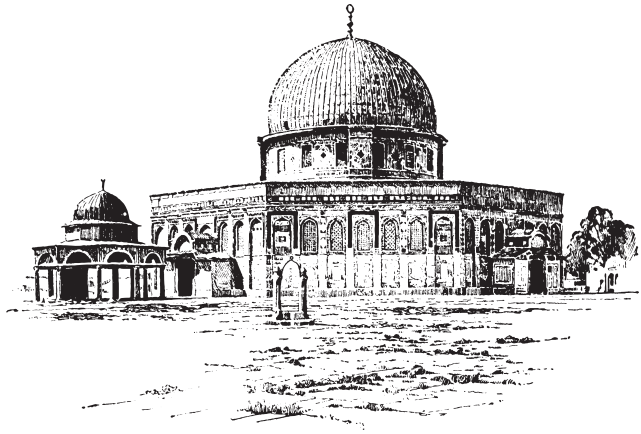


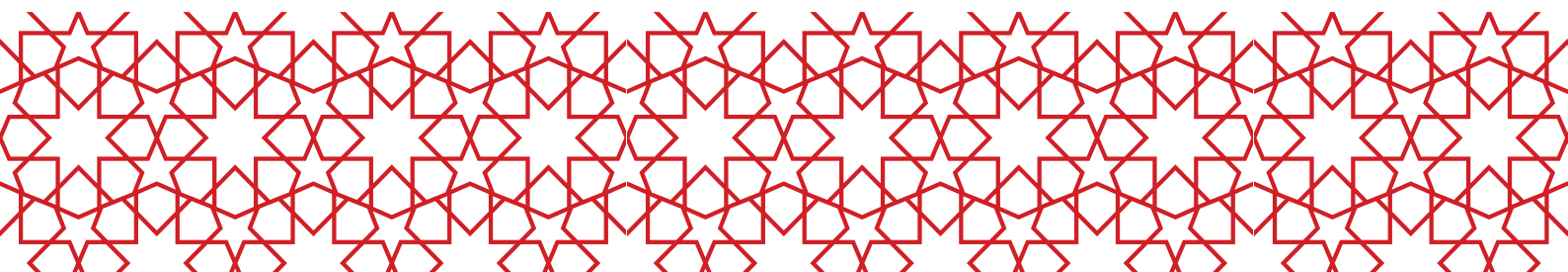
MAMA TEACHES ME PALESTINE

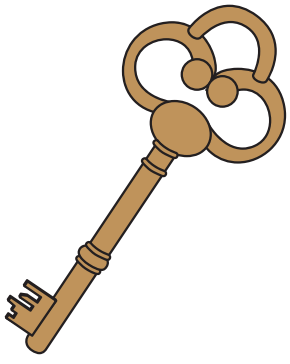


HOW TO TEACH YOUR CHILDREN ABOUT PALESTINE




A GUIDE FOR PARENTS





INTENTIONS AND PURPOSE



Teaching your children about Palestine is a journey that will take time and effort. It will be something you will revisit again and again. Be intentional in a long term study of Palestine for yourself and your children. Go at your pace, you will know what works or is age appropriate for your children as you read through the books and resources recommended.

Before you get started, make a promise to yourself to continue even if it gets difficult.

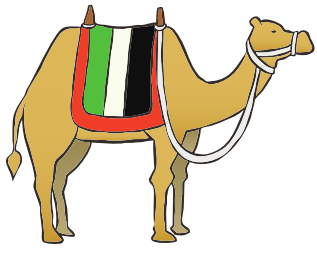
Intentions:

I want my child/children to learn....

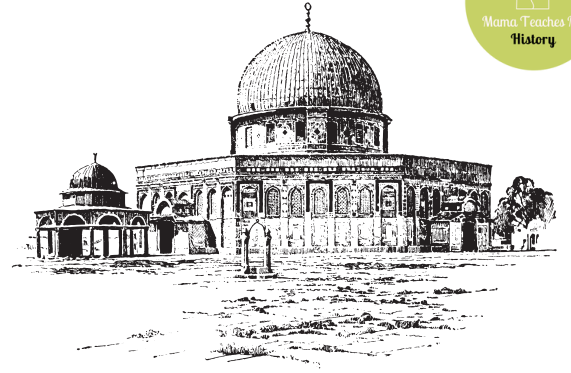
I want to instil the following habits in my child/children:

(empathy, compassion, understanding, standing up against those oppressed/bullied)





WHERE DO WE START?



