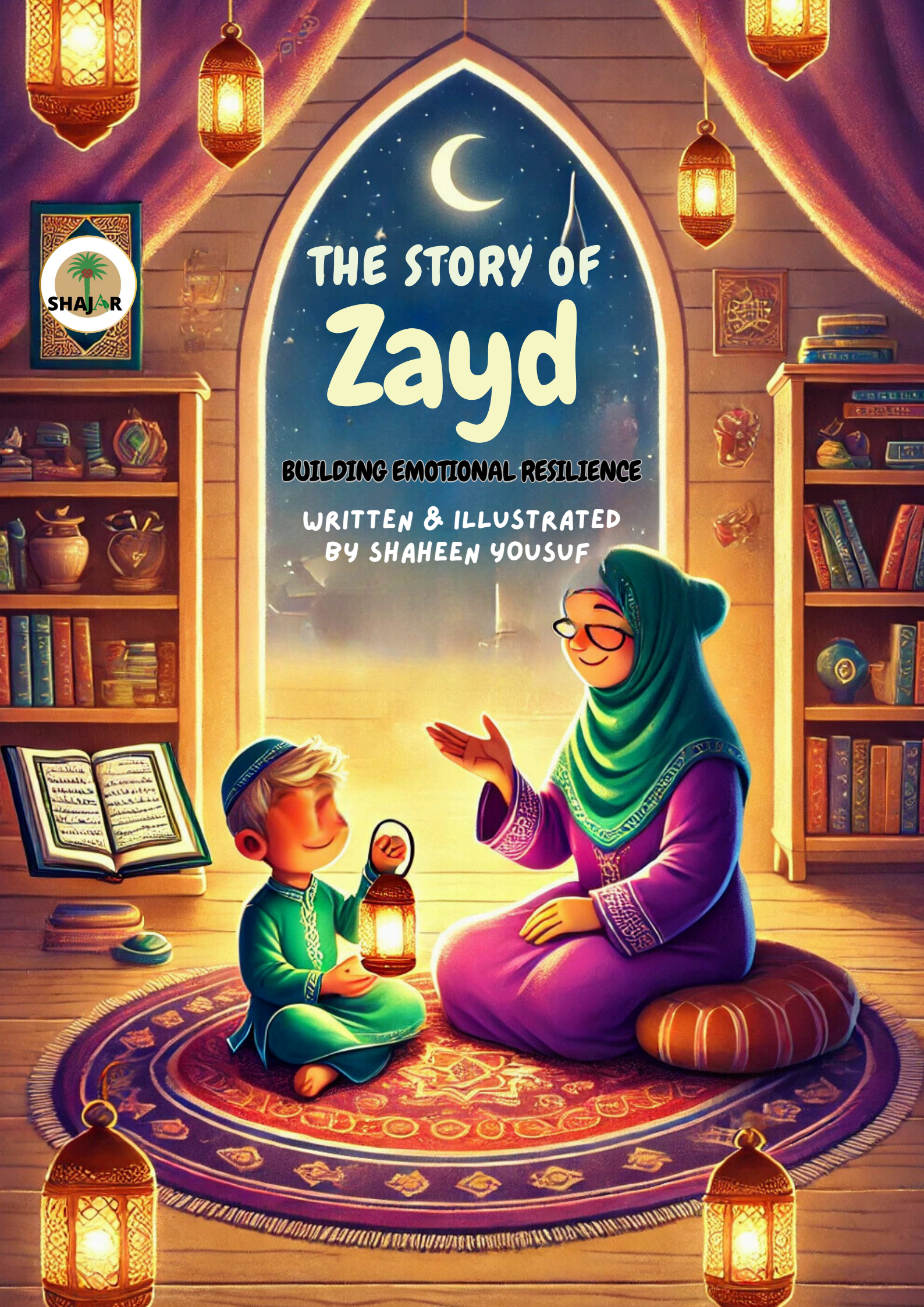




# THE STORY OF Zayd

**BUILDING EMOTIONAL RESILIENCE**

WRITTEN & ILLUSTRATED  
BY SHAHEEN YOUSUF



**The Story of Zayd: Building Emotional Resilience**  
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**Zayd was a young boy who loved playing with his kite. One breezy afternoon, as he raced across the park, his kite soared high into the sky. But suddenly, the string snapped, and the kite flew far away, disappearing into the trees. Zayd's heart sank. He sat under a tree, his hands covering his face, feeling both anger and sadness.**



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His grandmother, who was watching nearby, walked over and gently placed a hand on his shoulder. “Zayd,” she said (صلى الله عليه وسلم) softly, “do you know what the Prophet Muhammad taught us about tough moments like these?” Zayd wiped his tears and looked up. “What, Grandma

She smiled and recited the verse:

And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient.” (Surah Al-Baqarah, 2:155)

“Life isn’t always easy, my dear,” she continued. “Sometimes we lose things, and it makes us sad, but Allah loves those who show sabr (patience). And do you know what else helps?”

“What?” Zayd asked, his voice trembling.

“Shukr—gratitude,” she said. “When you lose something, think about all the blessings you still have.”

Zayd thought for a moment. “I still have my soccer ball, my favorite book, and... you, Grandma!” He managed a small smile.



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also (ﷺ) That's right," she said, hugging him. "The Prophet" said, 'Amazing is the affair of the believer, for there is good for him in every matter. If he is happy, he thanks Allah, and there is good for him. If he is harmed, he shows patience, and there is good for him.'" (Sahih Muslim)

Feeling encouraged, Zayd stood up. "I'll try to make a new kite tomorrow," he said.

"That's my boy," his grandmother said. "And when you make dua tonight, ask Allah to give you strength to be both patient and grateful."

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**That evening, Zayd prayed, “Ya Allah, thank You for all the good things I have, and please help me to always be patient and strong.”**

**The next day, Zayd worked with his grandmother to make an even bigger and better kite. As it soared higher than the first one, Zayd realized that with patience and gratitude, he could overcome any challenge.**

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