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11 Social Stories in Adaab for Muslim Children with Autism Spectrum Disorder

Book · March 2015

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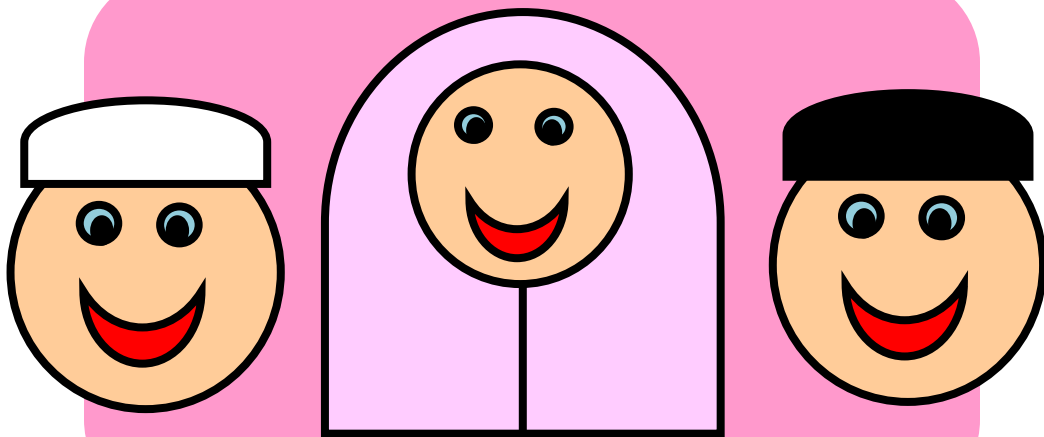
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Islamic Social Stories for Autism Kids [View project](#)

11 Social Stories in Adaab

Akhlaq series by Izaida Ibrahim



Dedicated to Muslim children with Autism Spectrum Disorder
Designed with Visual Supports

Year of publication: 2015.

First edition.

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GUIDE TO USE THIS BOOK

*PARENTS & TEACHERS: PLEASE READ THIS GUIDE FIRST.

Social stories are used as a type of behavioral intervention to improve children’s social skills through combination of visual and verbal cues. The stories are designed to teach children the appropriate skills in social situations. Although most social stories are geared towards the need of specific child, I believe that any social stories can be shared to other children to help them build an awareness of the concept of individual difference, especially if it involves teaching the concept of general social manners.

This material is designed for Muslim kids with Autism Spectrum Disorder (ASD) from the age of 3 up to the appropriate level of children’s intellect and social competence. It is focused on *adaab* (teaching social manners) in accordance to Shari’ah. It contains some appropriate sayings of the Prophet and from the Quran, which is explained in a very simple way for kids to understand, In Shaa Allah. This book is accompanied with visual supports that will help increase the understanding for ASD children.

The book should be used according to the children’s reading competency and comprehension. Below are suggestions for parents/teachers to use this book:

Reading competency	Understanding level (language comprehension)	Suggestion on how to use this book
Can’t read yet	Can’t understand yet	Use visual supports in the book to teach appropriate skills
Can’t read yet	Can mildly understand	Parents/teachers read and show illustrations in this book and explain further to the children. This can be done during reading time, or use the book as a bedtime stories.
Can read, but not so competent	Can moderately understand	Parents/teachers and child can read together, take turns or guide any mistakes on child’s reading. Discuss the visual illustrations. This can also be done during reading time, or use the book as a bedtime stories.
Competent in reading	Understand language and interaction	Parents/teachers should be with the child for the first time the child is reading this book and discuss the stories. The child can read on his/her own after he/she understand the concept involved in the stories.

It is hoped that after reading the story, Muslim parents and teachers can instill *adaab* practicalities in their home and in school related to the story. For example, whenever a child presents an inappropriate social response, the visual and verbal contents in this book can be shown to the child to remind him/her about the importance of *adaab* and what Islam says about it. Parents and teachers can capture the images of visual supports in this book and print them to be hanged on the wall as reminder posters, etc. Repeated variety approaches in using this book are highly recommended to ensure the children can grasp the *adaab* concept and remember the appropriate *adaab* expected from them, In shaa Allah.

It is imperative for parents and teachers to gradually teach at least the basic of *aqeedah*; i.e. who is Allah and Prophet Muhammad s.a.w, prior or while reading this book to ensure the effectiveness of using the social stories. ISLAM is easy and it can be made 'easy to understand' even for ASD kids, especially for kids that are "high-functioning" and/or have mild to moderate autism. As a tip, try to talk about Allah by frequently asking who made this world, all His creations. Explain Prophet Muhammad as a leader and teacher for humankind, and rewards are immense if we choose to be good person. This can be done verbally and/or visually (pictures, videos, and live demonstrations) and should be done frequently. Such teachings can be applied to both verbal and non-verbal kids. Use your creativity to communicate your information to them!

In conclusion, Muslim parents and teachers should teach and instill *adaab* in their autism kids in the way they can understand. Use this book:

- a) For reading time
- b) As bedtime stories
- c) In repetition: 'Repeat, repeat, repeat' is the key
- d) One important condition: Muslim parents and teachers MUST show and be good role model to kids (show good manners)
- e) Du'a: Parents should never give up and always remember to make du'a for their childrens' well being.

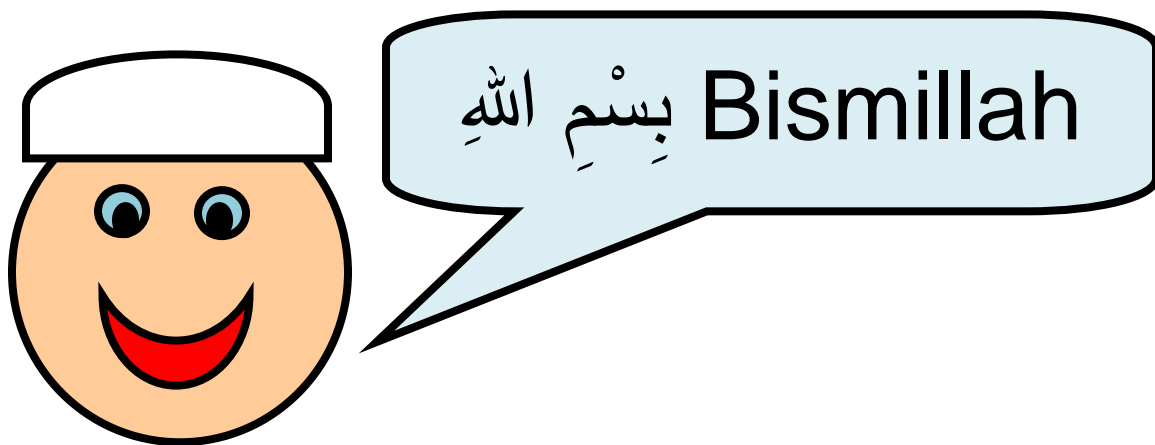
I hope this book will be beneficial for all Muslim parents and Muslim special needs teachers. May Allah bless all the Muslim families with ASD children and give us immense patience in educating and raising our ASD children, ameen.
Assalamualaikum wbt.

Izaida Ibrahim,
The Muslim Psych.
& mother of ASD kids.

I can say Bismillah

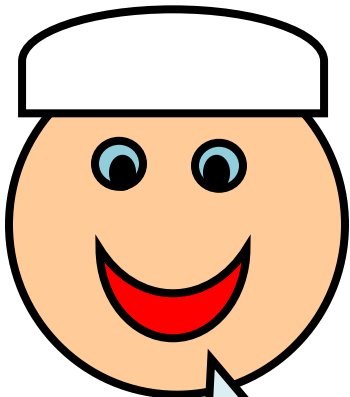


I can say Bismillah.



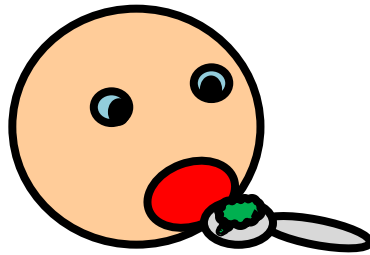
Before I do anything, I say Bismillah.

FIRST

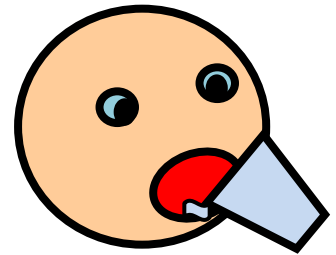


BISMILLAH

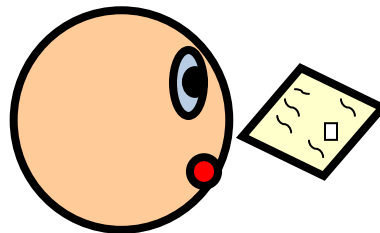
THEN



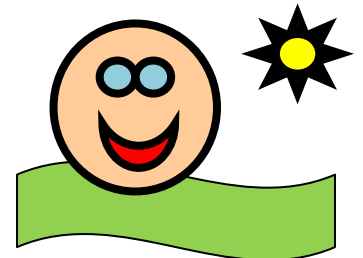
eat



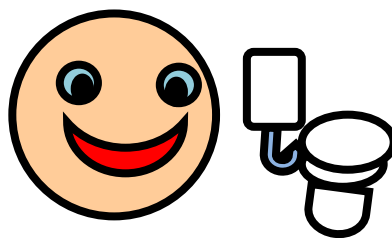
drink



read



go outside



go to toilet



sleep

Bismillah means in the Name of Allah.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

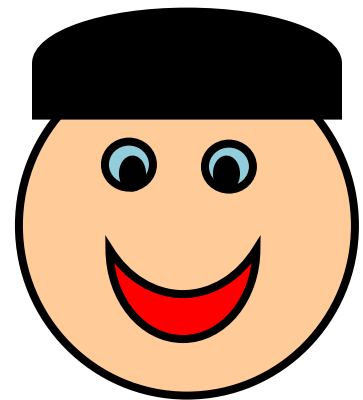
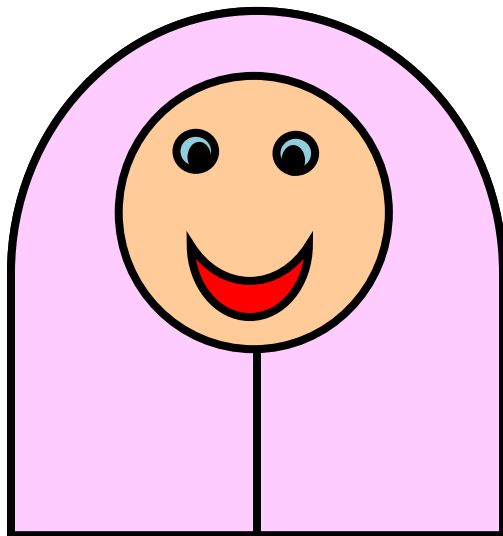
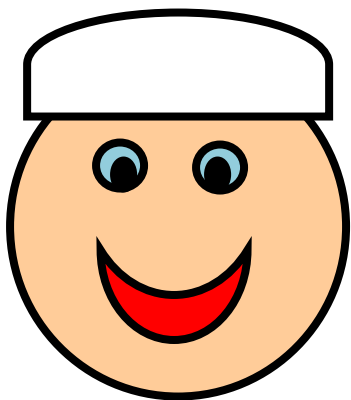
In the Name of Allāh, the Most Gracious, the Most Merciful

Good Muslims must remember to say Bismillah.

I am a Muslim; therefore I must remember to say Bismillah too.

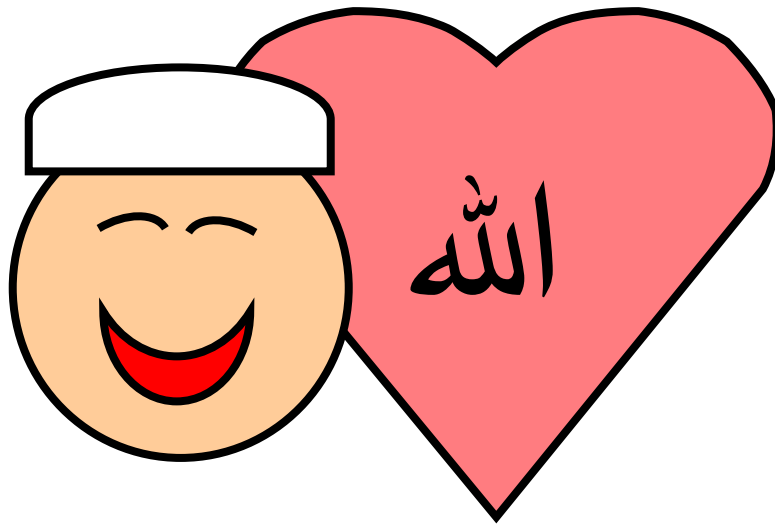


BISMILLAH



When I say Bismillah, every good thing that I do is to make Allah please with me.

Allah loves people who like to say Bismillah.

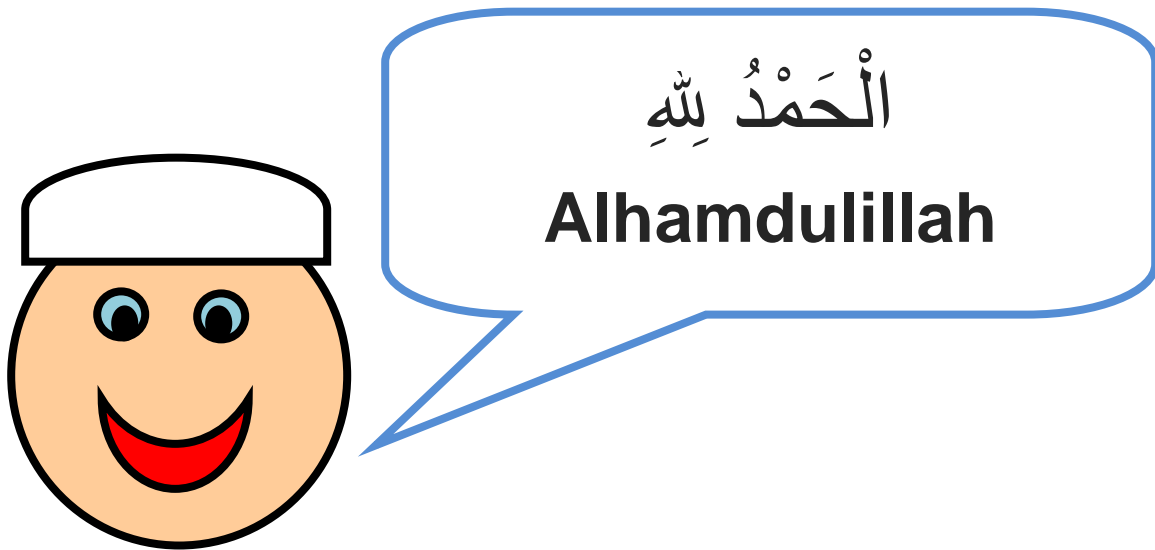


I can say
Alhamdulillah



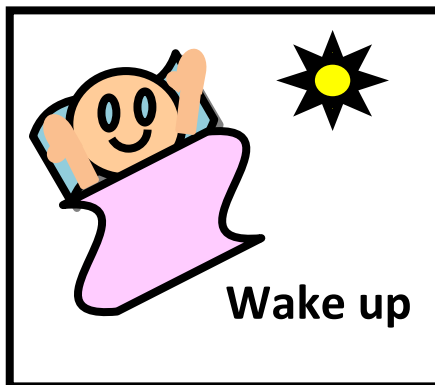
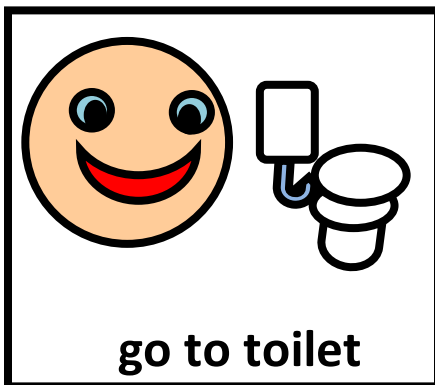
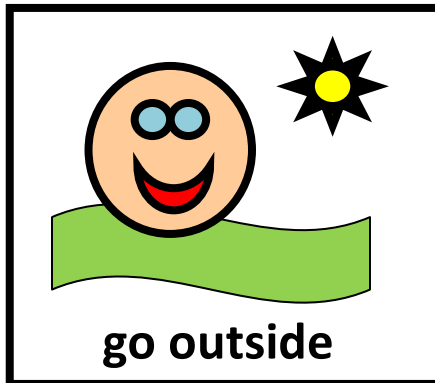
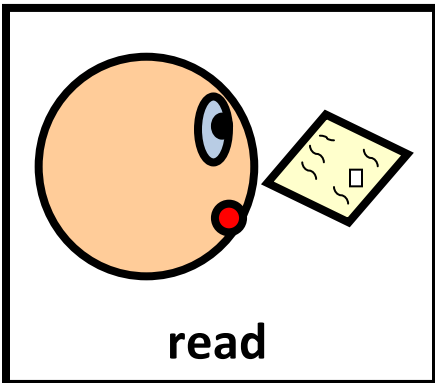
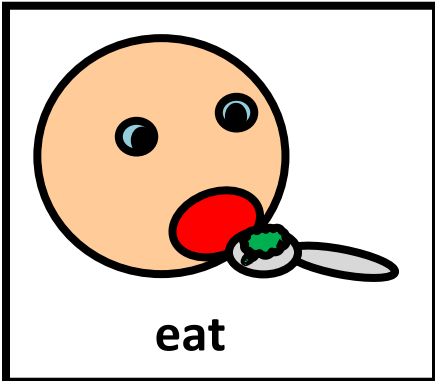
I can say Alhamdulillah.

Alhamdulillah means “All thanks and praise be to Allah”.

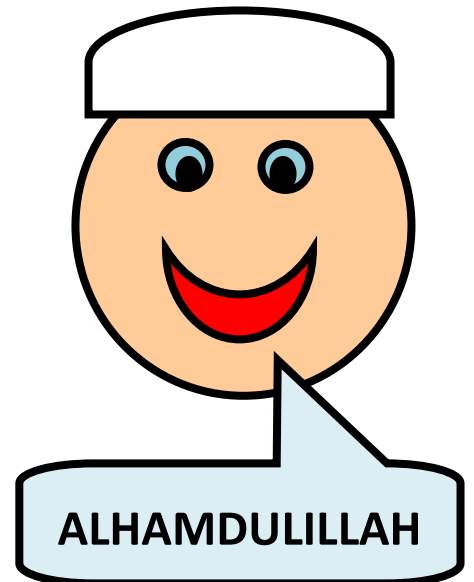


After I finish doing something, I say Alhamdulillah.

FIRST

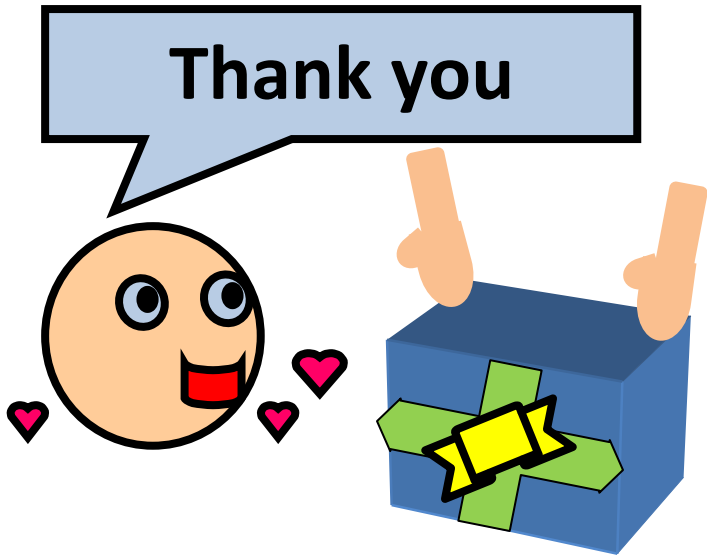


THEN

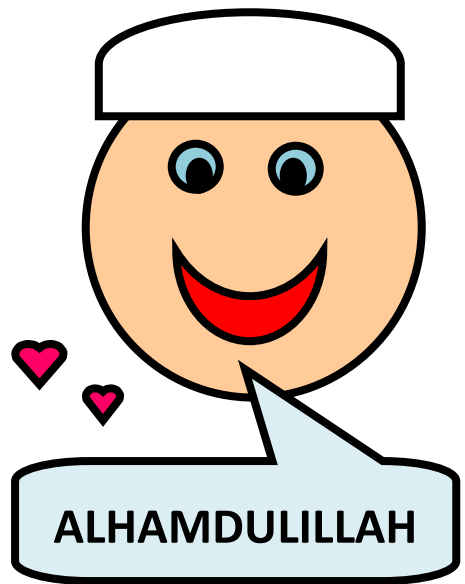


When I get presents, I say thank you and Alhamdulillah.

