

*Emotional Regulation
With Dhikr Workbook*

USING OUR EMOTIONS TO STRENGTHEN
OUR CONNECTION WITH ALLĀH

FOR AGES 5+



TARBIYA TOOLS

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Instructor Guide

The Emotional Regulation with Dhikr Workbook explores 6 basic emotions and 2 Islamic concepts (shukr and tawakkul). Each emotion and concept is introduced across 2 pages. The first page presents a scenario for students to consider and discuss. It also includes two images. The first image can be used as a starting point for exploring body language and facial expressions associated with the emotion. The second image may illustrate healthy emotional processing, co-regulation, or a constructive response to the emotion.

The second page provides prompts for deeper reflection, body awareness, and healthy ways of turning to Allah through dhikr and other beneficial coping strategies. Students are encouraged to reflect on their emotional experiences, identify physical sensations connected to the emotion, and consider practical steps for responding in a healthy and Islamically grounded manner.

There are no right or wrong answers. Encourage students to engage with the activities at their own pace, with additional space if needed and to share only what they feel comfortable discussing. Guide them in an age appropriate manner expanding on concepts they may not be familiar with. You may use the Tarbiya Tools Emotional Toolkit Poster as a supplementary guide for practical regulation strategies. The goal is to build emotional awareness, strengthen emotional regulation skills, and nurture a connection with Allah through remembrance (dhikr).

Pages 21-22 have adhkar and their translations listed. Younger students can cut and paste on the corresponding page while older students can write them in.

Source of adhkar: Hisnul Muslim

Disclaimer

The Emotional Regulation with Dhikr Workbook is intended for educational, and reflection purposes only.

This Workbook is designed to provide general guidance on emotional awareness, emotional regulation, and the use of dhikr (remembrance of Allāh) as practice. The content included is a very basic introduction to the concept of using adhkar as a tool for emotional regulation. It is not intended to treat or offer extensive therapeutic support.

While every effort has been made to ensure the accuracy and usefulness of the information presented, the author makes no guarantees regarding outcomes or results from the use of this Workbook.

Emotional Regulation with Dhikr

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Name: _____

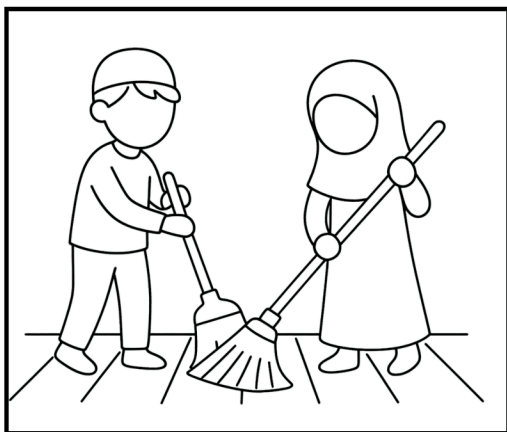
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EMOTIONAL REGULATION WITH DHIKR

Celebrating Joy

Picture this:

You and your group of friends clean up your masjid in anticipation and preparation for Ramadan. Your parents treat you all to ice-cream on your way home. Your heart feels fulfilled.



How it can feel:

- **Happy**
- **Content**
- **Energetic**



What can I say?

How can we attribute our happiness with the One Who blessed us with it?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Celebrating Joy

Let's work it out

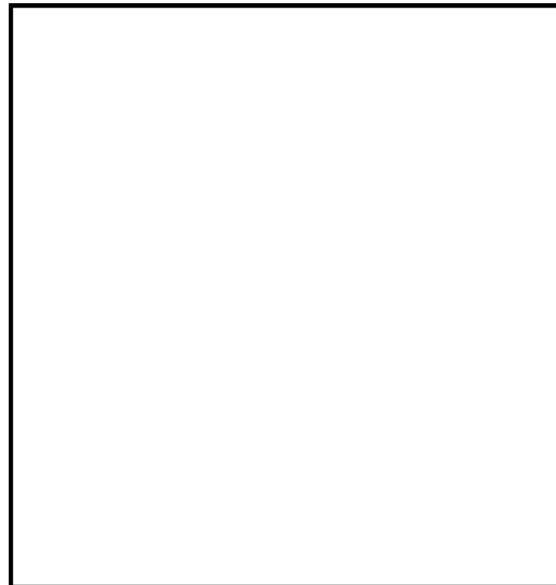
Happiness is a blessing from Allāh and we praise Him for His Mercy on us. When you feel joy in your heart, what kind of things do you find easy to do?

