

تسهيل الفقہ

**TAS-HEELUL  
FIQH**

1



تَسْهِيلُ الْفِقْهِ

**TAS-HEELUL  
FIQH**

1

**Tasheel-ul-Fiqh Level 1**

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## INTRODUCTION TO FIQH

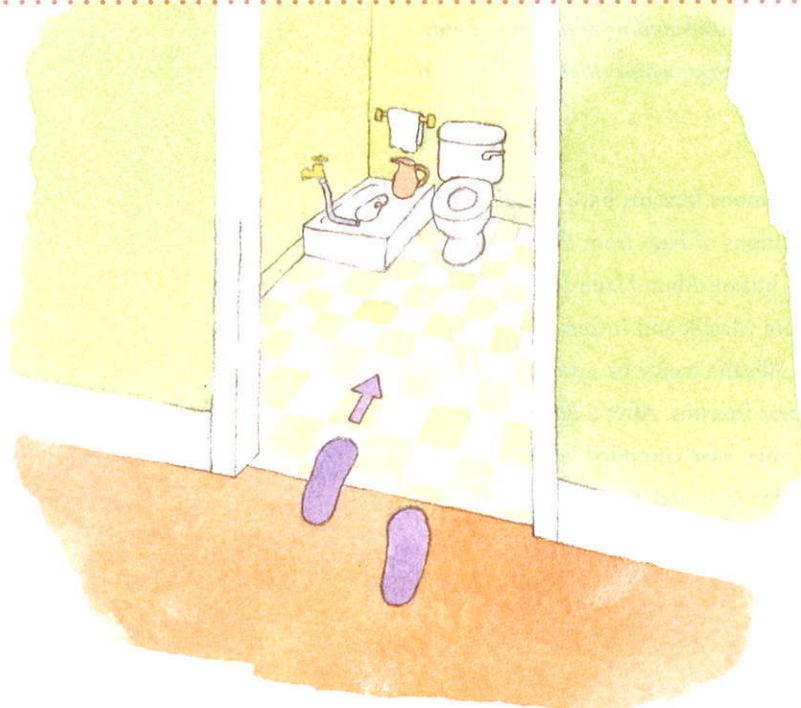
Allaah ﷺ has commanded us to worship and obey Him. He sent Nabee Muhammad ﷺ to teach us how to obey and worship Him. We cannot worship Allaah ﷺ according to our own understanding. Our worship has to be in accordance to the laws of Allaah ﷺ. The rules and regulations which outline the method of worship and obedience are termed as "Fiqh". The manner of purifying ourselves, the manner of performing Salaah, Fasting, Haj, Zakaah, Nikaah, etc. is explained to us through the subject of Fiqh. We acquire a clear understanding of the Deen through the study of Fiqh. Nabee Muhammad ﷺ said:

*"Whenever ever Allah ﷺ desires good for a person, he grants him deep understanding of the deen. I only distribute (the knowledge) whilst Allah ﷺ bestows (it to me)."*

The great and famous Imaams have extracted the rules and regulations of Fiqh from the Qur'aan and Ahadeeth. Imaam Aboo Haneefah, Imaam Shaafiee, Imaam Maalik and Imaam Ahmad bin Hambal (May Allaah's mercy be upon them) are some of the great Imaams. After a deep study of the Sharee'ah, they have compiled books on Fiqh, making it easy for us to follow the Deen.

## How to use the toilet

Muslims clean themselves after passing urine or stool. We take care that urine does not splash on our body or clothes. We make sure that stool does not dirty our body or clothes. A dirty body can make us sick, or give a bad smell. To clean oneself after passing urine or stool is called Istinjaa.



# Lesson 1

Keywords read | dua | entering | toilet

② Let's talk about how each one of us visits the toilet.

Read the du'a before entering the toilet.

Join the dots

Read and enter  
du'a before  
toilet

Colour in activity

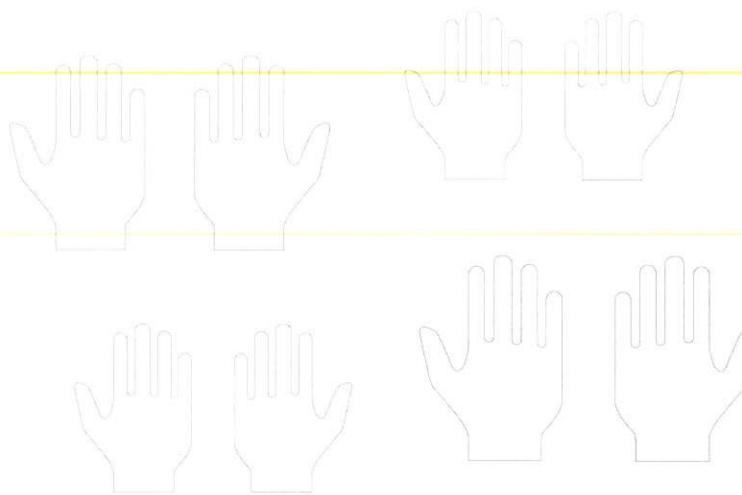
## Lesson 2

Keywords enter | left | foot

② Let's talk about how you enter the toilet.

Enter with the left foot.

Colour only the  
left hand



Join the dots

left foot

Colour in activity



# Lesson 3

Keywords sit | urinate

① Let's talk about how we sit when we are in the toilet.

Always sit and urinate.

