

THE SCREEN-FREE DAYTIME RITUAL

The 30-Minute Daytime Quiet Hour

Pediatric-validated screen-free engagement linking children's hands-on coloring, mazes, and puzzles directly to authentic Moroccan audio stories.

★ Meet Your Audio Story Companions



Little Fox (Thaaloub)
Atlas Forest Explorer



Joha & The Donkey
Medina Humor & Wisdom



Atlas Mountain Friends
Desert Camel & Mountain Kid



1. Set The Daily Anchor

Anchor this kit to a daily daytime rhythm: post-lunch quiet time, transition after kindergarten/school, or Saturday morning creative hour.



2. 1-Click Print & Table Prep

Print this 7-sheet packet once a week. Set out crayons, colored pencils, and a child-safe eraser. Zero screen setup required.



3. Scan & Listen While Creating

Scan the audio QR code on each activity sheet. Place your phone face down on a shelf across the room. Let the Moroccan Darija audio narrative guide their hands.



4. Stamp Daily Explorer Passport

When the 30-minute quiet session ends, celebrate! Color in today's golden star on Page 7 and display their completed artwork on the fridge.



Qisati Daytime Audio Companion

Scan to access all 40+ Moroccan audio stories on your dashboard: <https://qisati.ma/dashboard/>

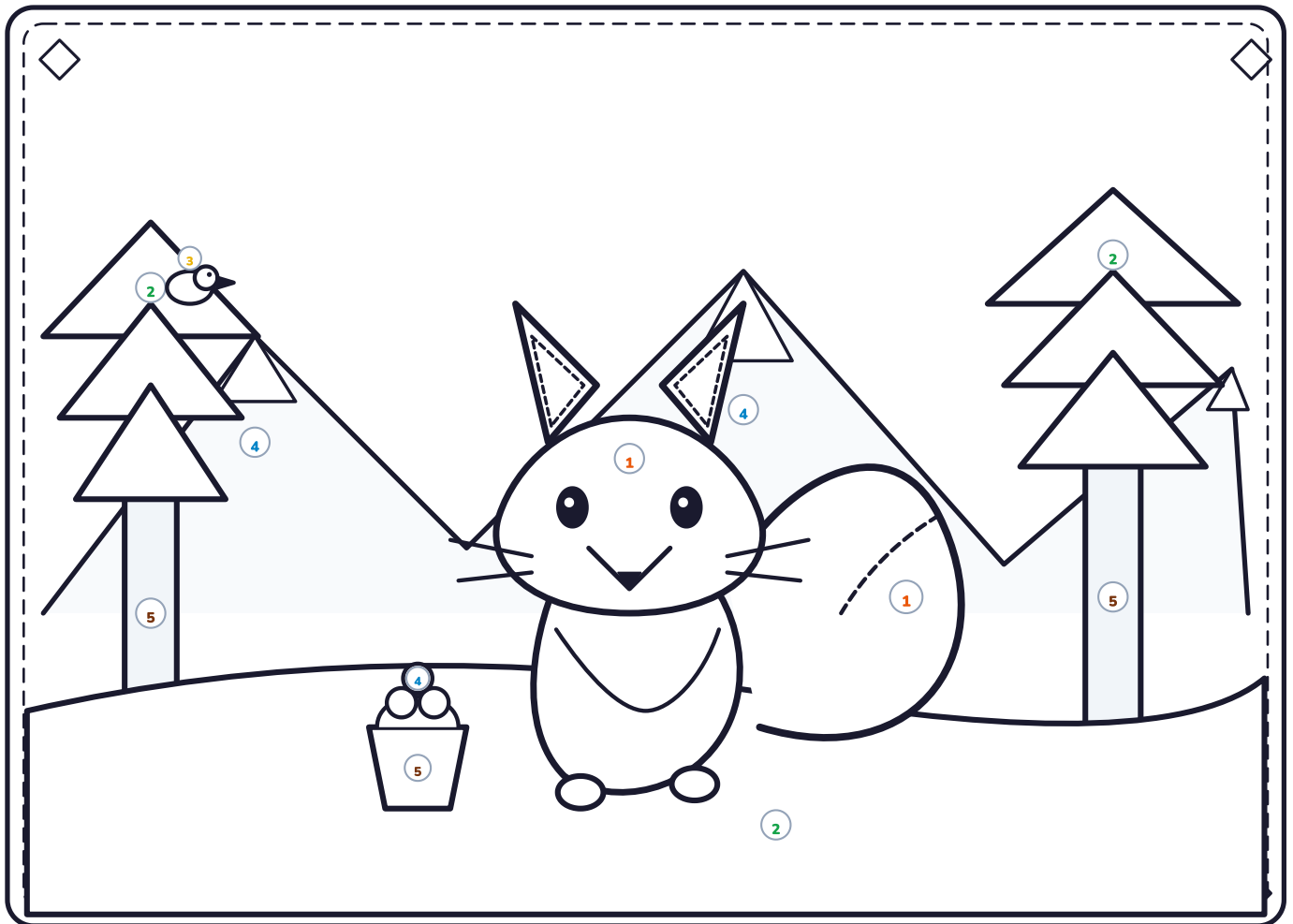


Little Fox in the Cedar Forest of Ifrane

Audio Listen-Along

Creative Mission: Thaaloub the clever little fox picked sweet grapes under the cedar trees of Ifrane. Match the numbers to Moroccan Darija colors, and spot the secret hidden bird!

Color-by-Darija: 1 Limouni (Orange - اليموني) 2 Khdar (Green - أخضر) 3 Sfar (Yellow - صفر) 4 Zraq (Blue - زرق) 5 Qahwi (Brown - قهوي)



Listen While Coloring: "The Clever Fox & Greedy Wolf" (بالدارجة)

Scan with any phone to hear the authentic story in Moroccan Darija: <https://qisati.ma/story/fox-wolf/>

Sound Detective (Check as you listen): ☐ Bird Chirp ☐ Wolf Howl ☐ Grapes Plucked ☐ Oud Melody

