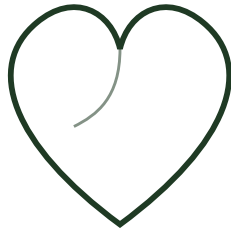


OLIVE TREE INSTITUTE



# Heart Check

*A 5-Week Feelings Workbook*



**Week 1, Notice It** Self-Awareness

**Week 2, Calm It** Self-Management

**Week 3, See It** Social Awareness

**Week 4, Say It** Relationship Skills

**Week 5, Choose It** Responsible Decision-Making

## BEFORE YOU BEGIN

# A note for you before your child starts

This workbook walks your child through five skills, one a week: noticing a feeling, calming a big one, noticing feelings in other people, saying a feeling out loud, and connecting a feeling to a choice. The order isn't random. Each week needs the one before it.

The skill sequence follows CASEL's five competencies, the framework most schools and family programs build on, and draws on RULER, the emotional intelligence approach developed at the Yale Center for Emotional Intelligence. Every week is anchored to an authentic hadith or ayah, referenced at the end of the Learn It section, so the skill and the faith are taught as one thing, not two.

The research is consistent on one point that shapes how this is built: a skill practiced only once, alone, doesn't stick nearly as well as a skill practiced with a parent closing the loop. That's why every week ends with one small, boxed prompt for you, not a lecture, just one question at dinner or bedtime. That's the whole ask.

Each week is one double-sided page. Front: notice, learn, try. Back: reflect, take home, and your two-minute part.

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## HOW EACH WEEK WORKS

Front page: notice, learn, try. Back page: reflect, take it home, and one boxed prompt just for you. Same shape every week, so your child never has to relearn the format, just the content.

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# Notice It

## NOTICE

Close your eyes for 10 seconds. What's one word for how you feel right now? Write it, or draw a face for it.

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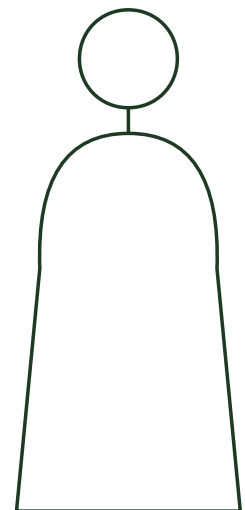
## LEARN IT

Allah (swt) gave every person a qalb, a heart that feels things. Feeling something big, happy, mad, nervous, sad, isn't a flaw. It's fitra: it's how you were made. Even the Prophet (pbuh) had big feelings and didn't hide them. When his baby son Ibrahim was dying, he held him close and wept in front of everyone. When a companion asked in surprise whether even he could cry, the Prophet (pbuh) said the tears were mercy, not weakness. He named exactly what he felt, out loud, and he didn't let that feeling turn into words against Allah's (swt) plan. (Sahih al-Bukhari 1303) That's the whole skill in one story: feel it fully, name it honestly, don't let it run your mouth or your hands.

## TRY IT

Circle 2 or 3 words that fit your week. Then shade where you feel it on the outline.

|          |             |         |         |          |
|----------|-------------|---------|---------|----------|
| Happy    | Nervous     | Angry   | Proud   | Left out |
| Calm     | Embarrassed | Excited | Worried |          |
| Grateful | Frustrated  | Brave   | Tired   | Jealous  |
| Hopeful  |             |         |         |          |



shade where you feel it

# Notice It, continued

## NAME IT

Think of one moment this week you felt something big. What happened? What did you feel? Where in your body did you feel it? Write or draw it.

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## TAKE IT HOME

Once a day this week, pause and name one feeling, out loud or on paper. That's the whole practice.

### FOR THE GROWN-UP, TWO MINUTES TONIGHT

Tonight, ask: what's one feeling you noticed today? Just listen. You're not fixing it, you're building the habit of putting words to feelings, together.

*This week's dua: Rabbi ishraḥ li sadri, my Lord, expand for me my heart (Surah Ta-Ha, 20:25).*



## NOTICE

Mark on the line below where you are right now.

Calm

Stormy

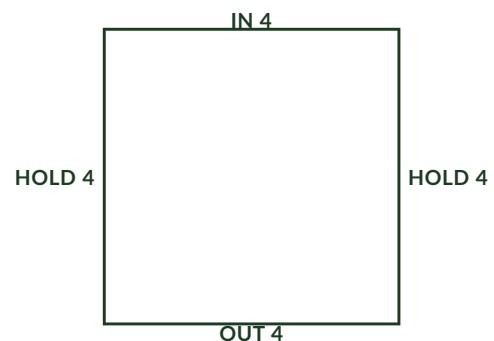
## LEARN IT

A man once asked the Prophet (pbuh) for one piece of advice he could live by. The Prophet (pbuh) said, "Don't get angry." The man asked again, thinking he'd get more. The Prophet (pbuh) said the exact same thing, again. Three times, same three words. (Sahih al-Bukhari 6116) That's how important this is. Getting a big feeling isn't the problem, everyone gets them. The problem is what you do next. The Prophet (pbuh) also gave an actual step to take: if you're standing when anger hits, sit down. If it's still there, lie down. (Sunan Abi Dawud 4782) Change your body, and the feeling often changes with it.

## TRY IT

Circle 2 or 3 tools you'll try next time a big feeling shows up.