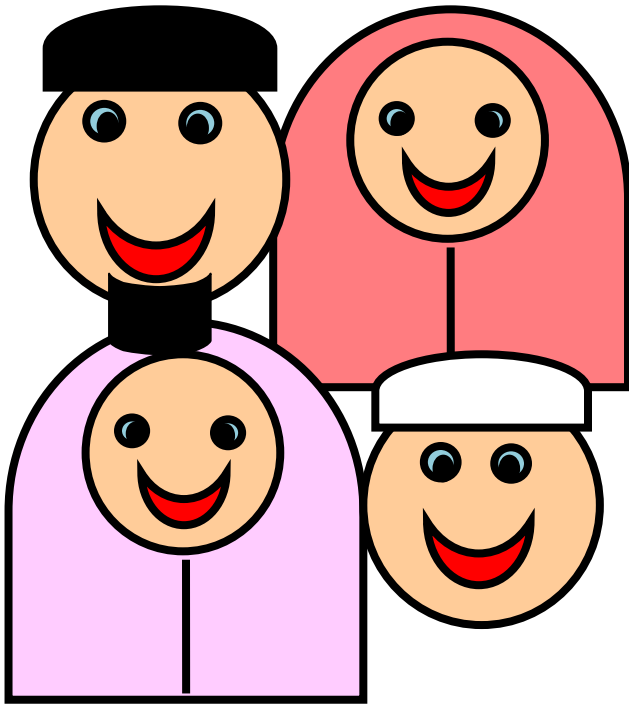
FIRST



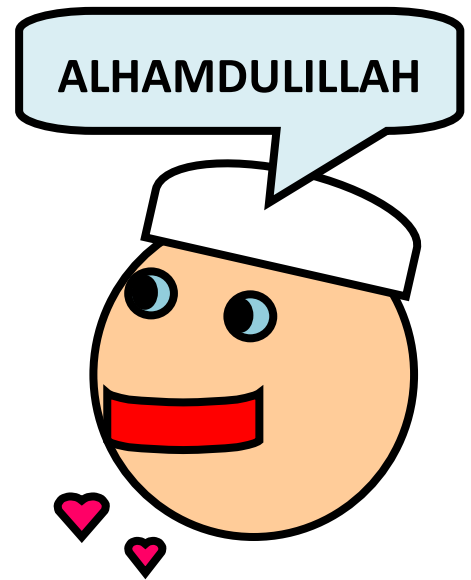
THEN



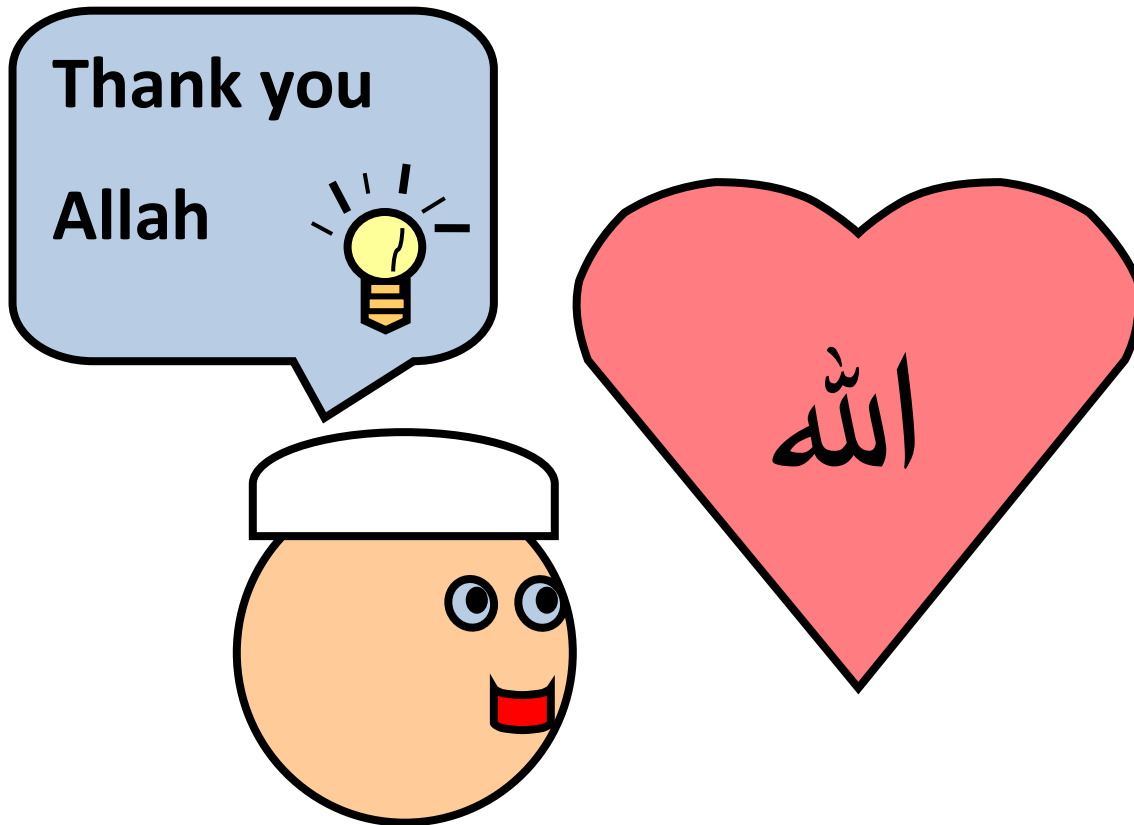
**I am thankful because I have a great family.
Alhamdulillah.**



My family

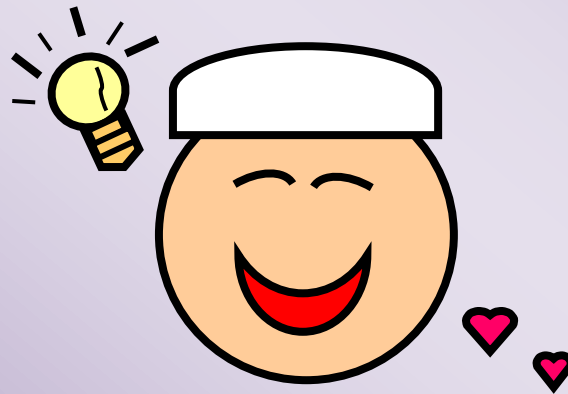


Prophet Muhammad reminded us to say thank you to people.

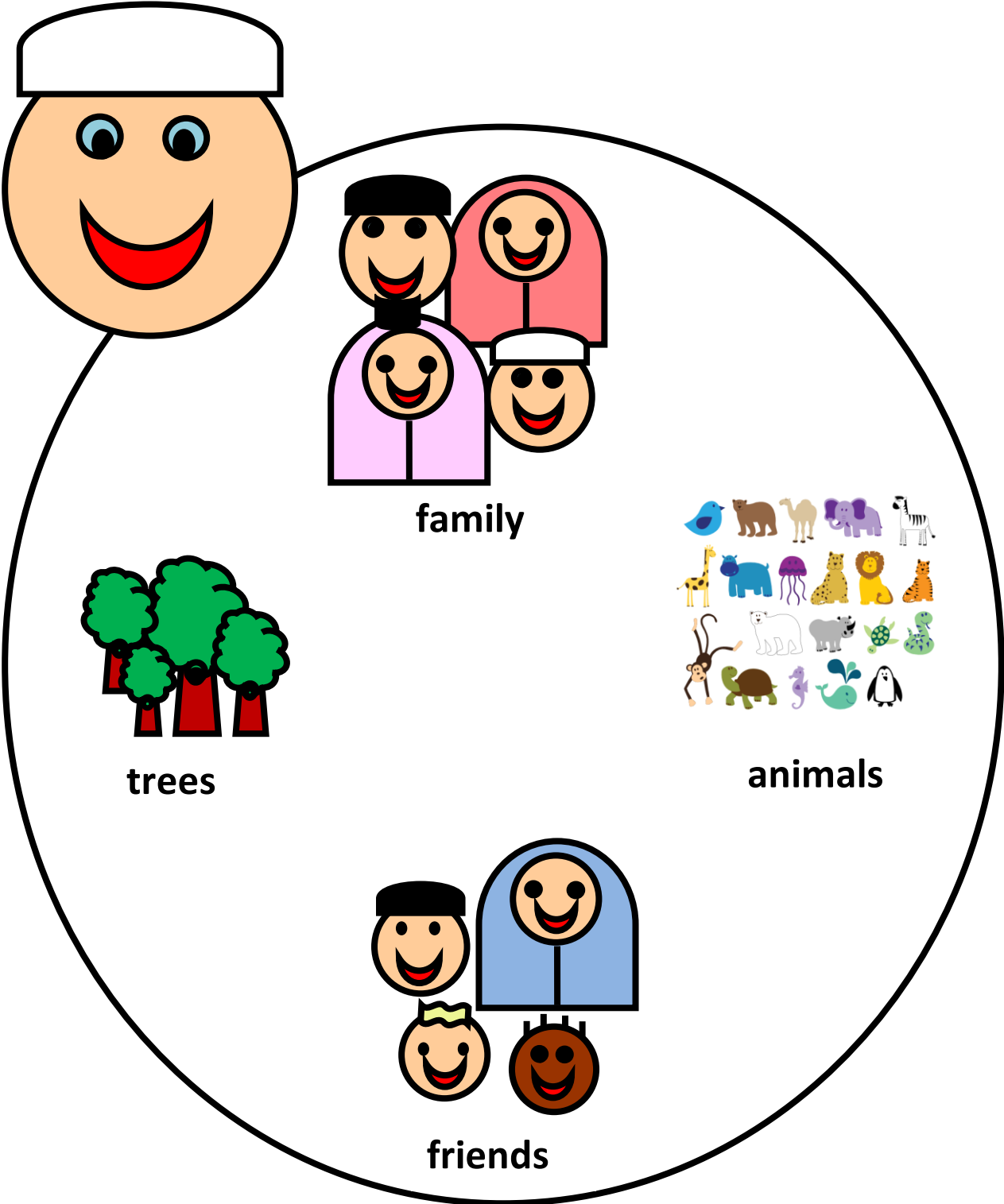


He also reminded us to thank and praise Allah all the time.

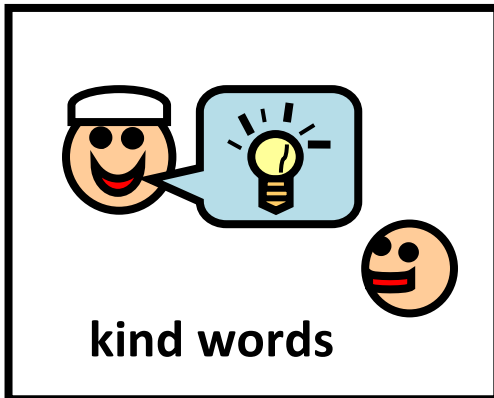
I can be kind



I can be kind to all.



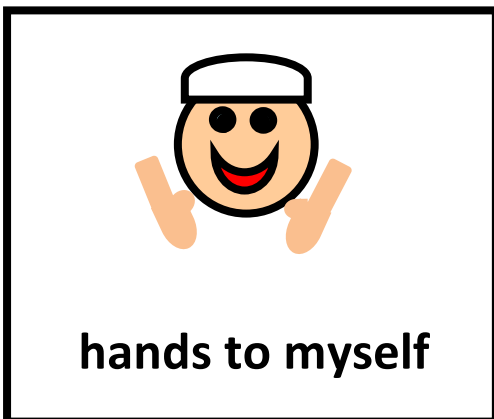
I can speak kindly to others.



I use kind words because bad words can hurt people's feeling

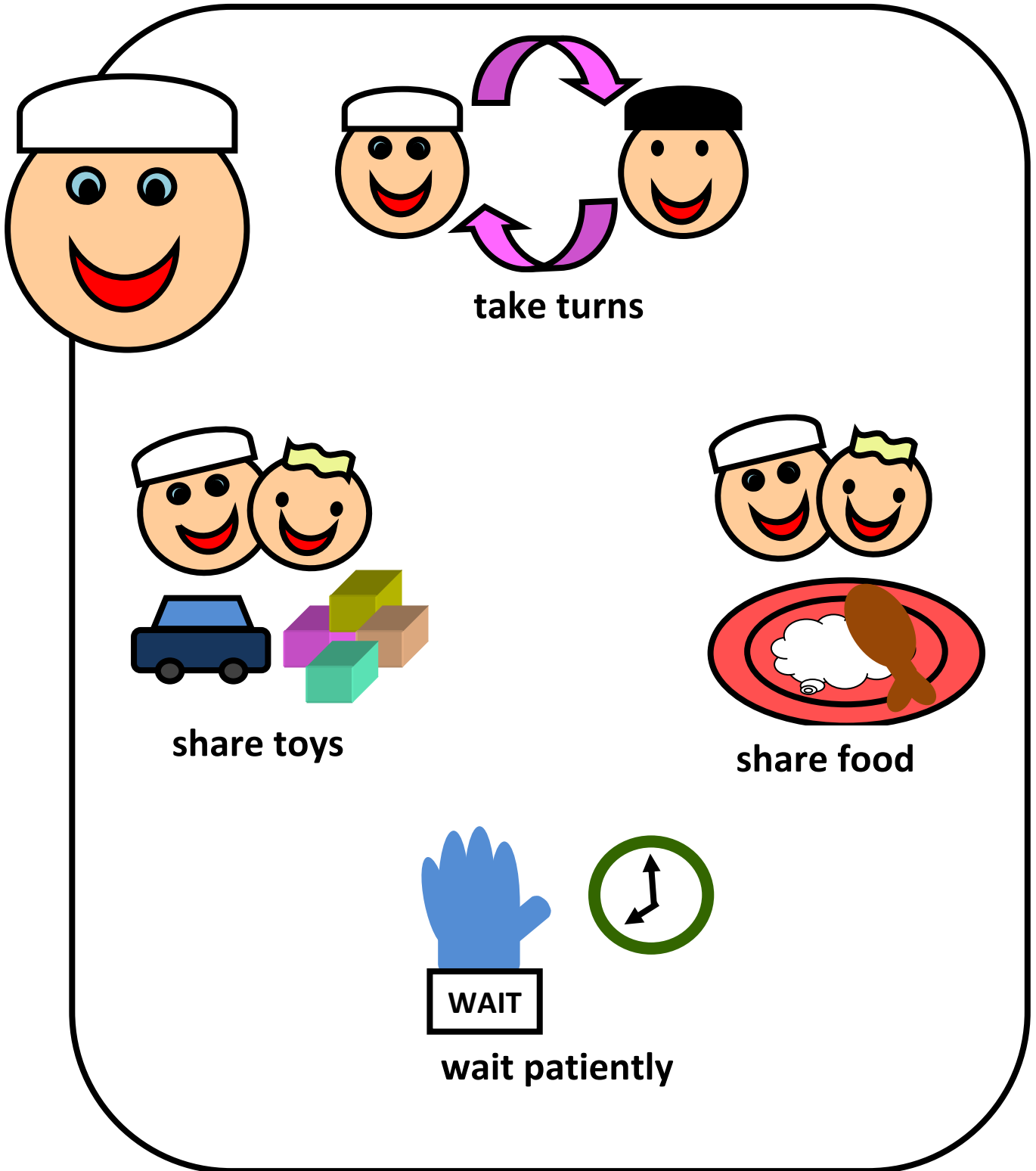


I use gentle voice because shouting hurts people's ear



**I keep my hands to myself.
Hitting, pushing, pinching and touching private areas of other people are not okay**

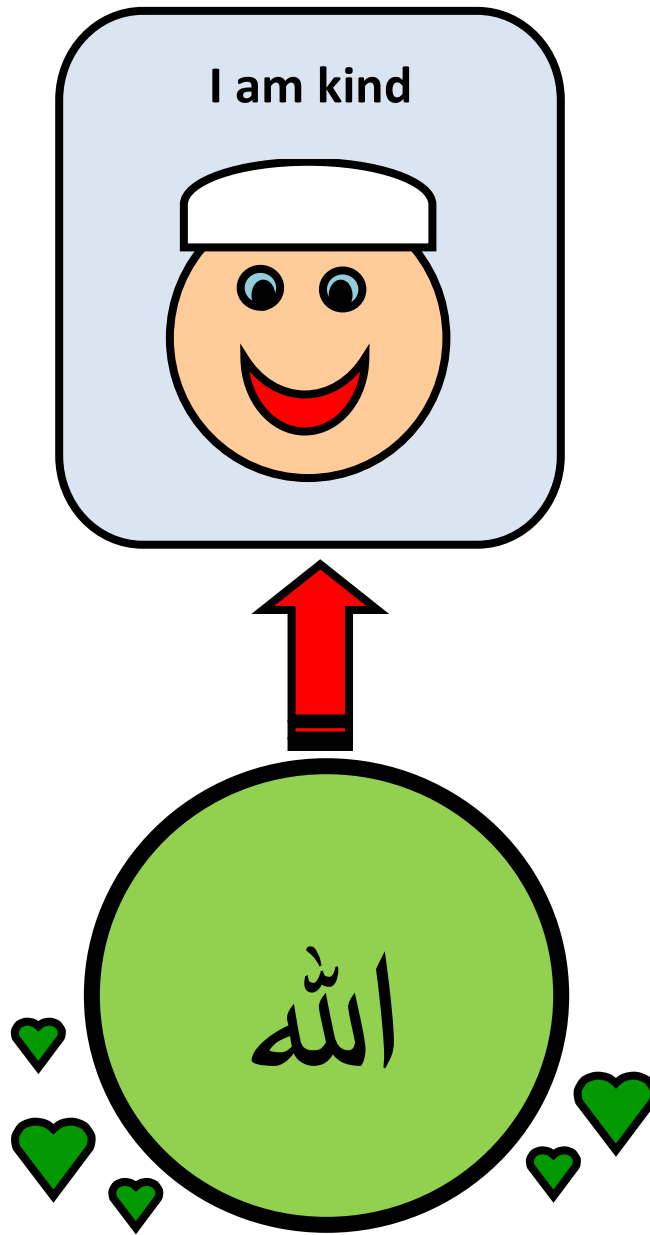
I show kindness to my family and friends.



Being kind makes me happy.

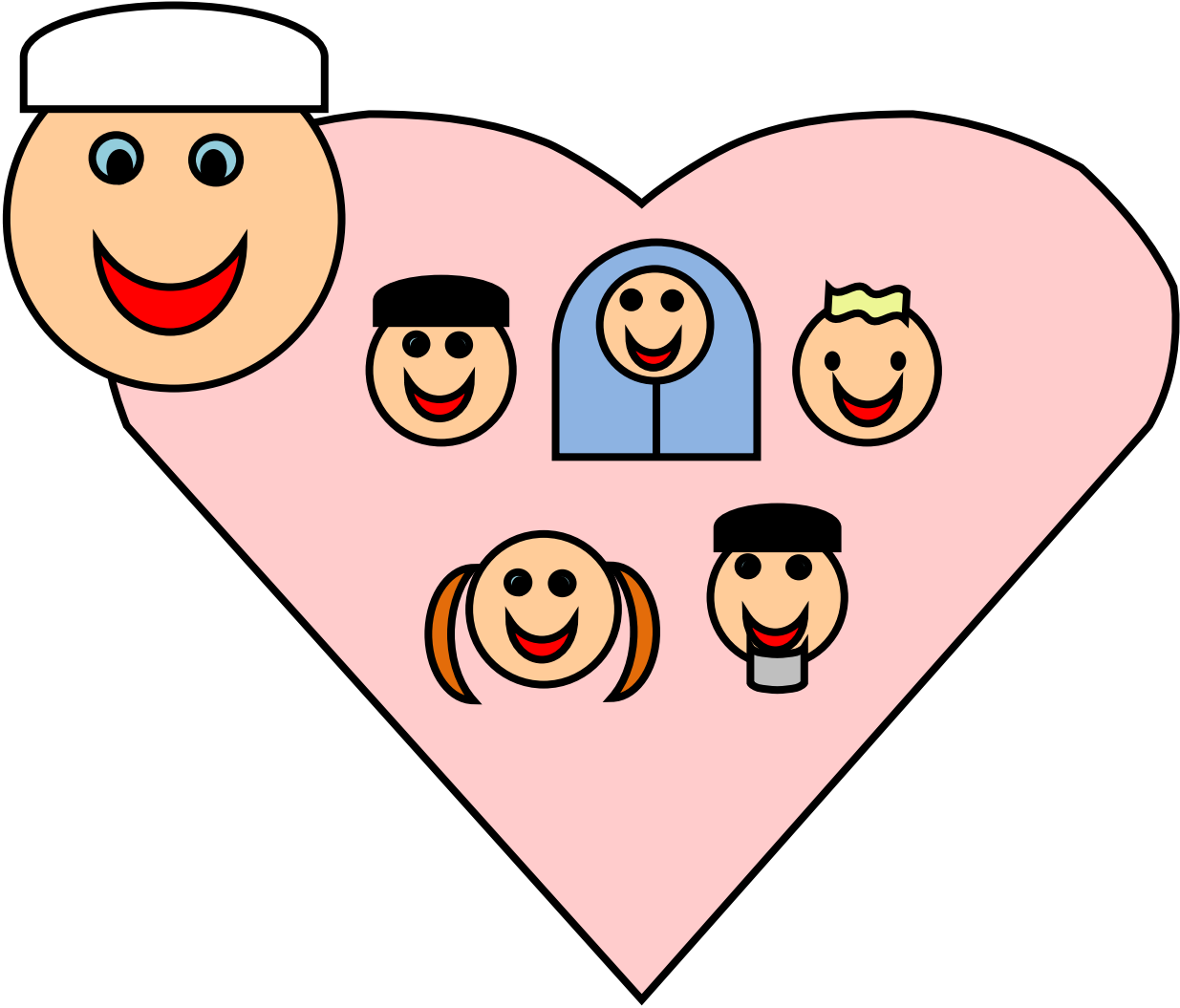


Allah told us to be kind all the time.



