

THE HEART LEVEL 2

Teacher: Fatima

Day 8

Dua before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُوا حَيًّا



What it means:

In Your Name , O Allah , I die and I live.

Transliteration:

Bismika Allaahumma
'amootuwa 'ahyaa.

Al-Bukhari & Muslim

Kids:

If you want to be protected by Allah when you sleep, be sure to say this dua!

Mum and Dad:

Add saying this dua to your bedtime routine with the kids. You can get them to say it after they are tucked in bed.

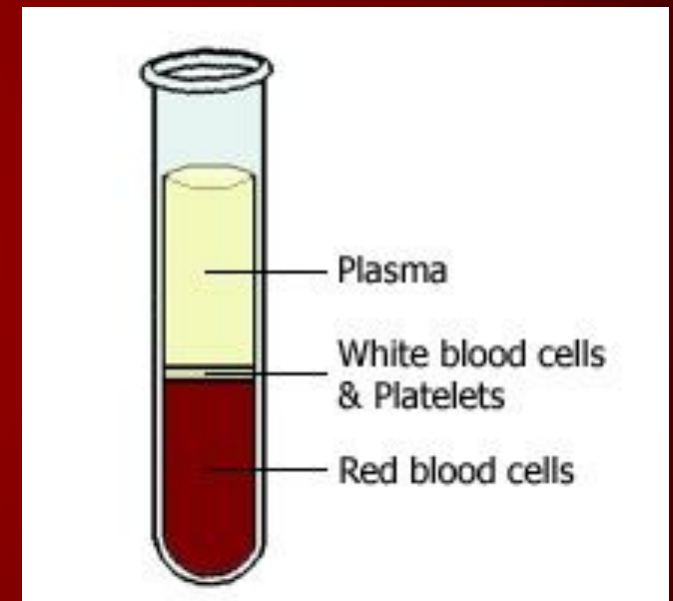


WHAT IS THE HEART?

- Your heart is really a muscle
- It's a little to the left of the middle of your chest and its about the size of your fist
- Heart is a special muscle , it sends blood around your body
- Our heart is like a pump or two pumps in one
- The right side of our heart receives blood from the body and pumps it to the lungs
- The left side of the heart does the exact opposite it receives blood from the lungs and pumps it out to the body

WHAT IS BLOOD?

- Blood is the fluid our heart sends all around our body
- The blood provides your body with the oxygen and nutrients it needs
- Blood also carries away waste
- Our blood is made of Plasma , White blood cells and platelets and Red Blood Cells



RED BLOOD CELLS AND WHITE BLOOD CELLS

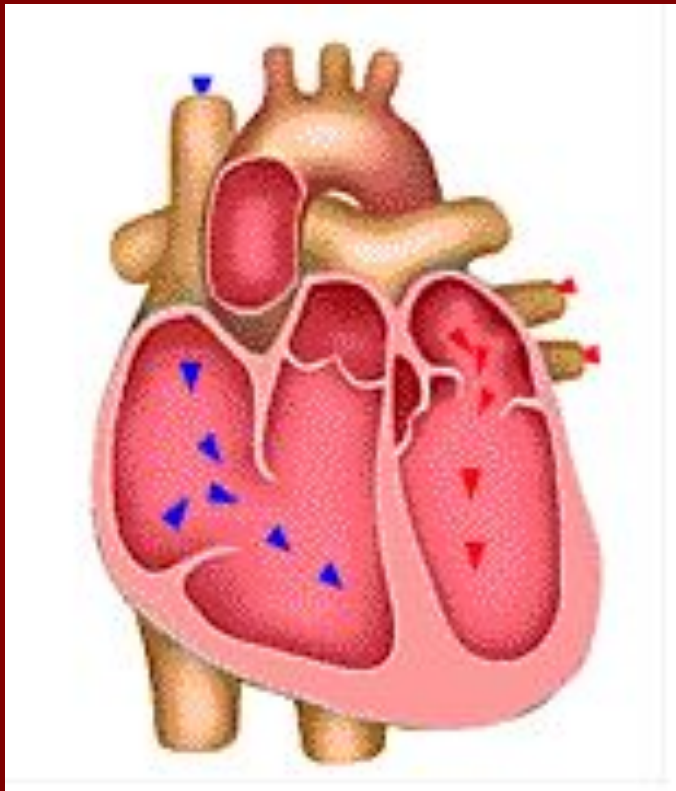
- The red blood cells in our body are like a bus they transport oxygen (passengers) all around our body
- The white blood cells in our body are like soldiers they protect our body from invaders (bacteria and viruses) and they are part of our immune response

