

3 ways to manage anger according to sunnah

Help your child manage their anger the prophetic way.

1- Sitting down when standing, lying down when sitting

“When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down.”

[Sunan Abi Dawud 4782, graded saheeh by Al-Albany]

2- Being silent

“When one of you is angry, he should be silent.”

[Al-Adab Al-Mufrad 245, Graded saheeh by Al-Albany]

3- Seek refuge in Allah

“If a man gets angry and says, ‘I seek refuge with Allaah,’ his anger will go away.”

[Saheeh al-Jaami’ al-Sagheer no. 695]

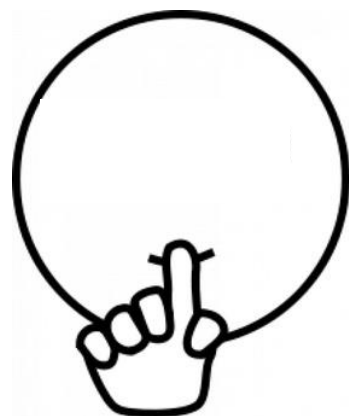
When I am angry, I should...



Sit down if I am standing or lie down if I am sitting



Seek refuge in Allah



Remain silent

A little note for you

Salam,

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With love,
Ummu Muhammad



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