



Muslim Scout
Fellowship

Squirrels

spiritual development guide



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As-salamualaikum

Welcome to MSF's Squirrels Spiritual Development Guide! The Squirrels SDG is designed to enrich your sessions by integrating Islamic principles with your activities to earn each badge. The guide aims to provide you with creative and meaningful ways to engage with your Squirrels, helping them grow spiritually while also having fun.

While this guide provides activity ideas to supplement your sessions, we encourage all leaders to constantly be in a process of innovating and adapting their programmes to provide the best possible journey for Squirrels and beyond. The ages of 4-6 are a pivotal part of a young person's development, and your impact can positively influence the way they experience the world.

Thank you for volunteering your time and efforts to be a Squirrels leader. We ask Allah to allow this guide to support the development of Squirrels into confident and well-rounded young people, and to allow us all to facilitate the passing down of knowledge, wisdom, and love for Islam through our Muslim Scouts programmes. Ameen.

~ MSF Programme Team



Badge: Be Active

Badge Requirements	Activity Ideas
This badge is called 'Be Active'. Explore the different ways that you can move your body and see how you feel. Playing games is lots of fun. Squirrels can learn to play a new game using different equipment. Games are even more fun when you play with your friends. Do your best to help the other Squirrels play a game.	Nature Walk and Reflections: • Objective: Explore nature while appreciating Allah's creation. • Description: Take the squirrels on a nature walk in a local park or forest. Encourage them to observe the plants, animals, and environment around them and keep a mental note on what they saw. After the walk, have a reflection session where they talk about what they saw and how they felt, emphasising that all these are creations of Allah. • Islamic principle/link: Explain the importance of animals in Islam. For example, explore the story of Prophet Nuh AS and the Ark. Sticky Honey: • Objective: Encourage teamwork while learning about the importance of bees in Islam • Description: A game of tag with a twist. When you tag someone you hold hands and run with them until the line gets longer and longer • Islamic principle/link: Explore the importance of the bee in Islam. As Muslims we should mimic the bee in our life. Bees are hardworking, their colony is their family, no job is too small, everyone does their bit to work together to make honey. • "And your Lord inspired the bees: "Make 'your' homes in the mountains, the trees, and in what people construct, and feed from 'the flower of' any fruit 'you please' and follow the ways your Lord has made easy for you." From their bellies comes forth liquid of varying colours, in which there is healing for people. Surely in this is a sign for those who reflect." (16:68-69)



Badge: Brilliant Builder

Badge Requirements	Activity Ideas
This badge is called 'Brilliant Builder'. Create something strong that can hold something heavy. Choose a toy or teddy and design a home for it to live in, then build it. Work as a team with the other Squirrels to build a big den that you can all sit in and do an activity.	Building a miniature Masjid: • Objective: Learn about mosque architecture while practising building skills. • Description: Provide Squirrels with materials such as cardboard, popsicle sticks, glue, and markers to build a small model of a mosque. Discuss the key features of a mosque, such as the minaret, dome, and prayer area. • Islamic principle/link: Encourage creativity while explaining the significance of the features, symbols and prayer. Build a den: • Objective: Explore the outdoors and build a den. • Description: Encourage the Squirrels to collect natural materials, such as, leaves and twigs. With these natural resources and tarpaulin (optional) build a den as a team. • Islamic principle/link: Share the story of Prophet Muhammed (SAW) and Abu Bakr hiding in the cave and how the spider web protected them.



