

Help This Book is designed for children ages 6+, but it is great for 10 and above too! Personalize, create with items that can be bought in most craft stores, and special bonuses included! There are some coloring pages, boredom busters, and lonely pages.

Hand-drawn and written...

...by Maimoonah Thadhani.

H e l p

T h i s

B o o k

By

Maimoonah

Thadhani

Help

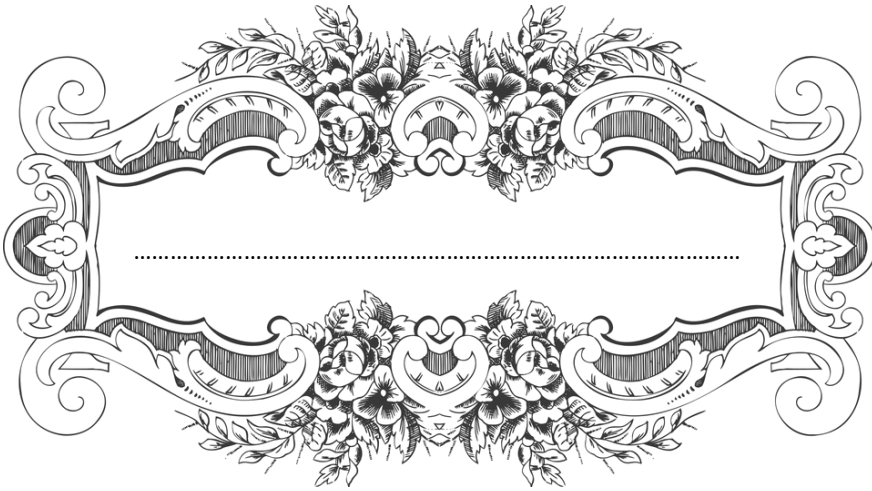
This

Book

By Maimoonah Thadhani
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www.umm-maimoonah.com

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Help This Book belongs to:



Color in the border above the way you like it!

About Help This Book

Help This Book is intended for boredom busters, as well as encouraging creativity. It has some blank pages to decorate, or coffee stain however you like!

You can ask your parents for help with certain pages.

There also will be a video on Instagram for how-tos, for example, when using watercolors, you can't let the color run on the next page!

Also, remember this book contains the names of Allaah and you should not throw it around, .

Why is it called Help This Book?

Well, I thought I would call it that as the cover seems so lonely, only in blackish-blueish colors, so it needs desperately help to seem more like a fun book! Plus the pages aren't decorated, for example the borders, and the name tag on the previous page.

I hope you have fun 'helping' this book!

Maimoonah Thadhani

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Assalaamu Alaikum! Today you are going to answer some questions to help personalize this book. Let's start with your name!

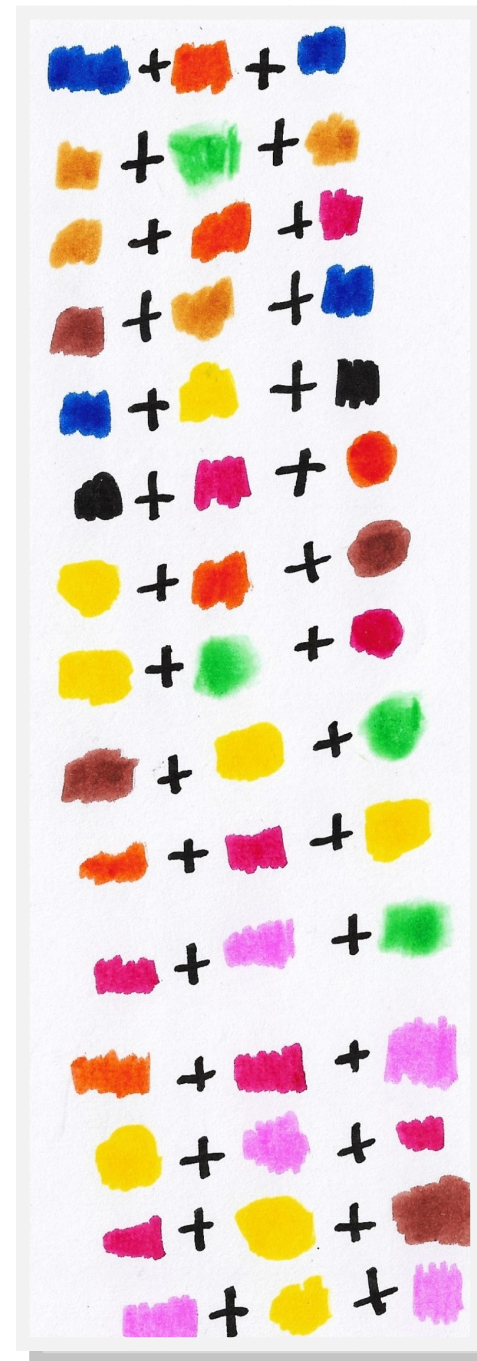
What's included

- Arts and Crafts
- Colouring Pages
- Activities
- Pages for creativity
- Personalization pages
- ...and more!