Perspective

Happiness increases when you share it. What's something you can do for someone else when you're happy?

Explore

Write about or draw what happiness feels like in your body



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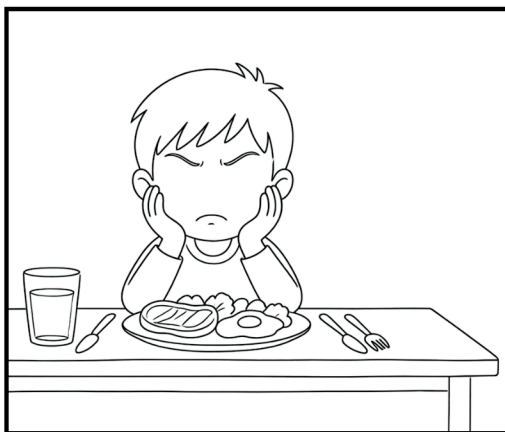
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EMOTIONAL REGULATION WITH DHIKR

Nurturing Gratitude

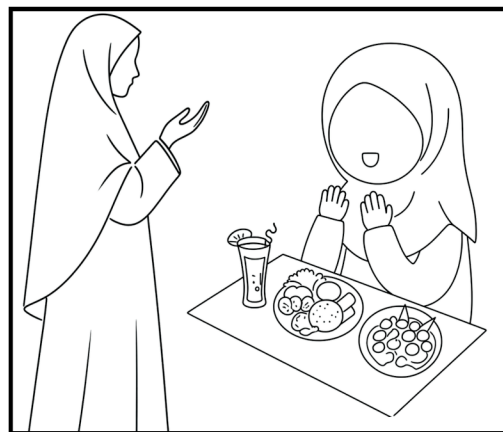
Picture this:

You were really hoping for pizza for dinner but it looks like your parents have prepared some rice and chicken for the third night in a row. You find yourself not wanting to eat.



How it can feel:

- **Annoying**
- **Boring**
- **Frustrating**



What can I say?

How can we help ourselves remember our blessings from Allāh?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Nurturing Gratitude

Let's work it out

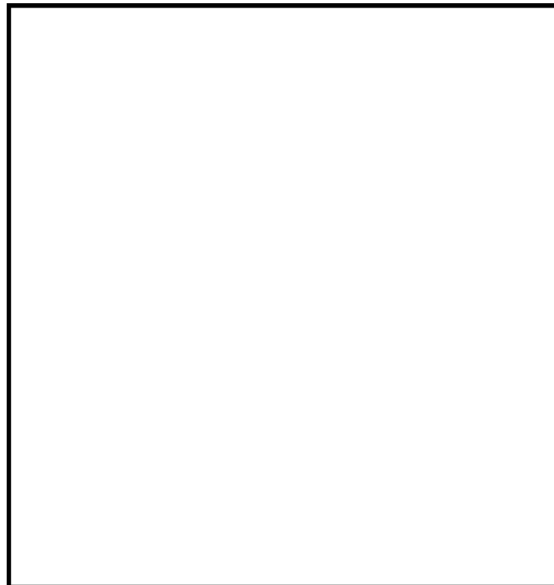
It can be incredibly frustrating not being able to have what you wanted. When was the last time you couldn't have something you really liked? How did you react?

Perspective

What's something you could've been grateful for in that moment, but missed?

Explore

Write about or draw what shukr (gratitude to Allāh) looks like for you.



Name: _____

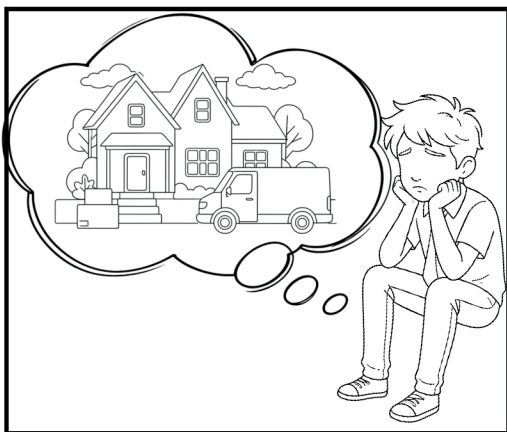
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EMOTIONAL REGULATION WITH DHIKR

Strengthening Tawakkul

Picture this:

You're moving to a new place and have to leave your friends behind. You don't know if you'll find new friends or what it will be like there. You feel scared about the future.