Match the words and circle the correct one

sit .....

bit

wit

hit

sit

clean .....

bean

seen

clean

lean

hand .....

band

hand

sand

grand

Colour the words

sit

urinate

Colour in activity

## Lesson 4

Keywords urine | stool | body | clothes

② Let's talk about how to take care that you do not dirty your clothes or bathroom.

Take care that urine or stool does not dirty your body or clothes.

Join the dots

urine stool  
body clothes

Colour the words

urine stool

Colour in activity



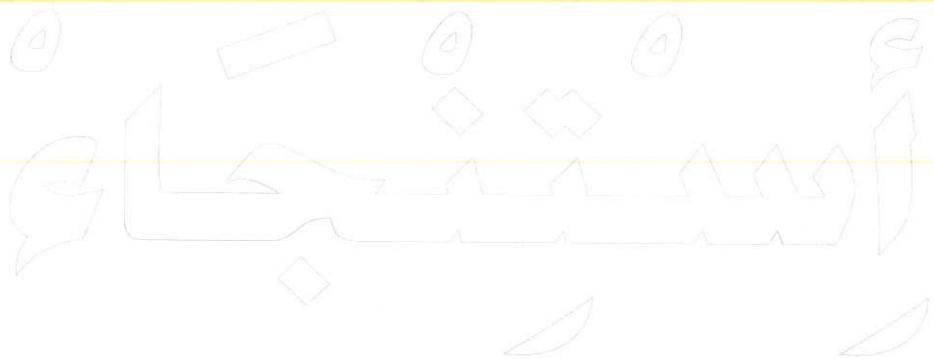
# Lesson 5

Keywords left | hand | clean

① Which hand do we use when cleaning ourselves?

Use the left hand to clean yourself.

Colour the words



i s t i n j c a

Colour in activity



## Lesson 6

Keywords toilet paper | water | mud | clean

② How does one clean oneself in the toilet?

Use water and mud pieces or toilet paper to clean yourself.

Match the word to the picture

mud



paper



toilet



Join the dots

paper      toilet

Colour in activity

## Lesson 7

Keywords leave | toilet | right | foot

① How do we leave the toilet?

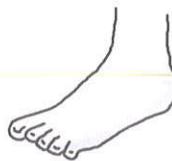
Leave the toilet with the right foot.

Match the word to the picture

foot



hand



water



Colour the words

right

foot

Colour in activity

## Lesson 8

Keywords read | dua | leaving | toilet

② What do we do when leaving the toilet?

Read the dua after leaving the toilet.

Join the dots

رَبِّنَا

دُعَا

لِمَنْ يَرِدُ إِلَيْكُمْ

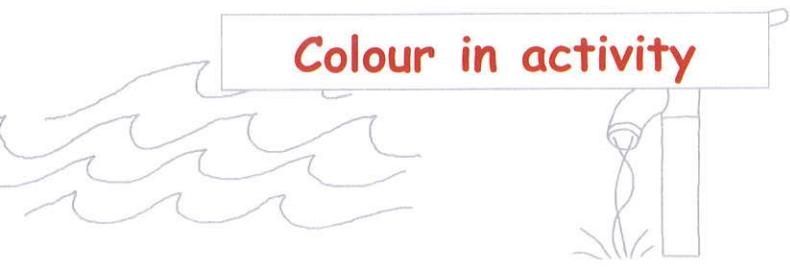
لِمَنْ يَرِدُ إِلَيْكُمْ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Let's talk

What do we do after passing urine or stool?

Colour in activity



## 9. Poem

Eight things - Eight things - Are Muslims doing!

Eight things - Eight things - Are Muslims doing!

We seek the protection of Allaah before entering

Left foot - Left foot - When stepping

Eight things - Eight things - Are Muslims doing!

We relieve ourselves sitting

Careful - Careful - No splashing

Eight things - Eight things - Are Muslims doing!

We use the left hand when cleaning

Water - Water - When washing

Eight things - Eight things - Are Muslims doing!

We step with the right foot when leaving

Praise - Praise Allaah after going

Eight things - Eight things - Are Muslims doing!

