

# OUR BODY IN NUMBERS

## TEACHER GUIDE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
Bismillahi Rahmanir Rahim



### 1. Set the Tone and Intention (1 min)

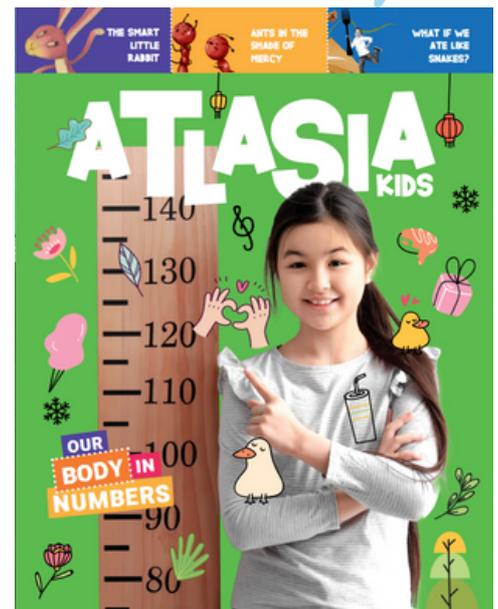
- Begin with Bismillah.
- Remind students that knowledge is from Allah and for the purpose of knowing Allah better.

### 2. Preview the Issue (10 mins)

- Cover: Ask your students what they think the issue is about - let their curiosity fly! Ask them what they know about the various topics listed at the top and have them all respond verbally. Make sure to get the quiet ones involved too.

#### Pre-reading Questions:

- "What kinds of creatures are snakes? How would you describe them?"



**Look for Atlasia Toolbox cues throughout the issue!**



### 3. Weekly Calendar (Pg 6 - 5 min per day)

- Write down the days of the week on the classroom board! Each day has a fun activity you can incorporate to stimulate students.
- Write to Atlasian Corner and email to [editor@atlasiakids.com](mailto:editor@atlasiakids.com).



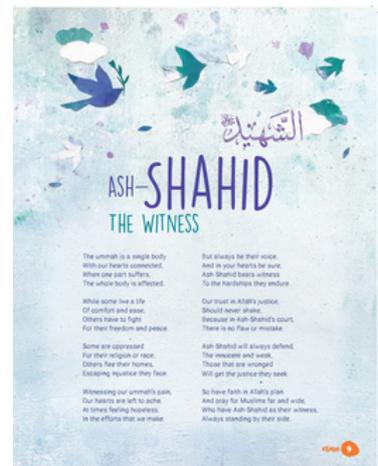
### 4. Ninety-Nine (Pg 8 - 15 mins)

Comprehension questions:

- "What does Al-Shahid mean?" (*The Witness*)

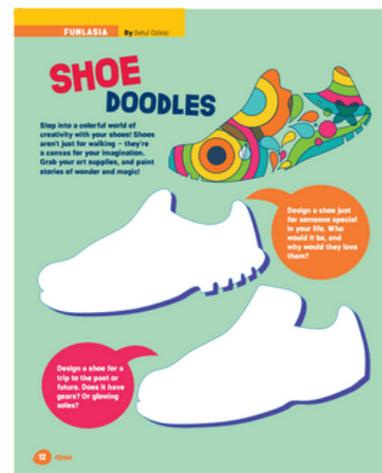
Activities:

- Introduce the concept of privilege to your students, and describe how privilege affects various people in the community and around the world.
- Research local refugee communities in your area. Create a Pen Pal system or pairing system, and have students write kindness notes.



### 5. Funlasia (Pg 12 - 20 to 30 mins)

- Take your Atlasia magazine with you on a walk (whether inside or outside, go on an adventure!). Have students notice how their shoes feel as they walk, what the ground feels like, and what the air feels like in comparison.
  - Then, draw and color this month's amazing Funlasia.



### 6. World Folk Tales (Pg 16 - 30 mins)

Pre-reading questions:

- "What do you think intelligence means?"
- "How does someone become more intelligent?"

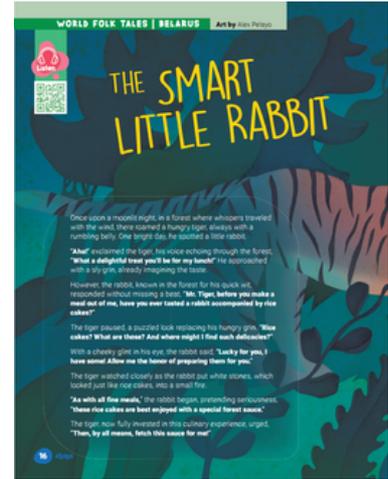
Comprehension questions:

- "What do you think the lesson from this story is?" (*Perseverance is admirable, but it must be combined with thinking and intelligence*)



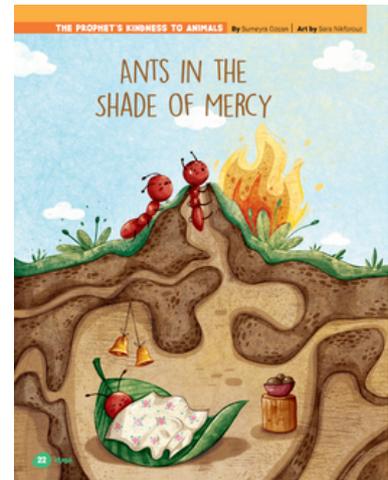
Activity:

- Learn as a class about the intelligence of Prophet Muhammad (PBUH), both in strategic thinking and emotional intelligence.
  - *Teacher Book Resources: The Sealed Nectar (Al-Mubarakpuri), Revelation (Mohiuddin)*



**8. The Prophet's Kindness to Animals (Pg 22 - 15 mins)**

- Create an ant farm and learn how to properly take care of the ants, including feeding them, covering the jar when not in use, and observing them safely. After some time, release the ants back into their habitat.



