



Majlis Atfalul
Ahmadiyya USA

ATFAL TARBIYYAT CLASS

GUIDELINES

February 2025

"In particular, as the head of the household, men have the greatest duty and obligation to save their children from falling in the fire. Allah through His Benevolence, saved you or your elders from suffering the torment of the fire by enabling you or your elders to recognize the Imam of this age. The world and especially other Muslims are anxious to find a leader who can guide them. You have been blessed by Allah that you receive guidance through the Bai'at of the Imam. By staying connected to the Khilafat, you are reminded of staying firm on virtues."

Hazrat Mirza Masoor Ahmad (aba) - April 23, 2010



CLASS AGENDA

<u>Time</u>	<u>Item</u>	<u>Description</u>
11:45 AM	Arrival to Masjid/Salat Center	Please take note of attendance in Atfal Tracker
12:00 PM	Tilawat with English Translation	Chapter 20, Verse 125-129
12:05 PM	Pledge	Local Qaid, Nazim Atfal, Murabbi Atfal Read Pledge <i>Arabic 3x, English 1x.</i>
12:10 PM	<i>Watch:</i> This Week with Huzur (aba) - January 17, 2025	<u><i>This Week With Huzur (aba)</i></u> 1:20- 15:45
12:25 PM	Tarbiyyat Class Presentation	See Guidelines
12:45 PM	Group Formations for Activity	See Guidelines
12:50 PM	Activity Session	See Guidelines
1:20 PM	Sports Activities + Lunch	Organized Sports/Waqar-e-Amal
2:10 PM	Zuhr/Asr Salat	

Tilawat

Surah TaHa, Chapter 20, Verses 125-129

وَمَنْ أَعْرَضَ عَنْ ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَمَةِ أَعْمَى ۝١٢٥

قَالَ رَبِّ لِمَ حَشَرْتَنِي أَعْمَى وَقَدْ كُنْتُ بَصِيرًا ۝١٢٦

قَالَ كَذَلِكَ أَتَتْكَ آيَاتُنَا فَنَسِيتَهَا ۖ وَكَذَلِكَ الْيَوْمَ تُنسى ۝١٢٧

وَكَذَلِكَ نَجْزِي مَنْ أَسْرَفَ وَلَمْ يُؤْمِنْ بِآيَاتِ رَبِّهِ ۖ وَلَعَذَابُ الْآخِرَةِ أَشَدُّ وَأَبْقَى ۝١٢٨

أَفَلَمْ يَهْدِ لَهُمْ كَمْ أَهْلَكْنَا قَبْلَهُمْ مِنَ الْقُرُونِ يَمْشُونَ فِي مَسْكِنِهِمْ ۖ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّأُولِي النُّهَى ۝١٢٩

125 - 'But whosoever will turn away from My Reminder, his will be a strait life, and on the Day of Resurrection We shall raise him up blind.'

126 - He will say, 'My Lord, why hast Thou raised me up blind, while I possessed sight before?'

127 - (God) will say, 'Thus (it was to be); Our Signs came to thee and thou didst disregard them; and in like manner wilt thou be disregarded this day.'

128 - And thus do We recompense him who is extravagant and believes not in the Signs of his Lord; and the punishment of the Hereafter is surely severer and more lasting.

129 - Does it not afford guidance to them how many generations We destroyed before them, in whose dwellings they now walk? Therein verily are Signs for those who are endued with reason.

Atfalul Ahmadiyya Pledge

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that there is none worthy of worship except Allah. He is One and has no partner. And I bear witness that Muhammad صلى الله عليه وسلم is His servant and Messenger.

I sincerely promise that I shall always be ready to serve my faith Islam, Jama'at Ahmadiyya Muslima, my nation, and country.

I shall always tell the truth, will not insult and abuse anybody, and I will try my best to obey all instructions given by Hazrat Khalifatul Masih, Insha'Allah

***Right hand over
left during
pledge.**

**All should be
standing**



Talking Points for Nazimeen/Murabbiyan Atfal

These are some points provided so that Nazimeen and Murabbiyan Atfal have a minimal idea of the message and theme of the class.

- Highlighting the importance of reducing screen time in order to benefit of time and prioritize health, religious and secular education.
- The use of social media and its attachment to a materialistic mindset.
- True purpose is fulfilling the obligations towards Allah and not the lifestyle portrayed on Social Media
- Jihad of the Nafs (self) in regards to avoiding the ill uses of social media. The exposure of such ills is very open on social media.
- A true believer is one who avoids all things that are vain.
- Social Media can be used for good such as the propagation of Islam.



Presentation Overview

Slide 2

Those Atfal who have phones - ask them to open up their iphone / samsung or any other phone to see what it states is their current Screen Time.