Colour in activity

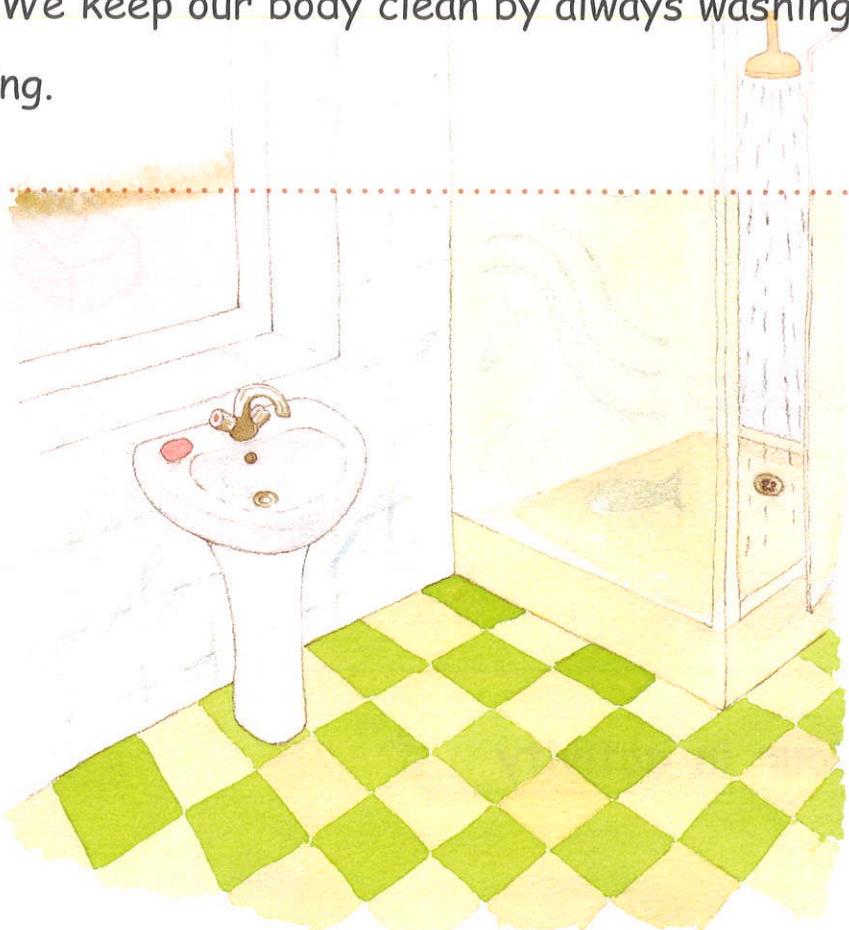
## 10. Questions - Istinjaa

1. What does istinja mean? .....
2. What must we read before entering the toilet? .....
3. How should I care for my body and clothes when in the toilet? .....
4. With which hand must I make istinja? .....
5. Can I stand and urinate? .....

## Keep your body clean

### When washing or bathing:

Muslims stay clean and neat at all times. Allaah ﷺ loves those who are clean. Shaytaan likes those who are dirty. A dirty body smells and we can become sick. We keep our body clean by always washing and bathing.



# Lesson 11

Keywords soap | water

① What do we use to clean ourself?

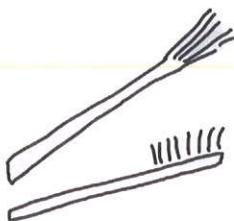
We use soap and water.

Match the word to the picture

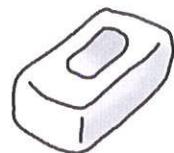
soap



bath



miswaak



Join the dots

Soap

water

Colour in activity



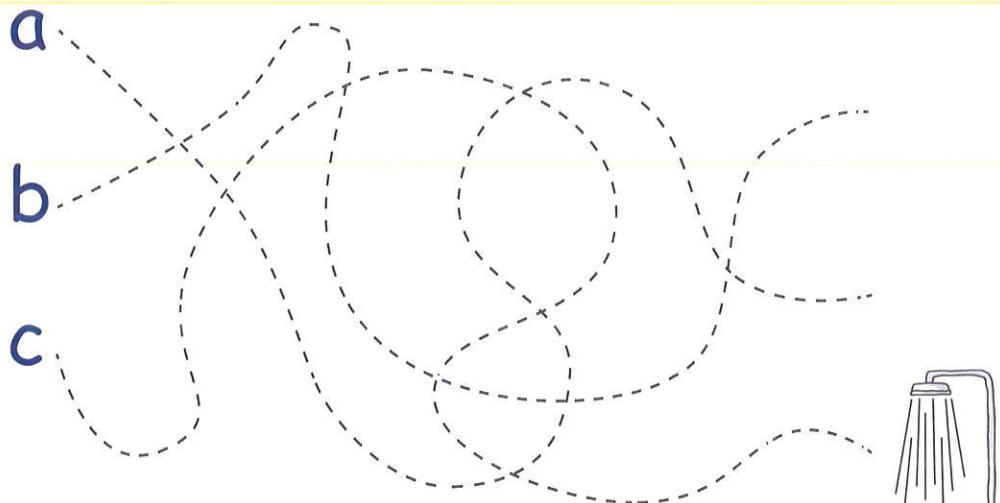
# Lesson 12

Keywords clean | each part | properly

② How do we clean ourself?

We clean each part properly.

Which way to the shower?



Colour the words

clean properly

Colour in activity

# Lesson 13

Keywords rinse | body | clean | water

② How do we rinse ourselves?.

We always rinse our body with clean water.

Match the words and circle the correct one

**sit** .....

bit

wit

hit

**sit**

**clean** .....

bean

seen

clean

lean

**hand** .....

band

hand

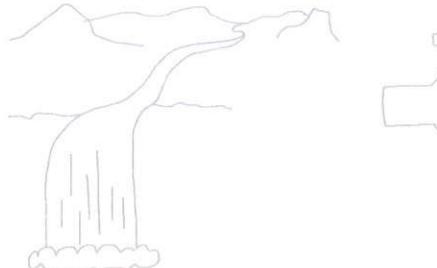
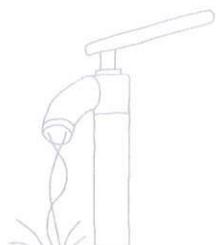
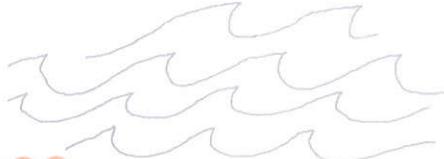
sand

