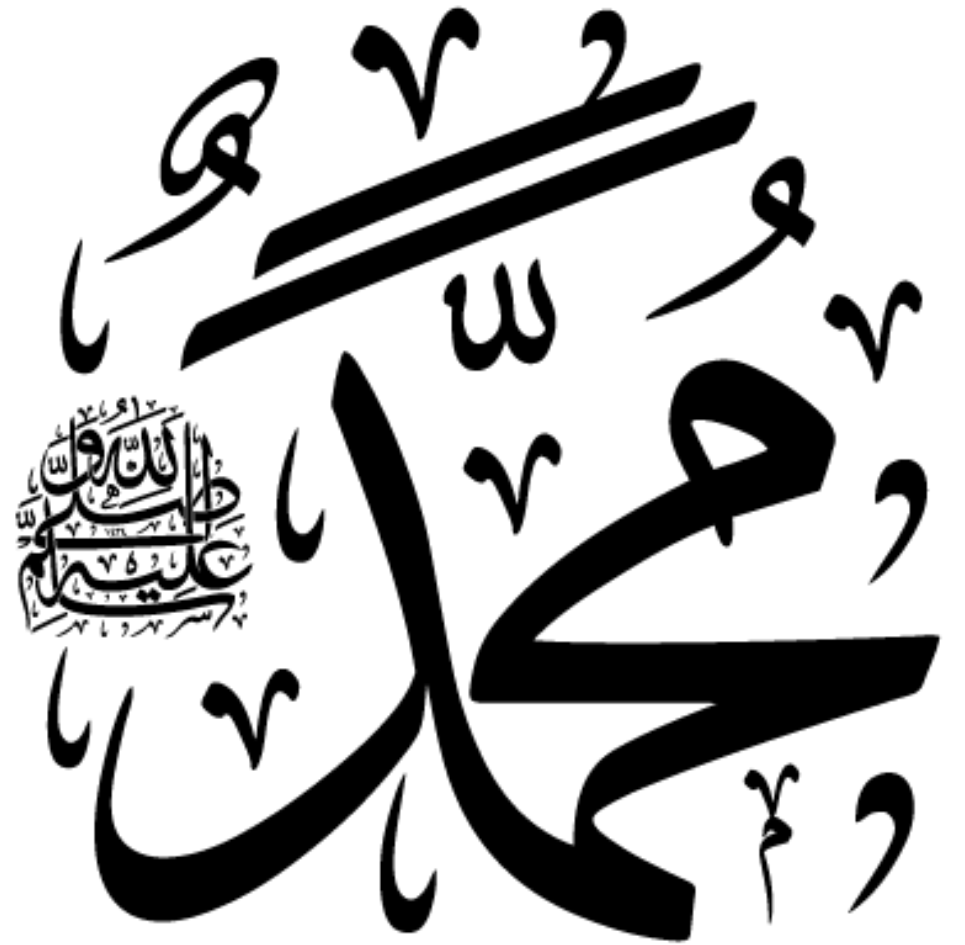
ISLAMIC VIEW ON MENTAL HEALTH

Regarding Mental Health, the Holy Prophet states:

إِنَّ اللَّهَ يَقُولُ أَنَا عِنْدَ ظَنِّ عَبْدِي بِي
وَأَنَا مَعَهُ إِذَا دَعَانِي

*“Indeed Allah the Most High says, ‘I am
as My slave thinks of Me, and I am with
him when He calls upon Me.’”*

(Sahih Muslim, Kitab Adh-Dhikri, Hadith No. 2675)



ISLAMIC VIEW ON MENTAL HEALTH

Regarding Mental Health, the Promised Messiah
(as) states:

‘No difficulty or affliction can persist if one demonstrates steadfastness and patience while placing trust and faith in God Almighty. When God is yours, what grief can you have?’”

(Malfuzat, Vol .5, Page. 274)

