

# Salma and the Lighthouse Window

A story for brave hearts  
at home in Bahrain



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In a quiet little house in Muharraq, there lived a curious and kind-hearted girl named Salma. She had just turned seven and loved school - not just for the lessons, but for the joy of seeing her friends, playing hopscotch during break, and showing her teacher the drawings she worked on every night.

But this week, things changed.

Her parents sat with her one evening and gently explained that she would be doing school from home for a while. "Not because you did anything wrong," Mama said with a smile, "but because the grown-ups are working very hard to keep everyone safe."

The Ministry had asked people to stay indoors for now. Schools had moved online, most offices were closed, and Salma's street had grown very quiet.

That night, Salma looked out the window and asked softly, "Is there going to be a war?"

Her mother hugged her tightly. "No, habibti Salma. The world is just being very careful. There are kind, brave grown-ups everywhere - leaders, doctors, soldiers, and police officers - making sure we stay safe."

Salma nodded, but her eyes were still sad. "I miss my friends... and I'm bored."

Mama gave her a notebook with a sparkly silver star on the cover. "This is your Lighthouse Book," she said. "You know how ships find their way in the dark by looking for a lighthouse? When things feel unsure, we can shine a little light for ourselves - and for others."

From that day on, Salma became a Lighthouse Keeper at home.

Here's what she did:

### **What Salma Did:**

Wrote sweet messages to her friends and asked her mom to send them by phone: "I miss you! I

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made a drawing of my pet today. Let's draw the same thing tomorrow!"

Drew funny cartoons about her family - like the time her little brother wore two left shoes or the day their cat stole a chicken sandwich.

Made her own indoor school with stuffed animals as students. She gave them funny names like "Dr. Teddy" and "Princess Pillow."

Did breathing exercises with her dad whenever she felt nervous: "Breathe in like the waves... Breathe out like the breeze..."

Created a dance-and-jump routine and called it "Energy Time!" She played music, stretched her arms to the ceiling, spun in circles, did jumping jacks, and laughed until she felt strong and happy again.

One afternoon, Salma's grandmother called and said gently, "You know, Salma, every kind word or good deed you do is like a star. And stars shine brightest in the dark."

That gave Salma a brilliant new idea.

She ran to the kitchen, found an empty glass jar, washed it clean, and decorated it with ribbons and shiny stickers. She called it her Good Deed Jar.

Every day, she added a little folded paper with something kind she had done:

- *"Helped Mama cook lunch."*
- *"Said sorry to my brother and let him borrow my toy."*
- *"Made a dua for my teacher and all my friends."*
- *"Told Baba I love him - just because."*

By the end of the week, her jar was glowing with folded stars of kindness. And whenever Salma felt a little scared, she would open one of those papers and smile.

"Even from home," she reminded herself, "I can shine."

At night, Salma would return to her window. The world outside still felt quiet and different. But inside her home, there was warmth, light, laughter, drawings, whispered duaas... and hope.

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And Salma knew deep in her heart:

The world will be okay again.

And until then...

She was the bravest lighthouse of all.

### **Things You Can Do at Home Too:**

- Send voice notes or drawings to your friends
- Make your own cartoon or comic story
- Create a fort and turn it into your reading or thinking space
- Start a Good Deed Jar and fill it with kind actions

- Practice deep breathing and say a dua when you feel worried
- Try dancing, stretching, or doing jumping jacks to boost your energy
- Remind yourself: Even at home, I can still do great things