

We will meet again in Jannah

What a Great Day that will be!

An activity book for bereaved Muslim siblings

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Especially for you

This book is especially for you because your dear brother or sister has died and this can hurt very much. The book tries to help you through the sadness and confusion and answer some of the questions you might have, and help you understand some of the things you might be feeling.

It will help you understand how as a Muslim, you can look to Islam your religion to guide and help you. It will also help you to keep memories of your brother or sister in a very special way.

You do not have to do the activities in the order that they appear in the book. You can choose whichever activity you want to do when you like. You can use the extra pages at the back to do some activities. It might be a good idea to ask an adult you trust to work with you. You can show them what you have done, so that you can talk about things. It might help them too.

This book belongs to:

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The name of my special person who died is:

.....

One special thing I remember about them is:

.....

.....

.....



Sharing feelings

When you lose someone close you might feel angry, sad. You might feel very lonely or confused.

It is okay to be sad. Sad things can make you learn new things. We ask Allah to help us to have **sabr** which means that we must try to be brave, and trust in Allah, and not get so upset that we get unwell.

