



**Book Title:** *Under My Hijab*

**Author:** Hena Khan

**Illustrator:** Aaliya Jaleel

**Ages:** 2-6 years

## Identities/Lived Experiences/Themes in This Book

- Feelings
- Community
- Identity affirmation
- General racial/ethnic diversity
- Black/African American
- South Asian/Middle Eastern American
- Multigenerational relationships
- Religion/Faith

### Anti-Bias Education

- **Empathy and Understanding**
- **Healthy Complex Identities**
- **Respect Across Differences**
- Notice, Name, and Reject Bias
- Responsiveness and Action

### Social-Emotional Learning

- **Self-Awareness**
- Self-Management
- **Social Awareness**
- Relationship Skills
- Responsible Decision-Making

### Persona Doll Guide Units

- Creating Safety and Belonging
- **Understanding You and Me**
- **Valuing Families**
- **Building a Community**

### Persona Doll Connections

#### Muslim

- All About Rahma – p. 19

#### Wears a hijab

- All About Rahma – p. 19
- Rahma is excluded because of her appearance – p. 120

**Background Information for Educators**

This book provides children with the space to discuss and understand wearing hijab, and how Muslim women and girls choose to express themselves when they wear hijab. Wearing hijab refers to the act of covering up. It means “curtain” or “partition” and refers to using scarves/clothing like a khimar or burka to cover up according to Muslim sharia rules about modesty and conduct

*Under My Hijab* teaches us that women and girls who wear hijabs work, play and participate in all the same activities as those who don't wear a hijab. Teaching children about peers and community members who look different or wear different types of clothing cultivates understanding and acceptance. This is a step in fostering inclusivity and a respect for diversity.

This book provides children with the opportunity to see lots of strong women and how they lead their lives as a Muslim community member. They may see a positive reflection of people like themselves or their own family. The illustrations provide examples of the many unique ways to wear hijab and the rich lives that people lead who wear hijab.

For more information on how to affirm children's religious/faith identities, refer to the **Religion/ Faith Resource Guide in the AmazeWorks Persona Doll Guide, starting on page 193.**

**Reflection Questions for Educators**

1. Growing up, what messages did you receive about families of different religions and faith backgrounds?
2. How have you created a space where different cultures are celebrated and reflected in your classroom?
3. How do you address stereotypes or misconceptions about people who wear hijab?

**Book Summary: Read this to children before reading the book**

Today we are going to read a book about the different ways that women in a young girl's life wear hijab. A hijab is a head covering that Muslim women may choose to wear. Do you know anyone that wears hijab? As I read, notice all the different ways that the women express their unique selves in hijab.

**Discussion Questions****For 2-4 year-olds:**

1. A hijab is a headscarf worn by some Muslim women and girls. Have you ever worn any kind of scarf? How did it make you feel?
2. In this story, the girl has lots of trusted people she looks up to and learns from.
  - a. Who is someone you trust?
  - b. Who is someone you learn from?
3. The girl in this story does lots of activities. She bakes with her grandma, paints with her aunt, gardens with her mom, and dances with her cousin.
  - a. Do you have a favorite activity with someone in your family?
  - b. If you could join the girl in this story for one of her favorite activities, which one would you want to try?

**For ages 5 and up:**

1. In this book, the author says, *"These wonderful girls and smart women inspire me with all that they do."*
  - a. Who is a girl or woman that inspires you?
2. All of the girls and women in this story wear hijab in a way that is unique and special to them.
  - a. What do you wear that makes you feel unique and special?
3. At the end of the book, the girl says, *"My hair shines bright - like my future. I can't wait to see what it brings."*
  - a. What do you think her future will be like?
4. The girl in this story is very proud of her friends and family and the way they wear hijabs.
  - a. What makes you feel proud of the people in your life?

**Extension Activities****Who Inspires Me?**

Have each child create a poster of a friend or family member who inspires them. Have children include a drawing of that person and details about the things they do, say, or wear that are inspiring. Include a sentence frame to help children express how and why they are inspired by this person:

*I am inspired by \_\_\_\_\_ because\_\_\_\_\_.*

**Our Positive Community - Word Cloud Art**

This story shows many examples of positive relationships. Ask students to help identify examples of the qualities of positive relationships shown in the book. What are the different ways that the girl and her family and friends communicate and show respect for one another - working together, taking care of each other, supporting one another, etc. Are there other examples that students would like to add that they feel are important from their own community? Create a list on chart paper, and then turn your list into a word cloud. <https://www.wordclouds.com>

Find the full Rahma book set here:  
<https://amazeworks.org/product/rahma-book-set-copy/>

