Let's learn about Palestine:
Comprehensive Resource Guide for Parents + Teachers
resource guide

purpose + goals

In our interconnected world, understanding diverse cultures, histories, and struggles is essential for fostering empathy, tolerance, and global citizenship. As violence unfolds in Palestine, it becomes more important than ever to educate our children about the rich history, vibrant culture, and the resilience of the Palestinian people.

Noor Kids has created this resource guide with the aim of helping to guide difficult conversations with parents and providing support to parents who have difficulty processing the heaviness of the situation. These age-appropriate materials are to help young minds grasp the complexities of the Palestinian situation, appreciate its significance, and foster a compassionate perspective.

about Noor Kids

Founded in the labs at Harvard University in 2011, Noor Kids is an educational services organization that seeks to raise children who build a better world, inspired by Islamic character, citizenship and faith.
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5 Facts About Palestine to Teach Muslim Kids

A Guide for Muslim Parents
The Prophet ﷺ reportedly said,

“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.” (Sahih Muslim)

Our brothers and sisters in Palestine have been suffering from oppression for many years. As Muslims, we should stand up for our brothers and sisters, and always keep them in our prayers (Duas).
1 Palestine is home to the third holiest site in Islam.

In a city called Jerusalem in Palestine, there's a masjid called Al-Aqsa or Bayt al-Maqdis (House of the Holiness). Masjid Al-Aqsa is one of the five mosques mentioned in the Holy Quran by name.

Three Holy Mosques in Islam:

- Masjid Al Haram in Makkah
- Masjid Al Nabawi in Medina
- Masjid Al Aqsa in Jerusalem

Narrated in a hadith in Sahih Muslim*
The First Qiblah for Muslims was in Palestine!

In the early days of Islam, Muslims used to pray towards Baytul-Musjid in Jerusalem before they prayed towards the Kaaba in Makkah. The Prophet Muhammad ﷺ and his companions prayed in that direction for about sixteen or seventeen months.*
During the miraculous night journey (isra’), the Angel Jabril (as) brought the Prophet ﷺ from Makkah to Masjid Al-Aqsa in Jerusalem where he ascended to heaven (mi’raj).

On the same night, he led all of the prophets in prayer. This is also when he received important instructions from Allah, including the command for Muslims to perform the five daily prayers.
Allah calls Palestine a land blessed for the nations.

Palestine is a blessed and sacred land for Muslims! In the Qur’an, Allah calls Palestine and Masjid al Aqsa, “Holy Land”, and a land “blessed for the nations”.

“Exalted is He who took His Servant (Muhammad) by night from al-Masjid al-haram to al-Masjid al-Aqsa, whose surroundings We have blessed, to show him of Our signs. Indeed, He is the Hearing, the Seeing.” (17:1)
It’s the land of the prophets!

Many important Prophets and companions of the Prophet ﷺ were born in or spent part of their lives in the holy land of Palestine. Some of the prophets mentioned in the Qur’an were also born, raised, and buried in Palestine.
4 Facts About Al-Aqsa Every Muslim Kid Should Know

A Guide for Muslim Parents
Masjid Al-Aqsa isn’t just one mosque!

Masjid Al-Aqsa is not a single building; it is a compound consisting of several mosques. The entire compound is considered blessed. Al-Aqsa mosque is identified with the lead-colored dome.
Masjid Al-Aqsa is one of the five mosques mentioned in the Holy Quran.

Here are 4 of them:

- Masjid Al Aqsa in Jerusalem
- Masjid Al Quba in Medina
- Masjid Al Haram in Makkah
- Masjid Al Nabawi in Medina
The Prophetﷺ led all the prophets in prayer at Al-Aqsa

During the miraculous night journey (isra’), the Angel Jabril (as) brought the Prophetﷺ from Makkah to Masjid Al-Aqsa in Jerusalem in one night (a journey that would typically take 40 days) and ascended to heaven (mi’raj). On the same night, heﷺ led all of the prophets in prayer in Musjid al-Aqsa.
Al-Aqsa is also known as “The Furthest Mosque”

When Al-Aqsa Mosque is referred to as 'the furthest mosque,' it could signify its geographical distance from Mecca, and many believe that this name emphasizes its status as the furthest holy site from the city of Mecca.

Glory be to the One Who took His servant ᵀᵉᵉ-Muḥammad by night from the Sacred Mosque to the Farthest Mosque whose surroundings We have blessed, so that We may show him some of Our signs. [Quran 17:1]
Mom, What’s Happening in Palestine?