- *See the different times for the day / past few days / past month*

If no Tifl has a phone in the Majlis, you can pose the question, what is their guess on how much Screen Time kids use these days?

- *You can then go to google.com and type 'how much is current screen time for a 7 year old' and have a short discussion*

Slide 3

Pose slide question to the Atfal: Why should we reduce screen time on our devices?

Take a number of answers from Atfal.

- *Encourage them to answer in any way; discuss about procrastinating, laziness, health, wasting time.*

Slide 4

Discuss the benefits of reducing screen time

- *Go through each points, make sure the Atfal get a grasp of each points.*
- *The main highlight is Atfal should prioritize their religion than giving importance to the screen.*
 - *For example: Time for Salat while TV is on.*

Slide 5

Pose the question and have a discussion of properly using Social Media, this can be for religious knowledge, world news, communication with family, education and etc.

Slide 6

- *Highlight the correlation Social Media has between with Materialism.*
- *How people create a false image and focused on showing a leisurely lifestyle.*
 - *Following others and needing approval of others.*

Slide 7

Read or have someone read the statement of Khalifat-ul-Masih V (aba) stating our purpose.

Presentation Overview

Slide 8

Pose the question to the Atfal and receive answers

- *Jihad Nafs: Jihad is an Arabic word that can be translated as 'struggle' and 'to strive'. The greatest jihad is also called "jihad against self", a struggle to subdue one's own ego, against evil inclinations and tendencies. It is a spiritual striving to attain nearness to God, and is a lifelong conscious striving incumbent on every Muslim.*

Slide 9

Read the statement of Khalifat-ul-Masih V (aba) in regards to Jihad of the Nafs (self) in Social Media

This Jihad is to be cautiously aware of the ills of Social Media and not fall to Satan (the exposure of ill content that is constantly there).

Slide 10

Pose the question to the Atfal and brainstorm some answers.

Some Points for ideas:

- *Depression and anxiety*
- *constant comparing of others*
- *Addictions*
- *Late night procrastinations*
- *Cyberbullying and harassment*
- *Unreal expectations*
- *false news and information*
- *Physical health concerns (lack of physical activity, posture, eye strain)*
- *Privacy risks (personal data)*

Presentation Overview

Slide 11

Read the guidance of Khalifatul Masih V (aba) and highlight that a true believer is that they avoid all things that are vain.

Slide 12 and 13

Pose the question to the Atfal and hear their answers

- *Go over slide 12 and highlight each points & give importance to the fact that anything you do on the internet will always remain there and us as an Atfal have higher standards than any normal person.*

Slide 14

Explain to them the beneficial uses of Social Media and their devices.

- *By connecting them to education and religious knowledge such as MTA*
- *Communication with others such as family and friends*
- *Pose the question to the Atfal what are the benefits they can think of?*

Slides 15, 16 and 17

Pose the Question and have an initial discussion

- *Read the quote of Hazrat Khalifat-ul-Masih (aba)*
- *Listen to the video on this question*
- *After listening to the video, get some reactions*

Slide 18

Since they already have an awareness of social media, encourage them to follow Jama'at accounts to be aware of local and national events, Tarbiyyat programs, Taleem (religious knowledge) and most importantly to stay up to date with the guidance of Beloved Khalifat-ul Masih (aba).

Game: What Would You DO?

The takeaway from this game is to discover ways in our daily lives to take a more active approach by sharing ideas on how we can reduce screen time and engage in meaningful activities.

Material Required - print out/cards with pen



Instructions:

- *Depending on the attendance form small groups or individual*
- *Create prompt cards with prompts or scenarios*
- *Each group member takes a card*
- *Each group/person will be given time to think of any ideas*
- *Everyone will give an answer*

What Would You Do?

Prompts and Scenarios:

- *Did technology come for the purpose of the Promised Messiah (as)?*
- *How would you spend the whole weekend without any screens?*
- *If you had an extra hour in a day from reducing screen time what would you do?*
- *Would I let my parents control whatever I do on my device?*
- *If there's no device and I have to give a quick message to a friend that's a town away what would I do?*
- *If I was a father how would I let my children use their devices?*
- *If your device has a screen time limit of three hours how would you use it?*
- *If I have to spread the message of Islam and all I have is my devices, how would I do Tabligh?*
- *What's more better to spend time outdoors or indoors with all my devices? Prove your point.*
- *Why we can't talk to the opposite gender on social media?*

Allowed to add your own prompts as well

Activity 2: New Year's Vision Board

For Activity Materials, Instructions, Goals List, and Template, please access through this link:

https://docs.google.com/document/d/1qZ2HHyo_aqCZkB3Yrqr5Bbu7N36NNN-DCDBzkpeGntY/edit?usp=sharing