How old are you?

You can use the palette on the next page, or
write your age in fancy or cursive writing.



Here is a something called a color palette.

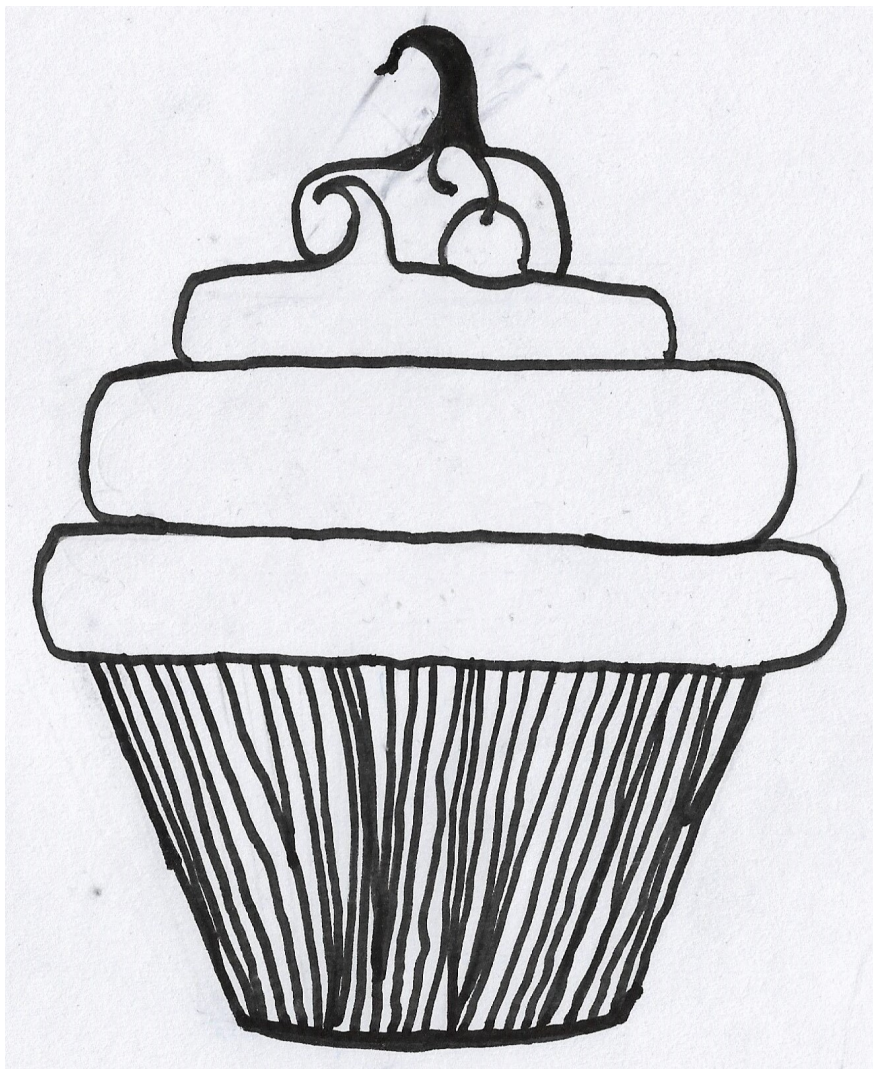
It has many different colors, and two or more colors together is called a color combination.

You can circle your favourite color combination!

You can use this palette to color and draw pictures!

Let's use this palette on the next page! Be sure to use a background color.

This is our first coloring page. I chose TWO color combinations to color it. You can choose more than one from the palette. Change the smudges of black into dripping cream, etc.



Where do you live? Circle the country on this map with RED marker.



After you've done that, you can start filling out your MORE personal details—on the next page!

Then you're officially out of this zone!

Move on to the next!

