Sakinah Stories™

My Growing-Up Toolkit

Growing up isn't grumpy.
It's a gift!

My body

- Rainbow plate and water
- 60 minutes of moving
- 9 to 12 hours of sleep
- Shower and deodorant

My feelings

- Name it
- Breathe in 4, out 6
- Move it out
- Talk it or write it

My deen

- Good intentions
- Salah and dua
- Haya in words and actions
- Wudu to cool down

Gratitude glasses

- 3 Alhamdulillahs every night
- Thank someone in my family

"Verily, in the remembrance of Allah do hearts find rest." Quran 13:28