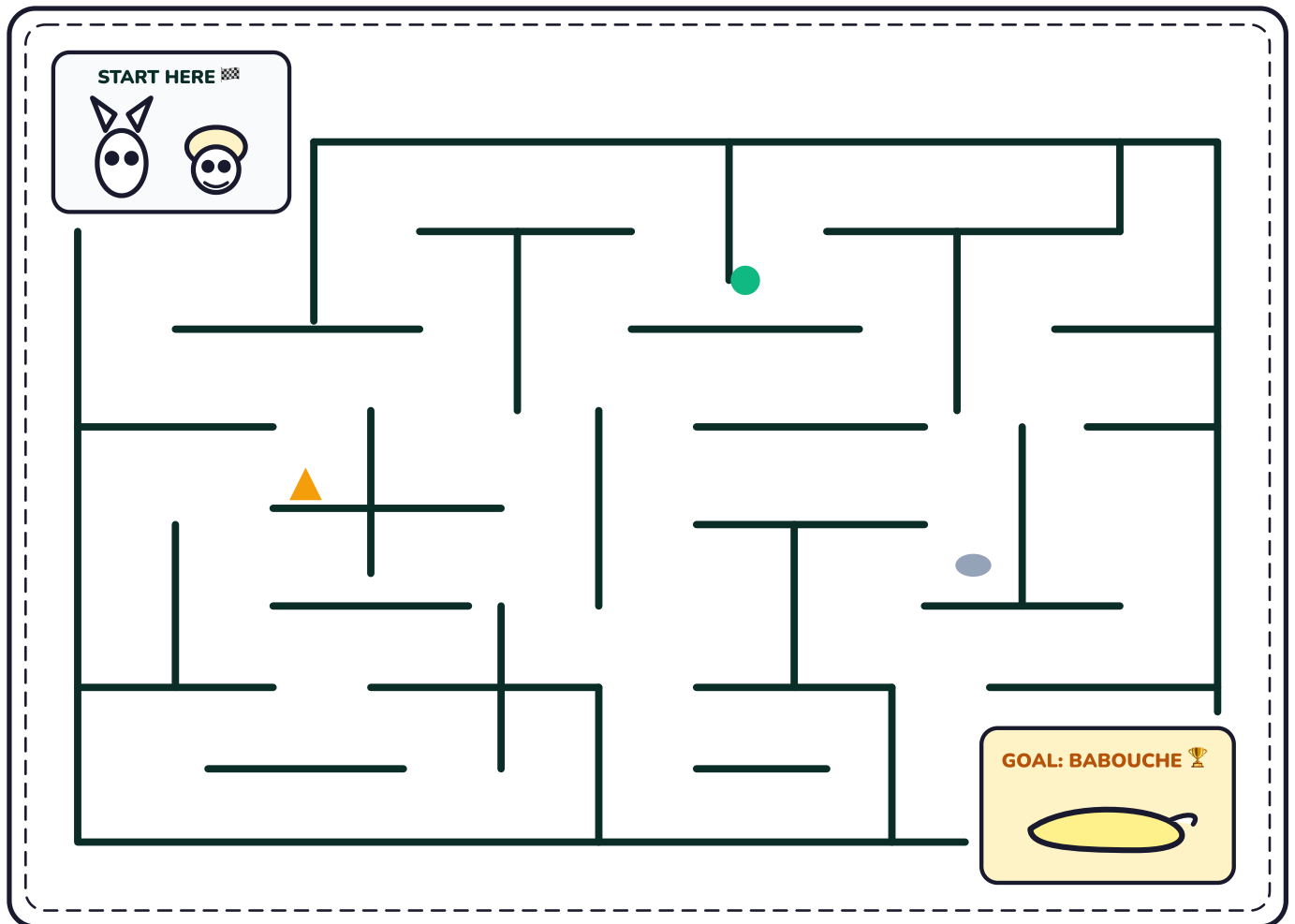


Joha & His Donkey: The Lost Babouche Maze

Kumon Pathfinding

Logic Mission: Joha was riding his gentle donkey through the Fez souk when he lost his yellow babouche (Belgha)! Guide Joha through the alleys without bumping into the tea carts or spice pyramids.

Audio-to-Hand Clue: Listen for Joha cheering in Darija: "*Zid a hmar, zid!*" Reach the golden babouche before the story reaches its funny moral!



Listen While Solving: "Joha and His Gentle Donkey" (حكاية جحا وحمارة)
Laugh along with Joha's wit in authentic Moroccan Darija: <https://qisati.ma/story/joha-donkey/>



Atlas Animals: 5 Hidden Moroccan Treasures

Highlights Method

Detective Challenge: Look closely at the High Atlas mountain meadow! Can you find all 5 hidden Moroccan cultural treasures tucked into the trees and rocks? Circle them as you spot them!