My full name _ _ _ _ _

_ _ _ _ _

My country & city _ _ _ _ _

My place of birth _ _ _ _ _

What I want to be when I grow up _ _ _ _ _

_ _ _ _ _

My favourite color _ _ _ _ _

My favourite book _ _ _ _ _

My hobbies _ _ _ _ _

My favourite thing (that I have) _ _ _ _ _

_ _ _ _ _

_ _ _ _ _

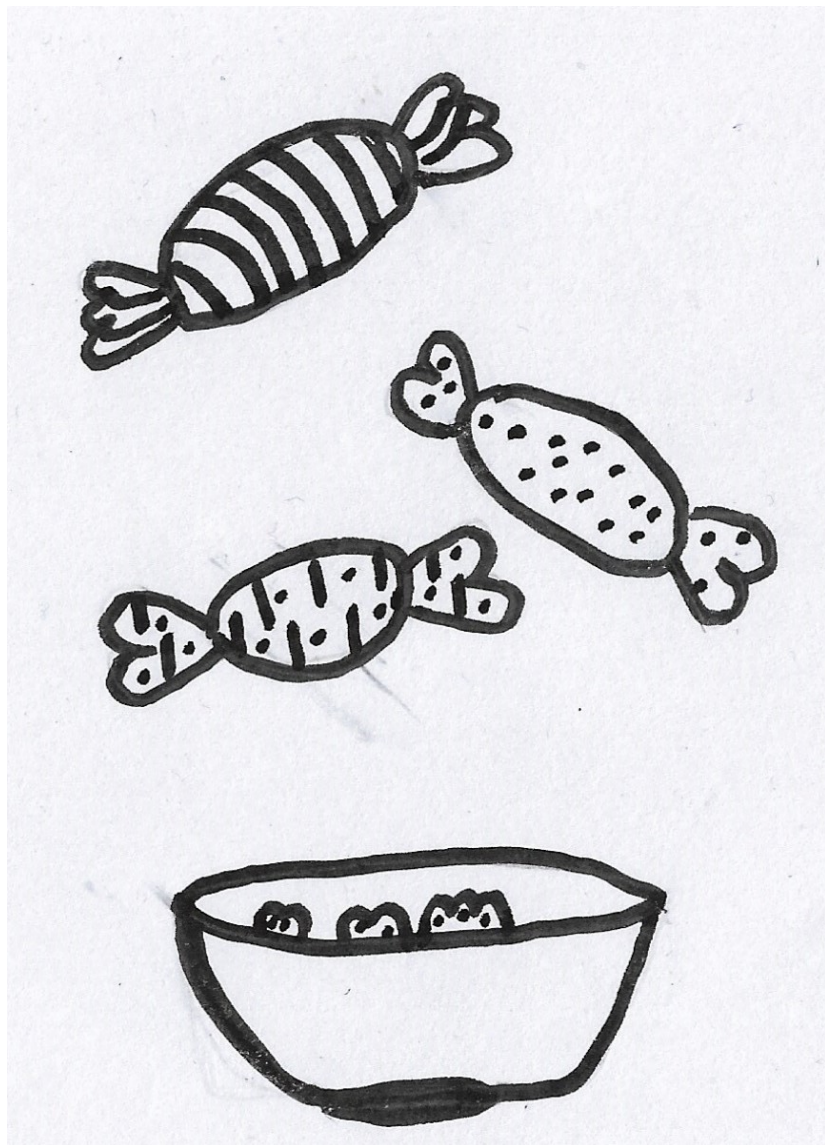
Decorating Tools

For drawing, you will need a drawing pencil and a black pen. I use a pure liquid ink pen for my outlines. When you are colouring you can use either watercolors or color pencils or water-color pencils. I use Staedtler and Faber-Castell. Both are based in Germany.

When painting, slip a thick card-paper/ thinner cardboard between the pages so that the other page does not absorb the water/ paint.

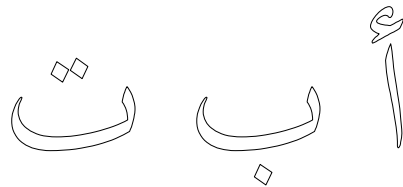
Tip: Color in a light background for better results.

Let's start—by doing a colouring page! This one is a bowl of sweets.



Cut up yarn pieces and glue them here.

Decorate all these letters, then draw a river/rainbow/road to connect them together.



A B C

Decorate this page with markers

Draw candy, make it into a confetti garland!

Glue pressed flowers/leaves on this page

Cut out small pieces of colored paper and glue them together, to make a mosaic.

The greatest signs of Allaah are the day and the night. Draw a scene for the day, include other signs of Allaah as well!

Draw a night scene here



You can personalize this page however you like

Draw a cupcake, copying the picture below.