Whoever is kind, Allah will be kind back to him.

I love being kind because I love everybody.

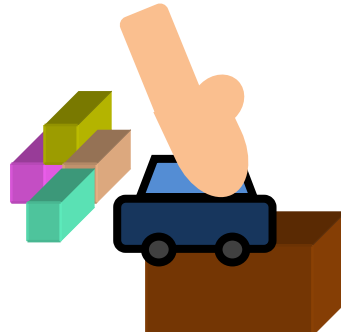
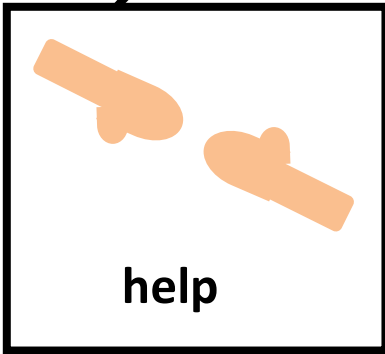


I can be helpful

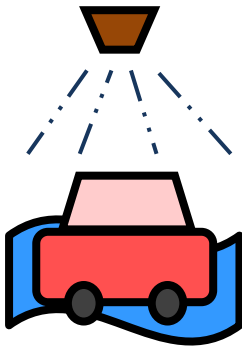


Helping is a good behavior. I can be helpful.

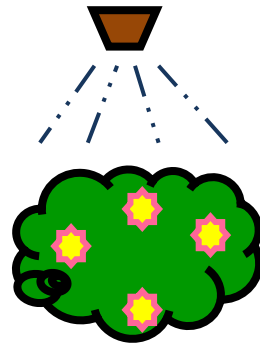
I can help do chores at home.



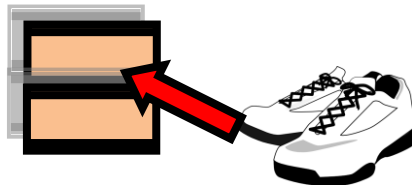
pick up toys



wash car



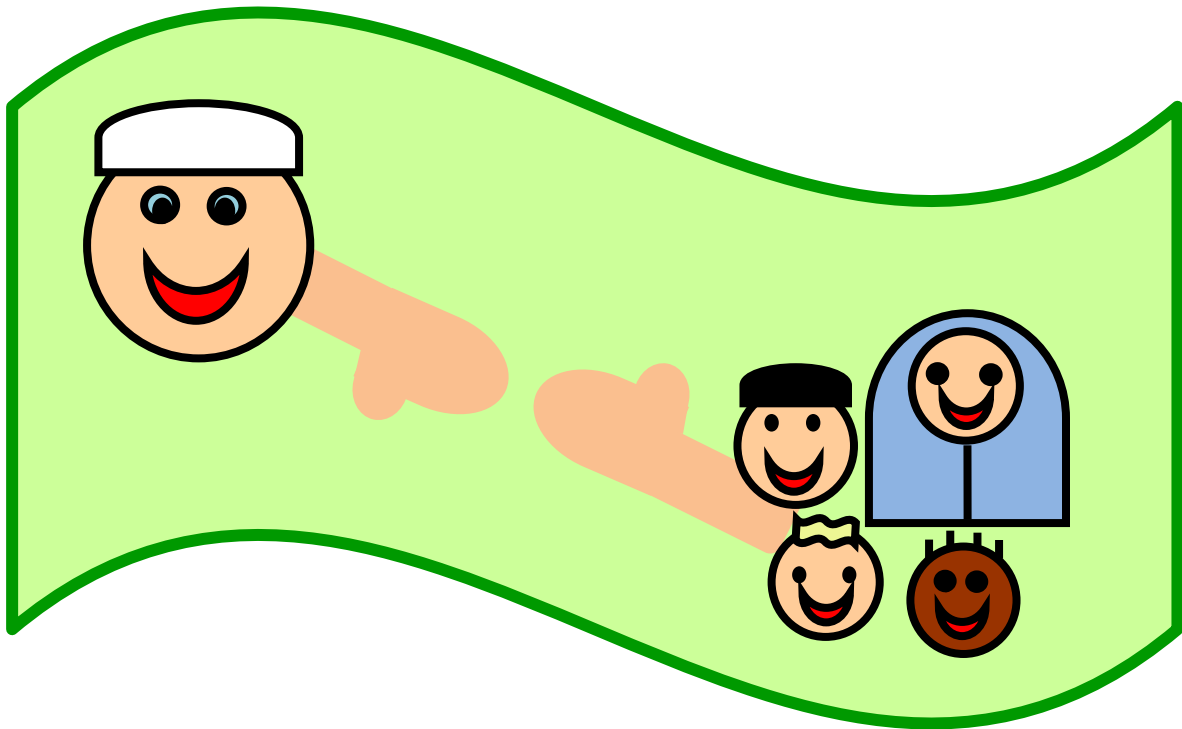
water the plants



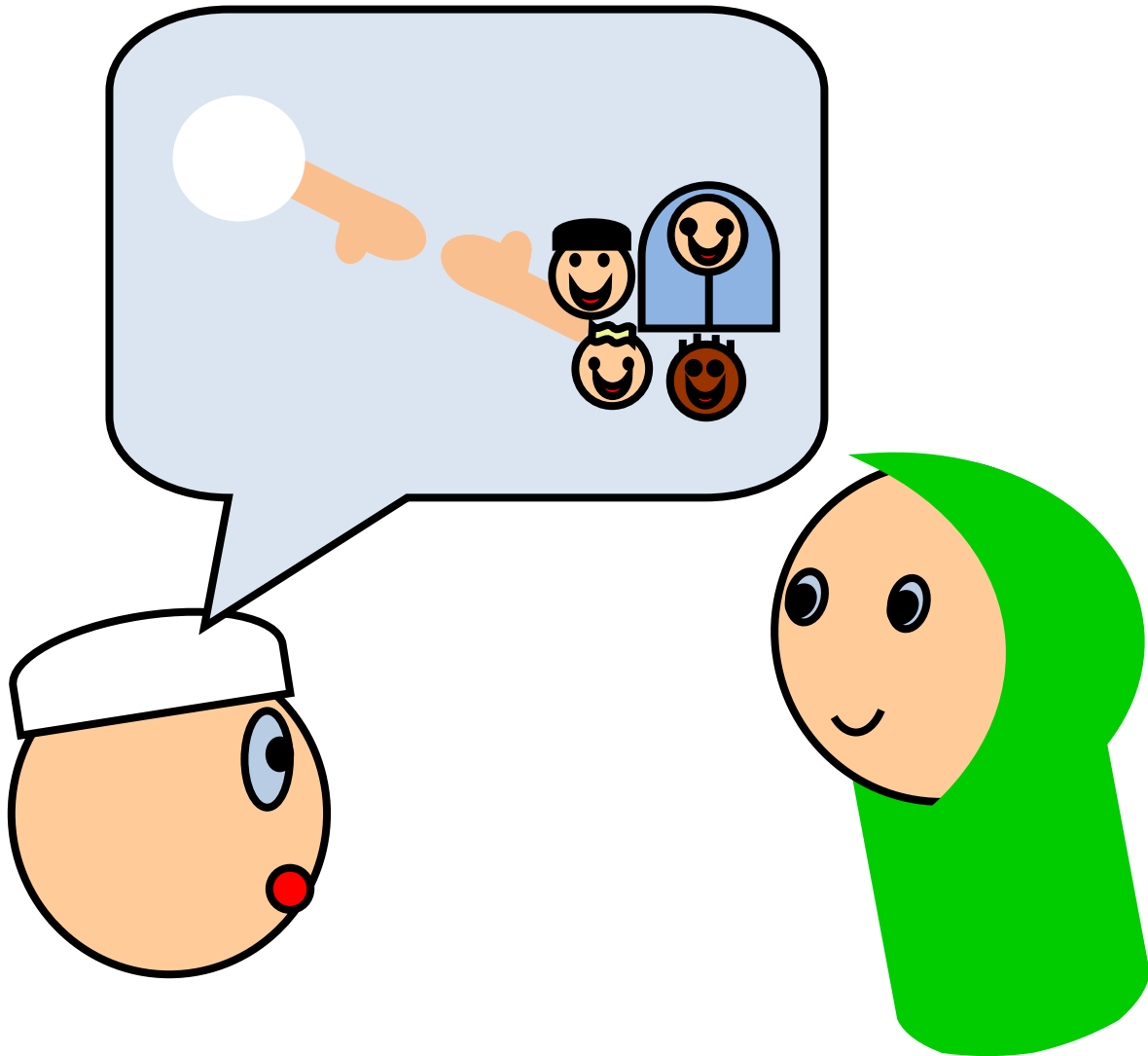
arrange shoes on
the rack

I can help others.

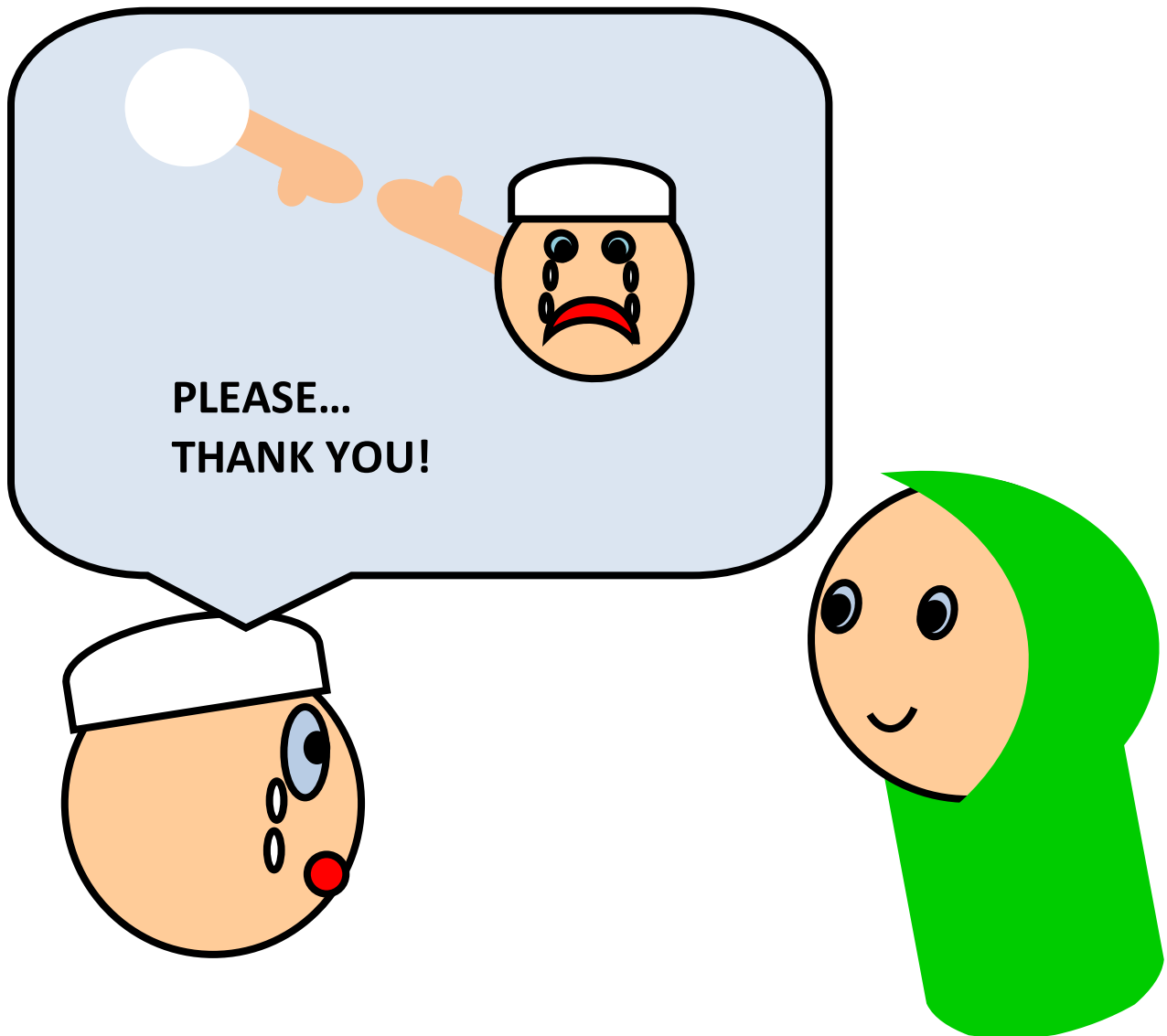
I can help my friend when they need me.



**If I can't help my friends, I will tell grown-ups.
They can help my friends.**

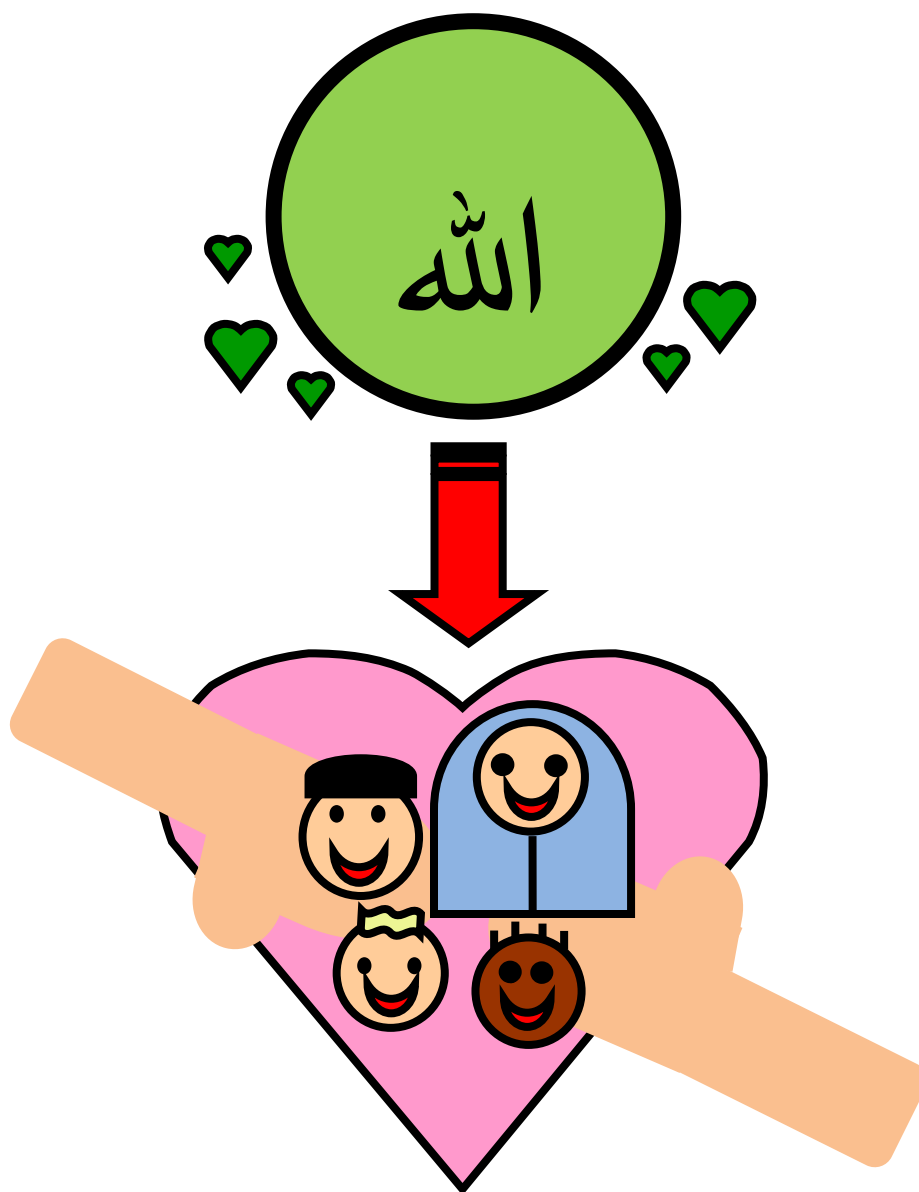


If I need help, I will ask friends or grown-ups to help me.



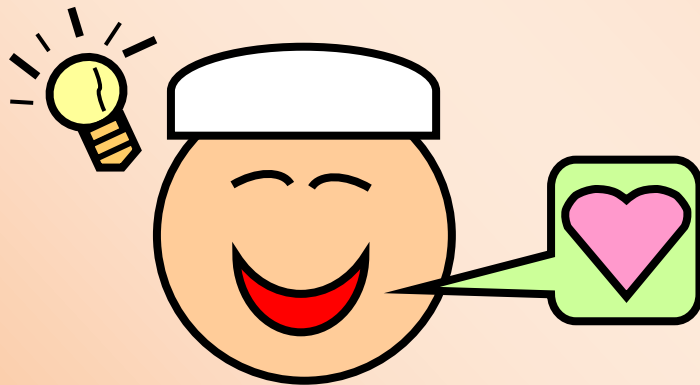
**When I ask for help, I ask nicely.
I say 'please' and 'thank you'.**

**I love to help. When I help, it shows I care.
Good Muslims must help each other.**



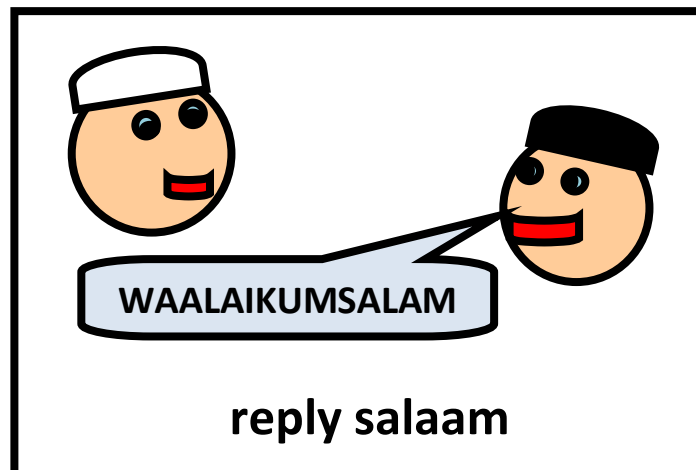
Allah loves people who help others.

**I can have good
conversation**



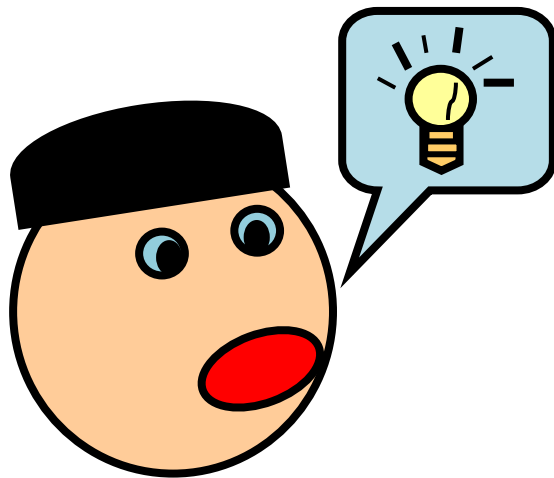
When starting conversation with other Muslims, I give salaam, “Assalamualaikum”.

When starting conversation with non-Muslims, I say, “Hello”.

