ROOTED

Free, as a contribution to the community

Your roots carry your journey, and shape where it leads.

Program overview for

Care Homes & Educational Institutions

1. What Is Rooted?

Like a tree, a person is carried by their roots. Every person on earth needs a minimum of roots in harmony with Sunan Allah, the laws Allah set for life: the understanding they cannot afford to lack in faith, character, dealings with others, daily life, and the laws they meet on their journey.

A person's roots show in how they define every concept in their life: provision, success, envy, prayer, failure, other people. When these roots are mistaken, weak or missing, the effect shows in their peace of mind, their decisions, and their ability to reach their goals. The more responsibility a person carries, the greater the effect of their roots.

Rooted repairs the roots that need repair, plants the roots that should be there, and strengthens the sound roots already in place, all measured against Sunan Allah.

2. The Rooted Method

1 · Discover

Understand what a person already holds: what is sound, what is incomplete, and what is missing. With young children, we start building straight away.

2 · Correct & strengthen

Correct mistaken ideas, and strengthen sound understanding where it is weak.

3 · Build

Plant the roots that should have been there.

Every concept is seen through **Sunan Allah** and three questions:
Why does this concept exist? · What happens when we act on it? · What happens when we don't, or when it is done to us?

Examples and questions come from the learner's own reality, followed by a practical application and time to apply it before the next session. The Qur'an, Hadith, Seerah, scholarly perspectives and real-life examples are used when relevant.

3. Why Roots?

Sound roots → complete vision → the ability to choose

With sound, strong roots, a person sees the full picture. They become able to choose happiness, peace, tranquillity and ease, to reach what they strive for more easily, and to walk a journey marked by falah in this life and the next, in sha Allah.

Think of an AI model: trained on outdated or incomplete data, it stays limited however hard you push it; built on a strong, complete foundation, its understanding and output become remarkable. People are the same.

4. Rooted in Care Homes FREE

We offer Rooted to care homes free of charge, as a contribution to the community. Children and young people in care deserve roots that carry them through their journey, as much as anyone.

- **Age-based groups:** children and young people are grouped by age and maturity, planned with the home's management and supervisors.
- **Sensitive to each child's situation:** examples are chosen with care for children living outside family care, and topics are agreed with the home in advance.

- **Within the home's policies:** delivered in full respect of its safeguarding policies. Rooted does not replace child-protection services or specialised support when needed.

5. Indicative Groups

Early childhood · FEEL
About ages 4 to 8: meaning through activities, stories and experience.

Childhood · UNDERSTAND
About ages 9 to 12: clear answers to their real questions.

Adolescence · CHOOSE
About ages 13 to 15: identity, pressure, relationships and choices.

Youth · OWN
About ages 16 to 21: provision, work, success, qadar and preparing for independent life.

Ranges are indicative. The starting point is set by awareness, understanding and questions, not age alone.

6. An Indicative Bank of Concepts

Rooted works on every concept that shapes a person's journey on earth, for example:

Faith & worship
Iman · Prayer · Fasting · Dhikr · Gratitude · Tawakkul · Duaa

The heart
Envy · Resentment · Judging others · Contentment · Tranquillity

Character & dealings
Trustworthiness · Honesty · Harm · Justice · Responsibility

Self & identity
Identity · Confidence · Friendship · Pressure · Mistakes & repentance

Laws of life
Provision · Wealth & poverty · Work · Benefit · Success & falah · Corruption · Good & bad deeds

Indicative examples, not every concept we work on and not a fixed curriculum. Concepts are chosen for each group's questions and reality, and the same concept is explored at the depth each stage needs.

7. Suggested Delivery Format

Sessions
8 sessions per group, one per week.

Cost
Free for care homes.

Start
A free introductory session of about 45 minutes with the home.

Planning
Groups, timing and topics agreed with the home's management.

8. About the Founder

Loay Abu Zaid is the founder of Rooted. He has memorised the Qur'an and graduated from Al-Azhar University in English Language and Translation, and speaks Arabic and English. He designed Rooted as one connected path for every age, and has theoretical and practical experience delivering the Rooted method from KG age to adults. His approach is built on dialogue, understanding meaning, and connecting concepts with real life. The approach is informed by a balanced, moderate Al-Azhar education.

9. Next Steps

We start with an introductory visit to agree on the groups, schedule and setting, then begin the first 8-session cycle.

For enquiries and coordination
To arrange an introductory visit, contact us.
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