How it can feel:

- **Worrisome**
- **Stressful**
- **Anxious**



What can I say?

If we feel fearful or anxious, how can we remind ourselves to place our Trust in Allāh, because everything is in His control?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Strengthening Tawakkul

Let's work it out

It can be scary when you don't know how things will work out. Think of a time when things were not in your control. What kind of thoughts were running through your mind?

Perspective

What would relying completely on Allāh feel like, in that moment?

Explore

Write or draw some ways you can strengthen your reliance upon Allāh?

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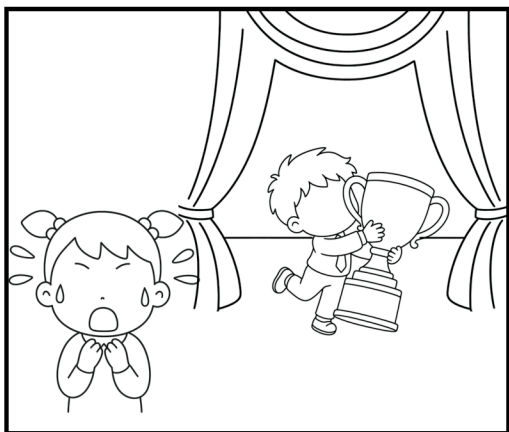
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EMOTIONAL REGULATION WITH DHIKR

Managing Disappointment

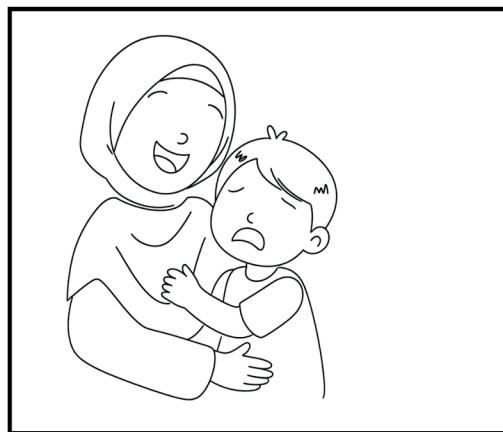
Picture this:

You worked really hard for a competition and didn't qualify to win despite doing your best. Things didn't work out how you hoped and you feel like your efforts were wasted.



How it can feel:

- **Disappointing**
- **Sad and Upsetting**
- **Underwhelming**



What can I say?

How can we remind ourselves that a believer is content with Allāh's decree?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Managing Disappointment

Let's work it out

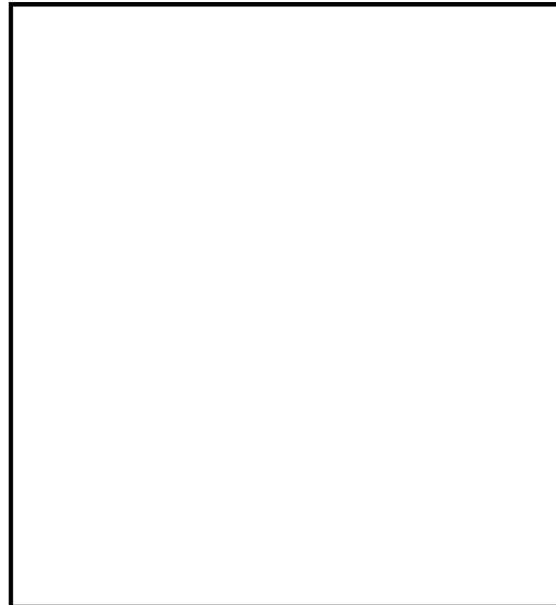
It's really hard when you're expecting something, and it doesn't happen. Think of a time when you were disappointed in a situation. Do you remember what was happening in your body?

Perspective

What would accepting Allāh's decree look like for you in that moment?

Explore

Write or draw what it may look like if you could change how you reacted?