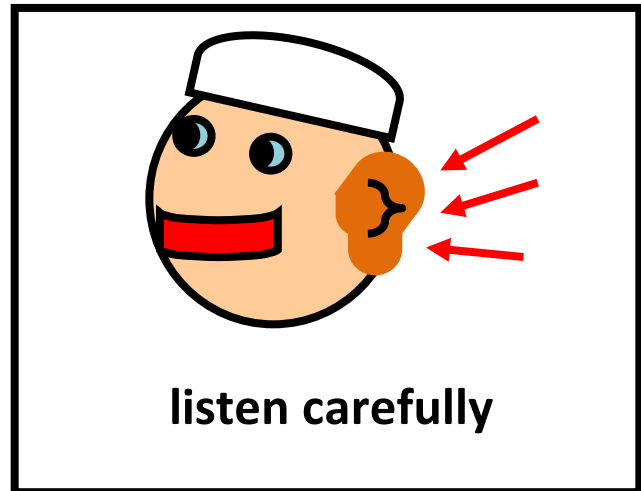


If people give salaam to me, I reply, “Walaikumsalam”.

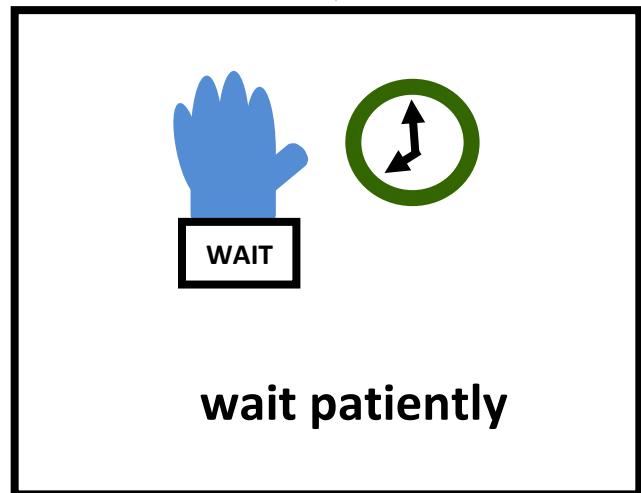
When people are speaking to me, I listen.



person speaking



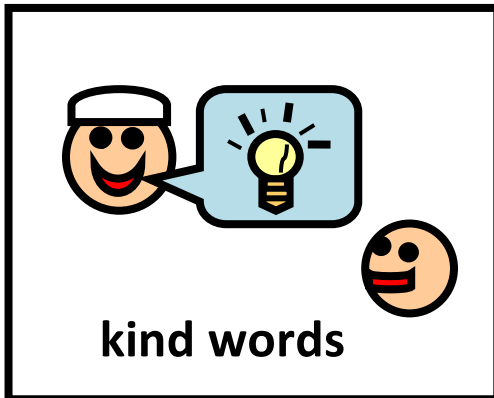
listen carefully



wait patiently

**I wait for them to finish
before I respond**

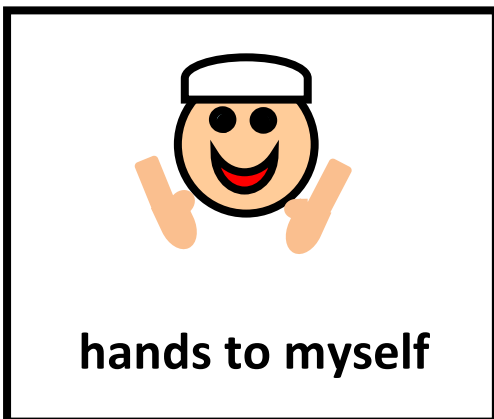
I can speak kindly to others.



I use kind words because bad words can hurt people's feeling



I use gentle voice because shouting hurts people's ear

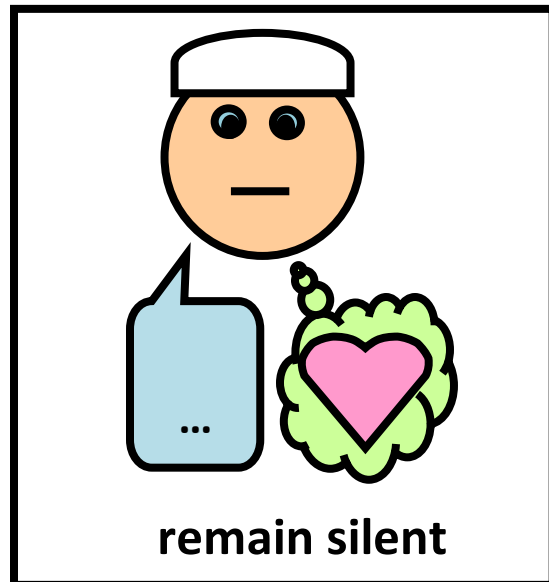
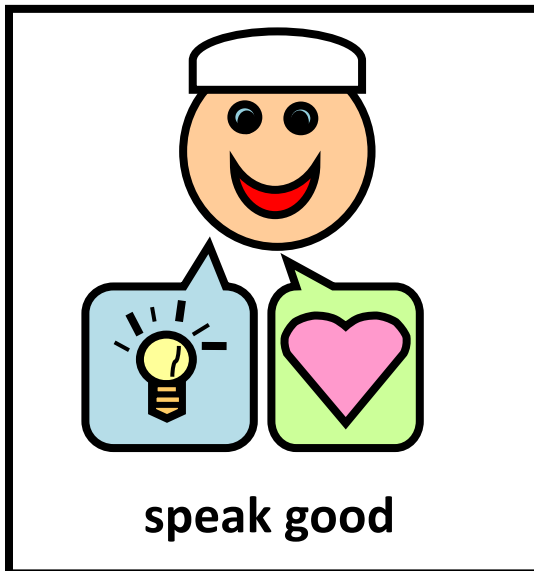


**I keep my hands to myself.
Hitting, pushing, pinching and touching the private areas of other people are not okay.**

Prophet Muhammad said that we have to speak a good word or remain silent.

**This means I need to speak kindly.
It is NOT OKAY to use bad words.**

CHOOSE



When I make mistake, I say sorry and tell the truth.

It is NOT OKAY to lie.



I love to chat with my family and friends.

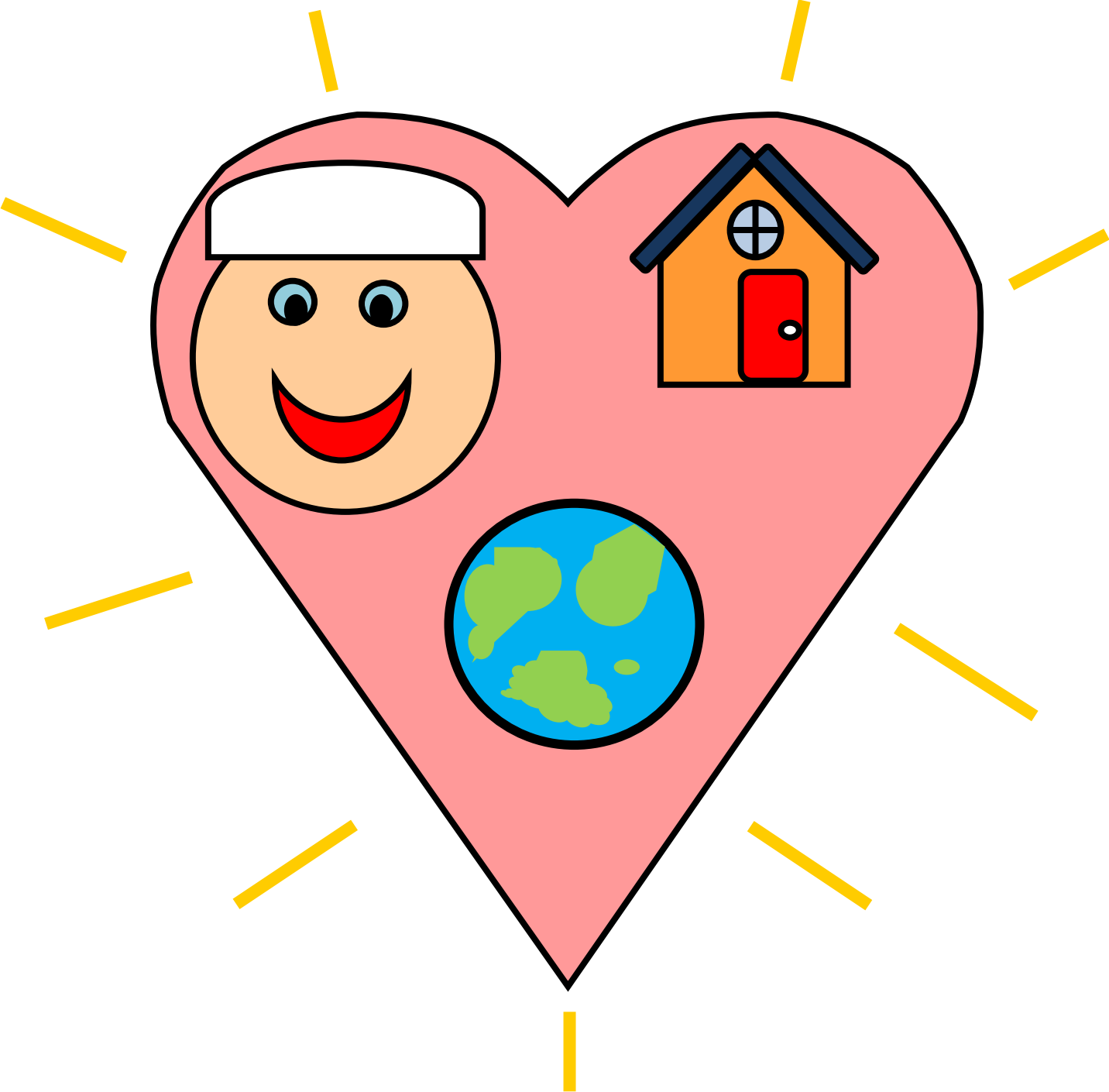


It makes me happy.

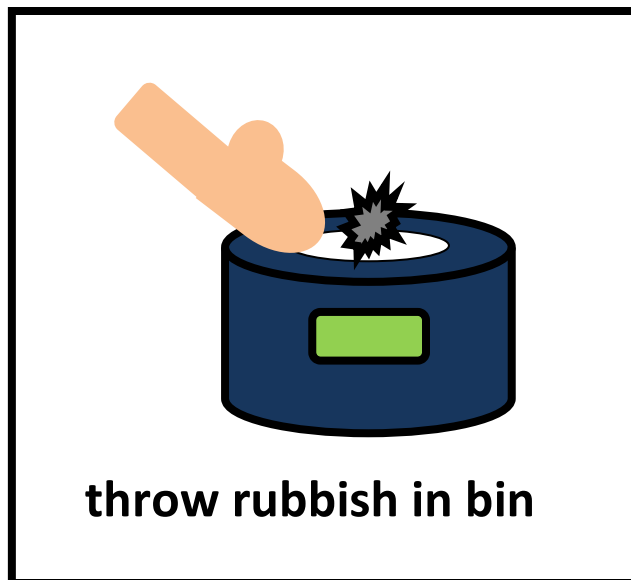
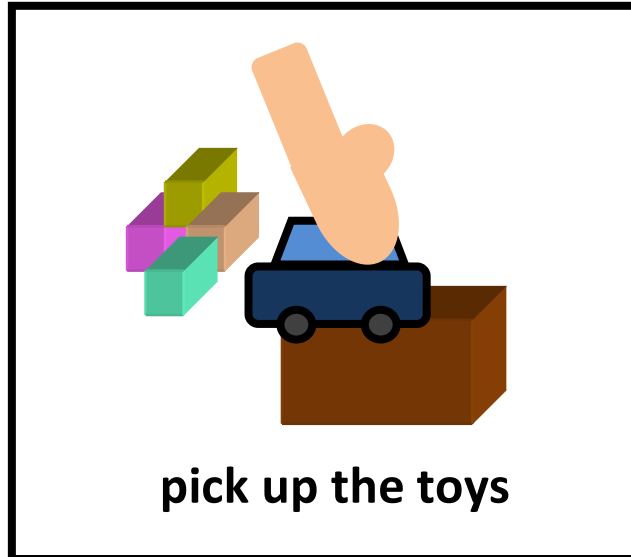
I can keep clean



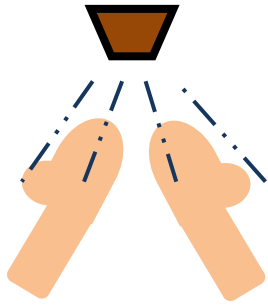
I can keep myself and my surroundings clean.



After PLAY AND LEARN activities, I can clean up.



I can keep my body clean.



wash hands



brush teeth

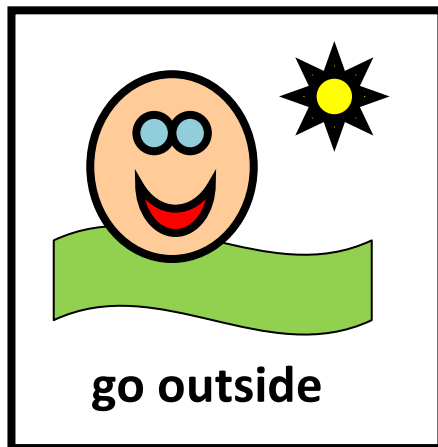
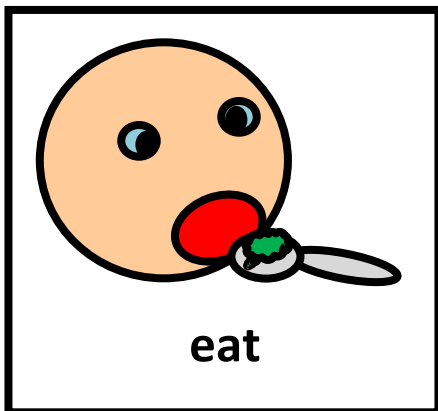


take shower

I wash my hands when it gets dirty



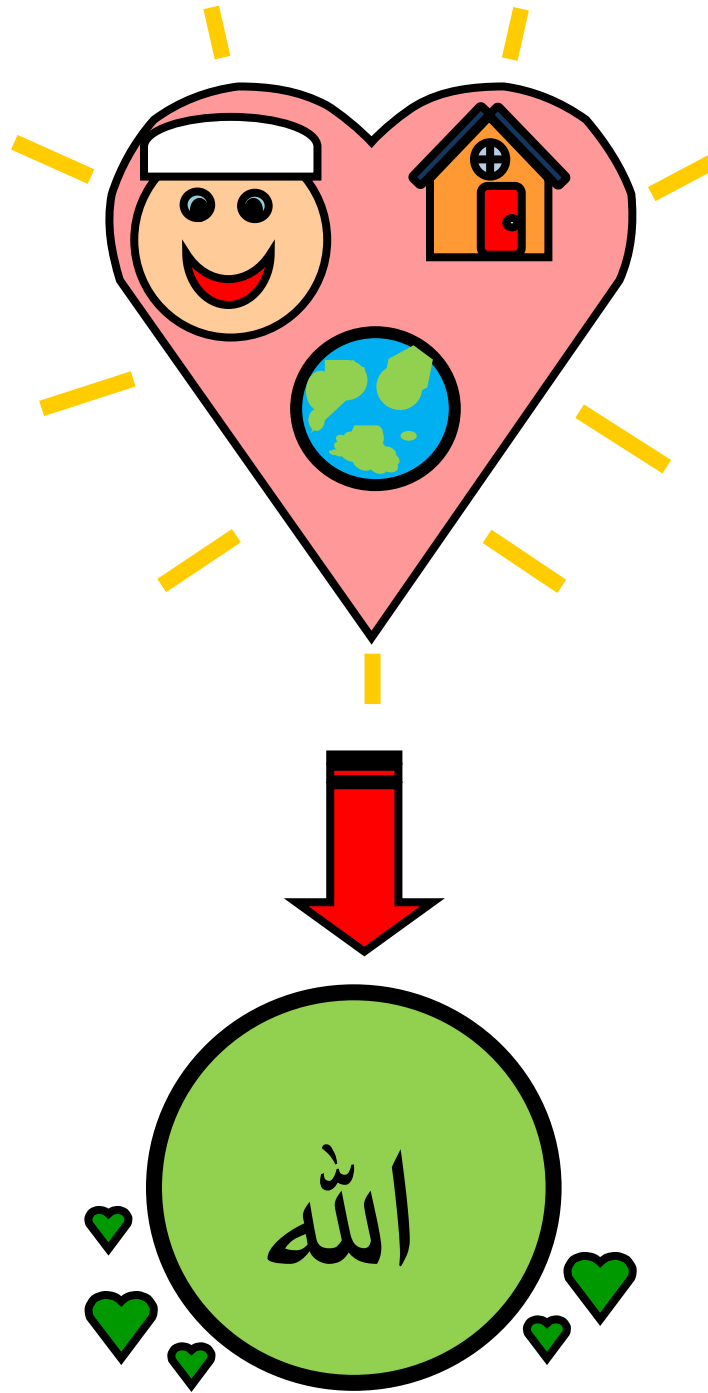
FIRST



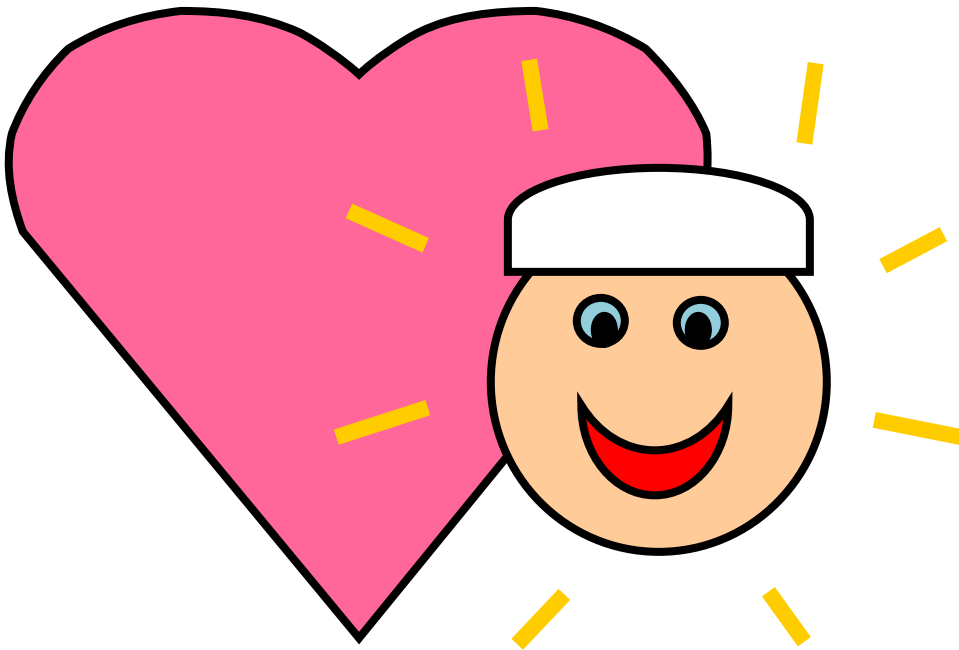
THEN



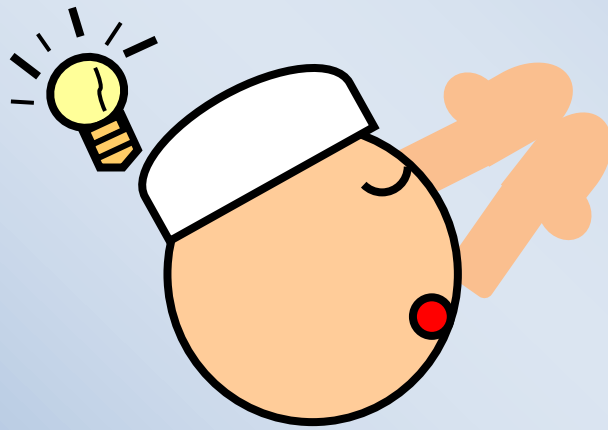
In Islam, cleanliness is part of faith.