Explained to Kids: A Guide for Muslim Parents
Imagine you live in a house with **your family**, and you have a big yard where you play and **have fun**.

One day, someone from a **different place** comes and says they want to live in a part of your house and play in **your yard** too.

**Mom, What’s Happening in Palestine?**
This new person starts building their own room and play area just for themselves and their friends.

They say that only they can use that part of the house and your family can't anymore. They even try to make your family to leave your home.

This is called colonization. This is what is happening to Palestine.
The Gaza Strip is home to around 2.3 million people.

It's been surrounded by a blockade imposed by Israel. This means that they can't easily move around on land, sea, and air travel.

In Gaza, there's a **military blockade** in place.

This means that Gaza Strip is surrounded and **controlled** by the **Israeli military**. This has significant effects on the lives of the **people living in Gaza**.
For more than 70 years, the people of Palestine have faced oppression and suffered many challenges. And, Israel has continued to take more of the land from the Palestinians.

By taking over the homes of Palestinian families, many of them are left with no home and nowhere to go.
Take action by teaching them that their voices and solidarity matter!

Encourage your children to stand up for their oppressed brothers and sisters through productive means, such as:

- Raising awareness and advocating for justice
- Turning to Allah for help
- Writing to congress members expressing their concerns

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How to Talk to Your Kids About Gaza

A Guide for Parents
1. Process your own feelings before talking to your kids.
You are the most important role model in your child's life.

They are looking to you for cues on how they should feel anger, sadness, hostile hostility, or fear. And so for many of us, this is incredibly difficult to process.

To avoid pushing our feelings of fear, anxiety, or anger onto our kids, we need to process our own feelings first.
2 Pay Close Attention to Age
A child’s brain is like a sponge. Whatever goes in, can come out.

For Ages 6 and Younger:

Traumatic events, the specifics of the situation, and feelings of fear can be extremely overwhelming.

We should try to spare them from the details and be extremely sensitive with respect to how we talk about the situation, if at all.
For Ages 7 and Older:

Start by listening and asking open-ended questions.

What have you heard?
How do you feel?
What's on your mind?
What are you worried about?

This allows our kids to first tell us what's in their hearts, what's on their minds, and what they've heard before we introduce new information to them.
“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.”

It's our fitrah, the way Allah created us. When we see other people hurting, we hurt. We feel sad. We feel mad.
Validating those feelings allows us to stay balanced. It allows us to feel okay.

As we listen to our kids react to this event, the first step is to validate those feelings.

I understand that you feel angry. That's normal.

It's okay to feel scared or sad.

That's normal. That's what you're supposed to feel.
Find Productive Ways to Channel These Feelings

Encourage your children to stand up for their oppressed brothers and sisters through productive means, such as:

- Raising awareness and advocating for justice
- Writing to congress members expressing their concerns
- Turning to Allah for help

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What is Oppression? Explained to Kids.

A Guide for Parents
Mom, what does oppression mean?

Oppression is when someone uses their power or authority to treat others in a way that is unfair.
What type of unfair treatment?

This could be denying them their rights, freedoms, and dignity.

It manifests in various forms, including physical, emotional, social, economic, and political oppression.
What does Islam say about oppression?

It was reported that the Prophet ﷺ said,

Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.

Islam teaches us to stand up against injustice when you see it.
How can we help?

☑️ First, feel for them.

We should feel a sense of empathy for our brothers and sisters suffering.

The Prophet ﷺ reportedly said,

“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.”

Source: Ṣaḥīḥ al-Bukhārī, Ṣaḥīḥ Muslim
Stand up for the oppressed through productive means.

Turning to Allah for help

Writing to congress members expressing their concerns

Raising awareness and advocating for justice
Mom, are Muslims against Jews?

A Guide for Muslim Parents
No, Muslims are NOT against Jews.

But, we are against oppressors.

Let’s explain.
1. As Muslims, we believe that there are 5 books that are divine.

Here are three of them...

- Quran from Muhammad ﷺ
- Gospel from Isa (as), or Jesus
- Torah from Musa (as)
Stand up for injustice when you see it.

It was reported that the Prophet ﷺ said,
Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.

[Muslim]

Ahl al-Kitāb = People of the Book
But, we are against the oppressors. Those who are unjust.

It's important to teach our kids that being a Muslim means we are against people who do wrong or hurt others, not because of their religion or background. Allah teaches us to stand against oppressors and those who do harm, but it's never about being against any specific group of people, including Jews.
Mom, why is Allah doing this to Palestine?

