



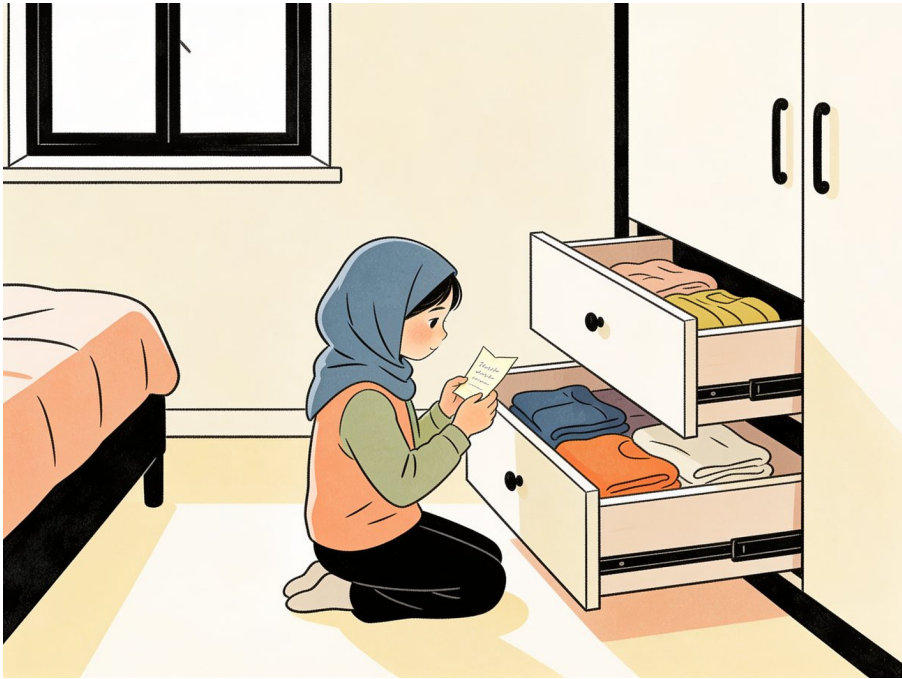
Islamic edition

Four complete weeks from the 52-week book.
One story, one question, ten seconds of silence,
and two lines to close. About ten minutes a week.

Ages 6 to 12 · print-ready · no preparation needed

The whole book, in six languages:

ourtableourfaith.com



When Sara was born, there was a note in the drawer. Her mother had written it before Sara existed. It said one sentence: we searched a long time for your name. Sara thought that was odd — a name is just a name, isn't it? But her mother told her how they had said all the names out loud, evening after evening, until there was one that sounded as if it already belonged to someone. To her. Ever since that day Sara sometimes says her own name softly to herself, and then she thinks: that one was thought up for me.

FROM THE QUR'AN

We created the human being in the finest form.

Qur'an 95:4

DID YOU KNOW?

There are more than ten million different first names in the world. Even so, nobody carries your name in quite the way you do.

THE DRAWING

Write your name as big as you can and turn it into a drawing. Let the letters become something.

THE QUESTION OF THE WEEK

“If you could choose your own name today, which one would you take — and why that one?”

THE SHORT PRAYER

*Thank You for my name.
Let me make something good of it.*

FOR THE PARENT

Children hear their name a thousand times a day and never think about it. This week is about something small: that they were thought about, and did not simply happen.

Why am I called this? Tell the real story, even if it is an ordinary one. “We liked how it sounded” is enough. Children are not looking for a remarkable story, they are looking for proof that someone thought about them.

This week at home. Tell the table once how you came by your own name.

Tip. Let a silence fall after the question. Children sometimes need ten seconds; grown-ups almost always fill it too soon.

DRAW HERE

2 What you are good at

WEEK 2 · BLOCK 1



Tom couldn't run fast, couldn't sing and couldn't draw. That was what he thought, at least. At school there were children who could do everything and he wasn't one of them. Until one day Miss Ans said: Tom, you always notice when someone is quiet. Tom didn't understand. That's nothing, is it? But she said: that is exactly something. And from then on Tom paid attention. He saw who was standing alone at break, and then he went over. Nobody hands out a certificate for that. But it was the best thing he could do.

FROM THE QUR'AN

Each one has been given something of their own.

Qur'an 17:84

DID YOU KNOW?

Of all the people on earth, exactly none have the same fingerprint. Not even twins.

THE DRAWING

Draw something you are good at. Even if it is something you cannot hold.

THE QUESTION OF THE WEEK

“What are you good at that nobody ever compliments you for?”

THE SHORT PRAYER

Thank You for what I can do.

Let me use it for someone else.

FOR THE PARENT

Most children measure themselves by what can be seen: sport, marks, drawing. This week is about the things nobody writes down.

But I'm no good at anything. Don't argue back with compliments. Name one concrete moment you saw: "Last week you gave your biscuit to Sam." An example convinces; a compliment does not.

This week at home. This week, say out loud to one child something you noticed and would otherwise have kept to yourself.

Tip. Avoid the word "good" when they answer. Rather say: that struck me.

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3 When you can't do something

WEEK 3 · BLOCK 1



Lena wanted to ride without training wheels. The first time she fell. The second time too. The third time she fell so hard that she didn't want to any more. She put the bike in the shed and said: I can't do it. Her grandfather said nothing. He sat down beside her on the kerb and told her he was forty-six when he learned to swim. Forty-six. Lena had to laugh. Two days later she took the bike out of the shed again. She fell one more time. And then not again.

FROM THE QUR'AN

God asks of no one more than they can carry.

Qur'an 2:286

DID YOU KNOW?

A child falls somewhere between a hundred and two hundred times before they can walk. Nobody calls that failing.

THE DRAWING

Draw something you can't do yet, but want to be able to do later.

THE QUESTION OF THE WEEK

“What did you once learn that didn't work at first?”

THE SHORT PRAYER

*I can't do it yet.
Stay with me until I can.*



FOR THE PARENT

Giving up is rarely laziness. Usually it is shame. This week is about not-being-able-to as a stage, not a trait.

But I'm just bad at maths. Add one word: yet. "You're not good at it yet." That small word turns a verdict into a score at half-time.

This week at home. This week, tell them about something you couldn't do and later learned. Including how long it took.

Tip. Resist the urge to solve it straight away or take it over. Sitting down beside someone often does more than helping.

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4 When you are afraid

WEEK 4 · BLOCK 1



Joris slept with the door ajar. Exactly far enough for a stripe of light to lie on the floor. His brother teased him about it, because he was ten and afraid of nothing. One evening Joris heard his brother get up quietly and set the hallway door ajar as well. They never talked about it. But Joris knew, and that was enough.

FROM THE QUR'AN

Do not be afraid, I am with you; I hear and I see.

Qur'an 20:46

DID YOU KNOW?

Being afraid in the dark is not strange: your eyes need up to thirty minutes to really adjust to darkness.

THE DRAWING

Draw the place where you feel safest.

THE QUESTION OF THE WEEK

“What were you afraid of once, and not any more?”

THE SHORT PRAYER

*When I am afraid, You hear me.
Stay close to me tonight.*

FOR THE PARENT

Talking fear away does not work. This week is about letting fear exist without making it bigger than it is.

Is there something under my bed? Don't look in order to prove there is nothing — that confirms it was worth looking. Rather say: I'll sit here a while until you're asleep.

This week at home. Tell them about something you are afraid of yourself. Children are relieved when grown-ups are afraid too.

Tip. Never laugh at the fear, not even fondly. Children don't hear the difference.

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