Badge: Brilliant Builder

Badge Requirements	Activity Ideas
	Build Prophet Nuh's (AS) Ark • Objective: Introduction into basic pioneering through raft building. • Description: Build a raft using twigs and string. Put it on a large bucket of water and see how many mini toy animals you can fit on your raft (ark) before it sinks. Make it a competition!! • Islamic principle/link: Explain the story of Prophet Nuh (AS) before the activity. Build a mountain: • Objective: Create a mountain while reflecting on Allah's creation. • Description: Build a mountain using paper mache and recyclable materials. • Islamic principle/link: Mountains act like stakes that hold the earth together and stop the earth from shaking. • "And We have placed firm mountains upon the earth so it does not shake with them, and made in it broad pathways so they may find their way." (21:31)



Badge: Exciting Experiments

Badge Requirements	Activity Ideas
This badge is called 'Exciting Experiments'. Try some activities to explore all your senses. What can you see, hear, smell, taste, and feel? Try an experiment, such as building a rocket or boat, and spotting some wildlife. Tell the other Squirrels about your experiments and what you found out.	Explore your senses: • Objective: Explore Allah's creation by putting natural items in a bucket of water/pile of sand. • Description: Blindfold the Squirrels to see who can identify the wet/hidden item (eg flowers, pebbles, twigs etc). • Islamic principle/link: Talk about their different uses in nature and how Allah made these items useful for mankind. Make chocolate dates: • Objective: Prepare for Ramadan! • Description: Take the stones out of the date and mix your chosen filling in a bowl. • Islamic principle/link: Talk about the importance of dates in Ramadan.



Badge: Exciting Experiments

Badge Requirements	Activity Ideas
	Clay Making: • Objective: understand that Allah made all humans equal. • Description: Using air dry clay, design and create your favourite animal or flower. • Islamic principle/link: Discuss the story of Adam (AS) and how humankind was created. • “He created humankind from ‘sounding’ clay like pottery” (55:14). Painting a river of Jannah: • Objective: Reflect on Jannah. • Description: Paint a river on a piece of paper, using pippets and small cups of different shades of blue paint. Glue on glitter confetti to represents the pearls and rubies of the rivers of Jannah. • Islamic principle/link: Discuss the beauty of the rivers of Jannah. • “Allah will say, “This is a day on which the truth of the truthful shall benefit them. For them there are gardens beneath which rivers flow, where they will live forever. Allah is well-pleased with them and they are well-pleased with Him. That is the great achievement.” (5:119).



Badge: Explore Outdoors

Badge Requirements	Activity Ideas
This badge is called 'Explore Outdoors'. Work together to think about some different places you could visit, what you should wear, and what you'll need to take with you. Explore some different environments, use a compass to see which direction you're going and keep track of all the interesting things you see and hear. Tell the other Squirrels about your adventure and think about how you could make your next trip even better.	Minibeast hunting: • Objective: Learn about different minibeasts and their habitats. • Description: Using a recycled cut up plastic bottle, groups of Squirrels need to create a home for a minibeast eg worms, ants etc. • Islamic principle/link: As Muslims, we should treat every living creature with kindness and respect. • The Companions asked: "Shall we be rewarded for showing kindness to the animals also?". The Prophet (SAW) said: "A reward is given in connection with every living creature" (Al-Bukhari and Muslim). Nature walk picture journal: • Objective: Connect with nature by creating a picture diary • Description: During their planned outing, in their groups, squirrels work together to keep a picture diary of interesting insects/animals/plants/animal homes/bird nests/ant mounds for a group poster. • Islamic principle/link: As Muslims, we believe all living creatures were made by Allah and Allah loves all animals and the animals exist for the benefit of human beings. Reflect on the beauty of Allah (SWT) creations. • "All living beings roaming the earth and winged birds soaring in the sky are communities like yourselves. We have left nothing out of the Record. Then to their Lord, they will be gathered all together" (6: 38) • "He Who created all things in the best way and He began the creation of man from clay." (32:7)



Badge: Feel Good

Badge Requirements	Activity Ideas
This badge is called 'Feel Good'. Try some activities that give you that winning feeling or do something that helps you relax. Create a comfy space to spend some time with the other Squirrels. Take a minute or two to check in with your feelings and remember what makes you feel happy.	Keep a gratitude journal: • Objective: This is an opportunity to plant the seeds for valuable principles around positive emotions, such as gratitude, duty and self-reflection. • Activity: From this session and until the next time you meet - squirrels must write down 10 things that they're grateful for, every-day. This could be anything from hearing the birds sing, the sun shining, to having a tasty meal, having a mother to come home to. They can build a Gratitude Cactus with their notes. • Islamic principles/link: Teaching children how to identify Allah's (SWT) blessings helps them appreciate and see that every single day Allah (SWT) provides us with countless blessings, big and small. This reflection will help them develop a closer connection to Allah (SWT) and show gratitude. • "And Allah brought you out of the wombs of your mothers while you knew nothing, and gave you hearing, sight, and intellect so perhaps you would be thankful." (16:78) • "If you are grateful, I will surely increase you in favour" (14:7)