grand

Join the dots

body clean water

Colour in activity - Clean water



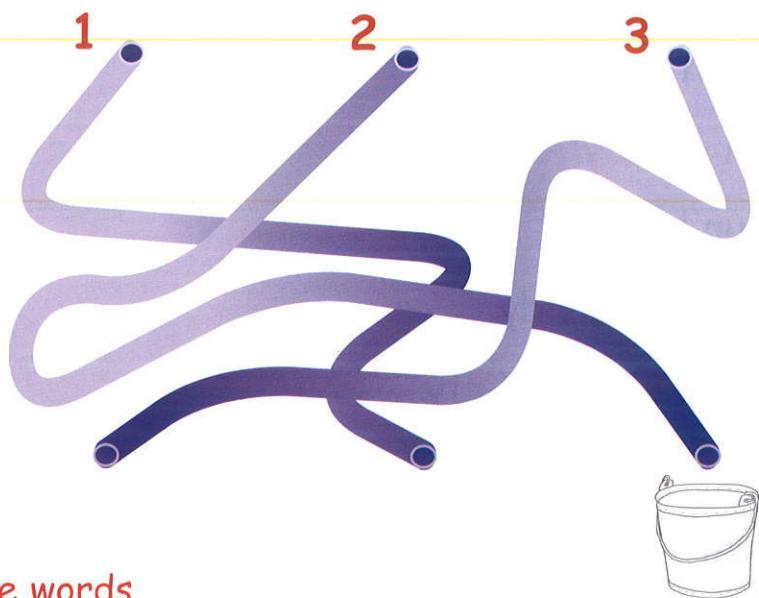
# Lesson 14

Keywords do not | waste | water

② Let us talk about how we waste water.

We do not waste water.

Which pipes waste water?



Colour the words

Colour in activity

## 15. Poem

### Hush Hush Baby

Hush - hush - baby!

Do not stay dirty

Soap your body

And wash it properly

Hush - hush - baby!

Rinse your body

Allaah loves the tidy

Shaytaan likes the dirty

Hush - hush - baby!

Do not stay dirty

**Colour in activity**

## 16. Questions - Keep your body clean

1. In what condition must Muslims be at all times?  
.....
2. What happens if we do not keep our body clean?  
.....
3. What do we use to clean our body?  
.....
4. How do we rinse our body?  
.....
5. We do not ..... water when cleaning  
ourselves.

## Some clean habits:

Muslims make istinja after passing urine or stool. They always wash and clean their bodies. We also make sure that our teeth, hair, and nails are clean and tidy. Our mouth smells and our teeth may rot if we do not clean our teeth or make Miswaak. Long nails carry dirt and germs. Untidy hair makes us look dirty.



# Lesson 17

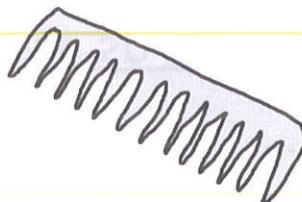
Keywords wash | hands | wake up

② What do we do when waking up in the morning?

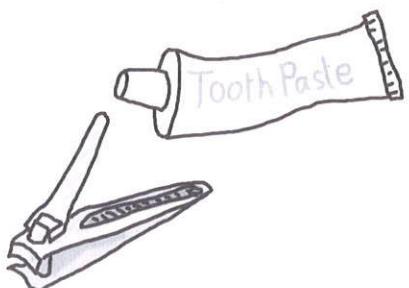
We wash our hands when we wake up.

Match the word to the picture

nail clipper



comb



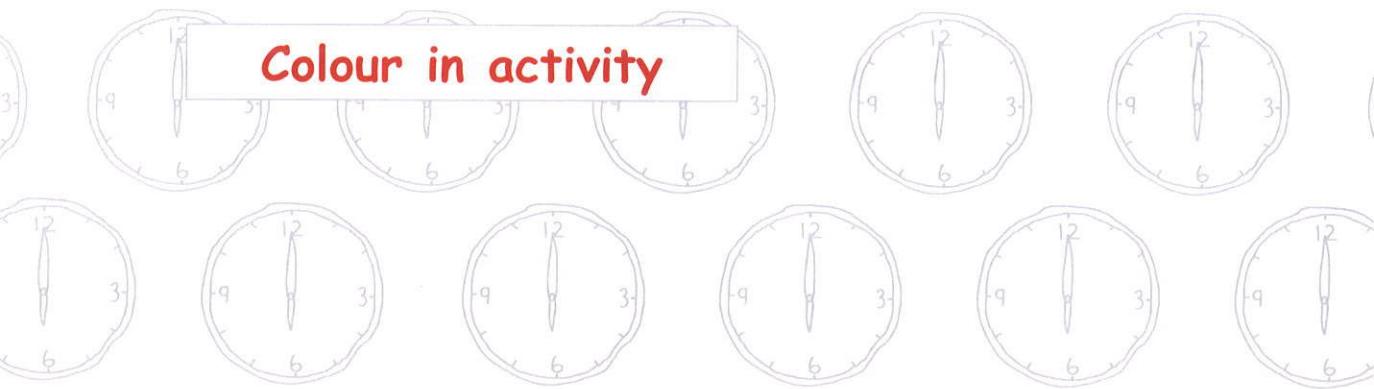
tooth paste

Join the dots

wash

hands

Colour in activity



# Lesson 18

Keywords wash | hands | before | after | eat

② What do we do before eating after eating?

We also wash our hands before and after we eat.

Match the words and circle the correct one.

