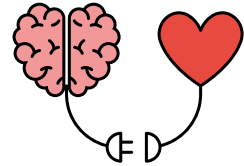


DAILY HEART & MIND PRACTICE

Specially Designed For Homeschooling Families By Aysh Clinics



How are we arriving today?

Check the emotion that best describes how you are feeling today.
(Helps you have realistic expectations as you start the day)

The Parent



Calm



Tired



Overwhelmed



Hopeful



Need a
slow start

The Child



Happy



Worried



Energetic



Frustrated



Need
extra support

Our intention and focus

Ya Allah, help us learn with sincerity, gratitude and patience.

Niyyah: Example, How can we learn today in a way that feels peaceful and is pleasing to Allah?

Our Learning Focus: Lets choose 2–3 things we want to especially explore or enjoy today.

What do we need to feel ready?

The Parent

- ☐ 2 minutes of deep breathing
- ☐ Quick tidy of the learning space
- ☐ A warm drink
- ☐ A short dhikr break
- ☐ A realistic plan for the day
- ☐ Anything else

The Child

- ☐ Stretching or movement
- ☐ A quiet moment
- ☐ A hug or reassurance
- ☐ A fun warm-up activity or snack
- ☐ A reminder of what they're good at
- ☐ Anything else

End of the day reflection

The Parent

One thing I am proud of today.

The Child

One thing I learned or enjoyed today.

Alhamdulillah for today!



ayshclinics.com



ayshclinics@gmail.com