**I love being clean.
Being clean makes me healthy.**

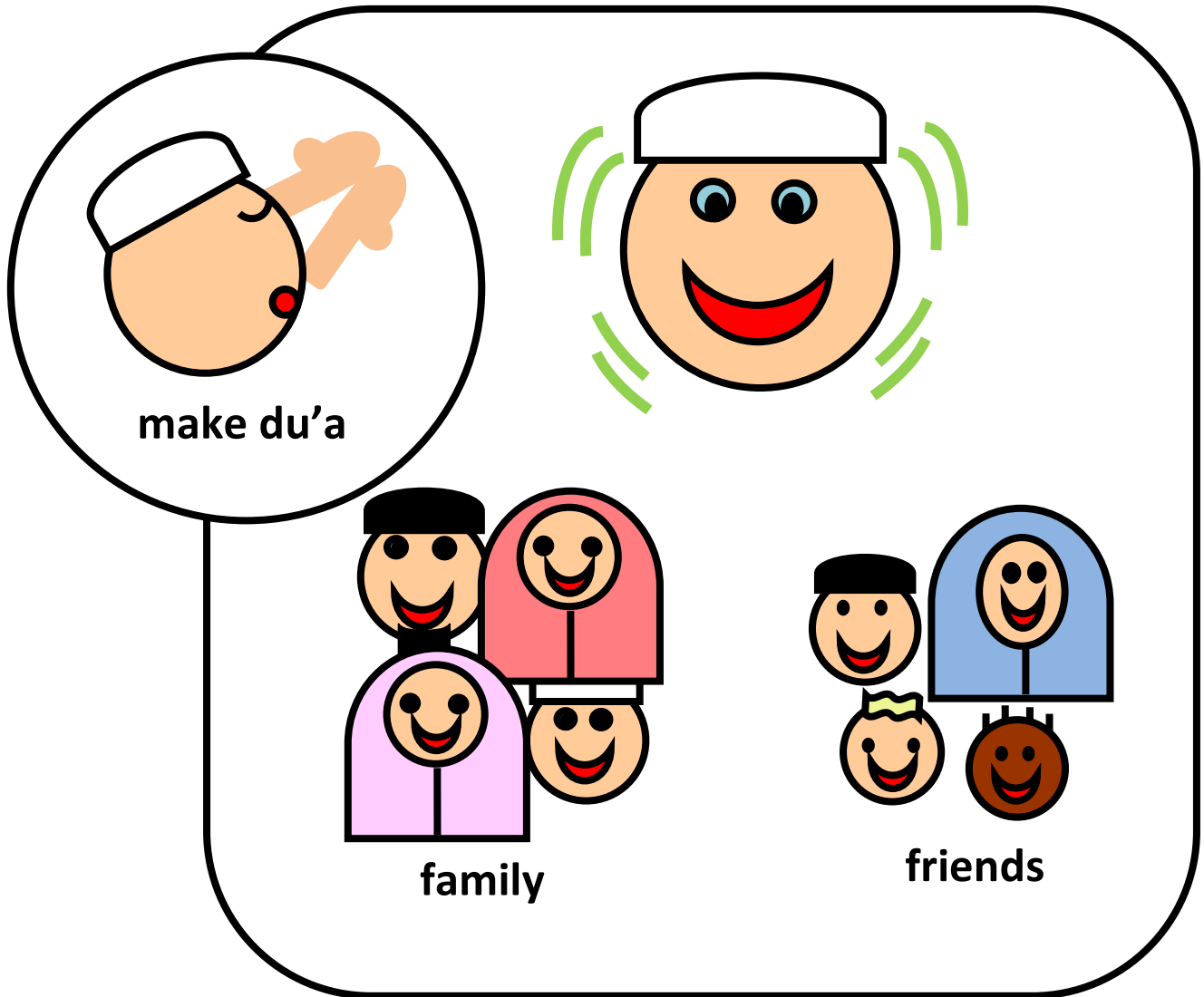


I can make du'a



I can make du'a.

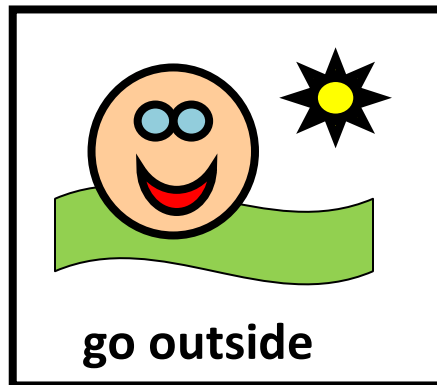
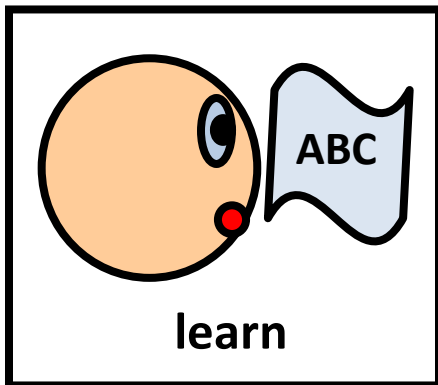
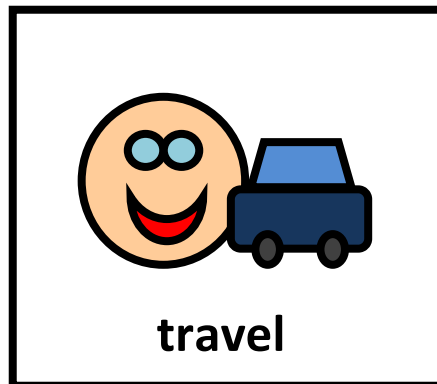
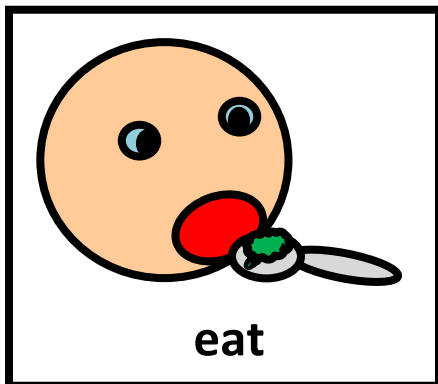
I ask Allah to bless everyone with happy life.



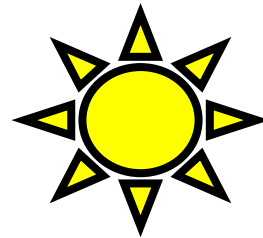
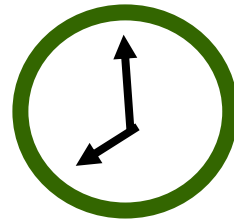
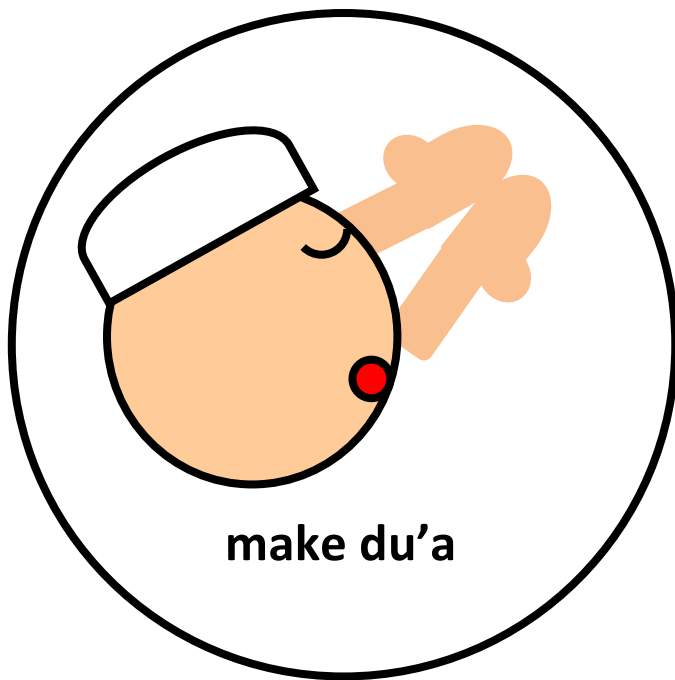
I can make du'a BEFORE and AFTER:

WHEN TO MAKE DU'A

BEFORE & AFTER

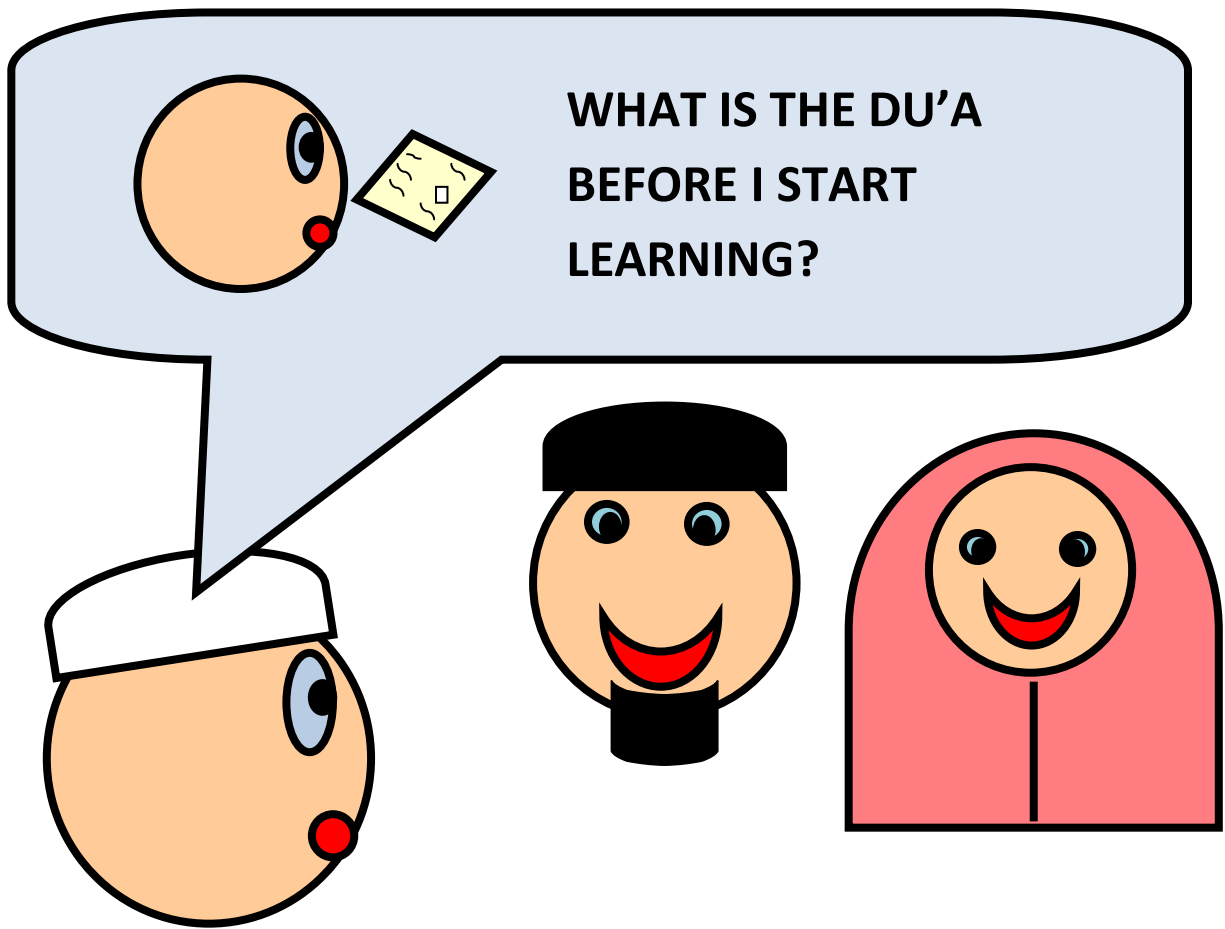


We can make du'a at anytime.

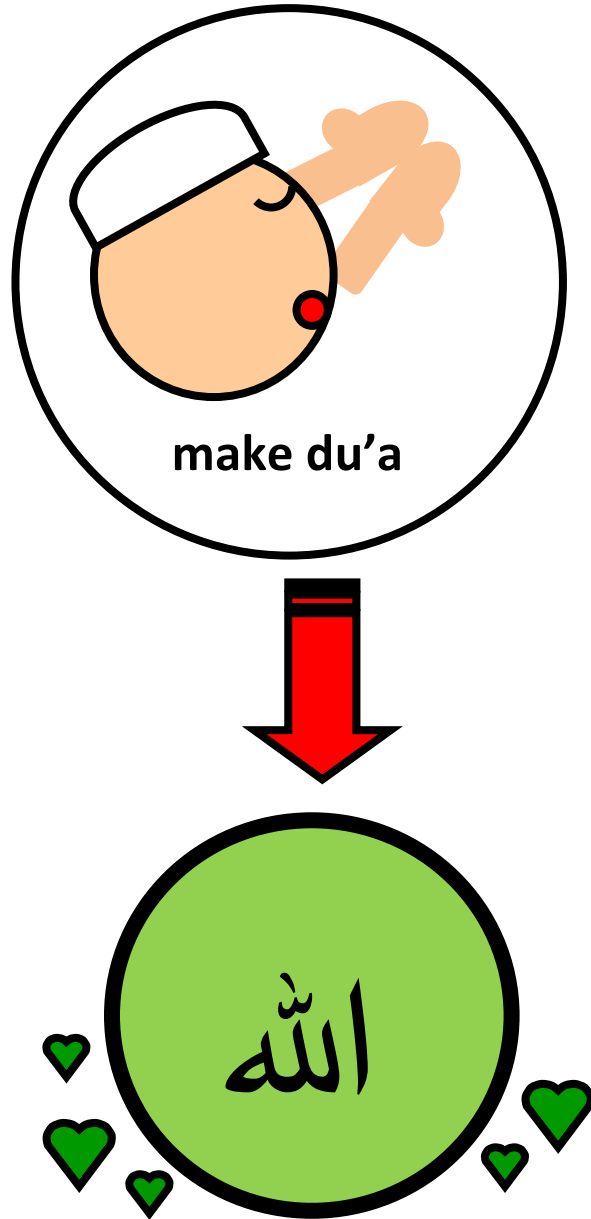


Prophet Muhammad taught us a lot of du'a for our daily activities.

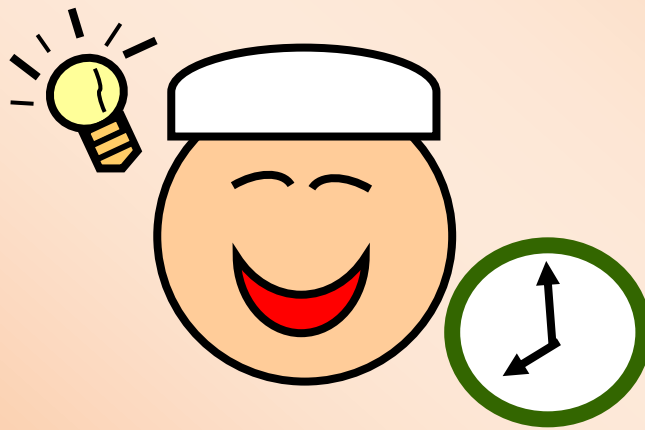
I can ask mom and dad to teach me all the du'as.



Allah loves people who make du'a to Him.



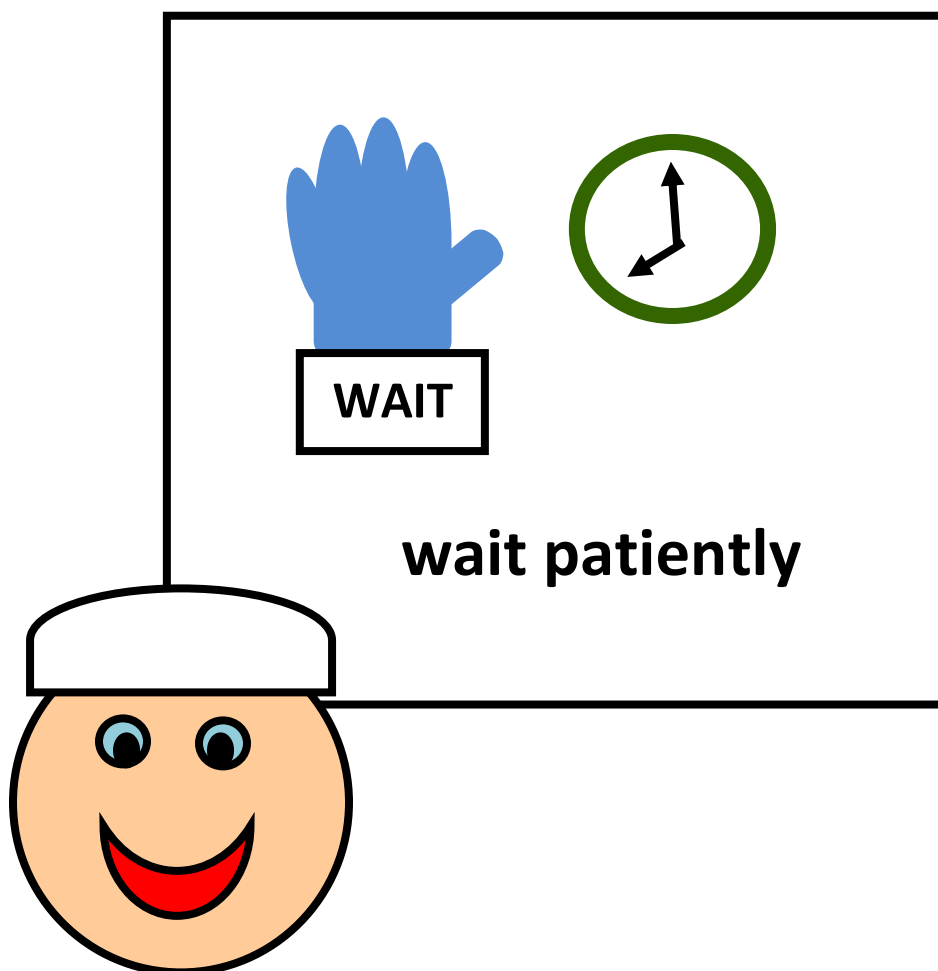
I can be patient



Being patient is good behavior.

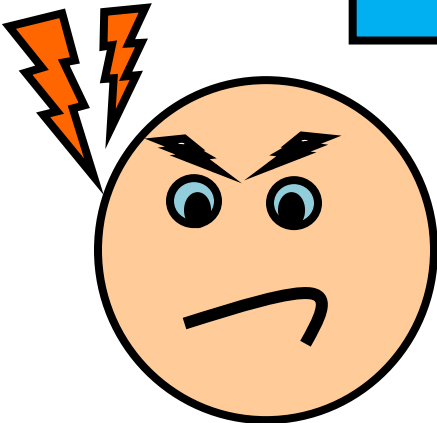
I can be patient.

When I need to wait, I try to be patient.

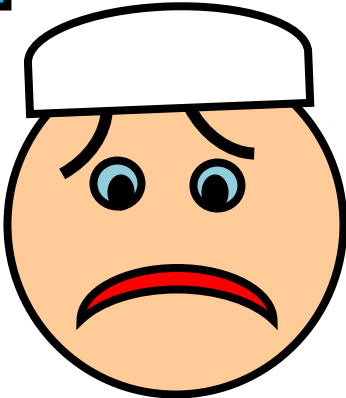


When it is hard to be patient, I try to calm down.