- ☐ Sit down, then lie down if you need to
- ☐ Slow breathing (try the box below)
- ☐ Drink a glass of water
- ☐ Step outside for a minute
- ☐ Squeeze something firm
- ☐ Count backwards from 20



trace the box with your eyes as you breathe

# Calm It, continued

## NAME IT

Think of a time recently you had a big, stormy feeling. What set it off? What did your body do (fists, hot face, fast heart)? What helped, or what would you try next time?

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## TAKE IT HOME

This week, when you feel the storm starting, try one tool from your toolkit before you say or do anything. Just one.

### FOR THE GROWN-UP, TWO MINUTES TONIGHT

Tonight, ask: did you try one of your calm-down tools this week? What happened? Model it yourself too, kids learn regulation by watching adults regulate.

*This week's line: strength isn't never feeling storms. It's what you do while you're in one, the way the strong one is the one who holds himself back in anger. (Sahih al-Bukhari 6114; Sahih Muslim 2609)*



# See It

## NOTICE

Think of one person you saw today. How do you think they were feeling? What made you guess that?

\_\_\_\_\_

## LEARN IT

The Prophet (pbuh) said none of us truly has complete faith until we love for others what we love for ourselves. (Sahih al-Bukhari 13; Sahih Muslim 45) That's not just about sharing your toys or your food, it's about noticing what other people are going through, the same way you'd want someone to notice for you. Empathy is a skill, not just a feeling. You can actually get better at reading the clues: a face, a voice, someone going quiet who's usually loud.

## TRY IT

Read each scene. Write what you think that person is feeling, and the one clue that gave it away.

Your friend gives one-word answers and won't look up from their shoes.

Feeling: \_\_\_\_\_

The clue: \_\_\_\_\_

Your sibling slams their bedroom door after a phone call.

Feeling: \_\_\_\_\_

The clue: \_\_\_\_\_

A classmate is standing alone at recess, watching everyone else play.

Feeling: \_\_\_\_\_

The clue: \_\_\_\_\_

# See It, continued

## NAME IT

Think of someone in your life who might be having a hard week. What clues made you notice? What's one small thing you could do or say?

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## TAKE IT HOME

This week, notice one person's feeling before they tell you. Just notice, you don't have to fix it.

### FOR THE GROWN-UP, TWO MINUTES TONIGHT

Tonight, ask: who did you notice this week, and what did you notice? This builds the muscle of looking outward, not just inward.

*This week's line: noticing someone else's feeling is its own kind of good deed.*



# Say It

## NOTICE

Think of the last time you told someone how you felt. Circle one: easy / kind of hard / really hard.

\_\_\_\_\_

## LEARN IT

The Prophet (pbuh) said a good word is charity, sadaqah. (Sahih al-Bukhari 2989; Sahih Muslim 1009) That means the words you choose actually count as a good deed, the same category as giving. Saying how you feel doesn't have to be a big speech. It can be four words: "I feel \_\_\_ because \_\_\_." That sentence does two jobs at once: it tells the truth, and it says it kindly. Both parts matter. Listening well is the other half of this skill. When someone else is talking about a feeling, your job is to listen first and fix second, if fixing is even needed at all.

## TRY IT

Fill in your own sentence. Then check off the listening habits you'll practice this week.

I feel \_\_\_\_\_ because \_\_\_\_\_.

☐ Eye contact

☐ No interrupting

☐ Repeat back what you heard before responding

# Say It, continued

## NAME IT

Think of a feeling you've been holding onto without saying out loud. Write the sentence you could use to say it to someone.

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## TAKE IT HOME

This week, say one "I feel \_\_\_ because \_\_\_" sentence out loud to someone you trust.

### FOR THE GROWN-UP, TWO MINUTES TONIGHT

This week, if your child uses this sentence with you, resist the urge to fix or explain right away. Just say it back to them first: "so you're feeling \_\_\_ because \_\_\_." That's the whole win.

*This week's line: a kind, honest sentence is its own good deed.*



# Choose It

NOTICE

Think of a choice you're facing right now, big or small. Write it in one sentence.

LEARN IT

A man named Wabisah once came to the Prophet (pbuh) with a question about right and wrong. Before Wabisah could even ask it, the Prophet (pbuh) told him what he'd come to ask about. Then he touched Wabisah's chest and said, "Ask your heart." He explained: the right choice is usually the one your heart feels calm about. The wrong choice is the one that keeps nagging at you, even if everyone around you says it's fine. (Musnad Ahmad; also 40 Hadith Nawawi, no. 27) That's not the only step in making a good choice, but it's a real one: after you notice a feeling, pause, and check with your heart before you act.

TRY IT

Work through your choice from the front page.

|                        |  |
|------------------------|--|
| THE CHOICE             |  |
| HEART FEELS CALM ABOUT |  |
| KEEPS NAGGING AT ME    |  |
| MY CHOICE              |  |

# Choose It, continued

## NAME IT

Think back to a choice you made this week. Did you check in with your heart first, or after? What would you do the same or different next time?

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## TAKE IT HOME

Next time you're facing a choice this week, pause and ask your heart before you act. Notice what that feels like.

### FOR THE GROWN-UP, TWO MINUTES TONIGHT

Tonight, ask: what's one choice you checked in with your heart about this week? Share one of your own too, kids learn this by watching adults do it out loud.

*This week's line: notice it, name it, then choose, in that order.*

