



KNOW YOURSELF

HARMONY, HIP-HOP & HERITAGE

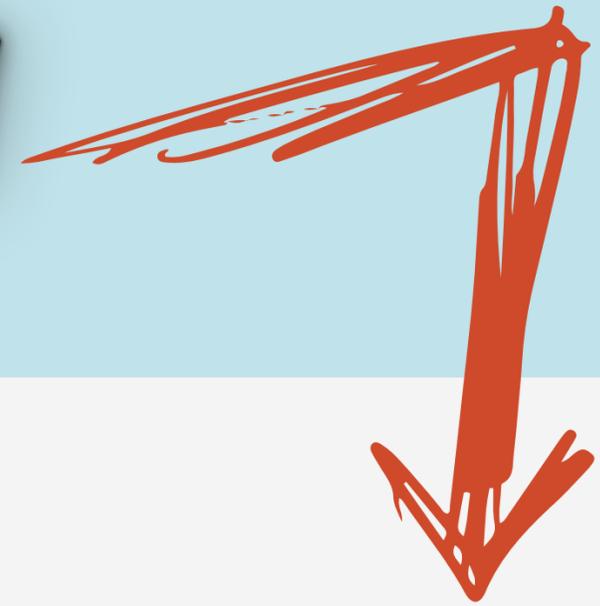
INTRODUCTION

Today, we will

- * Discuss and reflect on Islamic cultural values.
- * Explore how Eid al-Fitr celebrations strengthen cultural identity, self-awareness, social-awareness, and relationship skills.



SEL CONNECTION



Today, we will practice **self-awareness**, **social-awareness**, and **relationship skills** while learning about establishing traditions.





ICEBREAKER

CELEBRATION PLAYLIST



CELEBRATION PLAYLIST

- 1) Partner up!
- 2) Select a song you would play at a family celebration or a celebration with friends to make people feel good.
- 3) Share your song with your partner.
- 4) Share your song with the class and the emotion you feel when hearing it.





**LESSON
PART ONE**

CELEBRATIONS





CELEBRATIONS

CHECKING FOR PRIOR KNOWLEDGE:

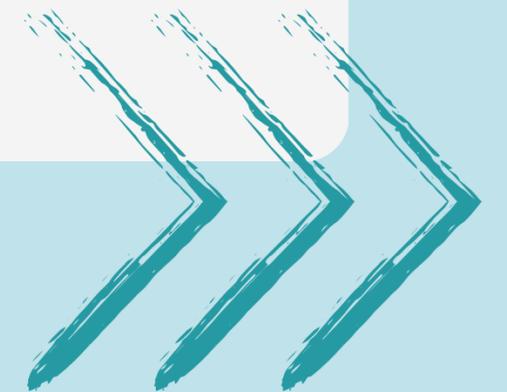
WHAT DO YOU KNOW ABOUT ISLAM AND EID?





CELEBRATIONS

Muslim Heritage Month is important because it celebrates and honors the rich history, culture, and contributions of Muslim people around the world. It gives us a chance to learn about their traditions, values, and achievements, promoting understanding, respect, and appreciation for diversity.



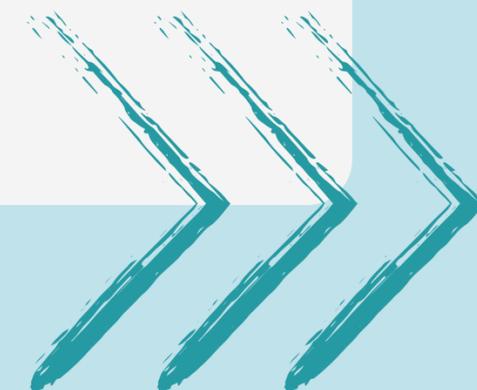


CELEBRATIONS

Eid means 'festival' or 'feast' in Arabic. In the Islamic calendar, there are two big celebrations each year — Eid al-Fitr and Eid al-Adha. Eid al-Fitr lasts for three days and is sometimes called the 'Lesser Eid.'



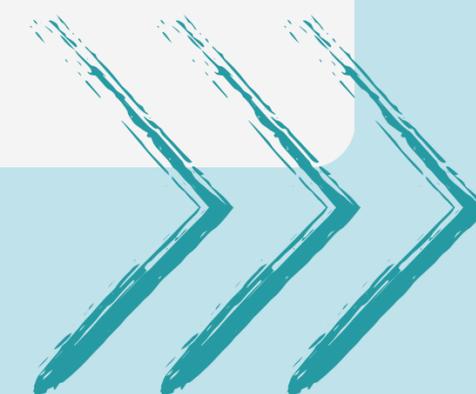
[Learn how to pronounce Eid al-Fitr](#)





CELEBRATIONS

On the other hand, Eid al-Adha is four days long and is known as the "Greater Eid." Both Eids are times for joy, family gatherings, and special prayers in the Muslim community.





CELEBRATIONS

CHECKING FOR PRIOR KNOWLEDGE:

CAN YOU DEFINE RAMADAN, ISLAM AND HIJAB?





CELEBRATIONS

RAMADAN

Ramadan is a holy month in Islam when Muslims fast from sunrise to sunset. It is a time of spiritual reflection, self-discipline, and increased devotion to prayer and charity.





CELEBRATIONS

ISLAM + MUSLIM

Islam is a religion followed by Muslims. Muslims are people who believe in Islam and follow its teachings. Islam emphasizes beliefs in one God (Allah), prayer, charity, fasting (like during Ramadan), and pilgrimage to Mecca.





CELEBRATIONS

HIJAB

Hijab refers to modest clothing worn by some Muslim women as part of their religious practice. It typically includes a headscarf that covers the head and neck but leaves the face visible. Hijab is worn for reasons of modesty, religious observance, and cultural identity.



LESSON: PART ONE



WATCH A VIDEO

CELEBRATIONS

- 1) Watch the video about two young Muslim sisters in a music group named "Ain't Afraid" celebrating Eid.
- 2) Use the graphic organizer to observe and take notes.





CELEBRATIONS

SMALL GROUP TO WHOLE GROUP DISCUSSION

- What did you notice about how the girls celebrated Eid?
- What cultural values do you think are reflected in the way the young Muslim sisters celebrate Eid?
- How do you think celebrating Eid with family and community helps to strengthen cultural identity and self-awareness?





LESSON PART TWO

AiN'T AFRAiD



LESSON: PART ONE



WATCH A VIDEO

AiN'T AFRAID

Watch the video for "Rock Bottom" by Ain't Afraid.



LESSON: PART TWO



TALK ABOUT IT

AiN'T AFRAiD

WHAT DO YOU THINK IS THE OVERALL MESSAGE OF "ROCK BOTTOM"?

*Rock bottom might be hard but
That's where I got my start up
People let me down but
I got me regardless*





AiN'T AFRAiD

- How does “Ain’t Afraid” model the importance of self-awareness?
- What new things have you learned about the Muslim culture?
- What would you like to learn more about?