Badge: Feel Good

Badge Requirements	Activity Ideas
	Perform random acts of kindness: • Objective: Understand the importance of selfless acts of kindness and doing good for the sake of Allah. • Description: Squirrels have to seek opportunities in the next month to perform random acts of kindness. This can be towards anyone, such as making someone a cup of tea (unprompted), helping with the washing-up or reading their younger sibling a story. • Islamic Principles/link: Teach Squirrels that they should do good for the sake of Allah (SWT) and not to expect thanks from others. • “We feed you for the sake of Allah, we do not want from you any reward of gratitude” (76:9) • “Whoever does good whether male or female and he is a believer, We will most certainly make him live a happy life” (16:97)



Badge: Feel Good

Badge Requirements	Activity Ideas
	Create an Asma ul Husna Feelings Wheel: • Objective: reflect on their emotions and feelings through the remembrance of Allah. Opportunity to reinforce gratitude and reliance on Allah. • Description: We then discussed how we can turn our angry, jealous, sad, scared faces into happy faces by remembering Allah and how He has the power to help us feel better. This is when we transitioned to Asma ul Husna. They can put up pictures of the various feelings and against them names of Asma ul Husna that can be recited to ask Allah to help feel better. • Discussion Points: What are the squirrels feeling today? Why? How do these feelings change? How can we make ourselves feel better? • Islamic Principles/link: Each of the 99 names of Allah is a dua in itself, subhan'Allah! Each has a specific benefit of recitation. Happy – Alhamdulillah Sad – Ya Allah, Ya Shakur Angry – Ya Sabur Sick – Ya Shafi Scared – Ya Hafeedh, Ya Qawiy Frustrated – Ya Barri Jealous – Ya Ghaffar Hurt – Ya Wadud • “Is it not with the remembrance of Allah that hearts find rest?” (13:28) • “Say (O Muhammad): Call upon Allah or call upon the Merciful, whichever you call upon, He has the best of names...” (17:110)



Badge: Get Creative

Badge Requirements	Activity Ideas
This badge is called 'Get Creative'. Use your imagination to make a picture or model of something you love. The natural world has inspired lots of creative designs, from trains shaped like birds to glass inspired by spiders' webs. Work with another Squirrel to create something using natural materials.	Painting with watercolours: • Objective: Use your imagination to design. • Description: Paint Allah's beautiful creation using pictures for inspiration (eg the sunset, mountains etc). Or draw your dream palace or garden in Jannah. • Islamic Principles/link: Learn 2 of Allah's names. Al-Khaliq, The Creator and Al-Musawwir, The Maker of unique beauty. Create and decorate a donation jar: • Objective: collect money to donate to charity at the end of term. • Description: Squirrels are to collect an empty plastic jar (recycled) in order to prep and decorate it to their heart's content. They should choose a special name for their jar to make it more fun and exciting. Ask squirrels to start saving any small amount of money in the jar and at the end of the term, they can put their jars content together and choose a charity to donate to - make sure to always praise the squirrels for their efforts, big or small. • Islamic Principles/link: It's never too early to teach squirrels about empathy, volunteering, and giving charity. At this age squirrels may find it easier to understand empathy and charity if there are directly involved in it. Make sure you offer a lot of positive reinforcement and lead by example. • "The example of those who spend their wealth in the cause of Allah is that of a grain that sprouts into seven ears, each bearing one hundred grains. And Allah multiplies 'the reward even more' to whoever He wills. For Allah is All-Bountiful, All-Knowing." (2:261) • "O believers give of what We have provided for you." (2:254)



