



Majlis Atfalul
Ahmadiyya USA

ATFAL TARBIYYAT CLASS

GUIDELINES

January 2025

“This year will only be a year of congratulating one another only if we fulfil our responsibility by informing people and making them realize their responsibilities towards God and to one another.

It is obvious that in order to do all this, we have to look first at our own state. Having accepted the Promised Messiah (pbuh), we must honestly ask ourselves if our own moral states are such that we are fulfilling the responsibilities owed to God Almighty? Are we fulfilling the rights of humanity solely for the sake of Allah? Or, is it the case that we still need to reform ourselves and elevate the love we hold for others in our hearts?”

Hazrat Mirza Masoor Ahmad (aba) - January 3, 2021



CLASS AGENDA

<u>Time</u>	<u>Item</u>	<u>Description</u>
11:45 AM	Arrival to Masjid/Salat Center	Please take note of attendance
12:00 PM	Tilawat with English Translation	Chapter 40, Verse 61-64
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) - December 6, 2024	<u><i>This Week With Huzur (aba)</i></u> 6:13 - 23:00
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 Al-Mu'min, Chapter 40, Verses 61-64

61. And your Lord says: 'Pray unto Me; I will answer your *prayer*. But those who are too proud to worship Me will surely enter Hell, despised.'

R. 7.

62. It is Allāh Who has made the night for you that you may rest therein, and the day *to enable you* to see. Verily, Allāh is the Lord of bounty for mankind, yet most men are ungrateful.

63. Such is Allāh, your Lord, the Creator of all things. There is no

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ ۚ

إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي

سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ ﴿٦١﴾

اللَّهُ الَّذِي جَعَلَ لَكُمْ اللَّيْلَ

لِتَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا ۚ إِنَّ

اللَّهَ لَذُو فَضْلٍ عَلَى النَّاسِ وَلَكِنَّ

أَكْثَرَ النَّاسِ لَا يَشْكُرُونَ ﴿٦٢﴾

ذَرِكُمْ اللَّهُ رَبُّكُمْ خَالِقُ كُلِّ شَيْءٍ ۚ

لَا إِلَهَ إِلَّا هُوَ ۚ فَآَنِي تُؤْفَكُونَ ﴿٦٣﴾

God but He. How then are you turned away?

64. Thus indeed are turned away those who deny the Signs of Allāh.

كَذَلِكَ يُؤْفَكُ الَّذِينَ كَانُوا بِآيَاتِ

اللَّهِ يَجْحَدُونَ ﴿٦٤﴾

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 3



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.

- New Year's resolutions/goals for the year 2025
- Huzur (aba)'s wish and desire that everyone must utilize all their faculties to bring about a spiritual and moral revolution in the world.
- In order to have progress, one should self-reflect and realize what he should work on.
- The new commitments we have for the year 2025 should also bring about a spiritual and moral revolution.
- Making sure to stick with goals and being realistic.
- Necessary for every goal to require effort.
- Even one change/goal can change the whole character of a person such as the example of the thief who stopped lying.



Presentation Overview

Slide 2

Pose slide question to the Atfal: What are your goals for the year 2025?

Take a number of answers from Atfal.

- *Encourage them to answer in any way; sports, games, spiritual goals such as improvement in prayers, giving sadqa, books, education.*

Slide 3

Pose slide question to the Atfal: What goals did you find challenging to complete in the past year?

Take a number of answers from Atfal, this can be related to anything they feel.

- *improvement needed in sports, hobby, religion, education.*

Slide 4

Read the slide and ask whether they are committed to the instructions of beloved Hudhur in making a change.

Slide 5

Pose question to Atfal to do a self check

Take a number of answers from Atfal

- *Highlight the importance of each sub topic in the presentation, read the content and explain to them that are they keeping up to the standards needed.*

Slide 6

Play the video of Khalifatul-Masih Mirza Masroor Ahmad (aba) in regards to starting the new years.

Presentation Overview

Slide 7

Read the story of khalifatul Masih IV (rh) - Hazrat Mirza Tahir Ahmad how he spent his time on New Year's Eve.