Berrad (براد)
Mint Teapot



Fnar (فنار)
Brass Lantern



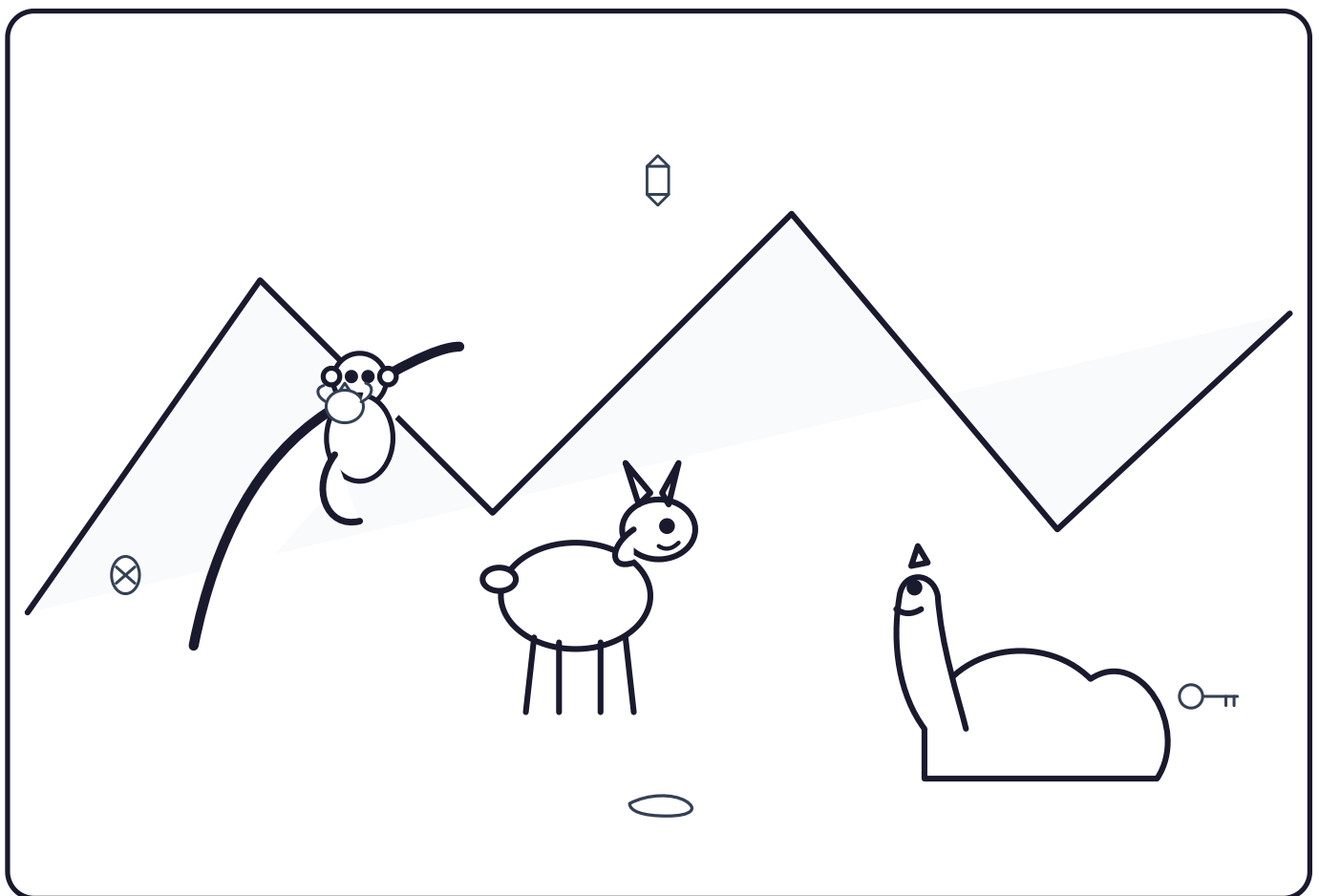
Belgha (بلغة)
Babouche Slipper



Snawbar (صنوبر)
Atlas Pinecone



Sarout (ساروت)
Magic Key



Listen While Hunting: "The Sleepy Atlas Mountain Kid" (عنزة جبال الأطلس)

Hear the soothing mountain wind and gentle Darija storytelling: <https://qisati.ma/story/mountain-goat/>