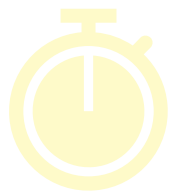


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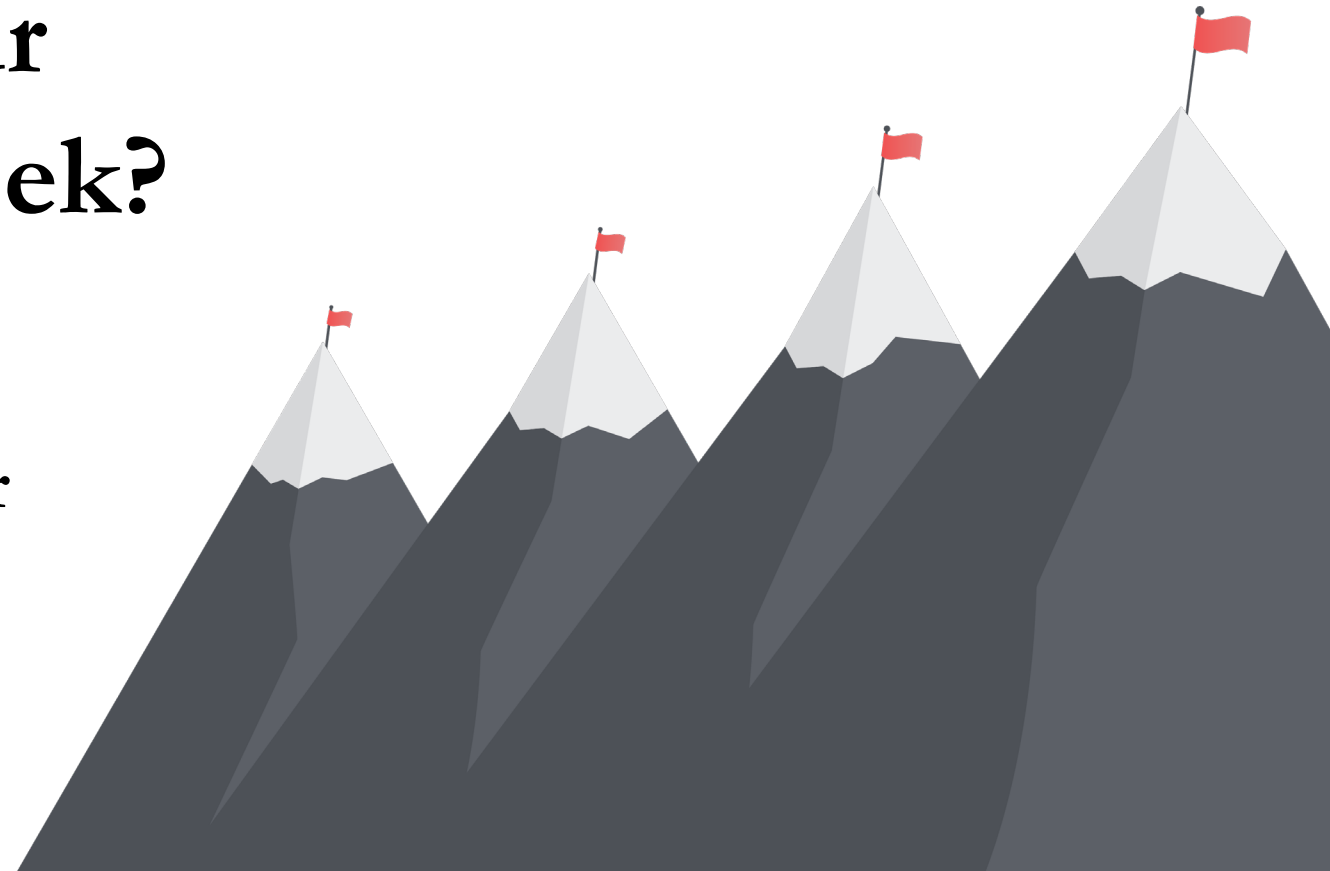
HOMework



Have you done your homework for this week?



Make sure to note down your homework for next week!



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SALAT

Lets Recap a part of our
Salat!



NEXT WEEK RECAP:
Thana

The Niyyat (Intention)

وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ
السَّمَوَاتِ وَالْأَرْضَ حَنِيفًا وَمَا
أَنَا مِنَ الْمُشْرِكِينَ



*Wajjah-tu wajhiya lilladhee faṭaras-samāwāti wal-
arḍa ḥaneefan wa mā ana minal-mushrikeen.*

Translation:

I have turned my full attention towards Him Who has created the heavens and the earth, being ever inclined to Him, and I am not one of those who associate partners with Allah

فَطَرَ	لِيَّذِي	وَجْهِي	وَجَّهْتُ
He has created	Towards he who	My full attention	I have turned

وَمَا أَنَا	حَنِيفًا	وَالْأَرْضَ	السَّمَوَاتِ
And I am not	Being ever-inclined to him	And the Earth	The Heavens



الْمُشْرِكِينَ	مِنْ
Those who associate partners with Allah	From among



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FRIDAY SERMON

Friday 8th May
2026



FRIDAY SERMON

The Promised Messiah's^{as} Example of Truthfulness Truth over Trial: Victory through Honesty

Once, a person named Dr Henry Martyn Clark charged the Promised Messiah(as) with attempted murder.

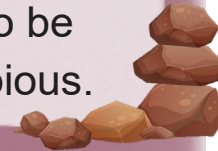
Maulvi Muhammad Hussein Batalvi, appeared as a witness and did his utmost to establish the case against me.