Start with instilling the love of Masjid al-Aqsa – our first qiblah and the 3rd holiest masjid for Muslims by learning more about its History.

Book Recommendations:
'History of Masjid Al Aqsa'
by Abu Huzayfah
Al Aqsa Colouring Book

Investigate:

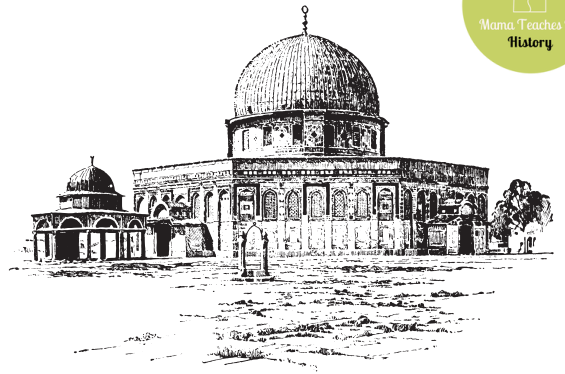
Find out about Masjid Al Aqsa:

1. When was it first built?
2. Who built Masjid Al Aqsa?
3. Where in the world is it?
4. What makes it so special?
5. Which Prophets lived in or around it?





THE PROPHETS IN JERUSALEM



You can't teach the history of Palestine without mentioning the stories of the Prophets who lived in or visited Palestine.

Book Recommendations:
'History of Masjid Al Aqsa'
by Abu Huzayfah
Prophets in Palestine
Series by Abu Huzayfah

Timeline:

To fully understand the history of Palestine, read the stories of the Prophets to your children. Many are mentioned in the Quran and Sunnah.

Investigate the Prophets that lived in or visited Jerusalem.
Can you find out which Prophets are buried in Palestine?

Activity: Map out or make a time line by recapping the stories of the Prophets in Palestine.





THE HISTORY OF AL AQSA



In order to understand the full History of Palestine, it's essential to study the history of Al Aqsa.

Book Recommendations:
MTM History: Al Quds – The Holy Land (Mama Teaches Me)

Timeline:

To fully understand the history of Palestine, dive into the history of Al Aqsa from Prophet Adam (as) to current day.

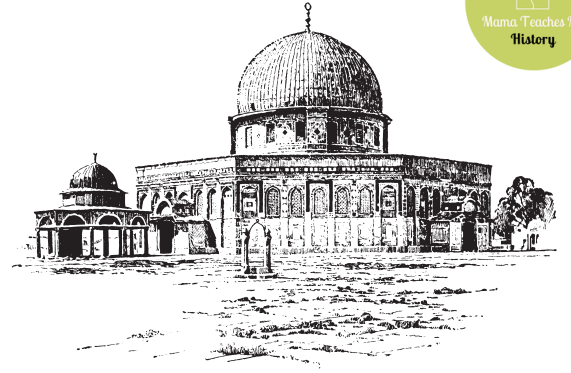
It's an overview with a 2 week plan, 3 different timelines ranging from Adam (as) all the way to present day.

Activity: Work through our Unit Study – Al Quds: The Holy Land. We've also included maps of Palestine. It's a starting point to kickstart your essential learning on Palestine.





THE NIGHT JOURNEY



One of the miracles of Prophet Muhammad (pbuh) was his night journey from Makkah to Jerusalem, Palestine.

Book Recommendations:
'The Miraculous journey by Hafsa – Mama Teaches Me

Seerah:

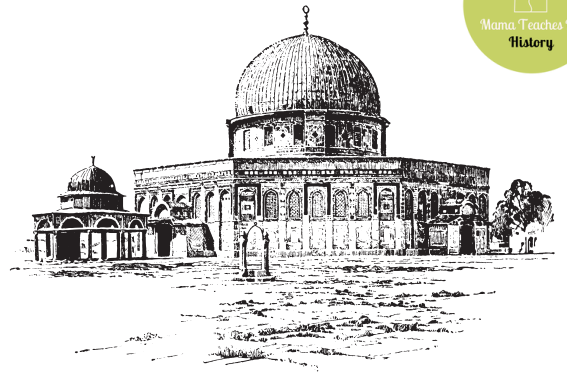
As Muslims, we look to the life of Prophet Muhammad (pbuh) for lessons and learning. Read around the Night Journey known as the Isra wal Miraj. Find out about how Prophet Muhammad (pbuh) travelled to Jerusalem in one night and what he did there.

Activity with children: Sequence the events of this journey or imagine you were in Jerusalem watching the miracle of this night, can you describe who was there and what happened?