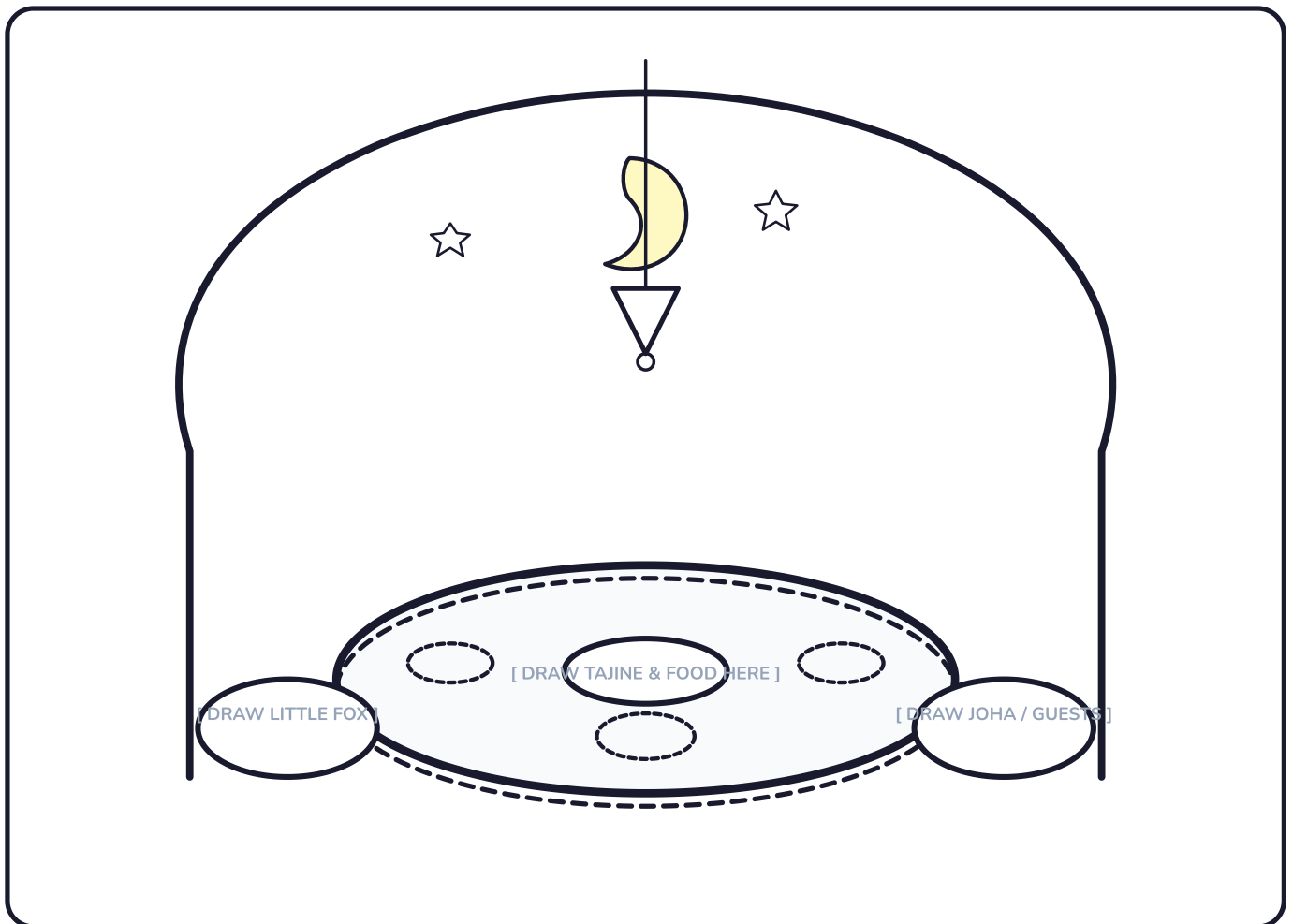


Finish the Scene: The Grand Atlas Feast

Creative Agency

Your Creative Freedom: Little Fox and Joha have set up a round Moroccan dining table (Mida) under the starry sky, but the party is just beginning! **Draw what is on the plates** (couscous, sweet dates, fresh bread?), and **draw who came to sit on the cushions!**

Audio-to-Hand Clue: While listening to the tea pouring sounds in the audio, draw steam rising from the central teapot (Berrad) and draw yourself sitting on the cushions next to Joha!