The case was heard by Captain Douglas



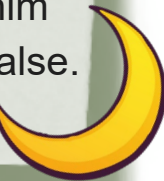
Abdul Hamid admitted his lie. He confessed that he had been forced into making his earlier statement and deposed that Mirza Sahib had never sent him to murder anyone.

There was a Hindu man who had known the Promised Messiah(as) since his childhood, as they were the same age. He said that from his childhood, he had known the Promised Messiah(as) to be truthful, trustworthy and pious.



The Hindu man said that he felt as though Parmeshwar had come down and adopted the form of the Promised Messiah(as).

A man who was travelling missed his train. He happened to meet the Promised Messiah (as), and realised that those who opposed the Promised Messiah (as) were wrong, because the man he was seeing before him could certainly never be a liar or false. Thus, he did Bai'at.

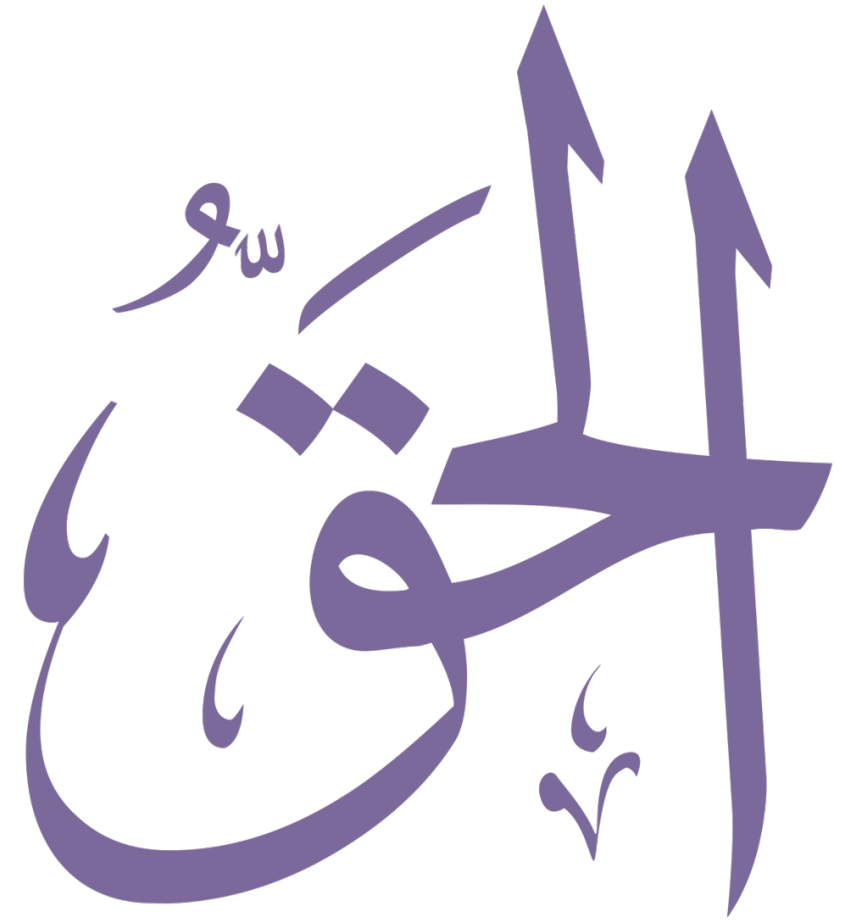


Watch this weeks Friday Sermon 4 Kids!



FRIDAY SERMON TAKEAWAY POINTS

- Resolve this week never to give an ambiguous answer when a clear, truthful one is required of you.
- If you face pressure (social, professional, or personal) to soften the truth, ask yourself: What would please God rather than people?



PAIR ACTIVITY

Discuss today's lesson with the Tifl next to you and come up with 3 new things you learned today!



ANNOUNCEMENTS

National Atfal Quiz Time is out!

We are delighted to announce the National Atfal Talim Quiz, beginning at Regional levels soon!

🌟 Why take part?

- Compete with fellow Atfal across 6 exciting topics!
- Open to Atfal aged 10–15
- 🏆 Regional Winners through to the Final!

📌 Don't miss your chance to showcase your knowledge and have fun along the way!

👉 For Sign up & Syllabus:

<https://www.atfal.org.uk/atfal-quiz-time> 📖 Be sure to check out the Rules and Syllabus provided in the above link!

Let the challenge begin!



NATIONAL TALIM

ATFAL QUIZ TIME

10 - 15 YEARS OLD ATFAL ONLY!
REGIONAL COMPETITIONS FOLLOWED BY THE NATIONAL COMPETITION

5 Categories
300 Questions
Knock Out Stage Format!
Regional Winners will fight off at National Level!

Attributes of Allah
Ahmadiyyat
Islam
Responding to allegations
General Knowledge

Sign up using the Link!
Syllabus on the Atfal Website!

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UNITED KINGDOM
MAA Ta'lim Dept