

New Year Resolutions(Exercise)

Tarbiyyat Topic I - January 2018
Majlis Atfal ul Ahmadiyya USA

**HAPPY
NEW YEAR!**

We pray for a very happy and blessed 2014 for all Atfal in USA

Atfal Sleepover



Did you participate in sleepover on Dec 31?

What was the best part?

What did you pray for in Tahajud?

How often should we do a sleepover?

New Year Resolutions



**Everyone should take
out a pen and paper
for this exercise**

But what is a
Resolution?

What does a New Year Resolution mean?

Resolution



A Firm decision - New Year Resolution is a commitment with **yourself**

A promise to do something good, adopt a good habit, etc

A **Tifl** always stays committed and doesn't break promises

Take 3 minutes to
think about your New Year
Resolution.



only **ONE** resolution...

Done Thinking?

1

.....

Write it down on your paper as your first resolution

2

.....

Everyone in the room should share their resolution with the class and explain why did you pick this resolution.

3

.....

Atfalul Ahmadiyya USA Resolutions



- i. Offer 5 Daily Salat
- ii. Recite the Holy Quran daily
- ii. Write a letter to Huzoor every month
- iii. Always tell the **Truth**
- iv. Work hard in your studies
- v. Be regular in attending Atfal programs

1

.....

2

.....

3

.....

Pick three of
them and add
your own list on
paper.

List shown again on next slide

Atfalul Ahmadiyya USA Resolutions



- i. Offer 5 Daily Salat
- ii. Recite the Holy Quran daily
- ii. Write a letter to Huzoor every month
- iii. Always tell the **Truth**
- iv. Work hard in your studies
- v. Be regular in attending Atfal programs

1

.....

Now everyone should have four resolutions on paper

2

.....

Discuss your resolutions with the class

3

.....

Nazim Sahib should take note of each tift resolution(write them down separately)

Homework



Type and print out your resolutions in nice formatted fonts and colors

Bring the sheet to next class to show your friends and Nazim Sahib

Then post it in your room, or your refrigerator, or in atfal classroom

- 1** Remind yourself frequently of your resolutions.
- 2** Check if you are keeping your resolution.
- 3** Remember this is your promise to yourself.

Nazim Sahib should remind Atfal of their resolutions during the year

Discussion

Q & A

Next Slide

**Thank You &
Happy New Year!**

General Discussion and Q&A