A Guide for Muslim Parents
When children hear about the oppression that the people are facing in Palestine, they may ask you...

Mom, why is Allah allowing this?

Isn’t Allah the most merciful?
Before you respond, remember:

- We want our kids to feel understood and supported in their feelings and questions.

- We should help them understand that Allah is kind and merciful, and this life is a test. And, that Allah wants what is best for us, so he can give us the ultimate reward of paradise in the afterlife.
The Prophet ﷺ was the most beloved to Allah, and faced many trials.

Despite being deeply loved by Allah, the Prophet (ﷺ) experienced trials such as orphanhood, debt, persecution, and much more throughout his life.

This shows that Allah tests those whom He loves the most, and they will be rewarded for this in the hereafter.

Even during challenging times, we should trust that Allah's love and mercy are always with us, guiding us towards a beautiful reward.
Sometimes, we make plans and hope for certain things to happen the way we want them to. But Allah, the Most Wise, also has plans for us. He knows what's best for us, even when we don't understand it at the moment.

Allah's wisdom is like a big, perfect puzzle, and we can only see a small piece of it.

“But they plan, and Allah plans. And Allah is the best of planners.” [Quran 8:30]
The suffering of the people in Palestine does not go unnoticed.

“Do not think that Allah is unaware of what the wrongdoers do.” [Quran 14:42]

Allah is Sami ul Aleem = All hearing, all knowing

When we see our brothers and sisters in Palestine facing hardships, we should remember that their pain does not go unnoticed by Allah.

Their sacrifice is an honor that has been gifted to them by Allah and Allah will reward them.
They will be rewarded for their struggles in this life.

“And the next life is certainly far better for you than this one. And ‘surely’ your Lord will give so much to you that you will be pleased.” [Quran 93]

Allah will recompense them for their pain and injustice in this world with paradise in the hereafter. The reward of paradise is beyond imagination, where they will find everlasting peace, joy, and closeness to Allah, free from all suffering and hardships.
Mom, why does Allah let bad things happen to good people?
When children see the suffering experienced by our brothers and sisters in Palestine, it's natural for them to think:

Life is not fair.

Why does Allah make bad things happen to good people?
In moments of adversity, children might grapple with negative perceptions of Allah and question His wisdom.

As parents, this becomes a crucial moment for us to teach them about beautiful attributes of Allah which can serve as a reminder of His divinity and love for us.
Teach your kids that Allah knows best.

Allah says in Surah Baqarah...

It could be that you dislike something, when it is good for you; and it could be that you like something when it is bad for you. *Allah knows,* and you do not know. [2:216]

**Allah is Al-Aleem = The All-Knowing**

We may only see a part of Allah's plan, and at times, we might not understand it. But, we should remember that Allah knows what's best for His believers.
2 Allah tests those he loves the most.

“When indeed greater reward comes with greater trial. And indeed, when Allah loves a people He subjects them to trials.”*

When Allah loves us and wants to give us a reward in the afterlife, He gives us challenges and tests in this life.

Anas narrated this from the Messenger of Allah (ﷺ) in at-Tirmidhi*
For Muslims, struggles in this life lead to rewards in the hereafter.

“Allah will recompense them for their pain and injustice in this world with paradise in the hereafter. The reward of paradise is beyond imagination, where they will find everlasting peace, joy, and closeness to Allah, free from all suffering and hardships.” [Quran 93]
Mom, Why Does Allah Allow Bad Things?

A Guide for Muslim Parents
Allah, our Creator, has designed a world where both good and bad exist. He has also given humans something very special called "free will."

Allah allows both good and bad things happen in the world as a test for human beings to see if we will choose the path of righteousness and resist evil temptations.

What is “free will”? Free will is the power to do things without being forced or controlled.
Bad Helps Us Appreciate Good.

When we see bad things happening, it makes us realize how important choosing good is.

It's like the darkness helps us see the light. Witnessing evil allows us to appreciate and recognize goodness and righteousness. It serves as a reminder of the value of good actions.
But, Isn’t Allah The Most Kind?

When the believer is afflicted with pain, even that of a **prick of a thorn** or more, **Allah forgives** his sins. (Bukhari).

Yes, Allah is the Most Kind and Merciful! For those who are oppressed or victims of evil, Allah offers **immense rewards**. Even the slightest pain or suffering can lead to the **forgiveness** of sins and rewards for one's strength.

Allah is **compassionate** and rewards those who endure hardships. It's important to remember that **Allah is fully aware** of the actions of wrongdoers, and no injustice goes unnoticed.
Allah Knows Best.

