

# THE UMMAH IS LIKE ONE BODY

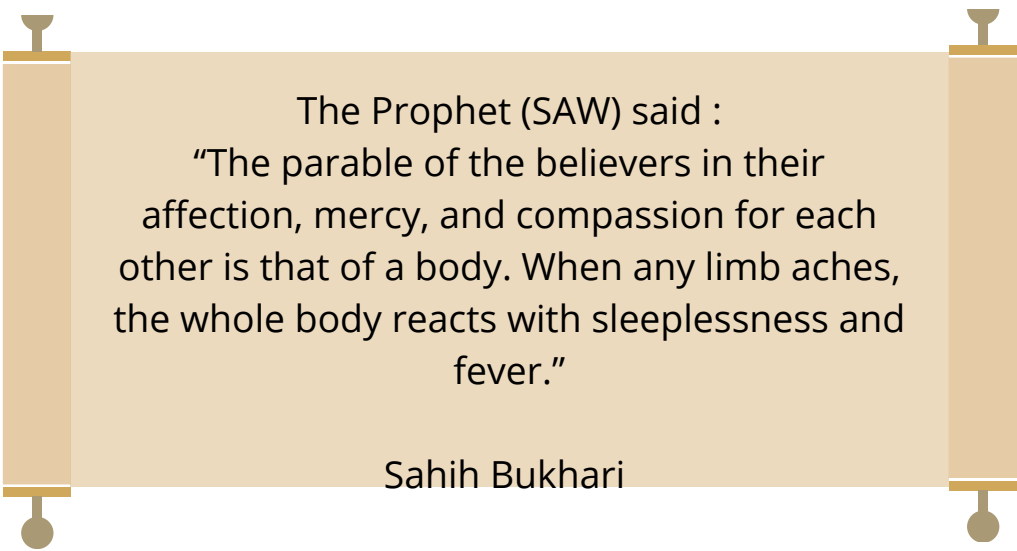
The aim of this activity and lesson is to introduce empathy and highlight the Hadith of our Prophet SAW regarding our Ummah through open discussion.

From a young age, we can instil and encourage empathy for another person's pain, we can raise our children to be mindful of others' suffering and not be indifferent to it.

Depending on the age/understanding of your child you can modify the suggested narration. During the discussion, I suggest briefly talking about some of the other places in the world where injustice is taking place, being careful not to overwhelm them.

What do you need for this activity:

- Print off the activity page
- Paints (to be used as finger paint or using cotton swab)
- cotton swab (optional)



The Prophet (SAW) said :  
"The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever."

Sahih Bukhari

*What does this mean?*

Think about the last time you got hurt on one part of your body, for example if you had an insect bite or a bee sting on your leg. Could the rest of your body or mind ignore or not think about the pain because it's only on one part of your body?

When you get hurt anywhere in your body, you react with pain, restlessness and fever until that part of your body feels better again.

The Prophet (SAW) used the example of the entire ummah being like one single body, to show us how if even one person from this ummah is suffering and in pain, it should hurt us too, as if that person is a part of us.

Discuss some scenarios together for a few minutes, for example, how do you feel when someone in your class or masjid does really well in something - how does that make you feel? What about when something bad happens to the same person - how does that make you feel?

*Note: We are opening up these conversations in an attempt to revive the Sunnah in regards to brotherhood in Islam, and to encourage true empathy for the sake of Allah.*

There are many people in different parts of the world that are hurting right now, can you think of any you may have heard of recently? How does that make you feel?

When something hurts us or makes us feel sad, we make Du'a to Allah to make us feel better, right? Do you think we can include all those who are hurting in our Du'as too?

Here is a drawing of a body which represents the entire Ummah, the flag of Palestine represents the people of Palestine that are hurting right now. How will the rest of the Ummah/body feel?

Activity: Finger paint (or use cotton swab) in different colours all over the body below to illustrate how pain in one part of the body will cause pain all over the body