MAP IT OUT!



Sadly, Palestine is not labelled on many maps of the world and so we need to teach our children what happened.

Resource Recommendations:

Old/New Map of Palestine
Peter's World Map
History of Masjid al-Aqsa

History:

With all this historical learning on Palestine, your children may be wondering where Palestine is on a map. You can teach them what happened by visually showing them a new and old map of Palestine.

Investigate what happened using the History of Masjid al-Aqsa book for age appropriate language and a brief overview of the politics. Remember these are the stepping stones for when our children are old enough to read around the topic further.





PALESTINE TODAY



Let's celebrate the
Palestinians for who they are
by remembering them and
learning more about their
culture.

Book Recommendations:

'Baba what does my name
mean?' by Rifk Ebeid
My Palestinian Village by
Luqman Nagy

Geography:

Flag:

Draw and decorate the flag of Palestine and hang it up on your window to show your support for the Palestinians.

Cities in Palestine:

Map of Palestine – Read the recommended books to learn more about the wonderful cities in Palestine.

Language:

Many Palestinians speak Arabic. Use Google Translate to learn some new phrases or words.





PALESTINIAN FOOD



Food is an integral part of Palestinian Culture. Dive in to try eating or making some Palestinian sweet or savoury dishes with your children.

Book Recommendations:
'Olive Harvest in Palestine'
by Wafa Shami
Secret Recipe Box by Helal
Musleh

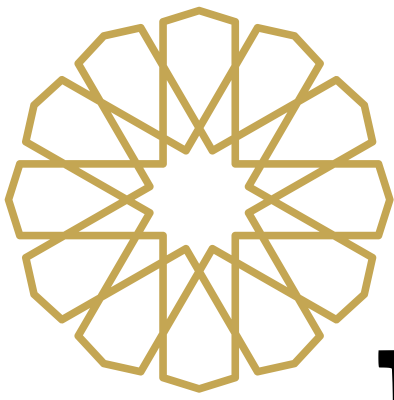
Food/Recipes:

Have a Palestinian Snacky Lunch. Buy or make falafel, olives, za'tar, hummus and labneh. Try making a Palestinian favourite dish like Maqlubeh or Musakhan or even something sweet like kunafeh. You could even visit your local Palestinian Restaurant with your children to try something new!

Story time:

Read the recommended books: Secret Recipe Box and the Olive Harvest in Palestine to learn more about the production of olive oil .





SUPPORT PALESTINE THROUGH ART



Art is powerful and sends a visual message straight to our hearts. Send a message of support to the Palestinians through art with your children..

Resource

Recommendations:

Miraj Stories App
Friends of Al Aqsa Store –
foa.org.uk

Arts/Crafts Activities to try with your children:

1. Cross Stitching by hand is popular in Palestine – try making your own design or use cross stitching to stitch the Palestine flag.
2. Make a repeated lino print of outline of Palestine.
3. Make your own beaded bracelet using red, black, green and white beads.

Send a message of support:

Write an acrostic poem, sing a song or nasheed, write a letter or make a poster. Show your support in your own creative way.





BOOKS AND RESOURCES ON PALESTINE



Have you noticed how few books on Palestine you may have on your bookshelf? So did I – now is the time to change that!

Let's invest in knowledge and understanding for ourselves and our children today!

Book Recommendations:

For Children:

1. [Baba, What does my name mean?](#) by Rifk Ebeid
2. [Olive Harvest in Palestine](#) by Wafa Shami
3. [My Palestinian Village](#) by Luqman Nagy
4. [History of Masjid al Aqsa for children](#) by Abu Huzayfa
5. [Secret Recipe Box](#) by Helal Musleh
6. [A Little Piece of Ground](#) by Elizabeth Laird
7. [Miraj Stories App](#)
8. [The Prophets in Palestine Series](#) by Abu Huzayfah
9. [Old/New Map of Palestine](#) (MTM)

For Children:

10. [The Miraculous Journey Story](#) (Seerah Project)
11. [Prophet Eesa \(as\) Bundle](#) (MTM)
12. [Al Aqsa Colouring book](#) by HandmadeBeginnings
13. [MTM History: Al Ouds – The Holy Land](#)

For Adults:

1. [Palestine on a Plate + Baladi](#) by Joudie Kalla
2. [Huma's Travel Guide to Palestine](#)
3. [Mornings in Jenin](#) by Susan Abulhawa
4. [Palestine: A Personal History](#) by Karl Sabbagh
5. [A History of Palestinian Resistance](#) by Dr Daud Abdullah