Name: _____

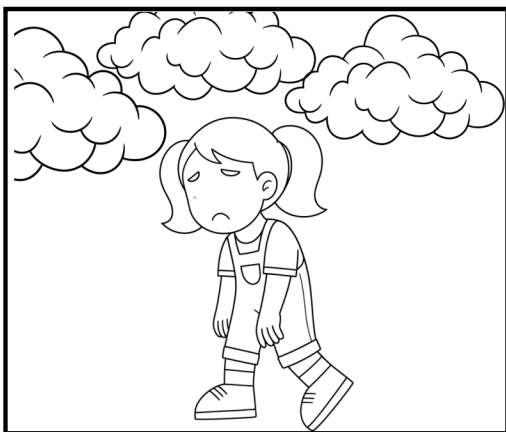
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EMOTIONAL REGULATION WITH DHIKR

Soothing Sadness

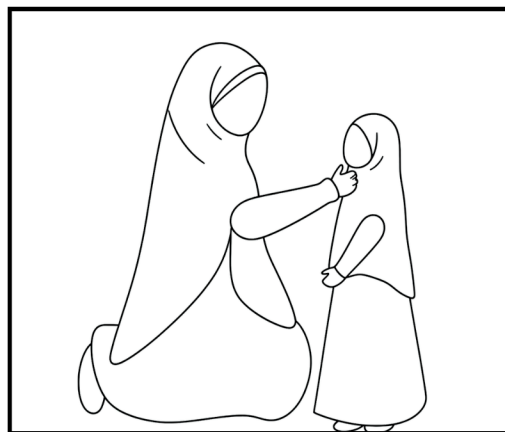
Picture this:

You were at the zoo two hours away with your family when you lost your favourite fidget toy and didn't realize until you got home. You know you can't have it back.



How it can feel:

- **Hopeless**
- **Heartbroken**
- **Devastated**



What can I say?

What statement can help us let go of what has gone?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Soothing Sadness

Let's work it out

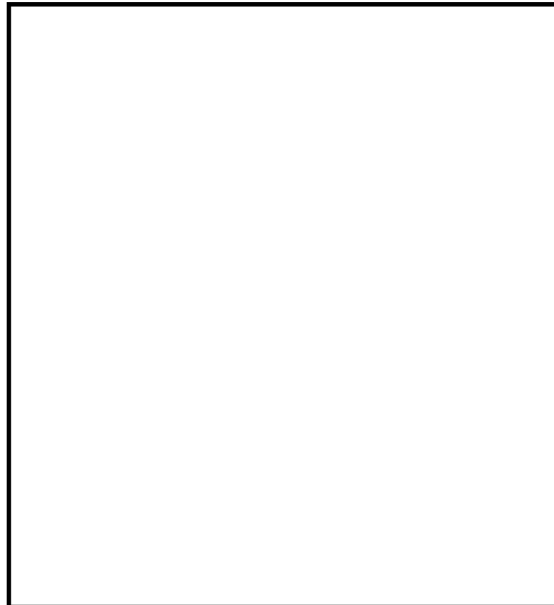
Grief and sadness can feel overwhelming. Sometimes when our sadness is strong, we don't even want to do what we like. What are some things that help you feel better when you are low?

Perspective

Can you recall a time where sadness felt very heavy? How has that heaviness changed over time?

Explore

Write about or draw a picture that looks like sadness for you.



Name: _____

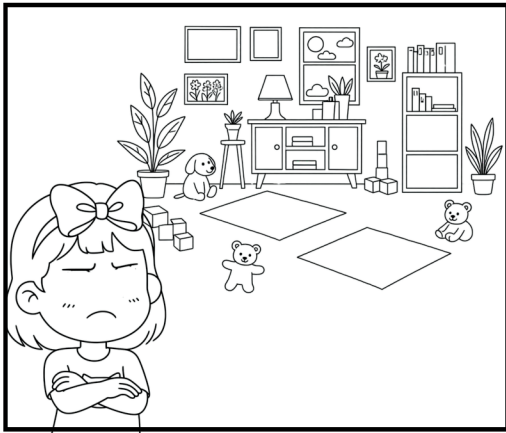
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EMOTIONAL REGULATION WITH DHIKR

Redirecting Jealousy

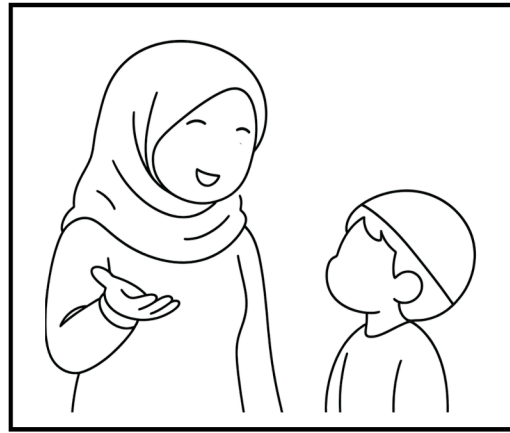
Picture this:

You visit a new friend's home for the first time. You find it very beautiful full of the exact kind of decor and toys you wish you had. It doesn't feel fair that she gets to live there.