IF

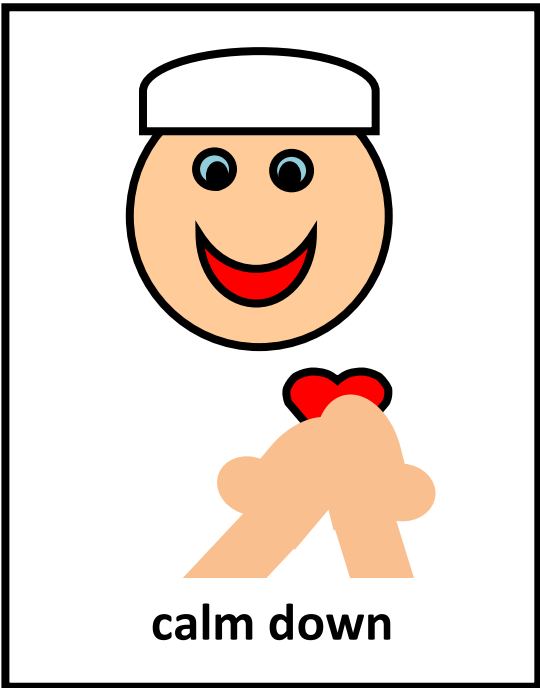


angry



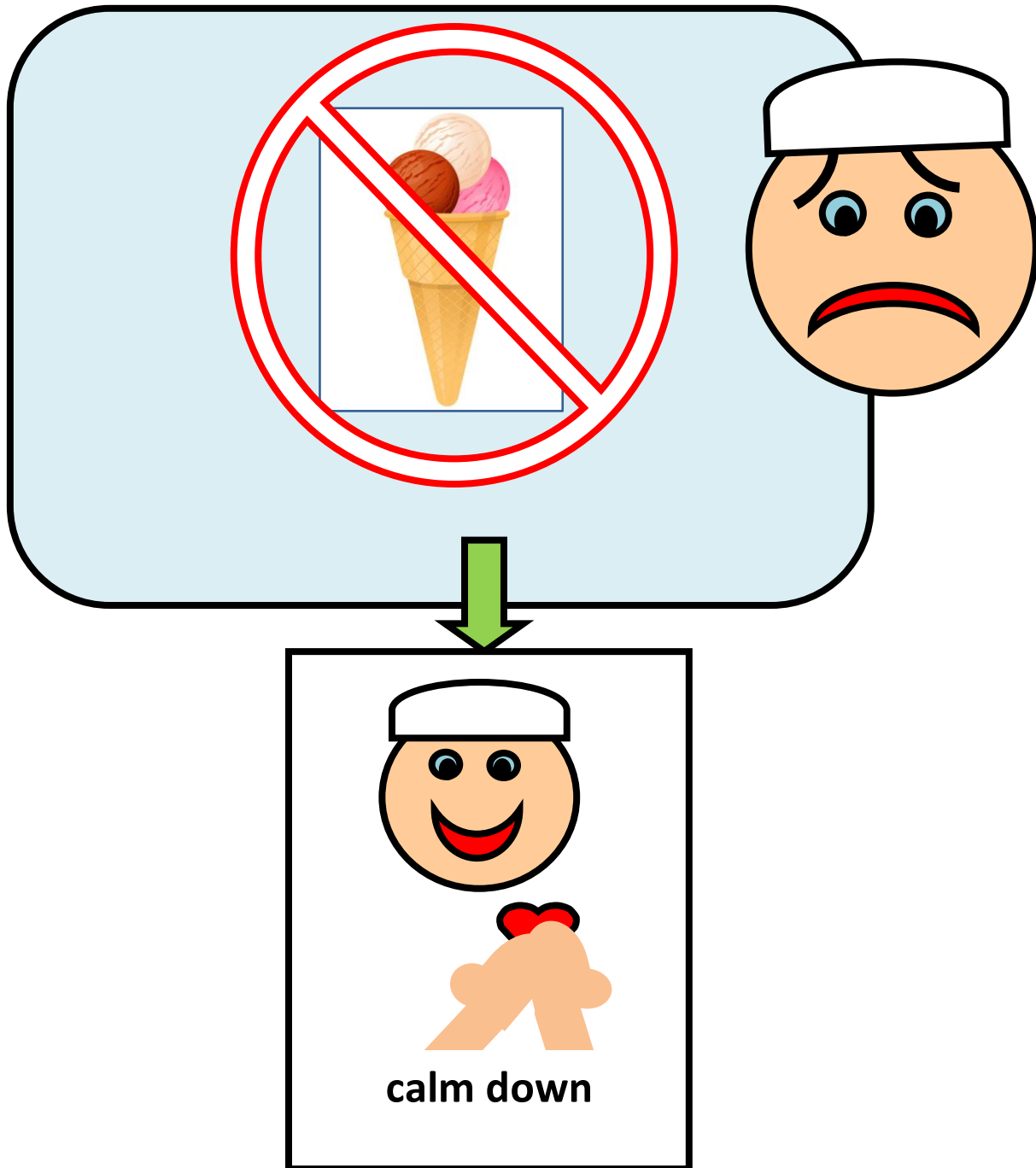
sad

TRY

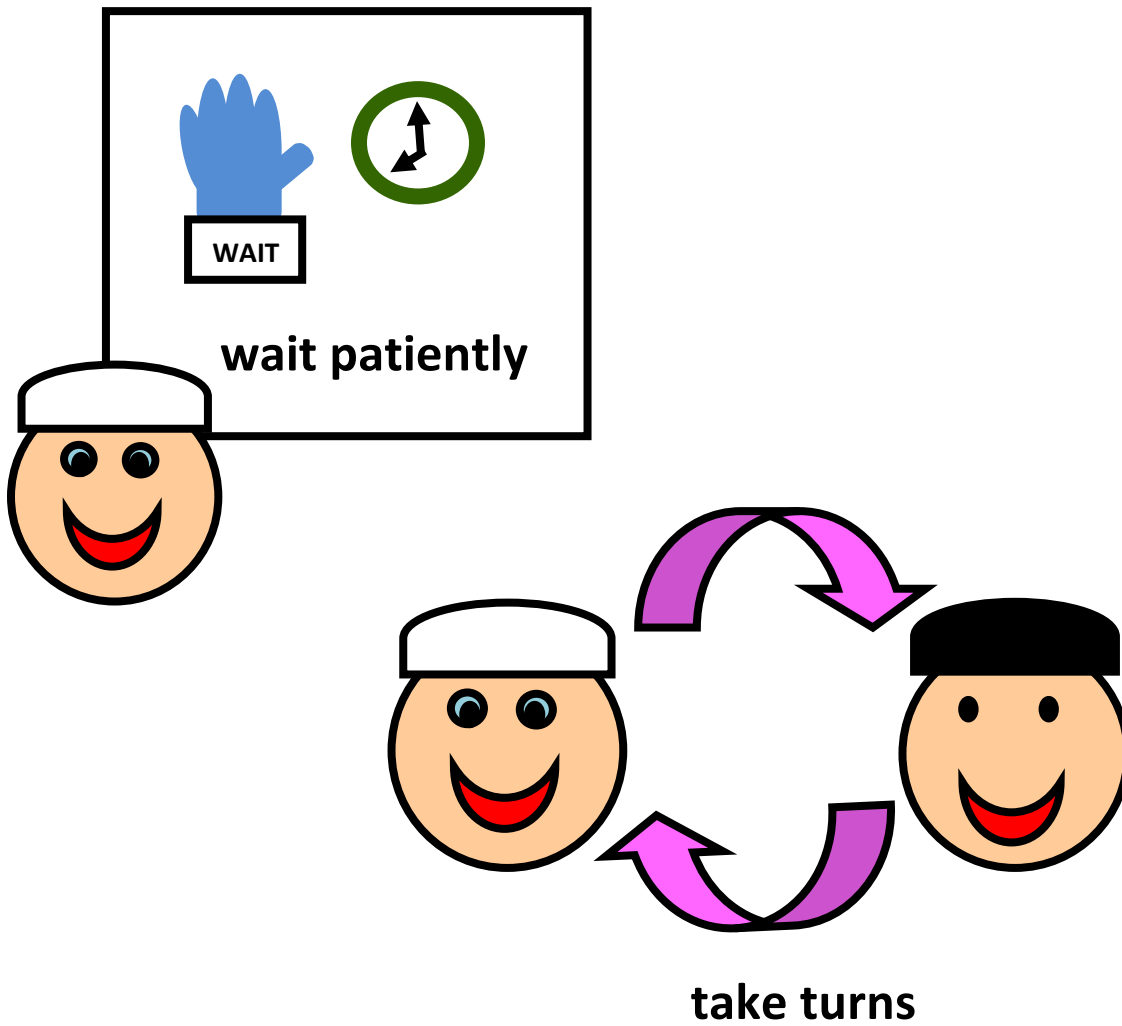


calm down

**Sometimes I do not get what I want.
I can try to be patient.**

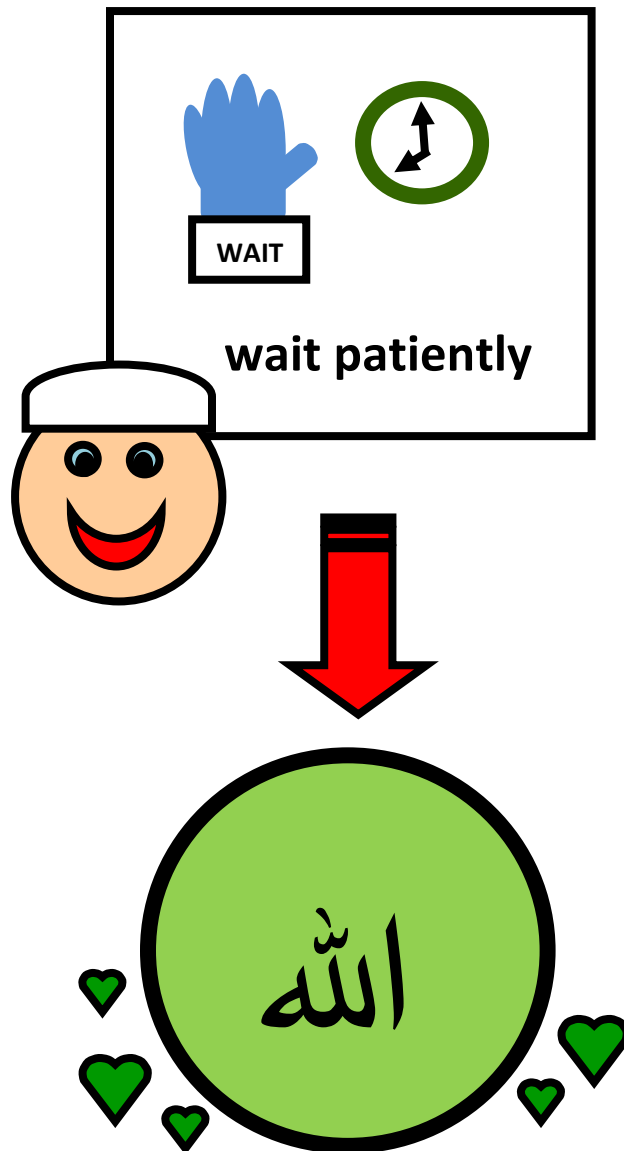


**When I take turns playing with my friends,
I am being patient.**

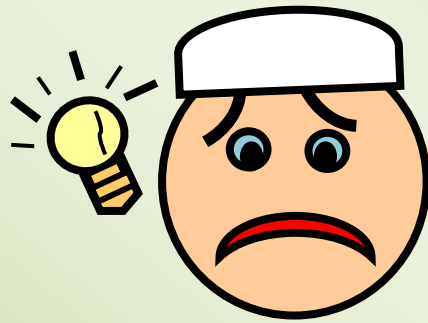


If I am patient, I get massive rewards in this life and in Paradise.

Allah loves people who have patience.



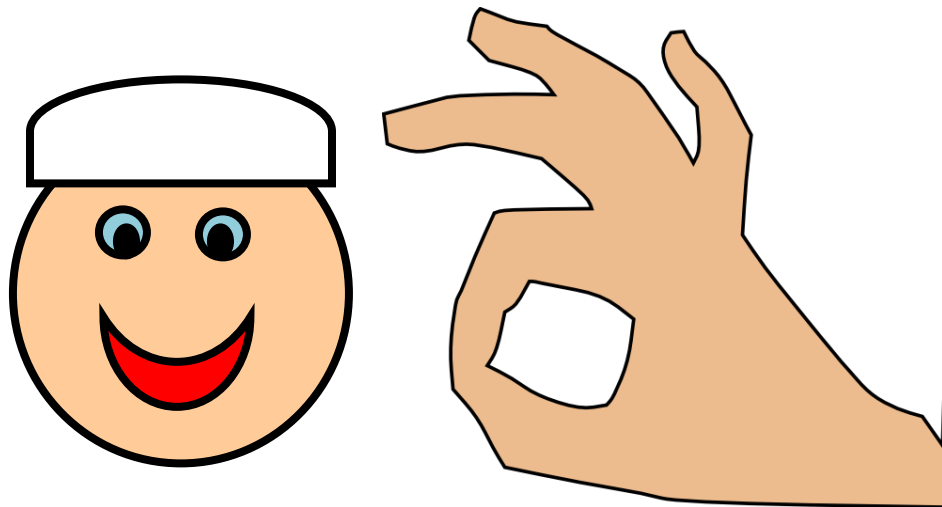
I can say sorry



I can say sorry when I make a mistake.

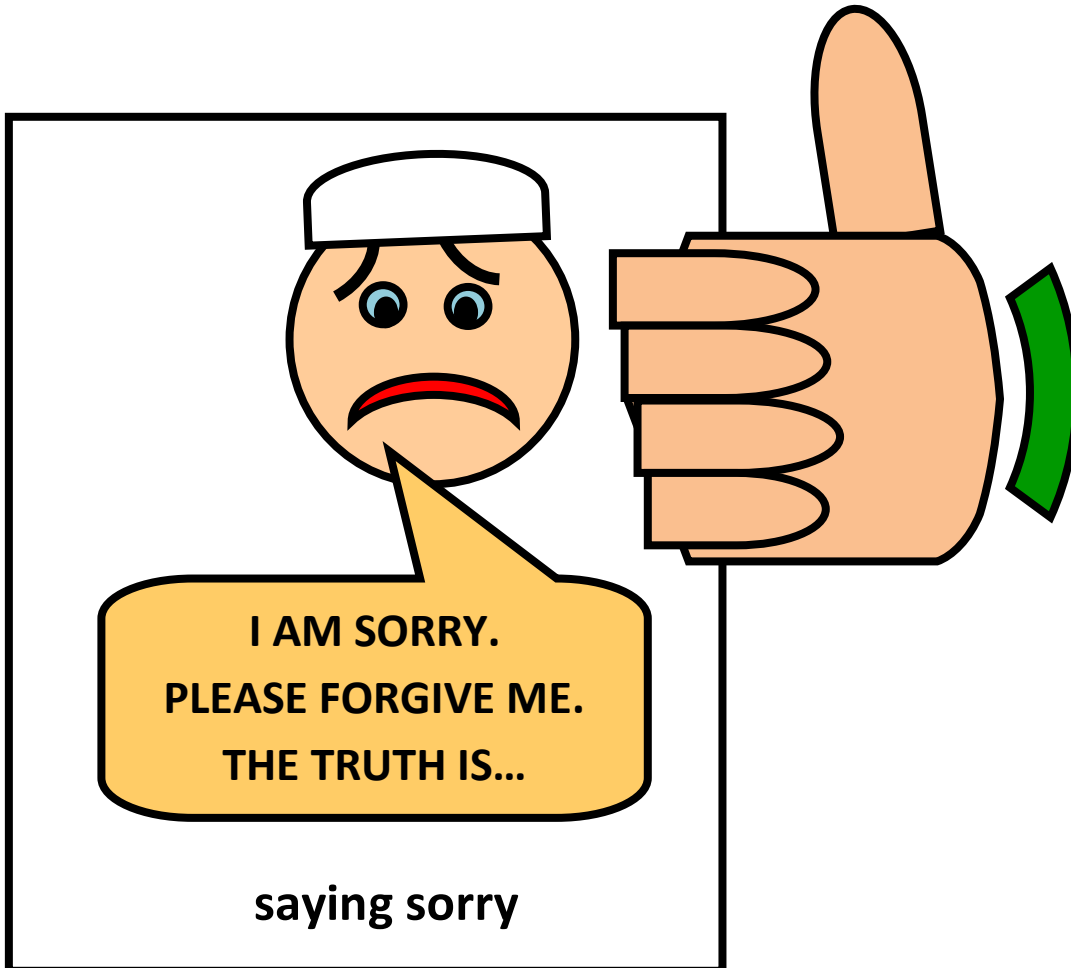


It is OKAY to make mistakes.



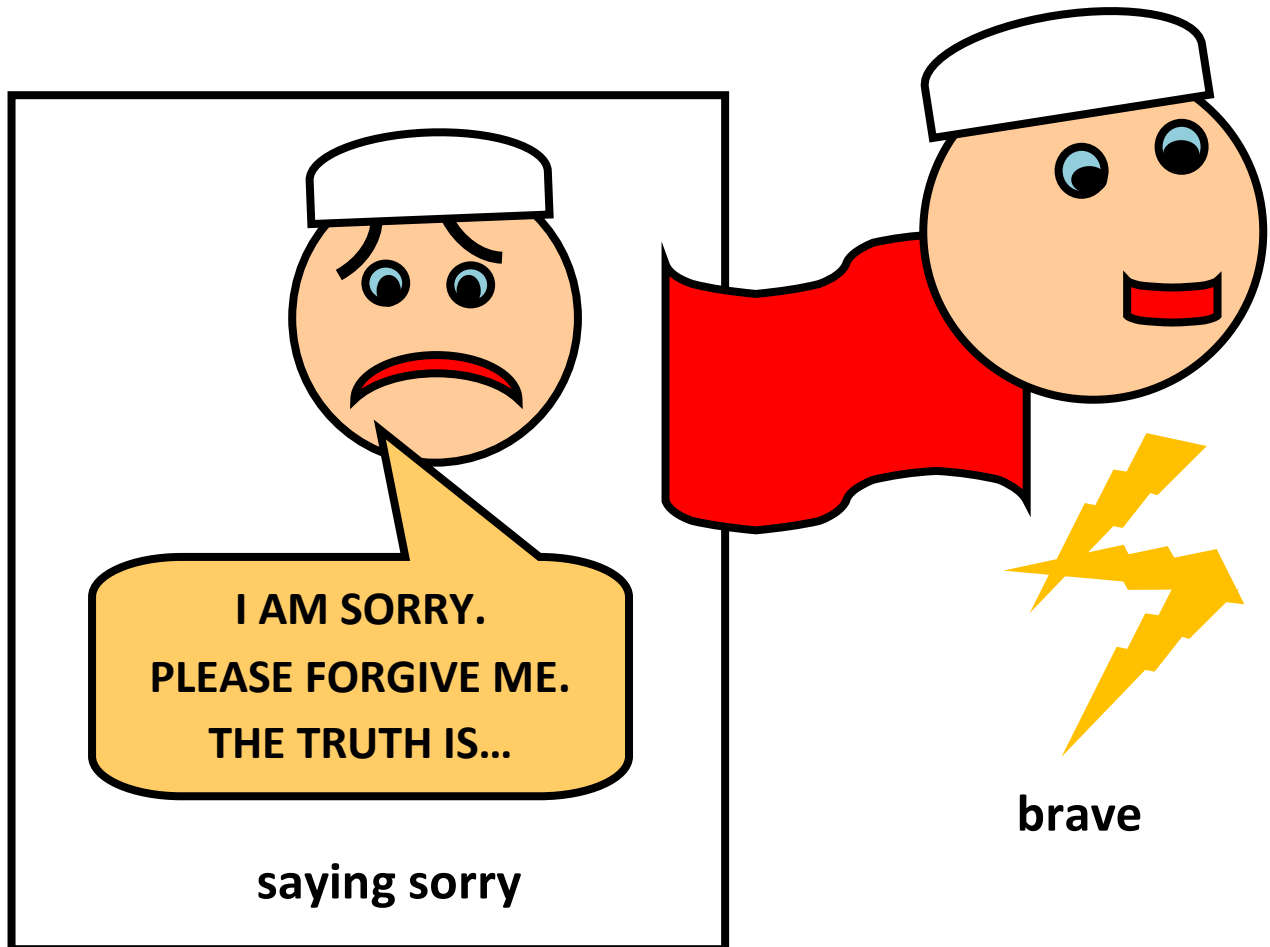
IT IS OKAY

When I say sorry, I must mean it.

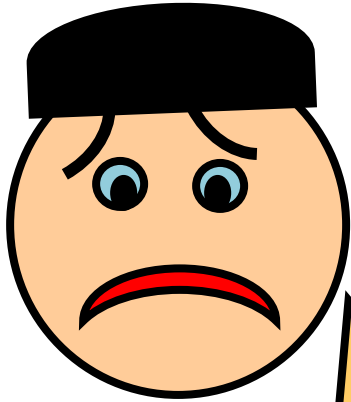


Saying sorry is good.

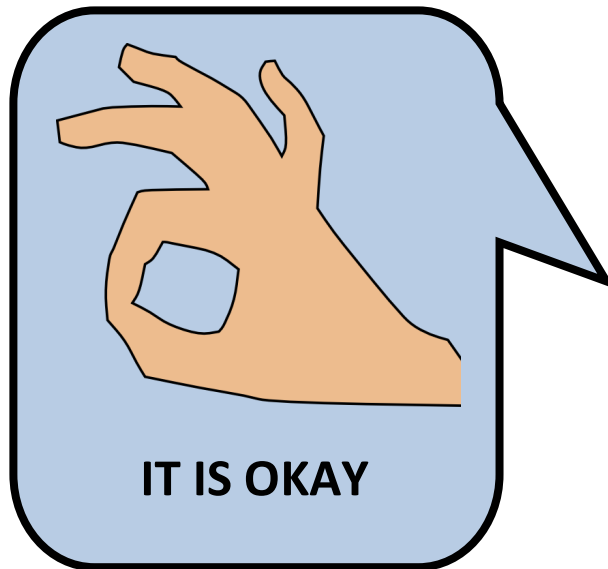
It shows that I am brave to admit my mistake.



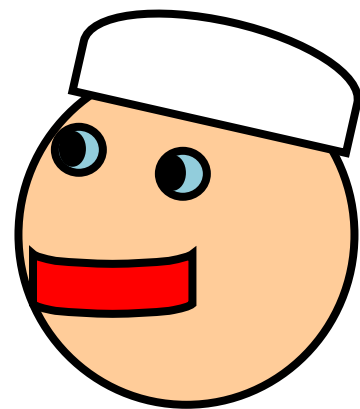
If people say sorry to me, I forgive them.



