



UNITED KINGDOM  
VISIT

# LIGHT MY WAY

Primary (5-10 years)

How to use this booklet



## **Didar Mubarak to you and your family,**

The blessing of **Didar** holds a very special place in the life of a *murid*. Throughout our history, the presence of the Imam has been a source of spiritual strength, comfort, guidance, and renewal. Didar is a moment when the *murid*'s heart feels deeply connected to the Imam, and the Imam's light inspires us to live with greater purpose, compassion, and understanding. For children, even simple awareness of this love and connection can shape their sense of identity, belonging, and spirituality in lasting ways.

As we prepare for Mawlana Hazar Imam's visit, this booklet has been created to gently support your child's learning, reflection, and emotional readiness.

You will find stories, hands-on tasks, colouring pages, prompts for reflection, and simple activities that help children connect the themes of the lessons to their everyday lives. These themes include:

- Searching for knowledge
- Understanding the role of our Imam (guide)
- Learning from the Imam's teachings
- Preparing our hearts for Didar

and after the visit children will explore the following themes:

- Gratitude
- Commitment
- Putting the Imam's guidance into action.

The booklet is meant to be flexible:

- Children who attend classes can complete pages alongside their lessons.
- Children who are not attending can enjoy it as a stand-alone experience at home.

We encourage you to explore the booklet with your child(ren); read the stories together, ask questions, and celebrate their drawings and reflections. Your support and presence make a meaningful difference in how children will experience this learning journey.

Thank you for helping us create a warm, reflective, and joyful environment as we all prepare for this special time together as UK Jamat.



## How to Use This Booklet

This booklet is designed to guide your child(ren) through the themes of **pre-visit preparation** and **post-visit reflection** surrounding the blessed occasion of Didar. It can be used in two ways:

- ✓ alongside classroom lessons
- ✓ or independently at home as a stand-alone resource.

Below are simple guidelines to help you support your child(ren)'s experience.

### If Your Child Is Using This Booklet with Bait-ul Ilm Lessons

- Follow the sequence: Complete the pages in the order they appear; each lesson builds gently on the previous one.
- Read the stories together: These stories introduce the theme in child-friendly language and prepare children for the activities.
- Keep questions/answers open-ended: There are no “right” or “wrong” responses; encourage honesty, imagination, and curiosity.
- Pause for quiet moments: Some activities work best with a minute of calm breathing or quiet thinking.
- Celebrate small reflections: Praise effort, drawings, and ideas—this builds confidence and spiritual connection.

### If You're Using This Booklet as a Stand-Alone at Home

These quick tips will help you guide your child(ren) even without classroom sessions.

#### **1. Read the Story First**

Each lesson begins with a story that introduces the theme.  
Read it aloud slowly, pausing to ask simple questions like:

- “What do you think Nura is feeling?”
- “Have you felt this way before?”

#### **2. Keep Things Hands-On**

Use simple, everyday items (paper, crayons, nature objects).  
Let your child(ren) draw, colour, or act out their ideas; it builds understanding.

#### **3. Take Your Time**

There is no need to finish a lesson in one sitting.  
You can spread the activities across several days.

#### **4. Encourage Personal Sharing**

Ask gentle questions such as:

- “What do you search for?”



- “What makes your heart feel thankful?”
- “How can you follow this teaching today?”

Your child(ren)’s stories and examples help make the lessons meaningful.

### **5. Use Real-Life Moments**

Help your child connect the themes to daily routines:

- Showing kindness at home
- Pausing for gratitude
- Making a small, good choice
- Helping a sibling or friend

These are simple ways to reinforce the teachings.

### **6. Make Reflection Light and Joyful**

Children reflect best through drawing, colouring, or talking.  
Keep reflections short and positive.

### **A Few Helpful Strategies**

- **Sit together:** Your presence helps build confidence and meaning.
- **Listen more, speak less:** Let your child express ideas in their own way.
- **Celebrate effort:** Even a small drawing or sentence shows growing understanding.
- **Make it routine:** Try completing one page before bedtime or after school.
- **Return to pages:** Children may want to add or update drawings after Didar, this is encouraged.

### **Didar Day Letter**

Parents are encouraged to write a letter to your child(ren) sharing your hopes and aspirations for them as they experience the Didar of Mawlana Hazar Imam. Encourage them to read it on the day of Didar and have a discussion around it while you are in the Didar hall awaiting for the arrival of Hazar Imam.

You can find a template in the booklet in Section 2.