Badge: Go Wild

Badge Requirements	Activity Ideas
This badge is called 'Go Wild'. Find out about some animals that live near you and see what you can learn about some animals that live far away. Find out about what animals in your local area like to eat and where they like to live. Work together to make something that helps plants or animals.	Create an animal fact file and mini habitat: • Objective: Animals have had a vital role in many of our Prophets stories, but they would only be able to do this if they were able to live in harmony alongside humans. • Description: • Part 1: Choose an animal or insect and create an entire case file on them (BONUS POINT if they are mentioned in the Quran or sunnah). . What do they eat? . Where do they live? . What do they hunt, are they hunted? . Are humans affecting them in any way? . What can we do to help? • STAGE 2: Once the fact file is complete, onto our outdoor activity - let's bring our fact file to life. Create a mini habitat for your animal/insect of choice (<i>if you chose a tricky animal like a lion, you can help one of your friends with their project</i>). • Islamic principles/link: Allah (SWT) gives many examples in the Quran of the value and role of animals in our lives and the lives of prophets: . The Hud Hud bird helped the prophet Sulaiman guide the people of Sheba. . The pigeon and the spider built homes outside the hiding place of prophet Muhamad (SAW) and Abu Bakr (RA) to protect them. . The elephants of Abraha who refused orders to destroy the Ka'aba and the birds who Allah (SWT) instructed to avenge the Ka'ba instead. . The whale that swallowed the Prophet Yunus (AS).



Badge: Let It Grow

Badge Requirements	Activity Ideas
This badge is called 'Let It Grow'. Have a go at growing your own plant. Tell some other Squirrels what happened to your plant and how it changed. Find out where some of the fruit and vegetables you eat come from and how they're grown. Do the plants look different to the foods on your plate?	Plant-themed Science experiment: • Objective: to understand how plants grow and to learn about the beauty of our lord's creation. Allah is Al-Khaliq the creator. • Description: Squirrels will be planting seeds in different conditions required for plants to grow. They should begin by taking their pots home, each squirrel with different instructions: 1. The 'good conditions' plant should be kept on a sunny windowsill and given a drink of water every day. 2. The 'no water' plant should be kept on a sunny windowsill and not watered. 3. The 'no air' plant should be covered in a plastic bag that's secured by an elastic band - but it should be kept on a sunny windowsill and watered every day. 4. The 'no light' plant should be kept uncovered in a dark place and watered every day. • The following session is a following up with what the squirrels had learned. • Children will reap the rewards when their plants spring up! • Discuss the previous experiment and talk about what plants require to grow and survive. • Discuss the blessings of Allah! • Islamic principles/link: Signs of Al-Khaliq are all around us, and as soon as we step out the front door we are presented with an abundance of Allah SWT's creation. • 'For He is the Creator Supreme in skill and knowledge! Truly, when He intends a thing, His command is "Be" and it is!' (36:81-82)



Badge: Let's Celebrate

Badge Requirements	Activity Ideas
This badge is called 'Let's Celebrate'. Find out about some new festivals or celebrations by reading or listening to a story together. Take part in a festival or celebration from a different culture with the other Squirrels. Get creative, make something to help you celebrate, and try some different festive foods.	Eid Celebrations: • Objective: To understand why the celebration of Eid occurs. • Description: To learn, to enjoy, to share, to be together and have fun! Come in your fancy dress! • Make an Eid card for a loved one using bright coloured card, pens and glitter. • Create and decorate lanterns. • Make Eid/Ramadan bunting - give each Squirrel a triangular piece of coloured card to decorate. String them all together to make a big piece of bunting. • Make a ram to celebrate Eid-UL-Adha using a piece of recycled toilet roll, cotton balls and googly eyes.