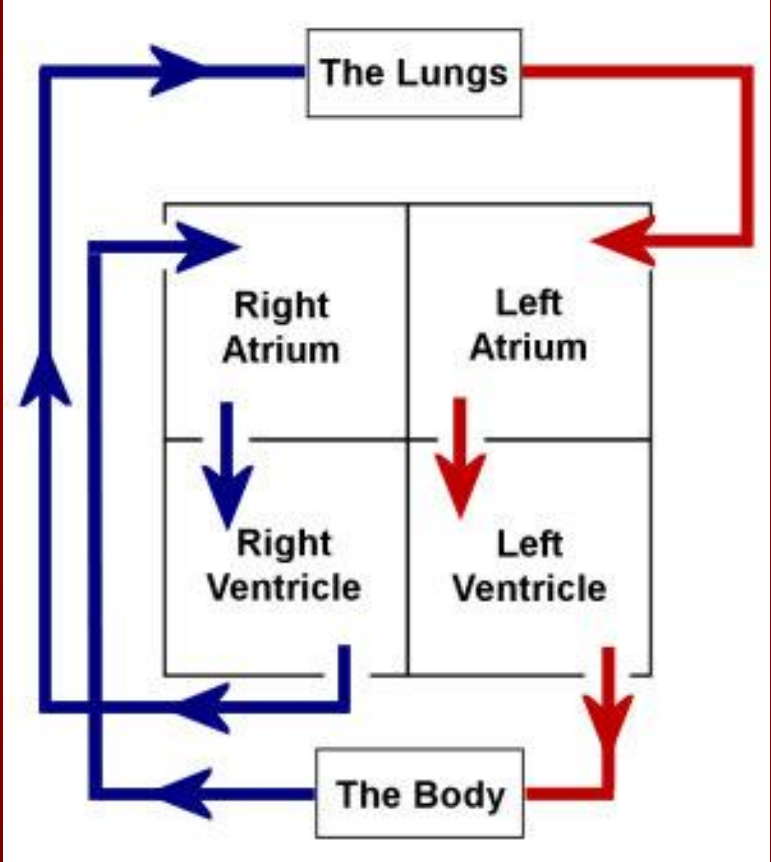
HOW DOES BLOOD CIRCULATE FROM OUR HEART?

- Well lets take a look at this drawing of our heart (draw out heart on board)
- The deoxygenated (no oxygen) blood enters through the right atrium goes to the right ventricle and leaves for the lungs
- In the lungs once we breathe air the oxygen from that air enters into our blood and makes our blood oxygenated
- That oxygenated blood then enters the left atrium of the heart and then into the left ventricle and then leaves through the aorta to the rest of the body to supply our organs with oxygen and nutrients

LASTLY WHAT SOUND DOES OUR HEART MAKE?

- LUB DUB
- LUB DUB is the sound of the doors (valves) in our hearts closing, keep that in mind when you listen to your heart!





THE CLEANING OF THE PROPHETS HEART

MIND FRESHER TIME!

WHO IS OUR FIRST PROPHET?

Prophet adam

WHO IS OUR LAST PROPHET?

Prophet Muhammad Peace be upon him

WHAT YEAR WAS THE PROPHET BORN?

9th Rabi ul awwal 571 CE also known as the Year of the
Elephant

WHAT WAS THE NAME OF THE
PROPHETS MOTHER?

Aminah

WHAT WAS THE NAME OF HIS
FATHER?

Abdullah

WHAT WAS THE NAME OF HIS WET
NURSE?