Here we are going to do a project. Remember on page 21 you made a mosaic? Well, we're going to do that now, but we are going to MAKE the paper from scratch. First grab a paper, and using watercolor paints and a brush, paint the whole paper with all the colors you like. If you want bright colors try something like:

Blush, jadeite, canary yellow, jungle green, vermillion, starfish orange and sherbet orange.

You might not have these specific shades, but I'm quite sure you can pick them up from your local craft store. After painting, cut vertical strips of paper, then horizontal.

Paste the squares on this page

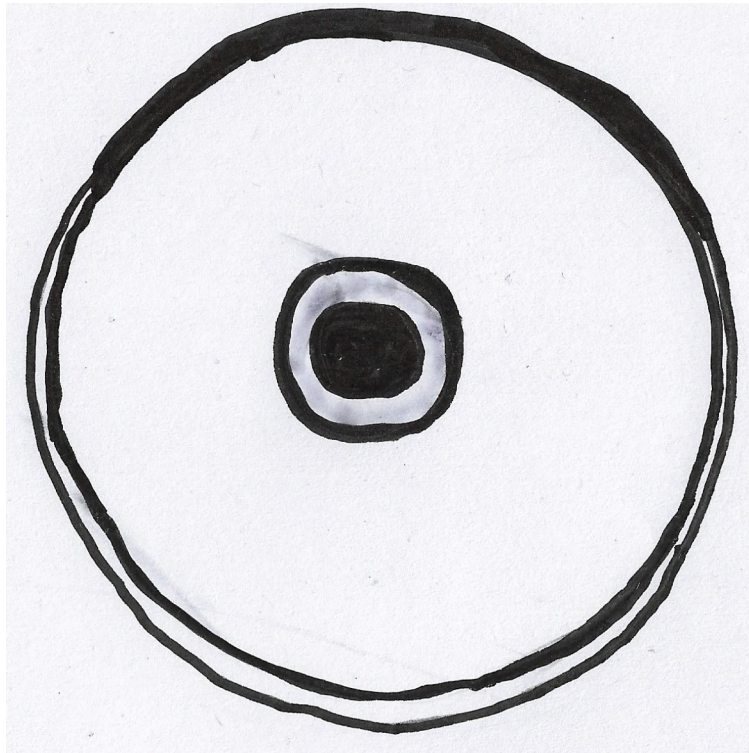
Draw a scene and color it in with only one color

Stamp your name here, then give it a theme

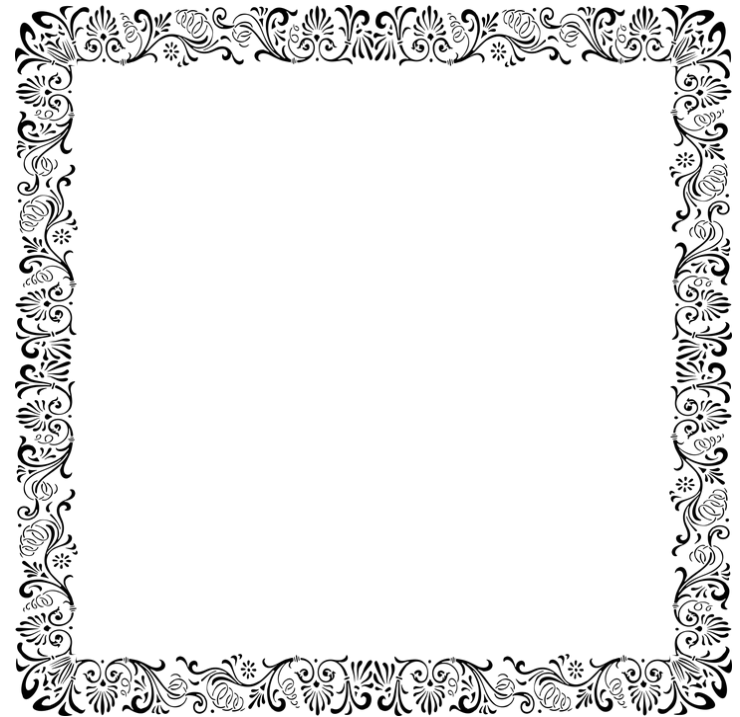
Gradient this page, then add in an element that matches your theme.



What's..... this?? Change this to something more attractive!



Write a list of things you want. Be creative and make something out of this page!



Write something here and cover it up

Color this page black.

If you were a teacher....?

If you were an artist...?

If you were a baker...?

If you were a...?

