

Daily Well-being Checklist for Primary School Muslim Students

Simple and Visual Reflection Tool for Years 1–6

Spiritual

- Did I say Bismillah before starting something today?
- Did I pray (or try to pray) at least one salah?
- Did I thank Allah for something today?
- Did I do a good deed just for Allah?
- Did I listen to or read the Qur'an?

Emotional

- Did I tell someone how I felt today?
- Did I do something to help myself feel better?
- Did I take a break when I needed one?
- Did I talk nicely to myself?
- Did I feel proud of myself today?

Physical

- Did I eat healthy food and drink water?
- Did I move my body or play today?
- Did I rest when I needed to?
- Did I take care of my body (toilet, wudu, hygiene)?
- Did I use my senses to calm down (e.g. breathing, smelling something nice)?

Social

- Did I play or speak kindly with a friend?
- Did I help someone at school or home?
- Did I say sorry or forgive someone today?
- Did I say salam to someone?
- Did I feel part of my class or family today?

Mental

- Did I try my best in my schoolwork?
- Did I learn something new?
- Did I ask for help when I needed it?
- Did I try again if something was hard?
- Did I stop to think before acting or speaking?

Reflect: *What can I do tomorrow to feel even better, in shā' Allāh?*