Sometimes, we make plans and hope for certain things to happen the way we want them to. But Allah, the Most Wise, also has plans for us. He knows what's best for us, even when we don't understand it at the moment.

We may not fully understand Allah's wisdom and why certain evils occur. But, Muslims believe that Allah's wisdom goes beyond human comprehension. What might seem like a hardship now may be part of a larger plan that serves a greater purpose.
Allah Is The Most Just. Every action, whether good or bad, is noticed by Allah. Those who harm others will be accountable in the afterlife. But for those who do good and live righteously, Allah's rewards is immense.

Allah will recompense those for their pain and injustice in this world with paradise in the hereafter.
Why Can’t Allah Just Make It Stop?

A Guide for Muslim Parents
If Allah controls everything, why doesn't He just make all the bad things in Palestine go away?

Well first...

Allah is All-Powerful, and He can do anything. He's the Creator of everything, so if He willed, He could make all the bad things in the world go away. His power is unlimited.

But what's really important to understand is that Allah has a special plan, a divine plan, and His wisdom goes way beyond what we can understand.
What is Divine Wisdom?

Imagine life as a gigantic puzzle. Every event, every person, every moment is a piece of that puzzle.

Some pieces might seem difficult or even painful, like our brothers and sisters suffering in Palestine.

But in Allah's divine wisdom, every piece has a purpose, even if we can't see it right away.
But, Why Would Allah Allow Us to Suffer?

As Muslims, we believe that the life in this world is temporary, and the real and everlasting life is in the Hereafter.

Tests and trials help us strengthen their faith, and become better people. Facing challenges can teach patience, resilience, compassion, and other virtues.

And for those who go through extreme suffering, Allah rewards them for their hardships. He will recompense those for their pain and injustice in this world with paradise in the hereafter.
Allah Will Reward The People of Palestine

Allah is the Most Kind and Merciful! For those who are oppressed or victims of evil, Allah offers **immense rewards**. Even the slightest pain or suffering can lead to the **forgiveness** of sins and rewards for one's strength.

For believers, difficulties are tests, reminders, and **opportunities for forgiveness** and higher rewards in the Hereafter. Even small hardships are seen as signs of **Allah's mercy and favor**.
How Does Allah Tell Us to Cope with Tragedy?

A Guide for Muslim Parents
Remember Allah in times of difficulties.

So remember Me; I will remember you. And be grateful to Me and do not deny Me.

[Quran 2:152]

Remembering Allah is a source of strength for a believer. It's a way to seek help and support during moments of distress. It reminds us that we are not alone in our struggles and that Allah is there to help and guide us.

It encourages us to keep moving forward, to face difficulties with courage and determination, and to trust that Allah will make a way out of during hardships.
Salah is your strength.

O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.

[Quran 2:153]

Patience isn't just about enduring difficulties; it's about maintaining composure, perseverance, and resilience in the face of adversity.

Prayer serves as a direct line of communication with you and Allah. It encourages us to keep moving forward, to face difficulties with courage and determination, and to trust that Allah will make a way out of during hardships.
Those who have passed in the cause of Allah are in a better place.

And do not say about those who are killed in the way of Allah, 'They are dead.' Rather, they are alive, but you perceive [it] not.

[Quran 2:154]

This verse acknowledges and honors the sacrifices made by the those who lose their lives in defense of their beliefs, land, or people. It shows that such sacrifices do not go unnoticed in the eyes of Allah.

Allah will recompense them for their pain and injustice in this world with paradise in the hereafter.
And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient,

[Quran 2:155]

Allah tests those whom He loves the most, and they will be rewarded for this in the hereafter.

Even during challenging times, we should be patience and trust that Allah's love and mercy are always with us, guiding us towards a beautiful reward.
Mom, why is Allah letting them get away with this?!

Do not think that Allah is unaware of what the wrongdoers do. [14:42]
Mom, when will Allah help Palestine?

They were touched by poverty and hardship and were shaken until [even their] messenger and those who believed with him said, "When is the help of Allah?" Verily, the help of Allah is near. [2:214]
They are facing so much oppression, it’s so tragic!

And the next life is certainly far better for you than this one. And surely your Lord will give so much to you that you will be pleased. [Quran 93:4]
Mom, why is this happening to Palestine?!

We will certainly test you with a touch of fear and famine and loss of property, life, and crops. Give good news to those who patiently endure [2:155]
5 Hadith on Injustice to Teach Muslim Kids

A Guide for Muslim Parents
A just leader will be under Allah’s shade on the day of judgement.

