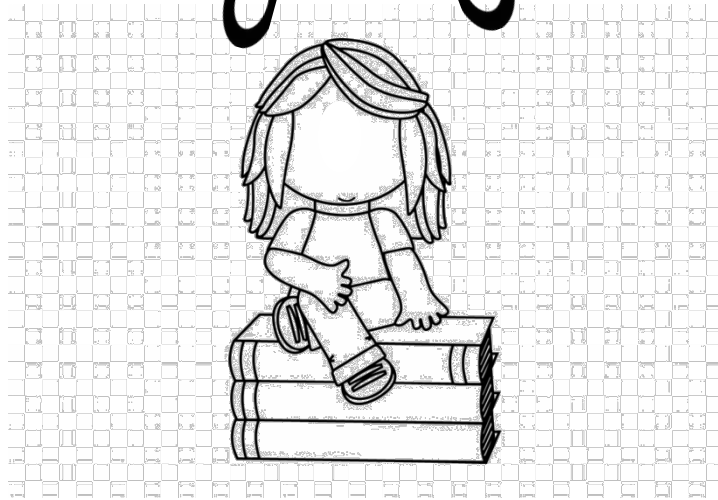


# Choices

When you get stuck on making a choice, you can always ask Allah to help you decide. What can you ask Allah to help you decide with? Draw something you would like help with deciding below.



اللَّهُمَّ خِرْ لِي وَاخْتَرْ لِي

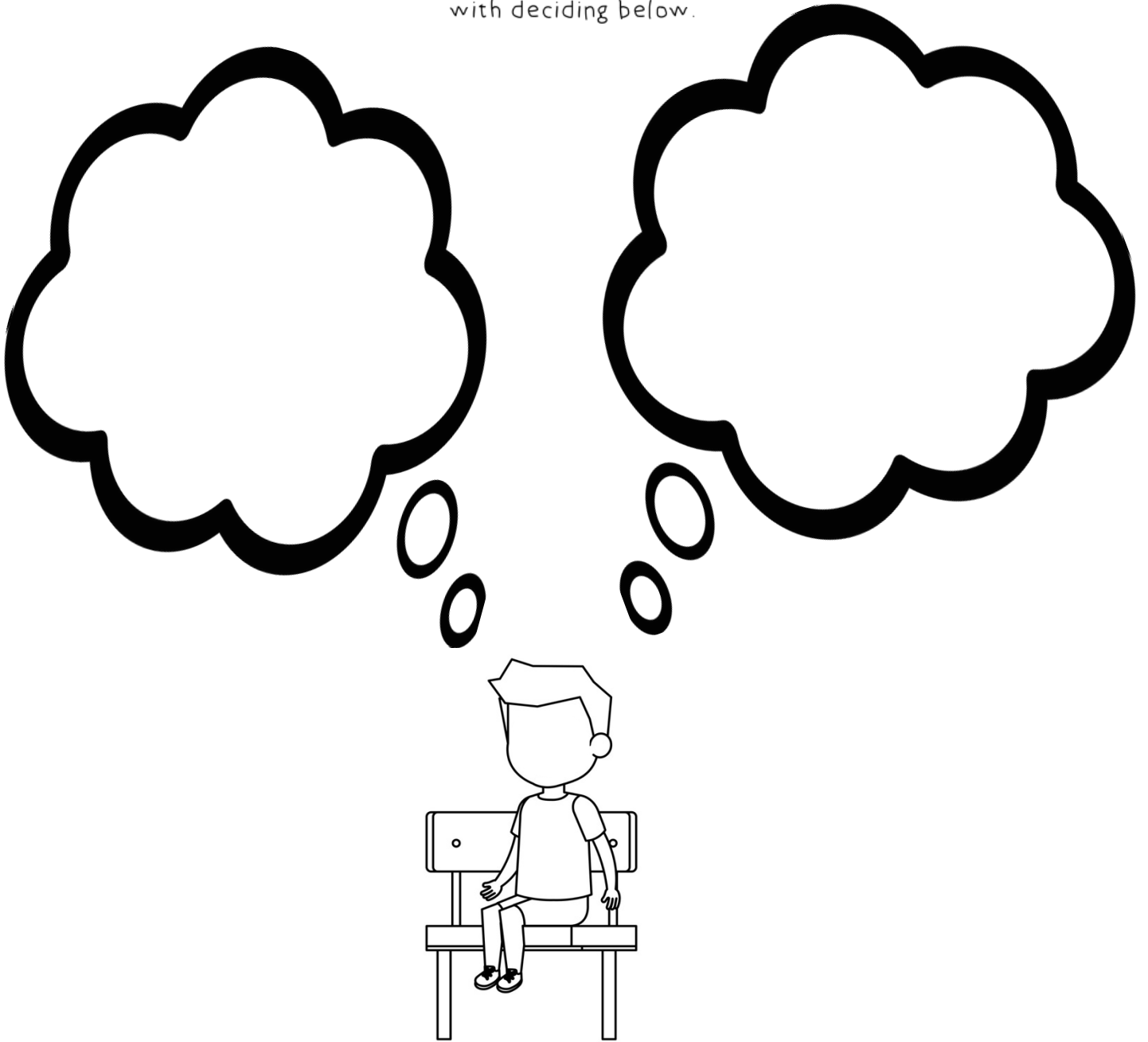
Allaahuma khir lee wakhtar lee

Oh Allah help me to decide, and choose for me



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## Guidance

As parents, caregivers and educators, we can model behaviour by talking out loud and making the du'aa during our own decision making processes. Children naturally pick up our habits and begin to understand that turning to Allah during challenging decisions is the first point of call.

You could give children examples of decisions you need Allah's help, provide recent examples from your child's own life, or provide the examples below!

Examples:

- When making a journey. Which way should I go?
- Making choices about food. What should I eat for lunch today?
- Liking two games and having to choose between the two. I can only have 1 game, so which should I choose?
- Choice of activity. Should I play football outside or play with lego indoors?
- Ethical choices – should I choose to help my little sister or should I play myself?

