

(as)

نُور

PARENT/TEACHER GUIDE FOR DEEPER LEARNING

dear**Muslim**kids

يُونُس YUNUS (as)

A Whale of a Tale

While Prophet Yunus (a)'s story is set inside the darkness of a whale's belly, his story is full of light and hope! Packed with his remarkable traits of seeking forgiveness and believing whole-heartedly in Allah (ﷻ)'s infinite mercy which provides many learning opportunities for Muslim kids and their families

Dua to Memorize:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

There is no God but You; glory be to You. I am the wrongdoer.

هَلْ جَزَاءُ الْإِحْسَانِ إِلَّا الْإِحْسَانُ *Is the reward of goodness anything but goodness? Surah Rahman (55:60)*

فَاذْكُرُونِي أَذْكُرْكُمْ *Remember Me, I will remember you - Surah Baqarah (2:152)*

Spotlight Hadith:

- "He who suppresses his anger despite being able to vent it, Allah (ﷻ) will fill his heart with peace and security on the Day of Resurrection."
- "A believer is never stricken with a discomfort, an illness, an anxiety, a grief or mental worry or even the pricking of a thorn but Allah (ﷻ) will forgive his sins on account of his patience."

Episode-based Questions:

1. What was your favorite moment in the episode?
2. Which part of Yunus (a)'s story was most powerful for you?
3. What ideas or emotions came to you while watching it?
4. What questions do you have about Yunus (a)'s story?

Key Lessons:

1. Following the straight path can and will be difficult but Allah (ﷻ) loves the patient ones who stand by their beliefs.
2. Allah (ﷻ) also loves those who repent so we must constantly seek forgiveness and strive to be better.
3. The best place to turn with all our big feelings like anger, sadness and impatience is towards Allah (ﷻ).
4. We must keep our hearts full of hope in the mercy of Allah (ﷻ).
5. We must keep our souls bright with the light of remembrance even when our outer worlds are drenched in darkness.

Broader Conversation Starters:

"Waking up early for Fajr is very difficult for me but I am trying to stay consistent. Is there something you feel like walking away from because it is hard?"

"Sometimes when I'm very angry or sad, it takes a lot of work to remind myself to make dua to Allah (ﷻ), I'd love some advice on how to remember to think of Him in those times. Will you help me come up with a plan?"

"I have been working towards a goal for a very long time and each day I get only a tiny bit closer. I wonder why Allah (ﷻ) makes us wait for the things we want. What do you think?"

"You know the Prophet (ﷺ) said that when Allah (ﷻ) wants good for someone He (ﷻ) afflicts them with trials but how would we explain that to someone who isn't a Muslim? Wouldn't they wonder how trials can make us good? What would you say?"

"What do you think is a Muslim value that goes against popular opinion? Give me some ideas and then I'll share some too."

Extended Application:

- Remind your Muslim kid about Yunus (a)'s characteristics during daily routines. For example:
 - "I know this is difficult right now but remember how Yunus (a) was rewarded for his patience? It is always worth it in the end."
 - "Tawakul is when we trust Allah (ﷻ) with ALL our hearts even when we can't see the light or the future, just like Yunus (a)."
- The Prophet (ﷺ) said that anyone who reads the dua of Yunus (a) and asks for something, Allah (ﷻ) responds to them. Practice it with your child, print it out and hang it on the walls of your home and remind them to read it every time they make dua.
- Discuss things you can do as a family in moments of anger and impatience: for example drinking water or bringing water to the family member who is angry, changing positions, reading a'oodhu billah and keeping each other accountable in an understanding way.

- Come up with everyday ways to remember Allah such as reading Quran during commutes to school, dhikr circles before bed and making a five minute dua after each prayer. Help them set an intention to be of the Sawtun Maruf, the voices familiar to the angels.

Parenting Tip:

Our Muslim kids are faced with overwhelming emotions on a daily basis. If Yunus (a), one of the best of men chosen by Allah (ﷻ) can react in anger when overwhelmed and be forgiven by Allah (ﷻ), surely we, too, can understand the reactions and outbursts of our children. Take these moments as opportunities to teach patience as well as the importance of seeking forgiveness when we have wronged others or disobeyed Allah (ﷻ). Look beyond the mistake and teach your children of the boundless Mercy of Allah (ﷻ), how they are loved by Him and you and how they are more than their moments of weakness. Inspire goodness in them by reacting with patience and apologizing for your own mistakes.

Additional Resources:

Quran

Surah Yunus is named after the Prophet Yunus (a).
Surah An Nisaa, Surah Al Anaam, Surah Al Anbiya,
Surah As Safaat and Surah Al Qalam cover bits and
pieces of the story of Yunus (a).

The dua of Yunus (a) is mentioned in Surah A
I Anbiya (21:87-88).

Books & Picture books

Qasas un Nabiyeen - Maulana Abul Hasan Ali Nadwi
Migo and Ali: Love for the Prophets - Zanib Mian
The Story of Prophet Yunus - Saniyasnain Khan
Prophet Yunus and the Big Fish in the Sea - The Sincere
Seeker Collection
Prophet Stories from the Quran - Anisah Anisah
Prophet Yunus Swallowed by The Whale - Saadah Taib

Activities

Peg Whale - Islamic Kids Activities
<https://islamickidsactivities.wordpress.com/2014/07/27/prophet-yunus-as-whale/>

Yunus and the Whale Free Unit Study - Teacher Mom Plus 3
<http://teachermomplus3.blogspot.com/2019/12/yunus-as-and-whale-free-unit-study.html>

Videos (YouTube)

What Nuh (a) Promised His People - Omar Suleiman
<https://www.youtube.com/watch?v=D34zMIrattyE>

The Story of Nuh (a) - One4Kids
<https://www.youtube.com/watch?v=ROx9i2Sc52Y>