How it can feel:

- **Envious**
- **Resentful**
- **Insecure**



What can I say?

Jealousy is natural but a Muslim loves for their brothers/sisters what they would love for themselves. How can we aid ourselves in remembering that?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Redirecting Jealousy

Let's work it out

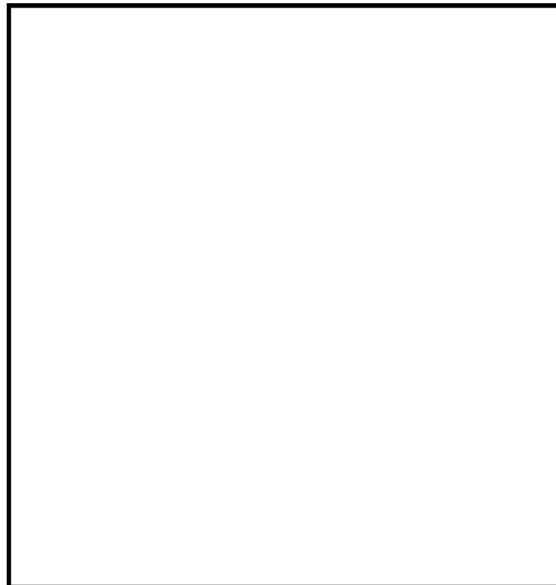
It doesn't make sense when others have more than us and seeing that is frustrating. What kind of things bring out the jealousy within you? Do you see anything in common with them?

Perspective

What are some favours of Allāh that you are blessed with, that others may not be?

Explore

Write about or draw a picture of the blessings of your life you wouldn't trade for anything in the world.



Name: _____

Date: _____

EMOTIONAL REGULATION WITH DHIKR

Restraining Anger

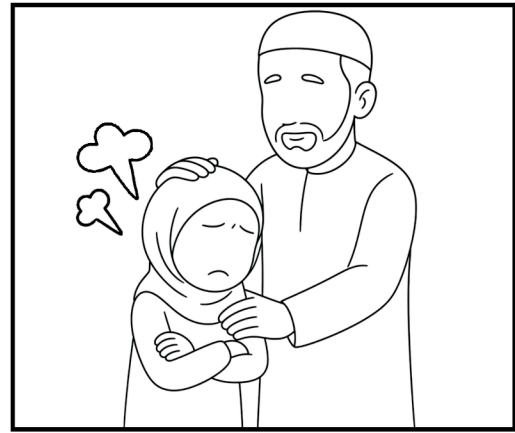
Picture this:

You spent hours working on building a complex lego creation. Your younger sibling accidentally threw a ball and broke it completely. All you want is to get them back.



How it can feel:

- **Enraging**
- **Infuriating**
- **Agitating**



What can I say?

What's something that can protect you so your anger doesn't lead you to harm others with your speech or your body?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Restraining Anger

Let's work it out

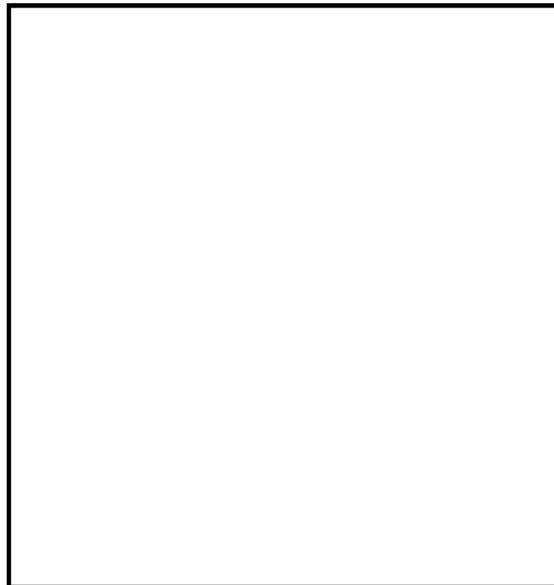
Things can get out of hand really fast when we're angry- even when what we are angry about is correct. How do you usually express anger? Reflect on how much control you have on your body in those moments of anger.

Perspective

Anger in our bodies tells us when something isn't right. If your anger could talk, what would it tell you?

