

Hajj Activities for Children

Infants (Birth–12 months)

Activity: “Together Time” Mirror + Gentle Song

Focus: belonging, connection, calm routine

Materials: baby-safe mirror, soft scarf, calm music (optional)

Directions:

1. Hold baby near the mirror and smile: “Hello! You belong.”
2. Gently sway side-to-side with a scarf and say: “Together... together...”
3. Sing a short lullaby or hum for 30–60 seconds.
4. End with a cuddle and calm voice.

Tip: Keep it 2–4 minutes—simple exposure to belonging words.

Young Toddlers (1–2 years)

Activity: “Community Helpers” Carry-and-Share Game

Focus: helping, turn-taking, simple cooperation

Materials: small basket, soft items (blocks, scarves), picture card that says “HELP” (optional)

Directions:

1. Say: “Today we practice being helpers.”
2. Give toddlers one item at a time to carry to a basket: “Can you help me put this in?”



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3. Use simple phrases: “Help please” → “Thank you”
4. Repeat for 2–3 minutes with different items.

Inclusive message: “When we help, we make our community strong.”

Older Toddlers (2–3 years)

Activity: “Together We Build” Block Circle

Focus: cooperation, waiting, sharing space

Materials: blocks or large stacking toys, a “my turn” card (optional)

Directions:

1. Sit in a small circle with blocks in the middle.
2. Explain: “We are building **together**. Everyone gets a turn.”
3. Each child adds **one block** to the shared structure.
4. Practice language: “My turn... your turn.”
5. Celebrate: “Look what we made together!”

Tip: If a child struggles to wait, offer a job: “Hold the next block.”

Preschool (3–5 years)

Activity: “Journey Map”

Focus: sequencing, community, kindness actions

Materials: large paper, markers, stickers, tape



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Directions:

1. Say: "Hajj is a journey. We can make a pretend 'kindness journey' in our classroom."
2. Draw a simple path on paper with 4–6 circles (stops).
3. Label each stop with a kindness action (picture + word), such as:
 - "Say hello"
 - "Share"
 - "Help clean up"
 - "Use kind words"
 - "Take turns"
4. Children add stickers to decorate each stop.
5. Walk the "journey" together during the day and do one kindness stop at a time.

Tip: Keep it non-religious and focused on kindness/community.

School Age (6+)

Activity: "Community in Action" Team Challenge + Reflection

Focus: teamwork, patience, respect

Materials: paper, markers, optional building materials (recycled boxes, tape) OR use a cooperative game

Directions:

1. Introduce: "Hajj is important to many Muslims and includes themes of community and togetherness."



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2. Do a cooperative challenge:

- Build the tallest tower as a team
- Complete a puzzle without talking for 2 minutes
- Create a class 'helping plan' for the week

3. After the challenge, reflect:

- "What helped our team succeed?"
- "How did we include everyone?"
- "What can we do next time to be more patient/kind?"

Optional fact (brief): Hajj is one of the Five Pillars of Islam and is a journey some Muslims hope to complete.



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