Topic of the hadith

Anger



A man said to the Prophet ﷺ, “Advise me.” He said, “Do not become angry.” The man asked again and again, and each time he said, “Do not become angry.”

Narrated by Abu Hurairah

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How to *control* anger

When you feel anger rising inside you, stop, and try these steps.

From the Sunnah

Seek refuge in Allah

Two men argued in front of the Prophet ﷺ, and one of them became very angry. The Prophet ﷺ said that if he said these words, his anger would go away.

Say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu billahi min ash-shaytan ir-rajim

I seek refuge in Allah from Shaytan, the outcast.

Sahih al-Bukhari 6115

Change your position

The Prophet ﷺ said that if one of you becomes angry while standing, he should sit down. If the anger goes, good. If not, he should lie down.

- **Sit down if you are standing**
- **Lie down if you are sitting**

Sunan Abi Dawud 4782

More things that help

Make wudhu

Wash slowly, and take your time.

Drink some water

Take small sips and slow, deep breaths.

Remember

"The strong person is not the one who can wrestle others down. The strong person is the one who controls himself when he is angry."

Sahih al-Bukhari 6114

Activity 1

Anger management

Talk about each question together, then write or draw the answers.

What kind of face do you have when you're angry?

Draw it, or describe it in words.

How do you behave when you are angry?

What do you say?

What could your anger help you to achieve?

Ways to *calm* down

What are some other ways of handling my anger?

What helps when you are angry?

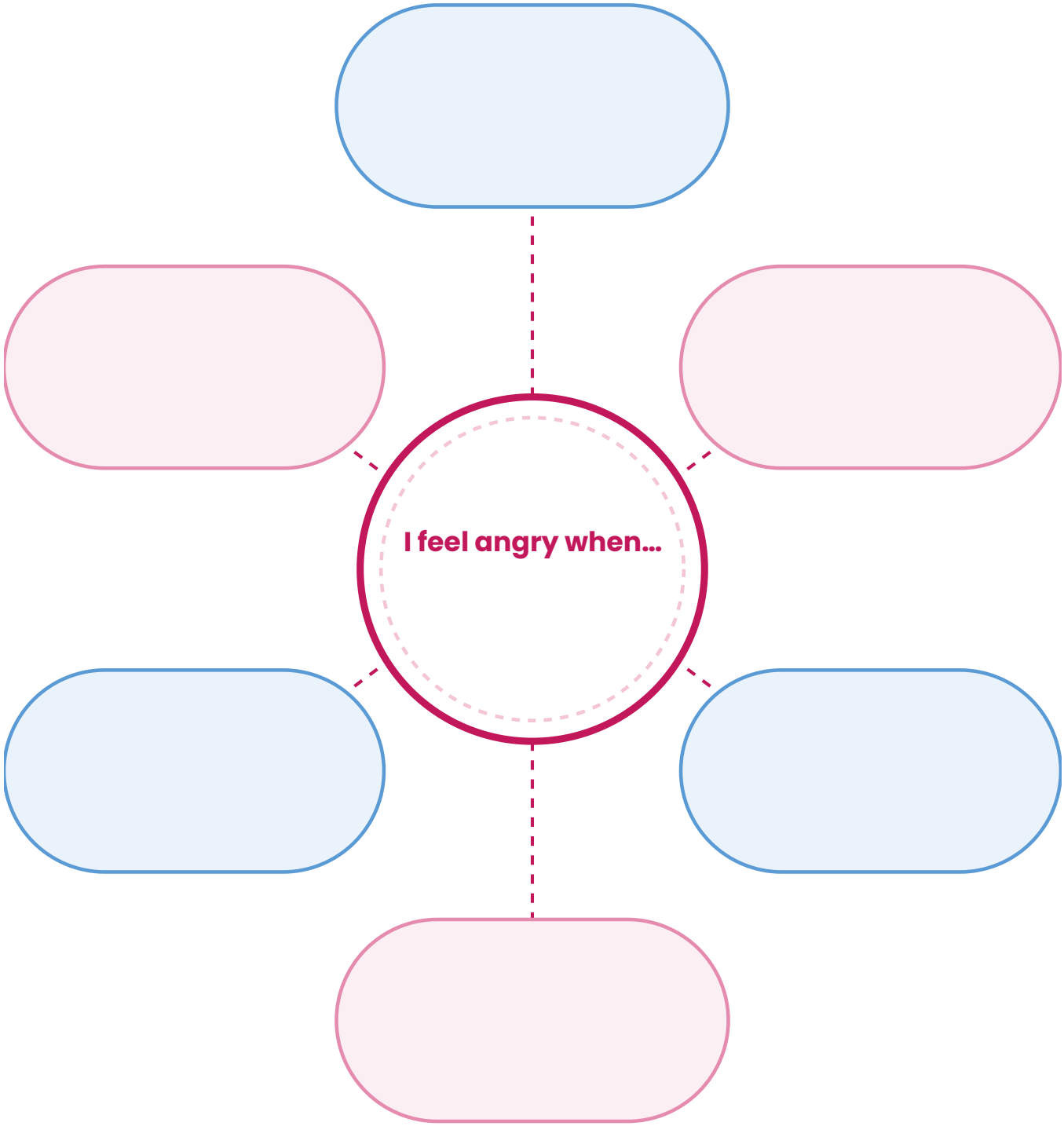
Write one idea in each rosette.