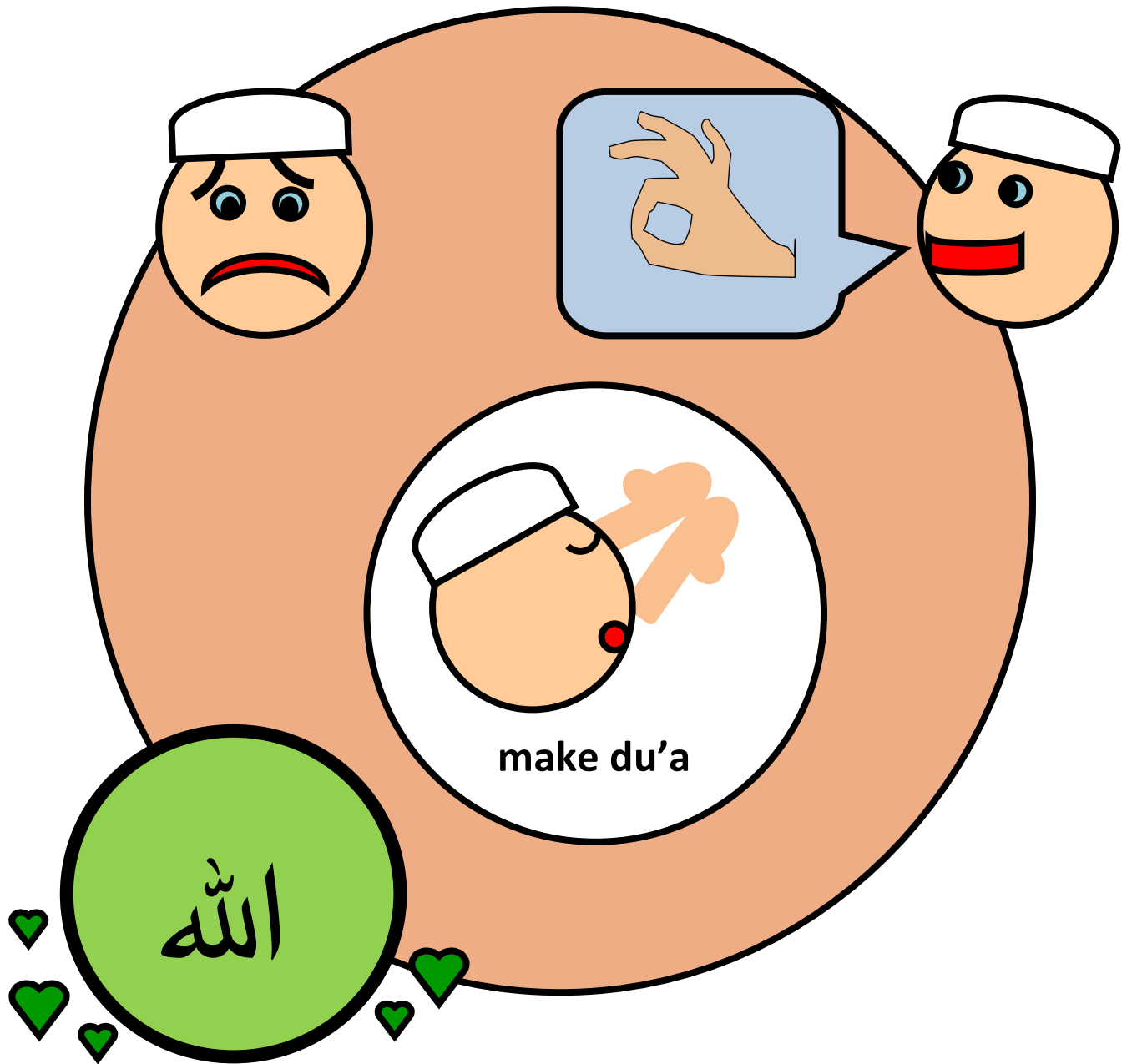
**I AM SORRY.
PLEASE FORGIVE ME.
THE TRUTH IS...**



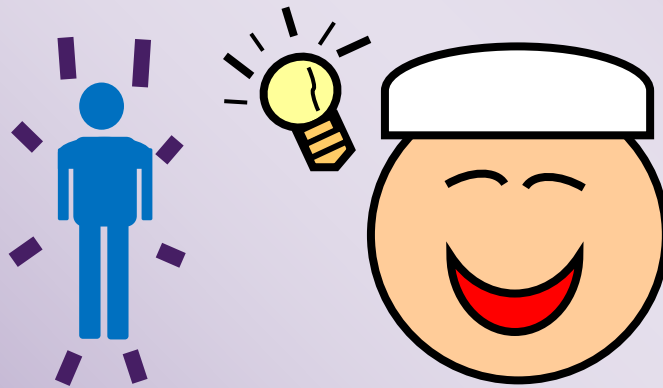
IT IS OKAY



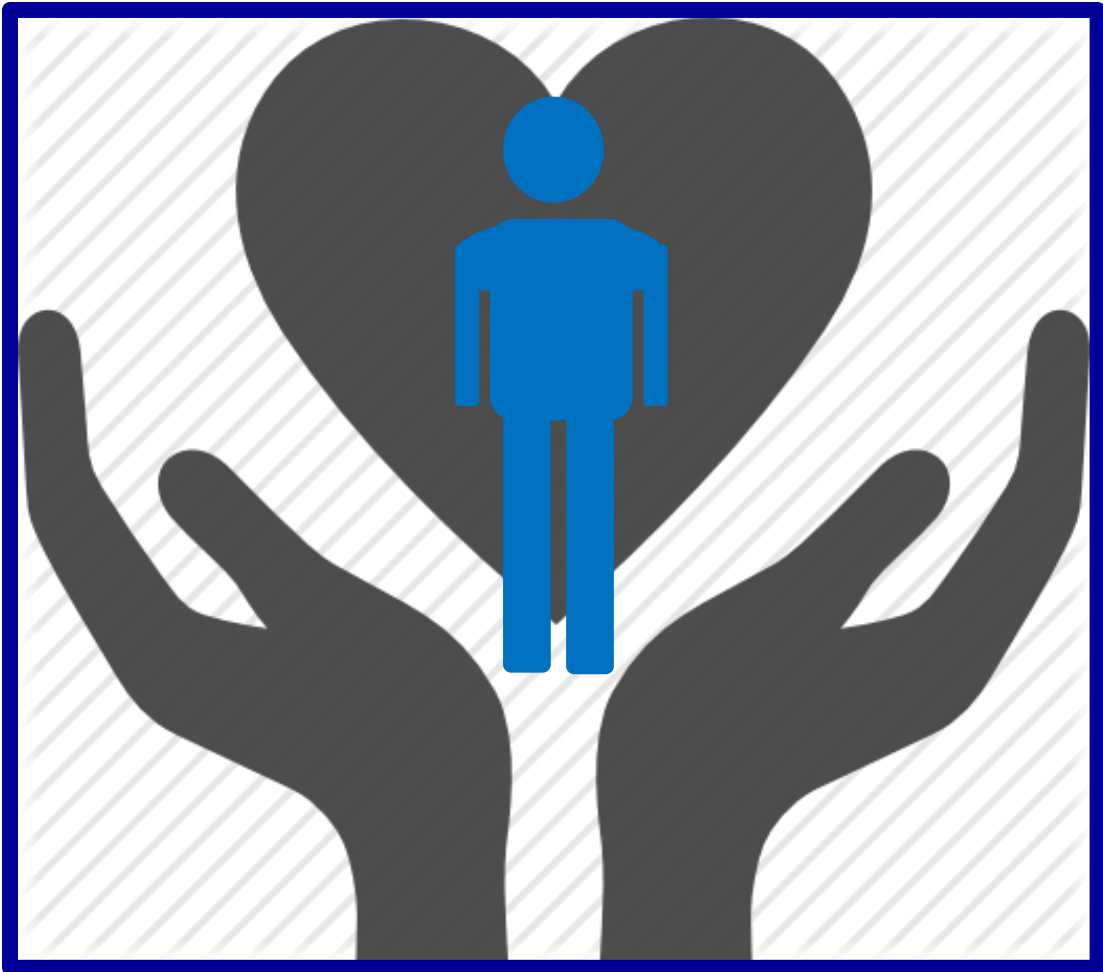
Allah loves people who ask for forgiveness and forgive others.



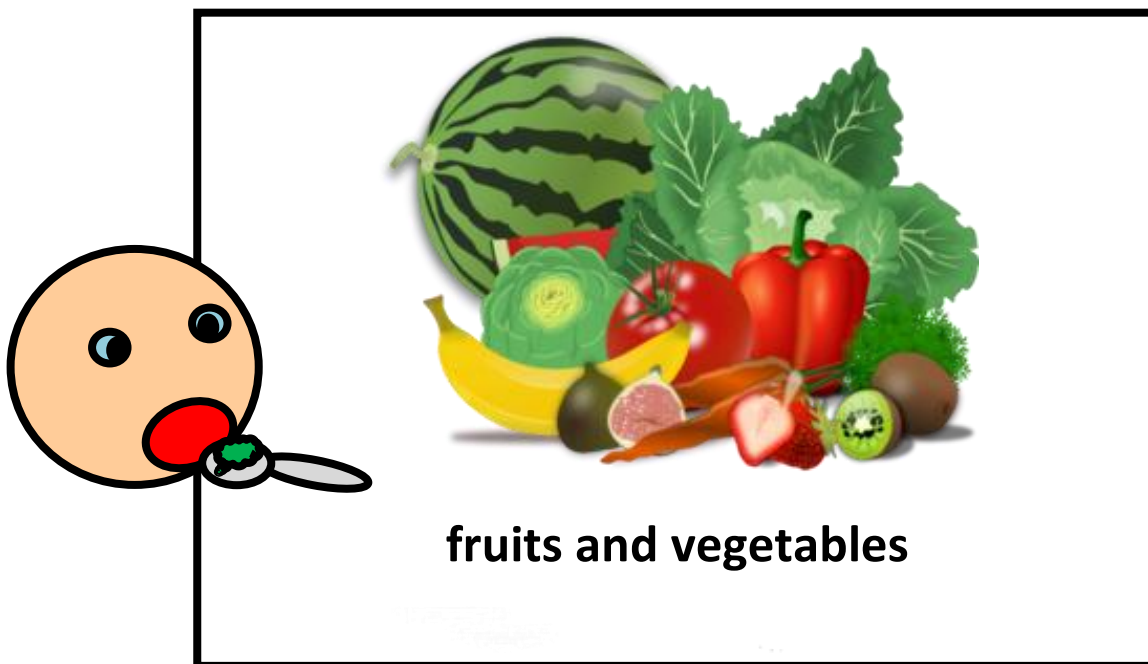
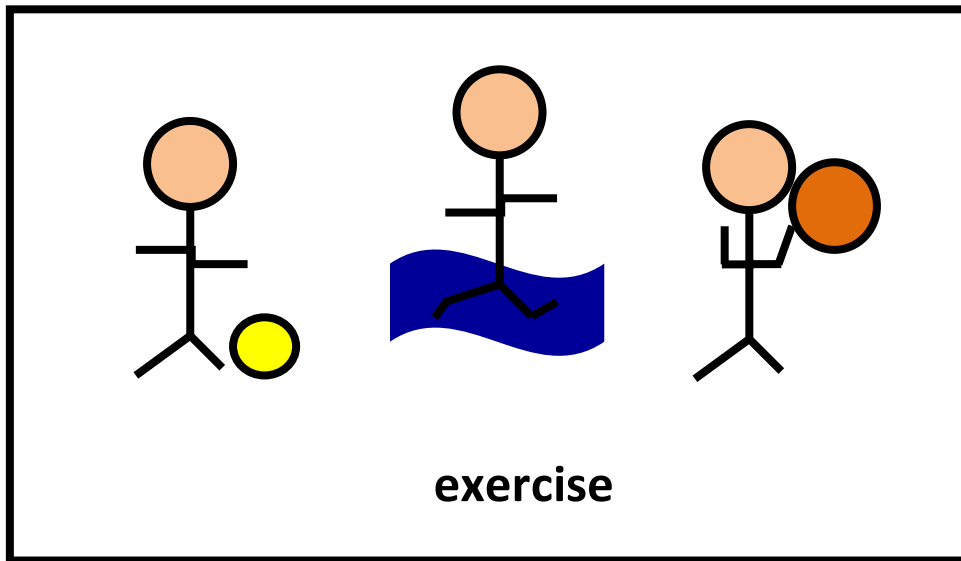
I can take care of my body



I can take care of my body.

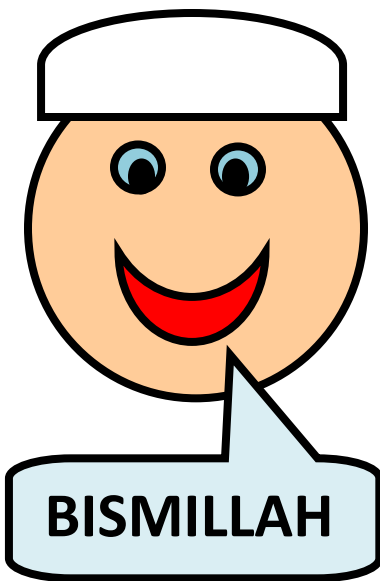


I take care of my health by eating good food and doing exercises.

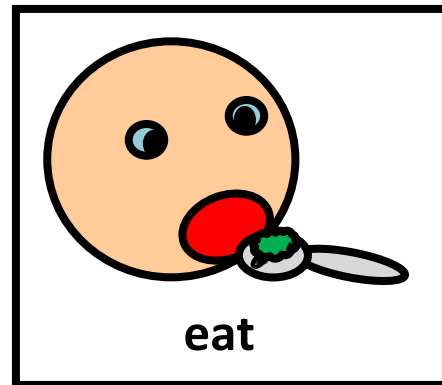


When eating:

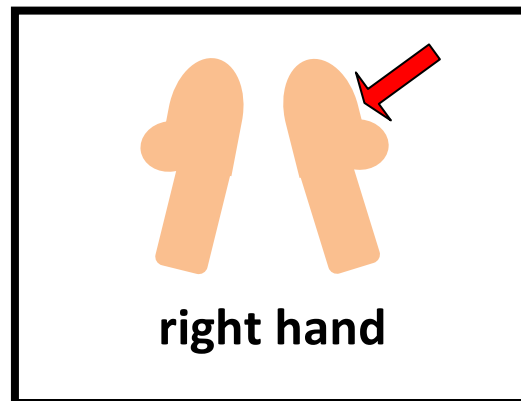
FIRST



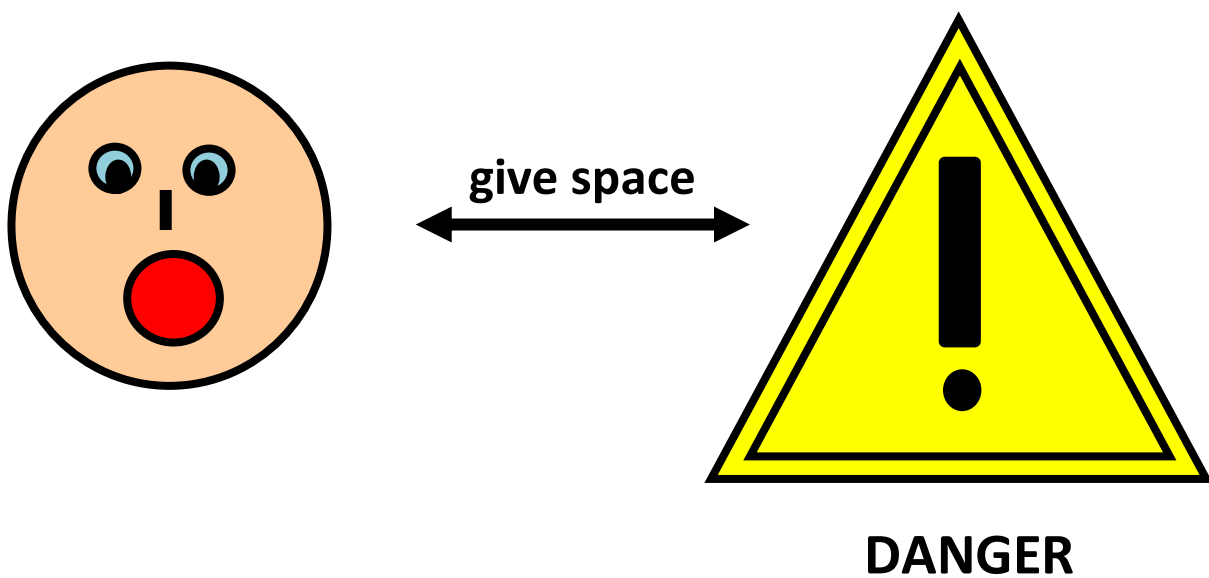
THEN



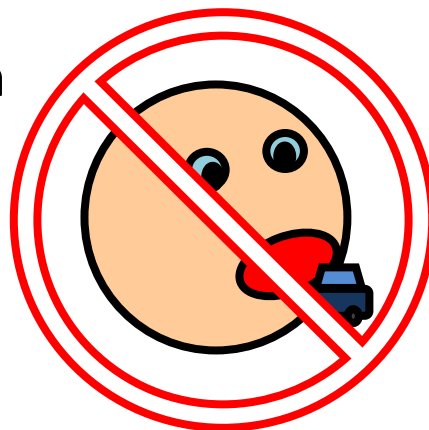
Use:



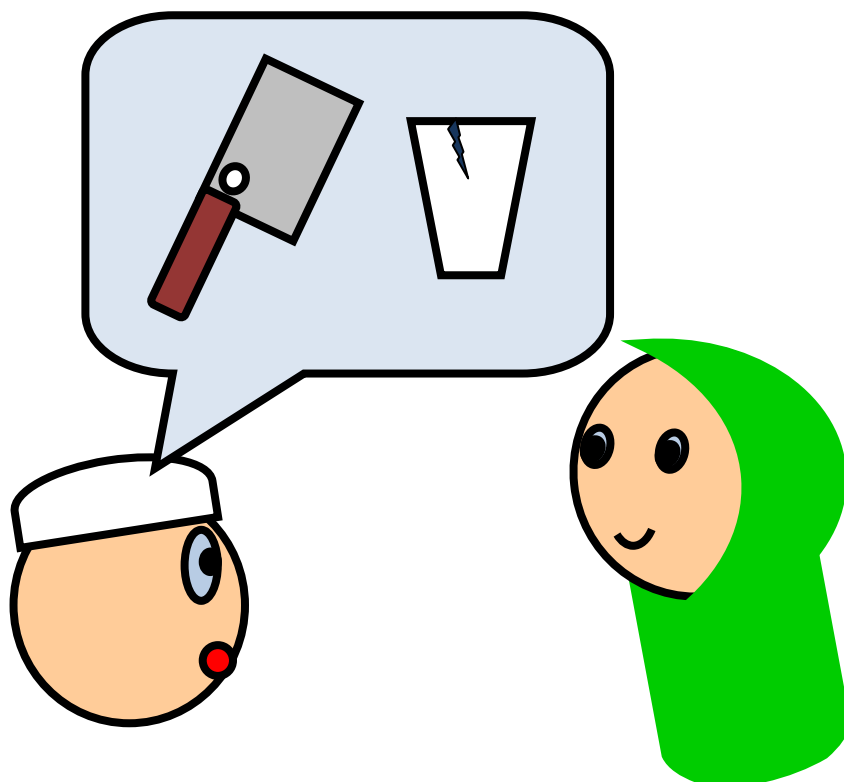
I need to be safe and avoid dangerous things.



