



My Good Manners Book

Ten beautiful manners from the Qur'an and the Sunnah



This book belongs to



1

Say salam

I say “As-salamu ‘alaykum” to my family, my friends and my teachers.

“Shall I tell you something that will make you love each other? Spread salam among yourselves.”

SAHIH MUSLIM 54



I did this!



2

Smile

A smile makes people happy, and Allah rewards me for it.

“Your smile in the face of your brother is charity.”

JAMI' AT-TIRMIDHI 1956



I did this!



3

Always tell the truth

Even when it is hard, I tell the truth.

"Truthfulness leads to goodness, and goodness leads to Paradise."

SAHIH AL-BUKHARI 6094

☐

I did this!



4

Be kind to my parents

I listen to my parents, help them, and never say "uff" to them.

"And to parents, good treatment... say not to them so much as 'uff'."

QUR'AN, AL-ISRA' 17:23

☐

I did this!



5

Say “Jazakallahu khayran”

When someone helps me or gives me something, I thank them with this beautiful du‘a: may Allah reward you with good.

Whoever says “Jazakallahu khayran” has thanked in the best way.

JAMI‘ AT-TIRMIDHI 2035



I did this!



6

Share and want good for others

I share my toys and food, and I want for my friends what I want for myself.

“None of you truly believes until he wants for his brother what he wants for himself.”

SAHIH AL-BUKHARI 13



I did this!



7

Be gentle

I speak softly, play gently and am kind to everyone, even when I am upset.

"Gentleness makes everything beautiful."

SAHIH MUSLIM 2594



I did this!



8

Help at home

I tidy my things and help with jobs at home, just like the Prophet ﷺ helped his family.

The Prophet



used to keep busy serving his family.

SAHIH AL-BUKHARI 676



I did this!



9

Respect elders, care for little ones

I make room for older people and I am kind and patient with younger children.

"He is not one of us who does not have mercy on our young and respect our elders."

JAMI' AT-TIRMIDHI 1919



I did this!



10

Stay calm, don't get angry

When I feel angry, I stop, say "A'udhu billahi minash-shaytanir-rajim", sit down and make wudu.

A man asked for advice. The Prophet



said: "Do not get angry."

SAHIH AL-BUKHARI 6116



I did this!

I have **good manners!**

The manner I am going to practise this week is...

Draw or write about a time you did one of these

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