List your bad habits here, and how you think you can stop them

List your good habits and how you think you can keep it up

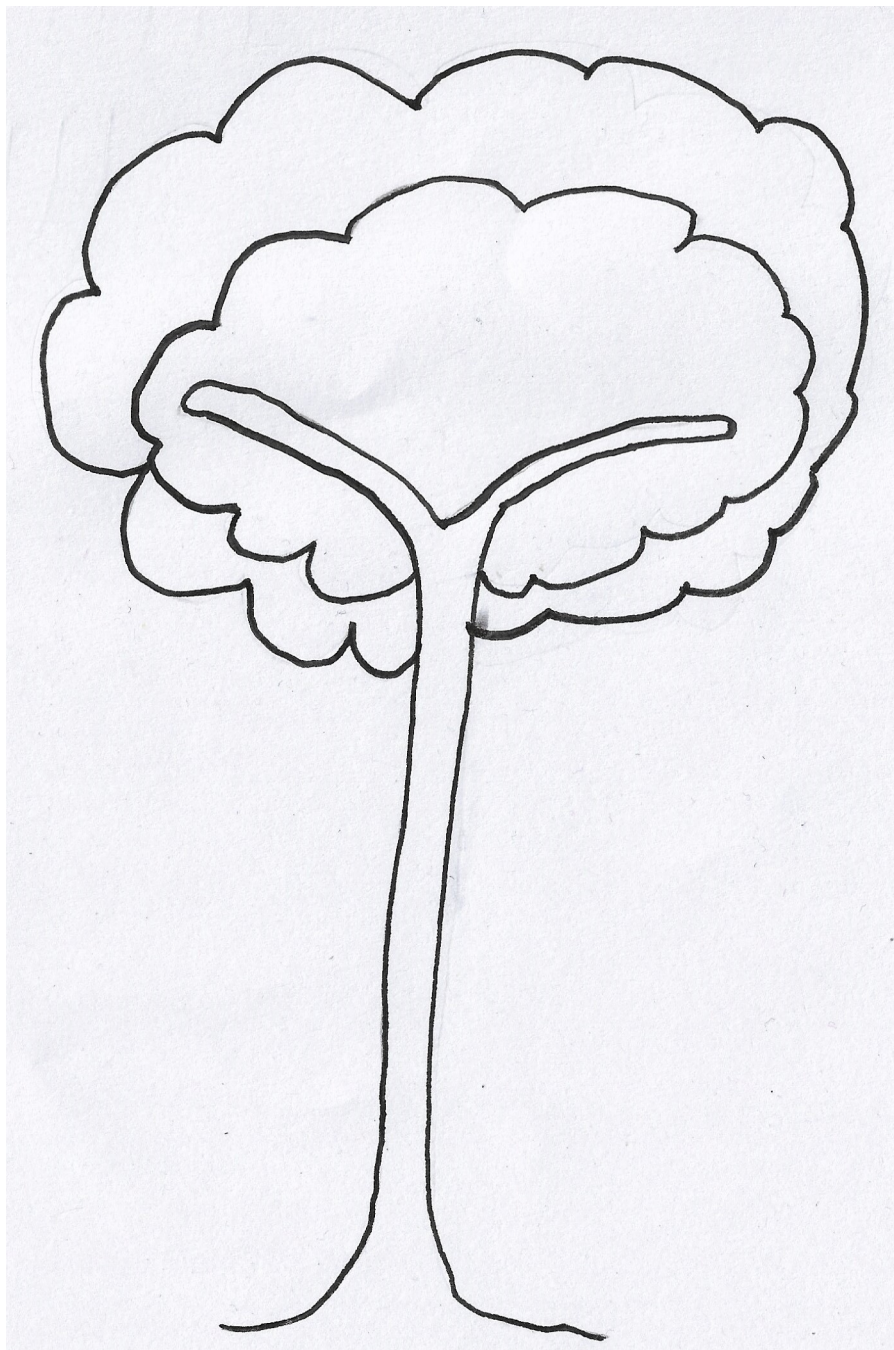
Is your hair curly, wavy, or straight? Paste your hair on this page

What color is your skin?



Draw your dream place

If you could go to a place....? Why do you want to?



What is your favourite food?

What is your favourite drink?

Write your favourite quote

Write your favourite Quraan Aayah below

Dedicate this whole page to acrylic paints/poster paints

Write a sample from your favourite book

Dedicate this whole page to watercolor paints

Dedicate this whole page to color pencils (no using normal pencils)

Make this page into a season-themed page. Winter, summer, fall or spring?

Make this page a texture page. Add fabric, yarn, slightly puffy stickers—anything with texture.

Put two opposites together. Example: snowy desert, a straight flag in wind

Collect something. Make a mark every time you get it.

.

Alhamdulillah

I did it!

Here are some blank pages—use a theme for each page.