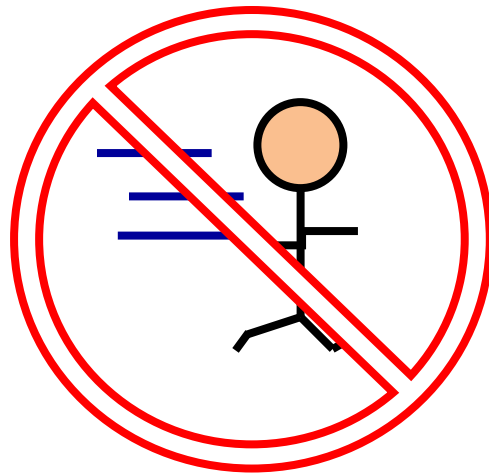
**When I find something tiny from
carpets, floors, or grounds,
I don't put it in my mouth.**



**When I find something sharp,
I stay away and tell grown-ups.**

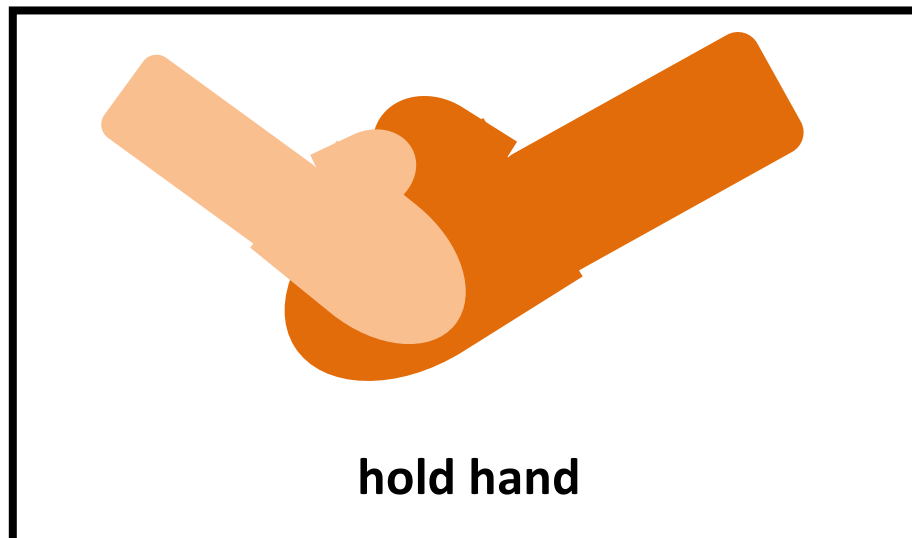


**When it is slippery,
I walk slowly.**



Do not run

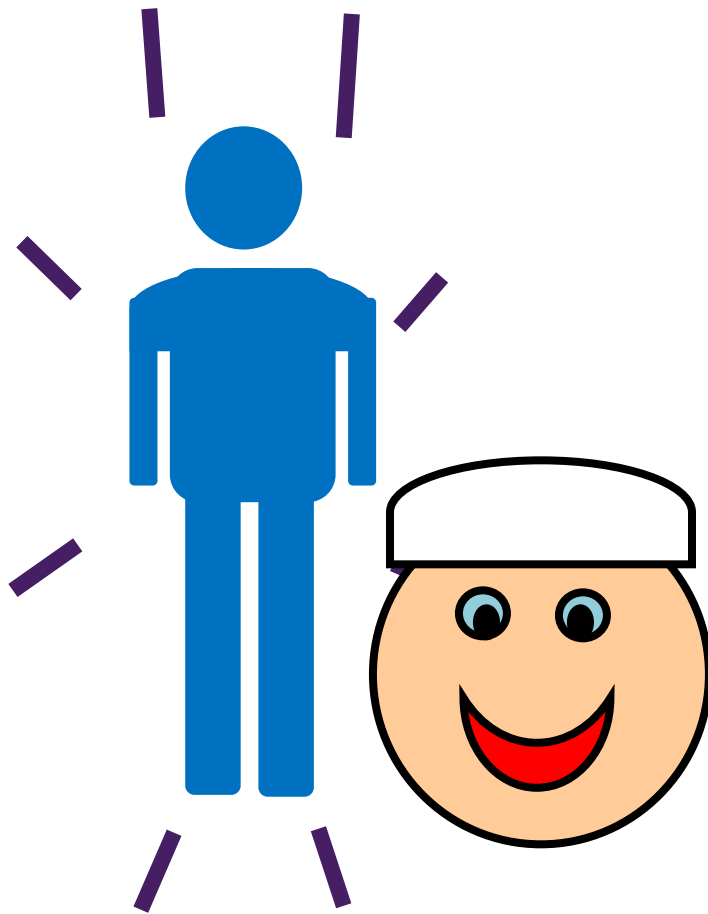
**When I go outside in public, I stay close with
grown-ups and hold hand.
I don't wander off alone.**



hold hand

Keeping safe and being healthy are important for Muslims.

I am Muslim, therefore, I must try to keep safe and be healthy.

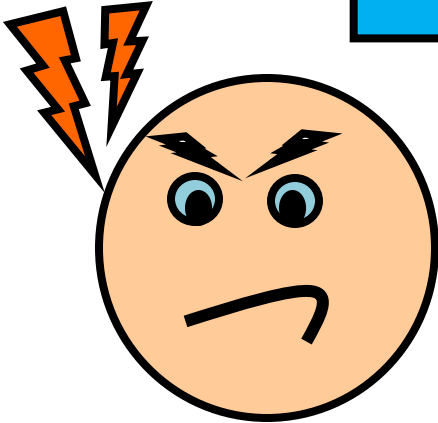


I can keep calm

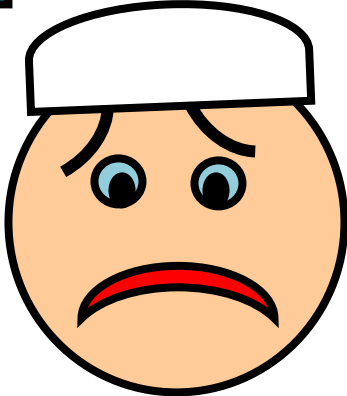


I can try to calm down when angry or upset.

IF

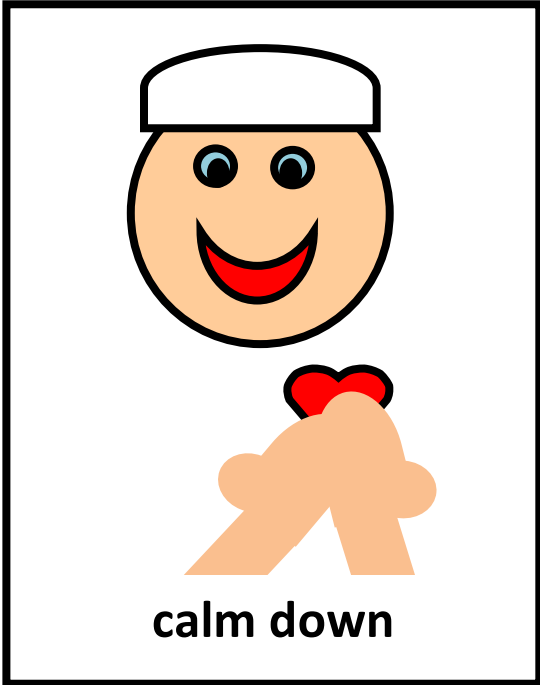


angry



sad

TRY



It is NOT OKAY to hurt myself or anyone.

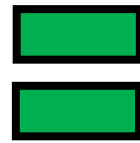
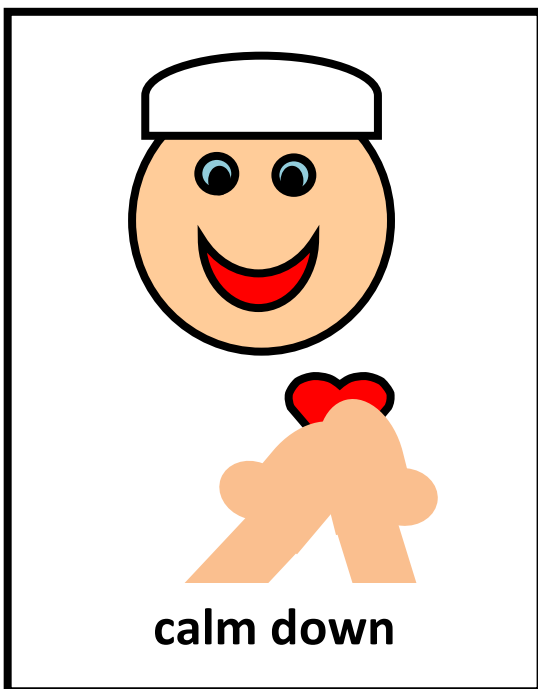


No hitting



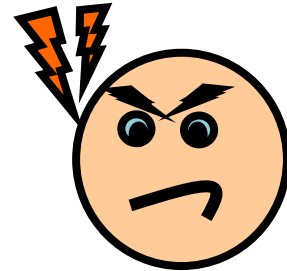
No biting

When I calm myself down, I am not too angry or sad anymore.



I am happy

When angry, Prophet Muhammad taught us many ways to calm down.



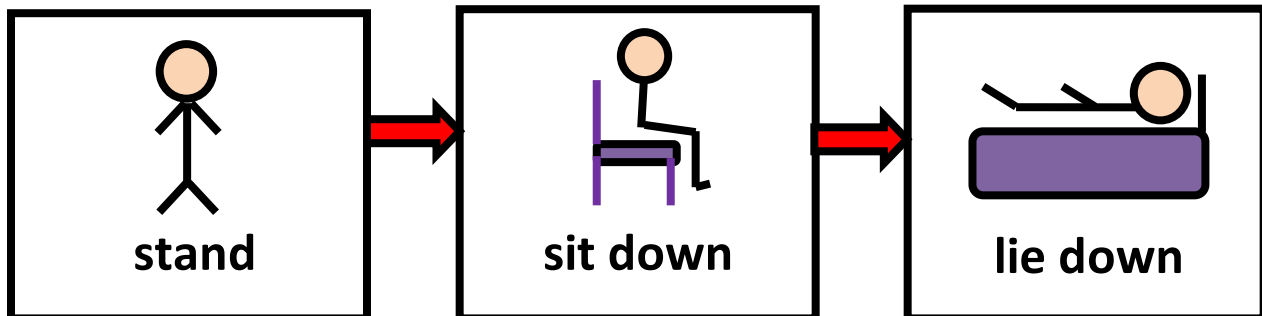
angry

CHOOSE & TRY

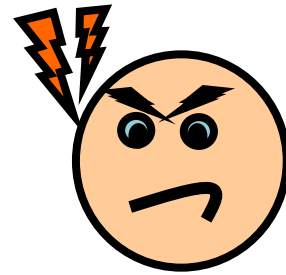
1. I can say A'uzubillah



2. If I am standing, I should sit down.
If I am still angry, I should lie down.



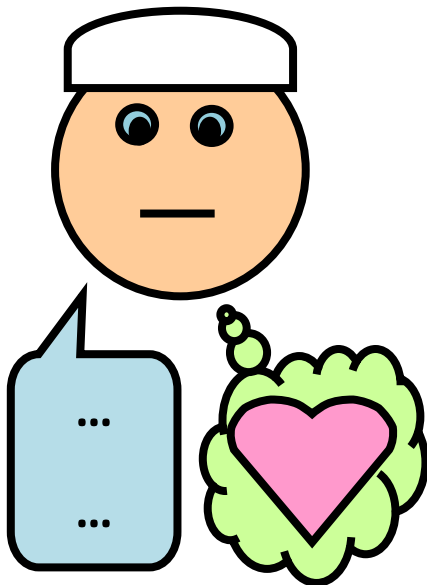
When angry, Prophet Muhammad taught us many ways to calm down.



angry

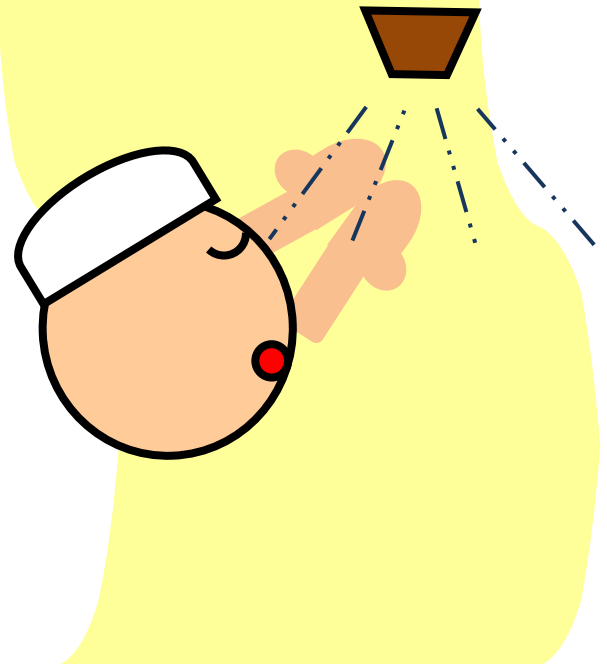
CHOOSE & TRY

3. Keep quiet for a moment until I feel calm

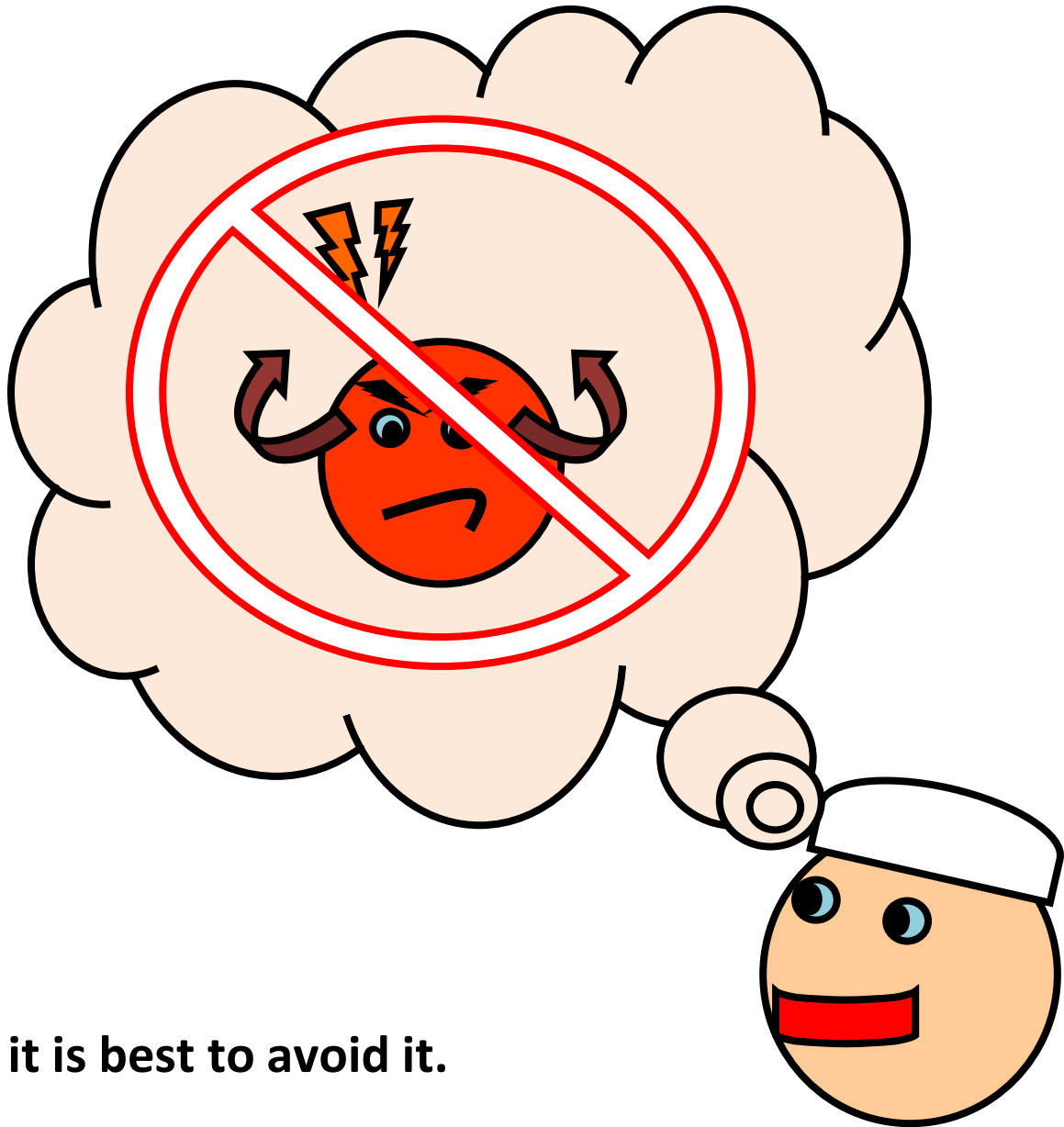


remain silent

4. Take wudhu'

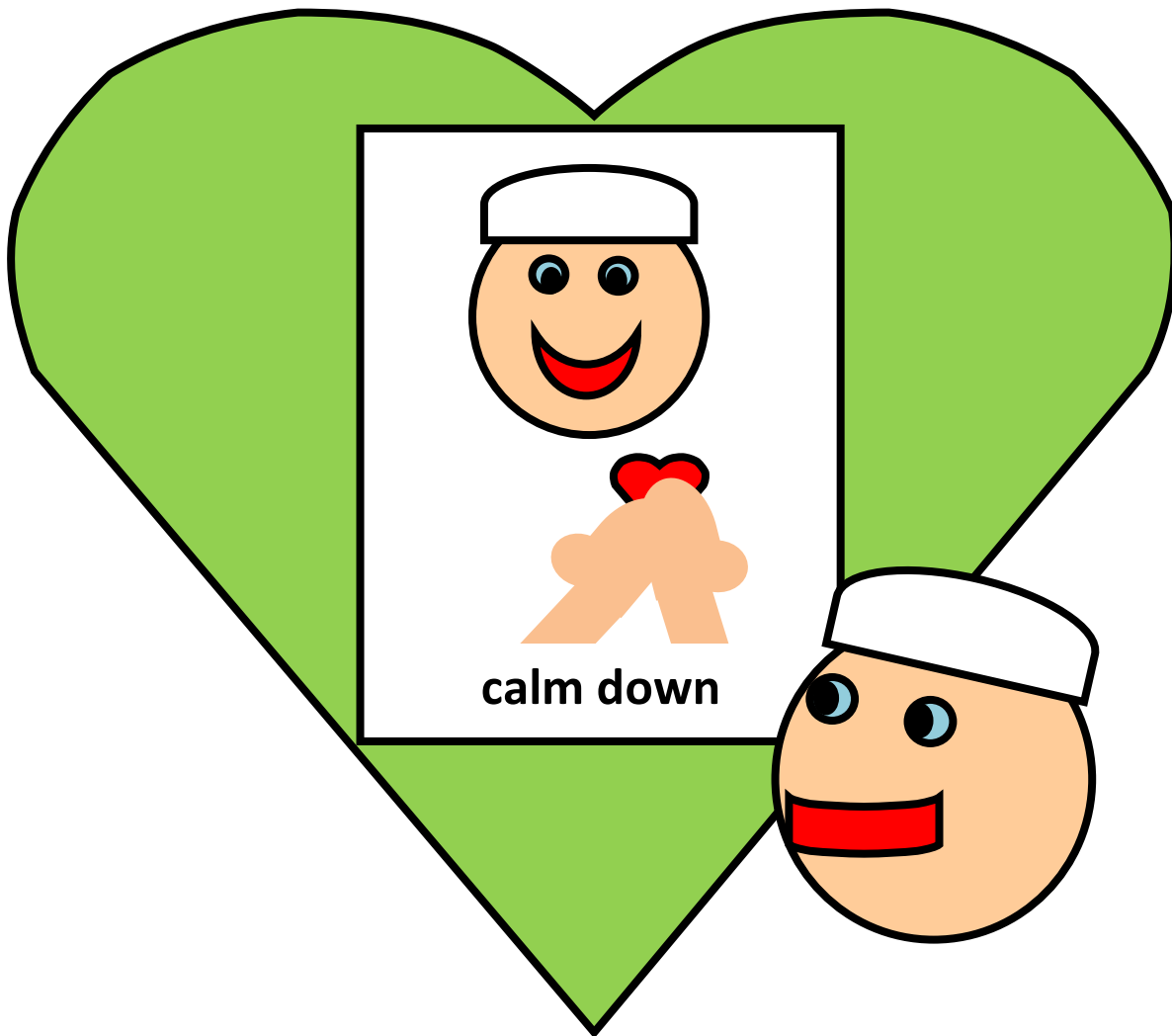


Anger comes from the Shaytaan,



so it is best to avoid it.

The Prophet Muhammad said that a strong person is the one who can control his anger.



When I am calm, I feel comfortable and happy.

'11 Social Stories in Adaab' is a book for Muslim kids who receive a diagnosis of Autism Spectrum Disorder (ASD). It is a teaching material about social and appropriate behavioral skills as a Muslim child. This book is also suitable to be integrated as part of the ASD curriculum in the early intervention programme (EIP).

This material is designed for Muslim kids with Autism Spectrum Disorder (ASD) from the age of 3 up to the appropriate level of children's intellect and social competence. It is focused on adaab (teaching social manners) in accordance to Shari'ah. It contains some appropriate sayings of the Prophet and from the Quran, which is explained in a very simple way for kids to understand, In Shaa Allah.

This book is accompanied with visual supports that will help increase the understanding for ASD kids. Guidelines are also provided in the introduction for parents and teachers to ensure effective use of visual supports.

Story 1: I can say Bismillah
Story 2: I can say Alhamdulillah
Story 3: I can be kind
Story 4: I can helpful
Story 5: I can have good conversation
Story 6: I can keep clean
Story 7: I can make du'a
Story 8: I can be patient
Story 9: I can say sorry
Story 10: I can take care of my body
Story 11: I can keep calm

The author has two masters' degree in psychology, and also a mother of ASD kids. Under the supports from parents and teachers, the author hopes the book can benefits and helps in teaching social and behavioral skills among Muslim ASD kids.

**CREATED BY:
Izaida Ibrahim.**

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Remember me in your du'a**

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