It was reported that the Prophetﷺ said,

There are seven categories of people whom God will shelter under the shade of His throne on the Day when there will be no shade except this. [One is] the just leader.

[Muslim]
Stand up for injustice when you see it.

It was reported that the Prophet ﷺ said,

Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.

[Muslim]
Allah will reward you for being peaceful and fair with other people.

It was reported that the Prophet ﷺ said,

There is a Sadaqa to be given for every joint of the human body; and for every day on which the sun rises there is a reward of a Sadaqa (i.e. charitable gift) for the one who establishes justice among people.

[Al-Bukhari]
4 Stop oppressors from being unfair if they are treating others wrongly.

It was reported that the Prophet ﷺ said,

Help your brother, whether he is an oppressor or he is an oppressed one. People asked, "O Allah's Messenger! It is all right to help him if he is oppressed, but how should we help him if he is an oppressor?" The Prophet said, "By preventing him from oppressing others.

[Al-Bukhari]
If a Muslim is suffering, we should feel empathy and sadness.

It was reported that the Prophet ﷺ said,

Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.

[Muslim]
Dua’s to Teach and Recite with Your Kids

Hasbun Allahu wa ni‘mal wakeel

Allah is sufficient for us, and He is the best disposer of affairs. (3:173)

Inna lillahi wa inna ilayhi raji‘oon

Indeed, to Allah we belong and to Him we shall return. (2:156)
A Dua for Palestine

O Allah! Rectify the affairs of the Muslims in Palestine. O Allah! Rectify the affairs of the Muslims in Palestine and in every place, O Lord of Majesty and Bounty.
6 Dua’s To Recite in Times of Injustice and Oppression

Kid-Friendly Duas for Muslim Parents
01. Dua against injustice and oppression.

ربّ انصرني على القوْم المفسِدينَ

Rabbi annsurni alal qawmil mufsideen

My Lord! Help me against people who practice corruption and spread disorder.

(Surah al-Ankabut; 29:30)
02. Dua for protection from the evil of creation.

أَعْوذُ بِكُلِّمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ ما خَلَقَ

A’udhu bi kalimati’llaahi’t-taammaat min sharri ma khalaq

I seek refuge in the Perfect Words of Allah from the evil of what He has created

This is a dua for protection from all kinds of evil that the Prophet (ﷺ) was known to recite this in the mornings and night.

(Sahih Muslim)
03. Dua for ease in difficulty.

La ilaaha illa anta subhanaka innee kuntu mina az-zalimeen

There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers

Surah Yunus relates the heart-touching story of Prophet Yunus (as) and when he was trapped in the belly of a whale after abandoning his people. After realizing his mistake, he calls out to Allah (SWT) with this beautiful dua:

(Surah Yunus, Ayah 87)
04. Dua for seeking relief.

Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth!

“O Living and Eternal Sustainer! By Your mercy, I seek relief!”

One of the best dua to Allah (SWT) that we can make in times of difficulty and oppression is simple, beautiful, and short. It asks Allah (SWT) for relief by way of His mercy.

(Tirmidhi)
05. Dua for Protection from all harm in the heavens and Earth

Bismillahil-ladhi la yadurru ma’asmahi shay’un fil ardhi wa la fis-sama’i wa huwas-Sami’ul ‘Aleem

In the Name of Allah with Who, by His Name, nothing in the Earth or heaven can cause harm. And He is All-Hearing and All-Knowing

This dua’ calls upon the beautiful names of Allah (SWT), the All-Hearing and All-Knowing, in seeking protection from all that surrounds us

(25:74)
06. Dua during calamity

حَسْبُنَا اللَّهَ وَنَعْمَ الْوَكِيلُ

Hasbun Allahu wa ni‘mal wakeel

Allah is sufficient for us, and He is the best disposer of affairs.

(3:173)
Oppression is when one group or individual uses their power to unfairly treat another group or person, often causing harm or limiting their rights and opportunities.

Al-Aqsa Mosque is one of the holiest sites in Islam, located in the Old City of Jerusalem. It is a place of worship and holds religious significance for Muslims.

Injustice refers to situations or actions that are unfair or morally wrong. It can involve the denial of rights, unequal treatment, or the violation of ethical principles.

Colonization is the process of a powerful country or group establishing control over another region or country, often involving the settlement of its people and the exploitation of resources.

(Ahl al-Kitab in Arabic) Individuals who follow one of the major monotheistic religions that are considered to have received divine scriptures or revelations.