Halimah

CHILDHOOD HEART INCIDENT STORY

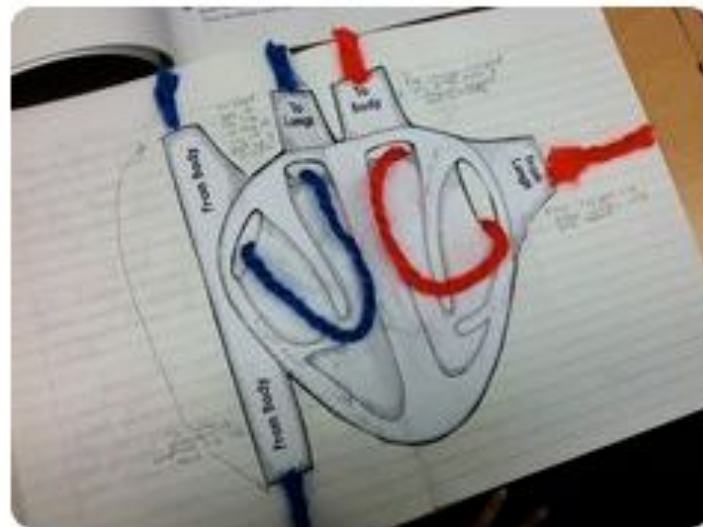
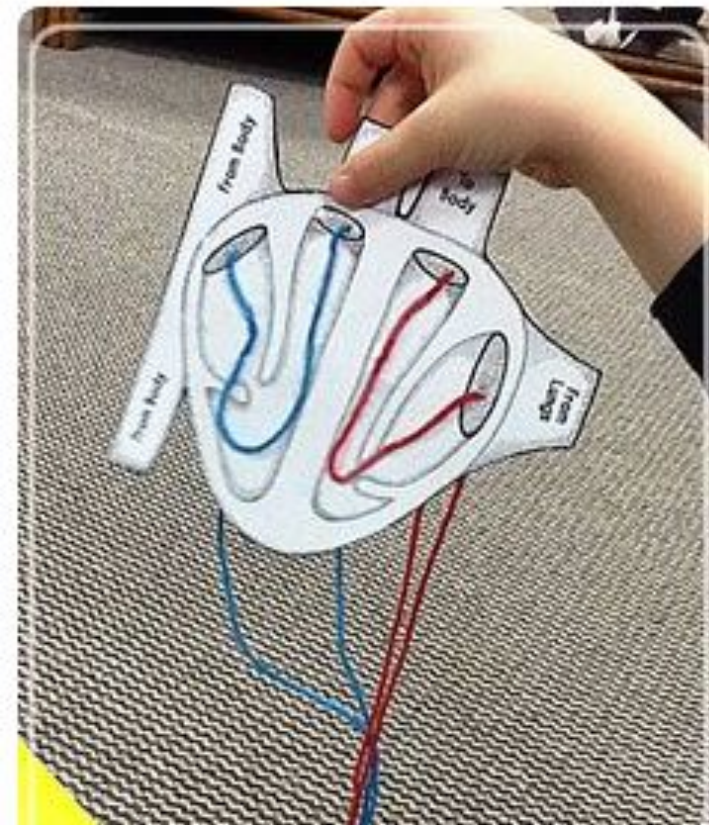
- When the prophet Muhammad pbuh was a young child he was sent to live with wet nurse named Halimah
- He brought lot of blessings and good fortune
- He stayed with Halimah for 2 years and then went back to his mother
- But Halimah insisted to bring him back
- So the prophet pbuh stayed with halimah until he was about four or five years old

- When the prophet pbuh was four or five years old
- Angel Gabriel (AS) came down and opened the prophets chest and took out the heart
- He then extracted the blood clot out of it and said “That was the part of the satan in thee”
- He then washed it with ZamZam in a gold basin
- Then the heart was joined together and restored to its place
- The boys the prophet was playing with came running to their mother (halimah) and said “verily , Muhammad has been murdered”

- They all rushed towards him and found him to be all right and that only his face was white

ACTIVITY TIME!

- Blood flow through the heart and what the blood contains
- Using a blue yarn to show the no oxygen blood and the red string show blood with oxygen
- try to show how these two flow through the heart and the rest of the body
- Then take a look at the tub of blood – write down what you see!
- Then listen to your heart with a stethoscope



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