Slide 8

Pose the question and ensure Atfal understands the best way to celebrate New Year's Eve. Ideas below:

- Celebrate by praying and showing gratitude to Allah and for your future*
- Getting together in the mosque and offer congregational Tahujjud.*
- Fajr Fit, start the year being active and fit.*
- Cleaning the public areas of your city*

Slide 9

Step 1: Take Small Steps

- Encourage them to set practical and realistic goals to ensure they are achievable.*
- Divide the goal into manageable parts to prevent exhaustion. For instance, when starting tahajjud (voluntary prayers), begin with just two rakats instead of attempting the entire prayer until you can progress to Step 2.*

Step 2: Consistency is Key

- Remind them that maintaining consistency is crucial; they must assess whether they can stay committed to their goals. Consistency is essential for the discipline required to effect change.*
- It's counterproductive to overcommit and become fatigued, leading to giving up; instead, keep the goals consistent.*

Step 3: Dua

Presentation Overview

Slides 10 and 11

Impose the Question to the Atfal, what does it mean to tie your camel?

Take a number of answers from Atfal, give them hints that this is a hadith from the Holy Prophet (saw) and what does it mean? hint towards the pictures in the slide so they can have a clue.

Read slide 11 and highlight the importance that the goals committed for the New years also require your effort first

Slides 12 -14

Present the Question to the Atfal: Can we actually turn our lives around?

- *Gather various responses from the Atfal.*
- *Review slide 13 of the story and introduce the question from slide 14.*
- *Answer: Whenever he felt the urge to steal, he would recall his promise to avoid lying. This commitment prevented him from stealing, as he would have to tell the truth if asked.*

Highlight the significance of committing to even a single goal, as it can lead to profound transformation, just as the man experienced a complete change through his commitment.

New Year's Vision

Board Activity

Take Away: A fun visual and tactile activity that prompts Atfal to self-reflect and select goals they wish to achieve in the 2025 year.

Materials Required - Purchase if needed (send receipt to your Qaid for reimbursement):

1. Colored Markers, Colored Pencils, and Pens
2. Please print the Vision Board Template in COLOR and on CARDSTOCK PAPER for EVERY Tifl.
 - a. Ex: If you have 20 Atfal, print out 20 colored Templates on cardstock paper.
 - b. The easiest way to print on Cardstock paper is from Staples, Office Max, etc. and give the receipt to your Qaid.
 - c. The Vision Board template can be downloaded by clicking this link:

[Vision Board \(PDF\)](https://drive.google.com/file/d/1jCbe1QTHY8FuGa3dROkT3yTTt_zWVF3w/view)

https://drive.google.com/file/d/1jCbe1QTHY8FuGa3dROkT3yTTt_zWVF3w/view

New Year's Vision

Board Activity

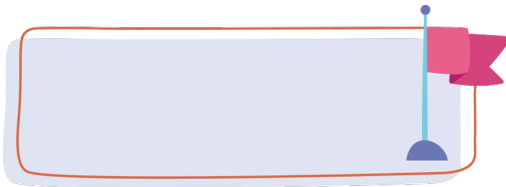
Activity Instructions:

- Distribute the New Year Vision Board template to every Tifl in class. They will now practice what they learned.
- Give Atfal a minute to reflect on what they want to improve spiritually in 2025.
- Every Tifl selects three goals from the list on slide 17. They write those goals in the “goal” boxes.
- The fourth goal they select and write can be anything they wish and does not have to be from the list. ex: Playing more basketball, getting straight A's, beating Mario Kart boss, etc.
- Atfal draw pictures of their goals in the blank white spots.
- After everyone is finished, have them share their goals with one another.
- Atfal will keep their completed vision boards and take them home. They should frame it or hang it in their bedrooms, fridge, or anywhere they can view it often.
- Encourage them to look at their vision board often and try to focus on achieving the goals they have set throughout 2025. When they feel they have achieved them, they can checkmark it off.
- In late January and every quarter, the Tarbiyyat department will check in to see how their New Year Vision Board goals are progressing. Those who are progressing will receive a prize.

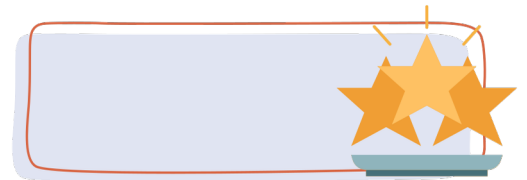
Vision Board (PDF).

Please click the link above and download the Board

☐ GOAL 1:

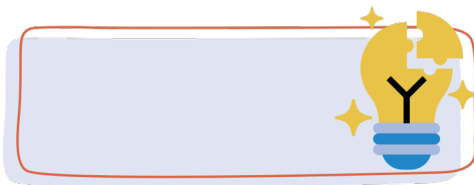


☐ GOAL 2:



ATFAL NEW YEAR'S
VISION BOARD

☐ GOAL 3:



☐ GOAL 4:

