Cover Your Mouth When You Yawn: Sunnah Manners for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: Cover | hold | Yawning

1. Try to _____ back a yawn when you can.
2. _____ your mouth with your hand when you yawn.
3. _____ is often a sign your body needs rest, so it is a good time to check on sleep.

2 Let's talk

1. What do we do with our hand when we yawn?

2. When do you feel sleepy?

3. What is the difference between a yawn and a sneeze manner?

3 I practised it this week

Colour a star each day you remember to do it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆

4 Draw it!

Draw what you learned today.

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1 Fill in the missing word

1. Try to **hold** back a yawn when you can.
2. **Cover** your mouth with your hand when you yawn.
3. **Yawning** is often a sign your body needs rest, so it is a good time to check on sleep.

2 Let's talk: what to listen for

Every child's answer will be a little different. Praise any answer in their own words that shows these ideas:

- Try to hold back a yawn when you can.
- Cover your mouth with your hand when you yawn.
- Yawning is often a sign your body needs rest, so it is a good time to check on sleep.

3 I practised it this week

No right or wrong answers. Colour the stars together at bedtime and praise the effort, not just the result.

4 Draw it!

Any picture is a good answer. Ask your child to tell you about it, and write their words under the drawing.

Try this at home

Use pretend yawns to practice the habit gently. Ask when people feel sleepy and talk about noticing what your body needs. Watch at your own pace and pause whenever you want to talk. This companion activity is an idea to try together, rather than a transcript of the video.

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