Listen While Imagining: "The Hospitality of Mint Tea" (حكاية الضيافة وبراء أتاوي)

Immerse in the warm sounds of tea pouring and celebration: <https://qisati.ma/story/mint-tea-guest/>



Little Fox Academy & 3D Bedside Stantees

Hands-On Creation

🦊 **Part 1:** Master drawing Thaaloub in 4 simple geometric steps. ✂️ **Part 2:** Cut & fold your 3D bedside standees! Younger kids color and build, older siblings trace the Darija calligraphy!

🦊 PART 1: HOW TO DRAW THAALOUB (4 PROGRESSIVE STEPS)

1. Circle & Wedge



2. Big Fox Ears



3. Body & Tail



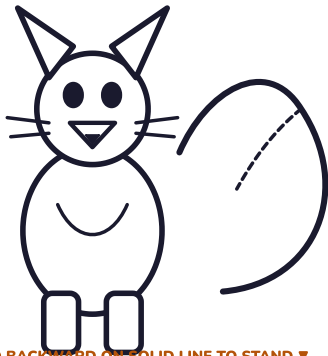
4. Details & Smile! 🌟



✂️ PART 2: 3D DESK BUDDY STANDEES & SIBLING DARIJA TRACING

✂️ CUT ALONG DASHED LINE

STAND 1: THAALOUB



▼ FOLD BACKWARD ON SOLID LINE TO STAND ▼

🛏️ Bedside Desk Stand A

Place next to your bed for quiet time!

Thaaloub the Clever Fox

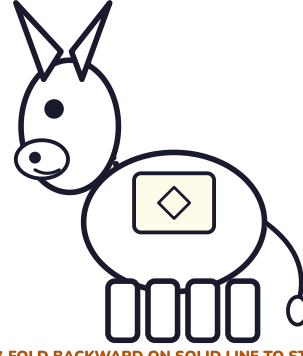
🦊 Older Sibling Tracing:

تعالوب

Letter Thaa (ث) as in Thaaloub

✂️ CUT ALONG DASHED LINE

STAND 2: JOHA'S DONKEY



▼ FOLD BACKWARD ON SOLID LINE TO STAND ▼

🛏️ Bedside Desk Stand B

Joha's loyal gentle companion!

Joha's Donkey (حمار جحا)

🦊 Older Sibling Tracing:

جحا

Letter Jeem (ج) as in Joha

🎧 Listen While Crafting: Step-by-Step Drawing & Story Audio (تعليم الرسم للأطفال)

Follow along with friendly audio narration: <https://qisati.ma/dashboard/>



My 7-Day Screen-Free Explorer Passport

Daily Habit Loop

🏆 **The Weekly Ritual:** Each day you complete your 30-minute screen-free quiet time with a Qisati story, color in that day's golden star! Complete all 7 days to graduate as a Certified Screen-Free Champion!

Day	Daytime Routine	Audio Story Companion	Star Stamp ★
M	Monday Quiet Time 30 min coloring	Little Fox in Cedar Forest	
T	Tuesday Puzzle Medina Souk Maze	Joha & His Donkey	
W	Wednesday Detective 5 Hidden Treasures	Atlas Mountain Animals	
T	Thursday Imagination Finish The Scene	The Hospitality of Mint Tea	
F	Friday Art Studio Step-by-Step Drawing	The Clever Fox Tale	
S	Saturday Creative Hour Zellige & Free Drawing	The Desert Camel Journey	
S	Sunday Family Showcase Hang art on fridge!	Grandparents' Favorite Tale	



OFFICIAL SCREEN-FREE CHAMPION DIPLOMA

This certifies that our young explorer has successfully completed 7 days of imaginative, screen-free daytime quiet time with Qisati stories!

Child's Name

Week Completed

Parent Signature

📱 Ready for Next Week's Bundle?

Get fresh weekly activity drops on Qisati: <https://qisati.ma/dashboard/>