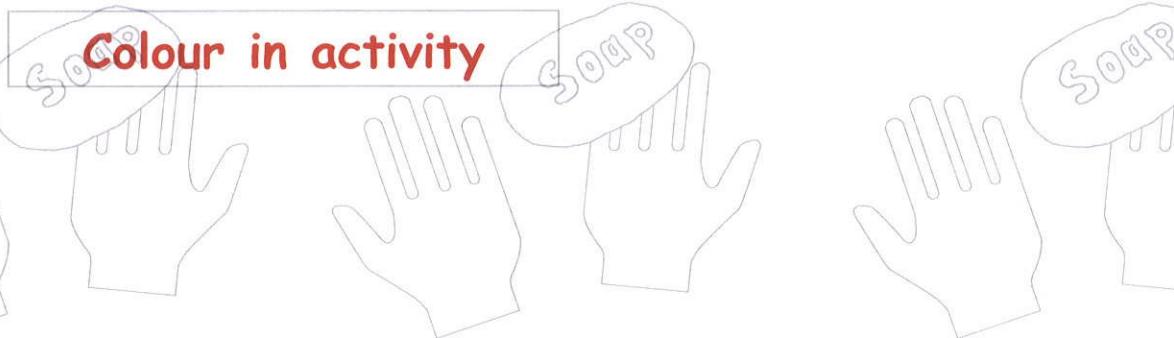
wash ..... squash posh rash wash

before ..... more before door saw

after ..... laughter rafter after

Colour the words

before after



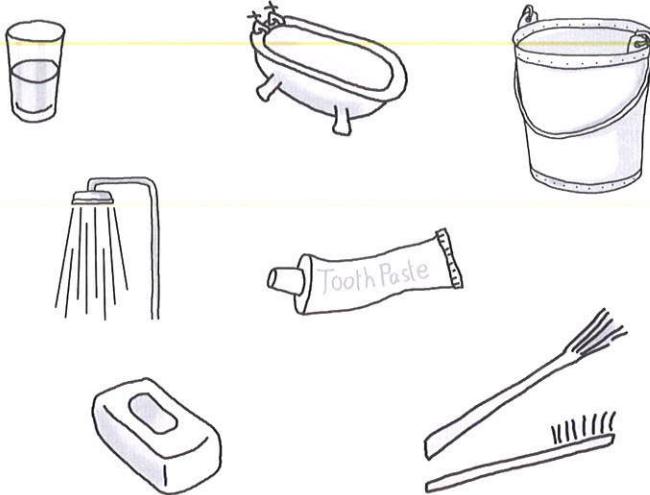
# Lesson 19

Keywords brush | teeth

② How do we take care of our teeth?

We brush our teeth.

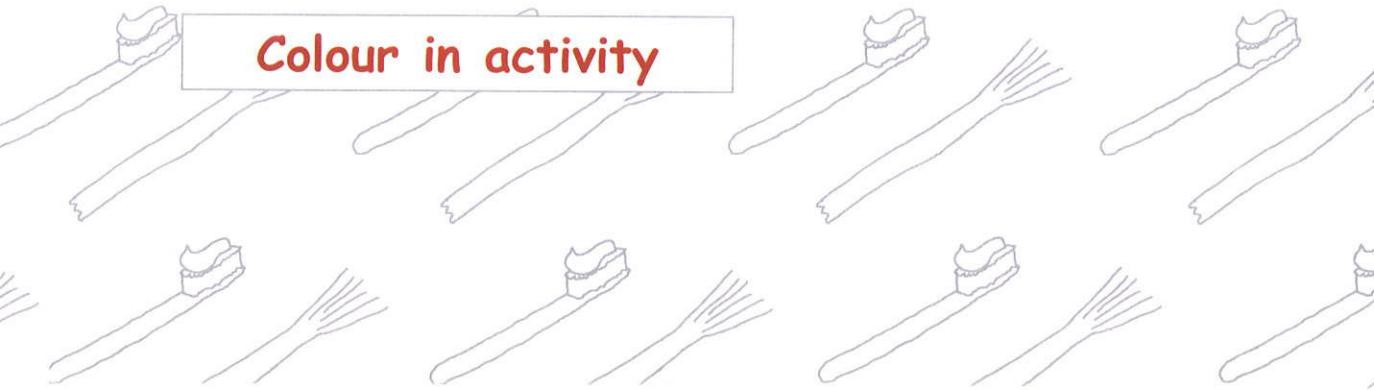
Which things do we need to brush our teeth?



Join the dots

brush Teeth

Colour in activity



# Lesson 20

Keywords cut | nails

② How do we take care of our nails?

We cut our nails.

Match the words and circle the correct one

**cut** .....

but

hut

cut

nut

**nail** .....

snail

pale

rail

nail

Colour the words

**CUT**

**nails**

**Colour in activity**

# Lesson 21

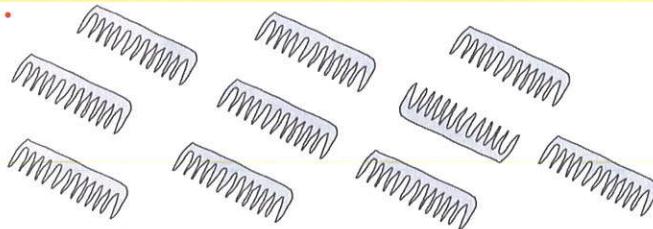
Keywords comb | hair

① How do we take care of our hair?

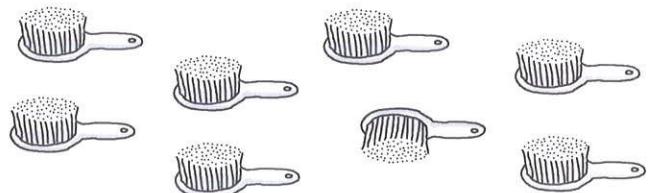
We comb our hair.

Which are the odd ones out?