**9. Diary of Layla (Pg 24 - 30 mins)**

Pre-reading Questions:

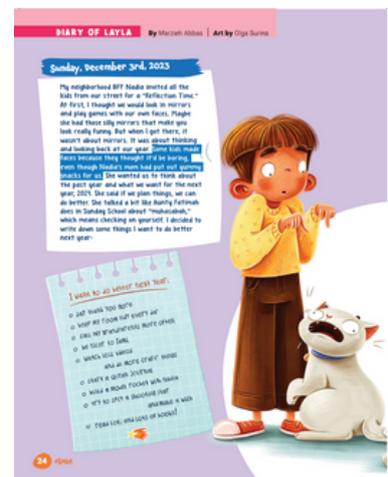
- "How do you react when you're mad? How do you react when someone is in pain?"

Comprehension Questions:

- "What is muhasabah?" (*Checking on oneself*)
- "What was the advice Prophet Muhammad (PBUH) gave the man in Layla's entry?" (*Don't get angry*)

Activity:

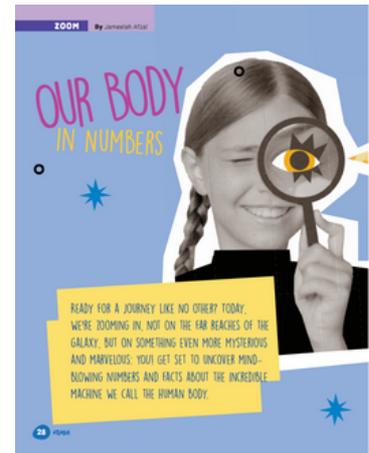
- Create classroom and personal goals for the new year.
- Practice taking deep breaths as a class and implement this when students are upset.



## 10. ZOOM (Pg. 28 - 15 mins)

### Comprehension Questions:

- "On average how many times do you blink per minute?" (*15-20 times in a minute*)
- "How fast does your blood travel throughout your body?" (*5 liters of it travels in 20 seconds*)
- "Which organ is your largest organ?" (*Your skin!*)
- "If you took the DNA from just one cell and stretched it out, how long would it be?" (*It would be 6 feet long!*)



## 11. Checklist (Pg 34 - 15 min)

- Memorize the dua for wearing new clothes.
- Practice putting on clothes in the sunnah style!



## 13. What If? (Pg 36 - 10 min)

### Comprehension Questions:

- "How does chewing help us?" (*Chewing helps us enjoy different flavors, textures and even helps in digestion*)



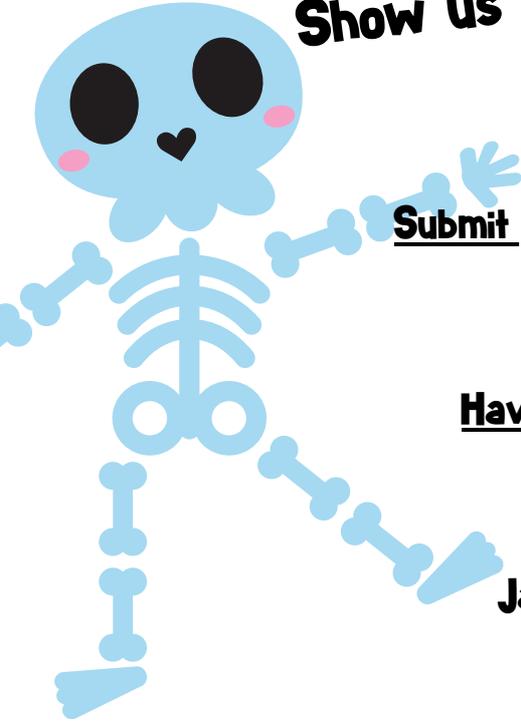
## 14. Atlas (Pg 40 - 10 mins)

- Discuss Switzerland:
  - "If you ate in Switzerland, what renowned foods would you want to try?" (*Switzerland is renowned for cheese and chocolate*)
  - "If you were a tourist in Switzerland, what activities would you most likely do?" (*Skiing and mountaineering*)



Share your Atlasia moments with us!

Show us how you read, craft and have fun!



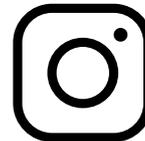
Submit your videos and entries to the magazine:

Email: [editor@atlasiakids.com](mailto:editor@atlasiakids.com)

Have suggestions for our teacher guide?

Email: [atlasia@atlasiakids.com](mailto:atlasia@atlasiakids.com)

Jazakhallahu Khair for your support!



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