Activity 2

My anger *triggers*

What makes you feel angry? List as many triggers as you can, one in each bubble.



Activity 3

Dos and don’ts

Ask your child to write down what they should and should not do when they are angry.

When I am angry, I should...

When I am angry, I should not...

Story time

The story of *Habil and Qabil*



Shaytan loves to make us angry.

He wants us to say and do things that Allah does not like.

My child, today I will tell you a story about anger. It is about the two sons of Adam (عليه السلام).

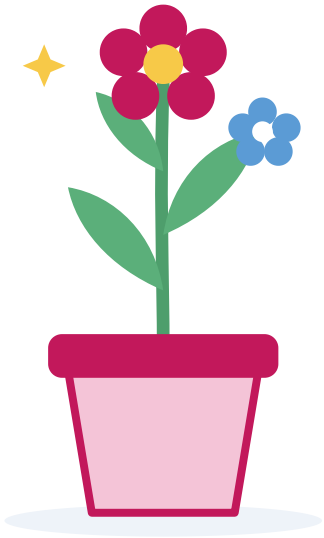
For parents

Read one page at a time. At each Pause and talk box, ask the question and let your child answer in their own words.

Allah tells us about the two sons of Adam in the Qur'an, in Surah al-Ma'idah (5:27–31).

Adam (عليه السلام) had two sons, Habil and Qabil.

They grew up together. But as they grew older, they became very different.





Habil

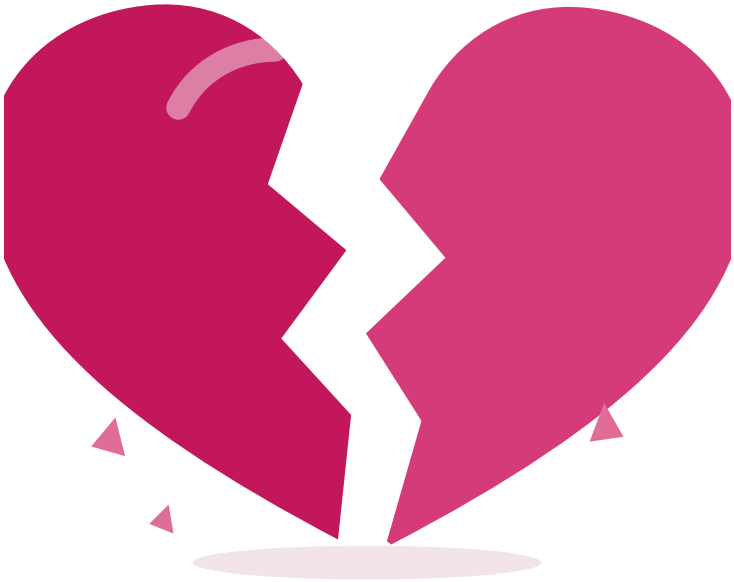
Habil feared Allah. He loved to give for His sake, and he was kind and gentle.