1.



2.



Join the dots

combs

brushes

Colour in activity

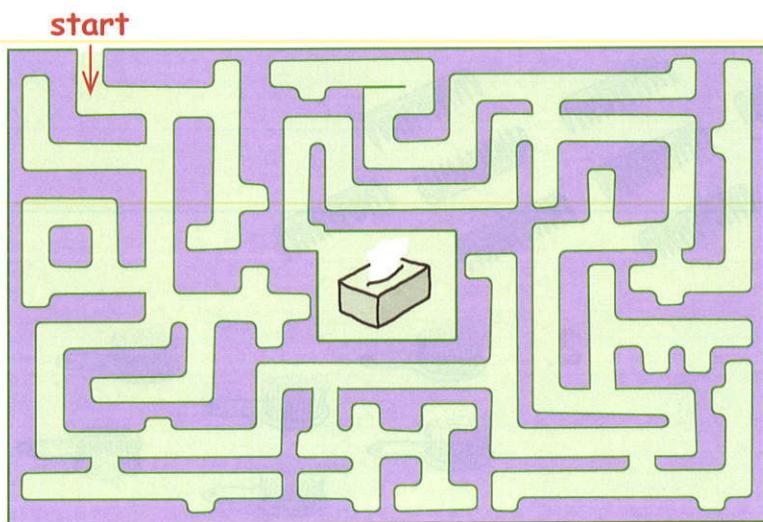
# Lesson 22

Keywords clean | nose

Let us talk about ways to keep our noses clear

We clean our nose with tissues or handkerchiefs

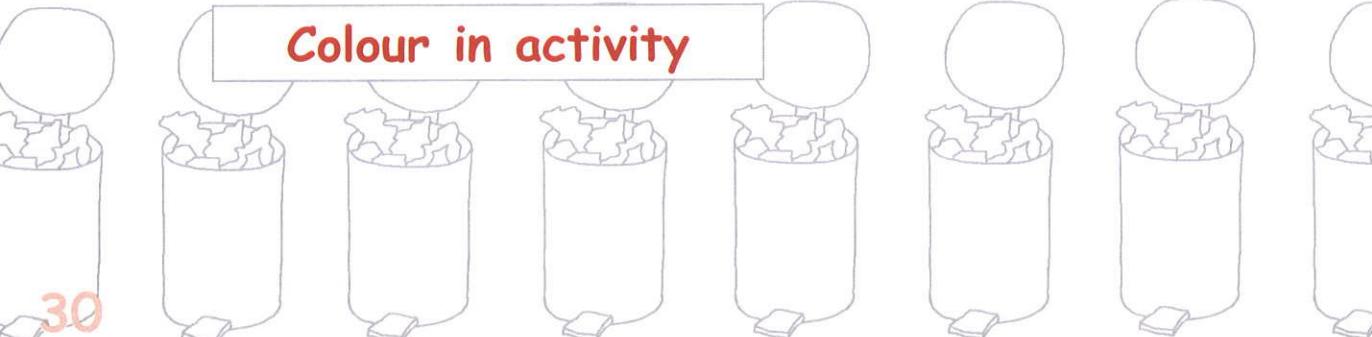
Find your way to the box of tissues



Colour the words

clean      nose

Colour in activity



## 23. Poem

### We are Muslims

We are Muslims - We are Muslims

Our hands we wash - Our teeth we brush

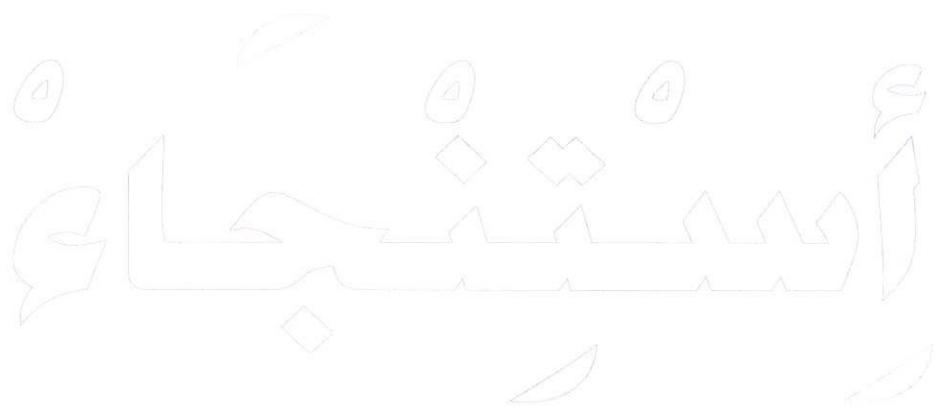
Our nails we cut - Our hair we comb

We are Muslims - We are Muslims

We cut, comb, wash, and brush

Happy, healthy, fine and fresh

We are Muslims - We are Muslims



Colour in activity



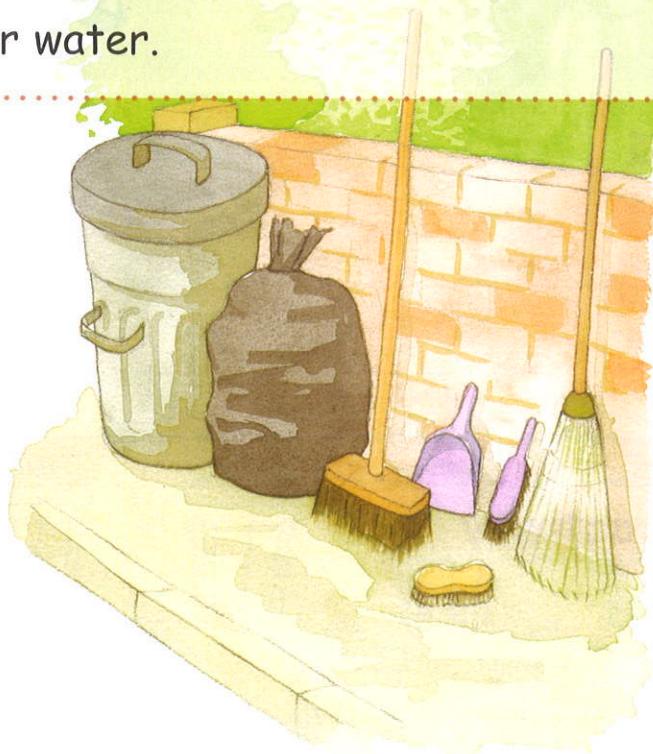
## 24. Questions - Clean habits

1. How do Muslims stay clean? .....
2. What happens if we do not clean our teeth?  
.....
3. What must I first wash when I wake up?  
.....
4. Why are long nails unhealthy?  
.....
5. How will we look if we do not comb our hair?  
.....

## Surroundings of a Muslim

### How to keep my surroundings clean:

Islaam teaches us to keep our surrounding clean, beautiful, and peaceful. Allaah loves those who keep themselves pure and clean. Muslims make sure that they do not litter or dirty their masjid, school, home, and parks. Allaah rewards us for cleaning our surroundings. Dirt and filth cause germs and sicknesses. They also harm animals, plants, and dirty our water.