Explore

Write about or draw a picture of something that helps melt your anger away.



Name: _____

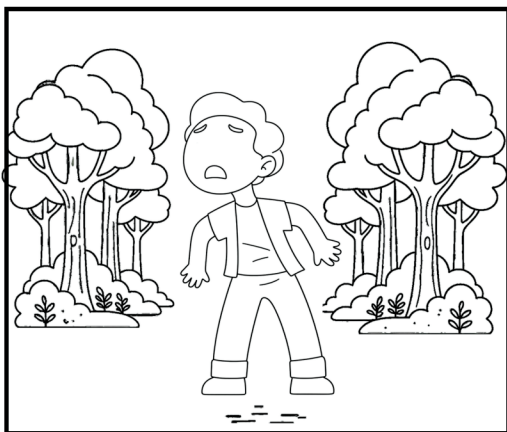
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EMOTIONAL REGULATION WITH DHIKR

Reassuring Fear

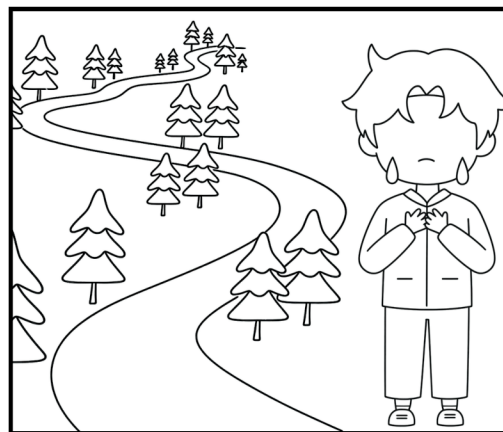
Picture this:

You are hiking with your family when a rabbit in the woods catches your attention. You follow the rabbit but realize you've strayed from your family and are lost.



How it can feel:

- **Scary**
- **Confusing**
- **Panicky**



What can I say?

Fear persists where doubt exists. How can we reassure ourselves of Allāh's Power and Might over everything?

Translation:

EMOTIONAL REGULATION WITH DHIKR

Reassuring Fear

Let's work it out

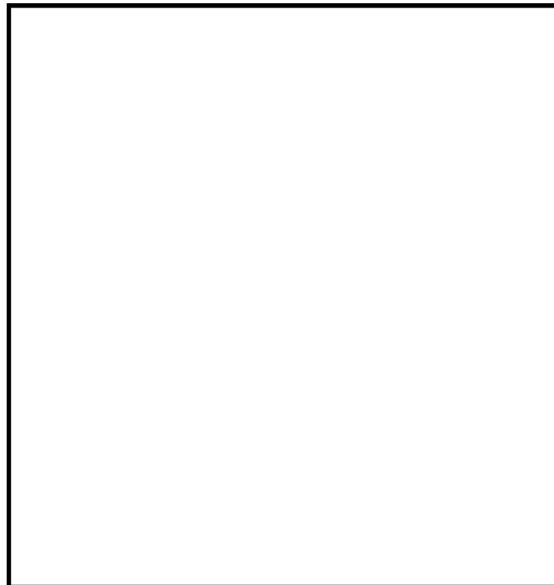
Sometimes when we feel scared, we keep thinking about all the things that can go wrong. Remember a time when you had a negative thought. If you could give that thought some compassion, what would you say?

Perspective

Our īman protects us in ways we cannot see. Allāh never abandons us.
How does this make you feel?

Explore

Write about or draw a picture of the place where you felt the safest.



Cut and paste these adhkar in the "What can I say" section.
If you need a clue, use the corresponding numbers to match the
page numbers.

سُبْحَانَ اللَّهِ

5

الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

7

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

9

قَدَرَ اللَّهُ وَمَا شَاءَ فَعَلَ

11

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

13

اللَّهُمَّ بَارِكْ

15

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

17

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

19

Cut and paste these adhkar in the "Translation" section.
If you need a clue, use the corresponding numbers to match the page numbers

5

It is the decree of Allāh and He does whatever He wills.

7

Allāh is sufficient for us and He is the Best Disposer of our affairs.

9

All Praises be to Allāh, in all circumstances.

11

I seek refuge in Allāh from Shaytan, the outcast.

13

We belong to Allāh and to Him is our return

15

All praises and thanks are to Allāh

17

May Allāh bless (them)

19

There's no power nor might except with Allāh