



# Optimizing your School Breaks: A Productive Approach

**Introduction** - Throughout the year, there are school holidays and vacations such as spring, winter, and summer break. These breaks offer us a lot of free time to do what we want. The Prophet SAW emphasized the importance of using our free time before we are overtaken by other commitments (Shi'abul Iman).

By strategically planning our break time and making supplication (du'a), we can maximize its potential for enjoyment, learning, and spiritual growth. Several scholars have observed that success in our daily routines often depends on how effectively we utilize our breaks.

**Structuring Your Break for Success** - Here are some key considerations for a productive and enriching break:

- **Maintaining Purposeful Activity:** Engaging in purposeful activities helps us avoid the temptations that idleness can present. Filling our days with positive pursuits minimizes the opportunity for negative influences.
- **Balancing Enjoyment with Obligations:** While breaks are meant for recreation, it's important to maintain our religious commitments. Continuing daily prayers (*salah*) remains a priority, and frequenting the masjid offers additional rewards for prayers performed there. Mosques also provide a chance to connect with the community.



**Engaging in Halal Activities** - Breaks offer a perfect opportunity to explore a variety of permissible (halal) activities:

- **Balanced Gaming:** Playing appropriate games can be a fun way to unwind, as long as it doesn't interfere with our responsibilities like prayers (*salah*) or chores. Moderation is key.
- **The Power of Reading:** Whether fiction or nonfiction, reading appropriate books is a fantastic way to spend our time, fostering both knowledge and enjoyment.
- **Physical and Mental Well-being:** Playing sports and spending time outdoors contribute to physical and mental fitness, promoting a sense of well-being.
- **Strengthening Family Bonds:** Spending quality time with family – siblings, parents, and relatives – is another valuable way to utilize breaks.

**Conclusion** - Alhumdulillah we have the freedom to spend breaks however we would like to spend them. Staying busy is better than having nothing to do, and there are many ways we can spend our breaks. We should always prioritize our responsibilities such as Salaah and chores, and then spend the rest of the day however we would like.

What are some ways you are going to spend your holidays?

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