# Lesson 25

Keywords throw | litter | bin

## ② What do we do with litter?

Throw all litter in a bin and not on the floor.

### Match the word to the picture

litter



bin



broom



### Join the dots

litter

bin

Colour in activity



## Lesson 26

Keywords do not | throw | rubbish | river

② When on a picnic near a stream, dam or water what do we do with our litter?

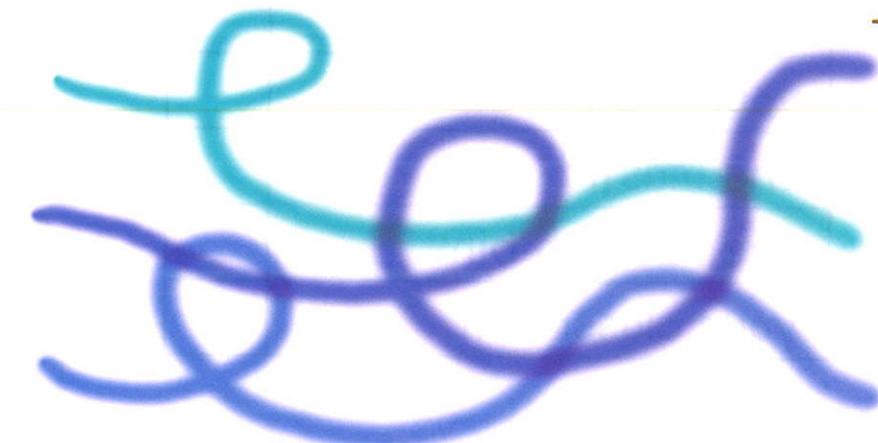
Do not throw dirt and rubbish into a river or dam.

Which river flows to the dam?

a

b

c



Colour the words

rubbish river

Colour in activity

## Lesson 27

Keywords keep | room | home | tidy

② Let us find ways to help in keeping our homes and rooms clean.

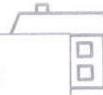
Keep your room and home tidy.

Tick the places we must keep tidy

your home	
your room	
the masjid	
the rubbish bin	
your classroom	

Join the dots

room home tidy



## Lesson 28

Keywords flush | toilet | keep | clean

② How can we help keep the toilet spotless?

Always flush the toilet and keep it clean.

Match the words and circle the correct one

flush ..... brush bush flush slush

toilet ..... boil toilet soil toil

clean ..... bean dream clean scream

Colour the words

toilet

clean

Colour in activity



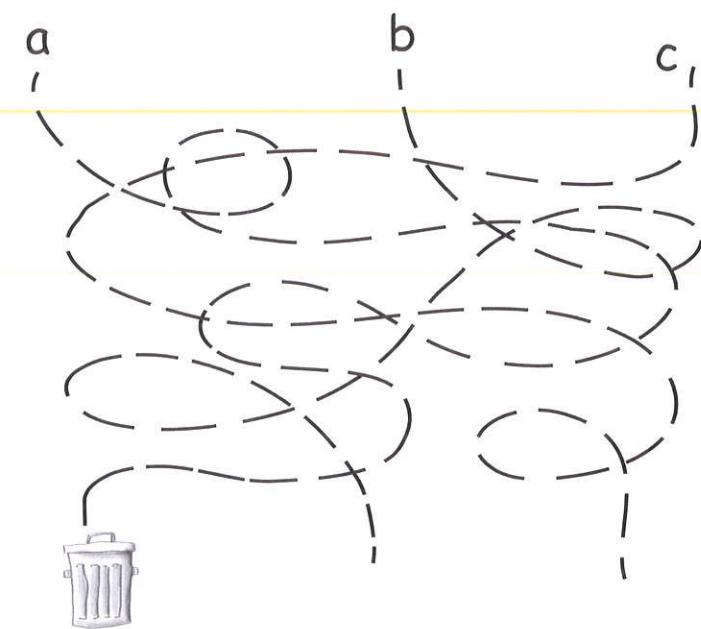
# Lesson 29

Keywords pick up | dirt | papers

② How to keep our surroundings clean.