Qabil

Qabil let jealousy grow in his heart, and he was often unhappy with what he had.

Pause and talk

Which brother would you like to be like? Why?



Shaytan whispered to Qabil again and again.

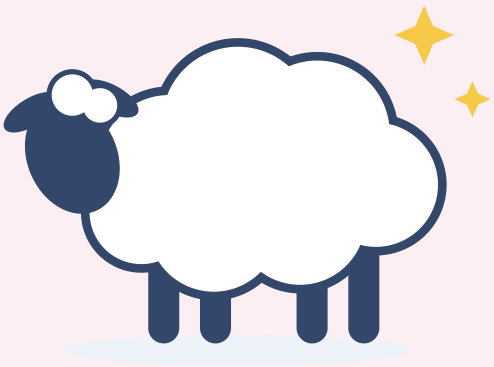
The jealousy in his heart grew bigger and bigger. Instead of asking Allah to clean his heart, Qabil kept feeding his jealousy, until it turned into anger.

Pause and talk

Have you ever felt jealous of someone? What could Qabil have done instead?

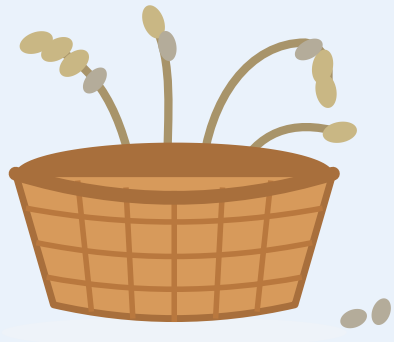
One day, Habil and Qabil each offered a gift to Allah.

A gift offered to Allah in this way is called a *qurban*.



Habil

Habil looked after animals. He chose one of his very best to give.



Qabil

Qabil was a farmer. He gave some of his poorest crops.

Pause and talk

Why do you think Habil chose one of his very best? What good thing could you do for Allah's sake this week?



Allah accepted Habil's gift, but not Qabil's.

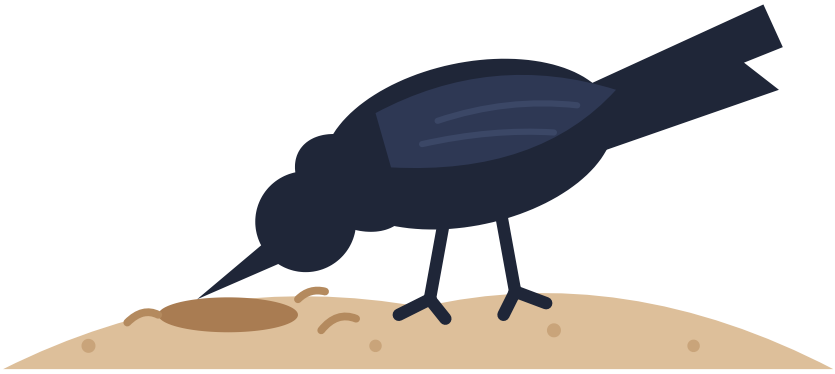
Qabil became furious. He said to his brother, "I will kill you!"

> Habil answered calmly:
>
> **"Allah only accepts from those who fear Him. Even if you raise your hand to kill me, I will not raise my hand to kill you. I fear Allah, the Lord of all the worlds."**
>
> Surah al-Ma'idah 5:27–28, meaning

But Qabil let his anger win, and he killed his brother. It was the first time a person had ever been killed on earth.

Pause and talk

Habil stayed calm, even when his brother was angry with him. How can we stay calm when someone is angry with us?



Qabil did not know what to do with his brother's body. Then Allah sent a crow, which scratched at the ground to show him how to bury his brother.

> **"Woe to me! Could I not even be like this crow, and bury my brother?"**
>
> And he was filled with regret.
>
> Surah al-Ma'idah 5:31, meaning

His regret came too late. Anger had made him do something he could never undo.

My child, when we let anger win, we can hurt the people we love most. So let's make a promise to act upon today's hadith of the Prophet ﷺ: "Do not become angry."



In shaa Allah, when I feel angry, I will...

_____

_____

Signed _____

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