Badge: Local Superhero

Badge Requirements	Activity Ideas
This badge is called 'Local Superhero'. There are lots of superheroes doing great things near where you live. Find out who they are and what they do to help the community. Work with your group to make a difference in your local area.	Create crafts to appreciate local heroes or loved ones: • Objective: appreciate those around us. Identify key figures in the local community, at home and in Islam. • Description of Discussion: Discuss local hero's - emergency services, uniformed staff, people who help us cross the road, teachers, doctors, firefighters, teaching assistants, local religious leaders, grandparents, parents. Show pictures of people from the community to get everyone thinking. Talk about the Prophet Muhammed (SAW), the sacrifices he made, his love for his ummah and his love for Allah! Mention the companions of the Prophet (SAW). • Description of crafts: Create a shield using crafts. Squirrels can label and add things to their DIY shield about their favourite "local" hero. Put together Thank you notes, items made or bought and create a care package for emergency services. • Islamic principles/link: Reflect on what has Allah given us? We all have a super special power! Discuss the importance of appreciating others and thanking others • The Prophet (SAW) said: He who does not thank the people is not thankful to Allah. (Sunan Abi Dawud 4811) Litter Picking: • Objective: Make a difference to your local community • Description: Give Squirrels bin bags, gloves and a few litter pickers. • Islamic principles/link: Principle of Khalifahs/Stewards of the earth. • And [mention, O Muhammad], when your Lord said to the angels, "Indeed, I will make upon the earth a successive authority." (2:30)



Badge: Story Time

Badge Requirements	Activity Ideas
This badge is called 'Story Time'. Choose a story to listen to with the other Squirrels and talk about it afterwards. Make up your own story and share it with the other Squirrels.	Read 'The Rainbow Fish' circle time: • Objective: Reflect on friendship and happiness. • Description: It is a book about a beautiful fish who finds friendship and happiness when he learns to share. The book is best known for its morals - the happiness that sharing can bring to yourself and others. • Islamic principles/links: This can be linked to Al-Wahhab, the Giver of Gifts. • 'Do not let our hearts swerve from the truth after You have guided us; and bestow on us the gift of Your grace: truly, You are the Giver of Gifts.' (3:8) • If we stop to think for a moment, and look around us, we become aware of the multitude of gifts that Allah (SWT) has given us and continues to shower upon us each and every day. Interactive story telling session: • Objective: Squirrels explore their creative side and build their confidence to help bring the story to life, with role play and dress up • Description: Squirrels can work in groups and create a story! Set up a role play area and create a theatre style stage. Squirrels can present to a wider audience. Squirrels can also share their favourite books and discuss why they are special to them.



Badge: Super Chef

Badge Requirements	Activity Ideas
This badge is called 'Super Chef'. Think about the foods you eat and explore where some of them come from. Having fun while cooking isn't just for grown ups. Wash your hands, follow a recipe, and make a tasty snack with your friends.	Cooking with Sunnah foods: • Objective: Learn about foods mentioned in the Sunnah and their benefits. • Description: Prepare simple dishes using sunnah foods such as dates, honey and olives • Islamic principles/link: The significance of these foods in Islamic tradition and their health benefits. . Honey: 'There comes forth from their bellies, a drink of varying colour wherein is healing for people. Verily, in this indeed a sign for people who think' (16:69) . Olive oil: Prophet Muhammad (SAW) said, "Eat the Zait (olive oil) and use it as an ointment, because it is produced by a blessed tree." [At-Tirmidhi and Ibn Majah] . Dates: The Prophet (SAW) said, "If somebody takes some Ajwa dates every morning, he will not be affected by poison or magic on that day till night." [Al-Bukhari] Healthy eating and moderation: • Objective: Teach the importance of healthy eating and moderation as emphasised in Islam. • Description: Prepare a balanced meal or snack, such as a fruit salad or vegetable platter. • Islamic principle/link: The concept of moderation in eating (not wasting food and not overeating) as taught by the Prophet Muhammad. Relate it to the Hadith: "The son of Adam does not fill any vessel worse than his stomach" (Ibn Majah). • Discuss the importance of eating with your right hand and saying bismillah before doing so • Messenger of Allah (ﷺ), said to me, "Mention Allah's Name (i.e., say Bismillah before starting eating), eat with your right hand, and eat from what is near you." [Al-Bukhari and Muslim].