Pick up dirt or papers around you.

Which is the right  
way to get rid of  
rubbish?



Join the dots

pick up dirt

Colour in activity



## 30. Poem

### Careful little Muslims

Careful - Careful - Little Muslim

Litter causes harm to the surrounding

Careful - Careful - Little Muslim

Fish in the dams are dying

Careful - Careful - Little Muslim

Your room needs tidying

Careful - Careful - Little Muslim

The toilet needs flushing

Careful - Careful - Little Muslim

The masjid needs cleaning

Careful - Careful - Little Muslim

Allaah rewards us for caring

Colour in activity

## 31. Questions - Surroundings of a Muslim

1. How must we keep our surroundings?

2. Who does Allaah love?

3. Dirt and filth harms

4. How do I keep the toilet clean?

5. How must I keep my room and house?

## Notes to the Muallim/ah

### This Book will come with:

1. 4 large sets of posters for the Muallim/ah to use in the class
2. 4 sets of flash cards for the Muallim/ah
3. 4 themes with a number of lessons on each theme
4. Each lesson is preceded by a question, which would encourage and stimulate discussions around the lesson
5. Suggested development of the first themes
6. Questions on each lesson to be done orally with the children as many have not as yet any basic skills of reading and writing.

The charts give the children the opportunity to identify and know the vocabulary used in the lesson. It gives way to lively discussions. The children should observe the pictures carefully and talk about the objects in them.

### Possible questions on the pictures in the charts.

What is this?

Toilet, toilet paper, taps, jug etc

Do you have a toilet similar to this one?

What do you do in the toilet?

### Flash Words

Many of the children most probably will not be able to read these words without help, but if they are displayed under the appropriate picture and the Muallim/ah discusses it, it will help the children to recognize these words. Children will identify these words and be familiar when they now find it in their kitaabs, some may able to match the words with the pictures and thus will boost their confidence.

Remember the flash cards are written in the same typeface as those in the kitaabs. Thus when writing on the board always use the same typeface so as not to confuse the children.

Give the children the opportunity to try and place the correct word under the correct picture in the chart. The dot-to-dot activities will help reinforce the words learnt.

The poems has been included to add fun and excitement in the learning and remembering of the lessons being taught.

The notes in the block serve as an introduction to the lesson. The Muallim/ah must use this in the development of the lesson.

Each theme runs over several weeks and the design of the lessons, makes it such that children would learn in a fun filled way. Every lesson is taught systematically with the ultimate object, that the child has covered all aspects of the theme.

- In Lesson 1 the children talk about how they visit the toilet.
- Lesson 2 how they enter the toilet.
- Lesson 3 how they sit in the toilet
- Lesson 4 how to take care not to soil the clothing.
- Lesson 5 Which hand to use when cleaning themselves in the toilet.
- Lesson 6 how to clean themselves in the toilet
- Lesson 7 How to leave the toilet
- Lesson 8 What to do when leaving the toilet.

**Period 1 Discussion**

- First establish from the children how each child goes to toilet.
- Now explain to the Children that as Muslims we should clean ourselves in a particular manner and this is called istinja. Introduce the word Istinja (Flash card) or write it on the board.
- Explain the key words.
- Complete the pupil activity of the writing as well as the colour in activity of the first lesson.

**Period 2**

- Revision (relevant previous knowledge)
- Remember always to revise work done previously. Istinja means...
- Introduce the key words
- The Muallim/ah must first determine whether all the children know the difference between left and right.
- **Pupil activity:**  
Play a game where children are to use their right and left hand and feet (e.g touch your right ear with your left hand, lift your left leg,) Show me your partners left hand etc.
- Now ask children how they enter the toilet.
- Complete the pupil activity.

**Period 3**

- Revision.
- Explain keywords.
- Practical activity.
- Ask the children to imagine that the class is the entrance to the toilet/recite the dua before entering (if the dua has already been learnt). Give every child the opportunity to enter with the left foot and come out with the right foot.

**Period 4**

- Revision.
- Keywords.
- Discussion.
- Ask the children how they believe themselves, tell them we are different from non Muslims children that we see at school. We do not imitate them.
- Complete the pupil activity.

**Period 5**

- Revision.
- Keywords.
- Discussion: Let the children talk about how to be careful in the toilet so as not to soil their clothes.
- Pupil activity.

**Period 6**

- Revision
- Practical Activity- Play the game of left/right once again.
- Keywords
- Discussions: Ask them which hand they use to clean themselves.
- Pupil activity.

**Period 7**

- Keywords.
- Bring along objects necessary to make istinja with to the class.
- Introduce the chart.
- Pupil Activity.
- Let the children identify the objects.
- Use the flash words and place under correct the picture.
- Pupil activity.

### **Period 8**

- Revision.
- Keywords.
- Practical activity.  
Left/right
- Discussion- How do you leave the toilet?
- Pupil Activity.

### **Lesson 9**

- Revision
- Keywords
- Discussion – What to do when leaving the toilet.
- Pupil Activity.

### **Period 10**

- Revision of all aspects learnt.

### **Period 11**

- Finally together with the entire class sing and recite along the poem which encompasses the important aspects learnt in this particular theme.
- Remember this is only a suggested method you may use any method that you think that make the lesson exciting for the child.



# 1 Fiqh made easy

