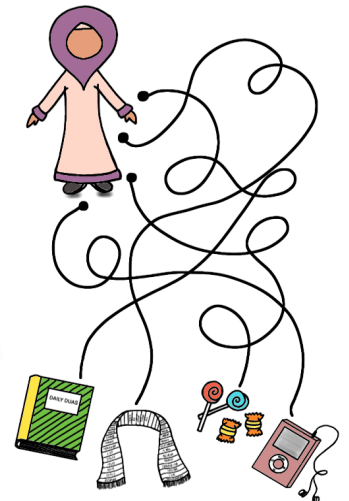
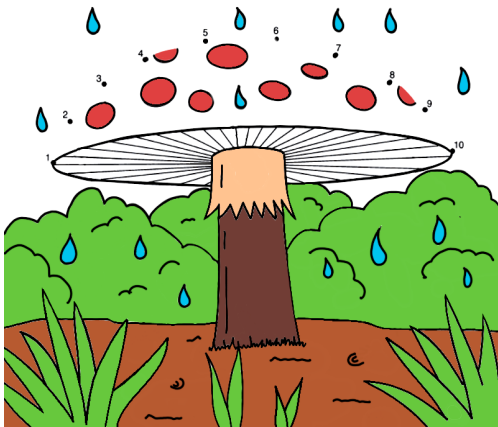




MY DAILY DUA BOOK

COLOURING AND ACTIVITY BOOK FOR CHILDREN



WRITTEN AND ILLUSTRATED BY FAIZA KHAN

Foreword

In the name of Allah, the most gracious, the merciful.

In an age of increasing mindlessness, I thought it both crucial and necessary that our children be provided with an engaging Dua book. In today's climate, there is a danger that practicing the Sunnah of the Prophet Muhammad (S.A.W) will gradually decline with the passing of time. This book aims to introduce young children to the Duas of the Prophet Muhammad (S.A.W), in a manner which is fun, memorable and contemporary.

No doubt a book is only as good as the teacher who teaches it and as such it must be kept in mind that memorising Duas, whilst important, should be secondary to the actual implementation of lessons and ideas behind the Duas themselves. It is therefore vital that children be given ample time and a certain degree of freedom in progressing through the book at a pace which is digestible and unrestrictive. Whilst children have a great capacity to learn and a right to a comprehensive and fulfilling Islamic education, they also have a right to understand and explore Islamic teachings at a level that they are comfortable with. This will also ensure that they have enough time to bring certain lessons and habits into practice.

I pray that Allah accepts the efforts of all teachers and parents in providing their children with the true understanding of deen.

Care has been taken to ensure that all duas are authentic. However I will be extremely grateful in receiving any information in regards to any errors or omissions.

How do I use the book?

It is recommended that one Dua should be covered per week. For the more able and eager, two should suffice.

Once the student knows the Arabic and English of a certain Dua, the page should be signed and dated by the teacher or parent.

The two stars at the bottom of the page represent the student having learnt both the Arabic and English. If they complete both, the stars can be coloured in by the student. Alternatively, star stickers can be given to the students as an incentive to progress further.

For further information please visit: www.islamicresources4teaching.co.uk

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Acknowledgements: I am thankful to Allah that he has blessed me with both the knowledge and commitment needed to complete this book.

I am also thankful to the teachers of Jaamia Tul Imaam Muhammad Zakariya for imparting both wisdom and guidance during my teenage years. Lastly I am extremely grateful for my wonderful family and my mum in particular.

To both my sisters Aisha and Shawana, your earlier work was my inspiration for this book. May Allah reward you for your efforts.

This book can be photocopied for educational purposes only. It can be printed and photocopied for use by children. It is not to be printed for the purpose of being sold.

To order a hard copy, please visit:

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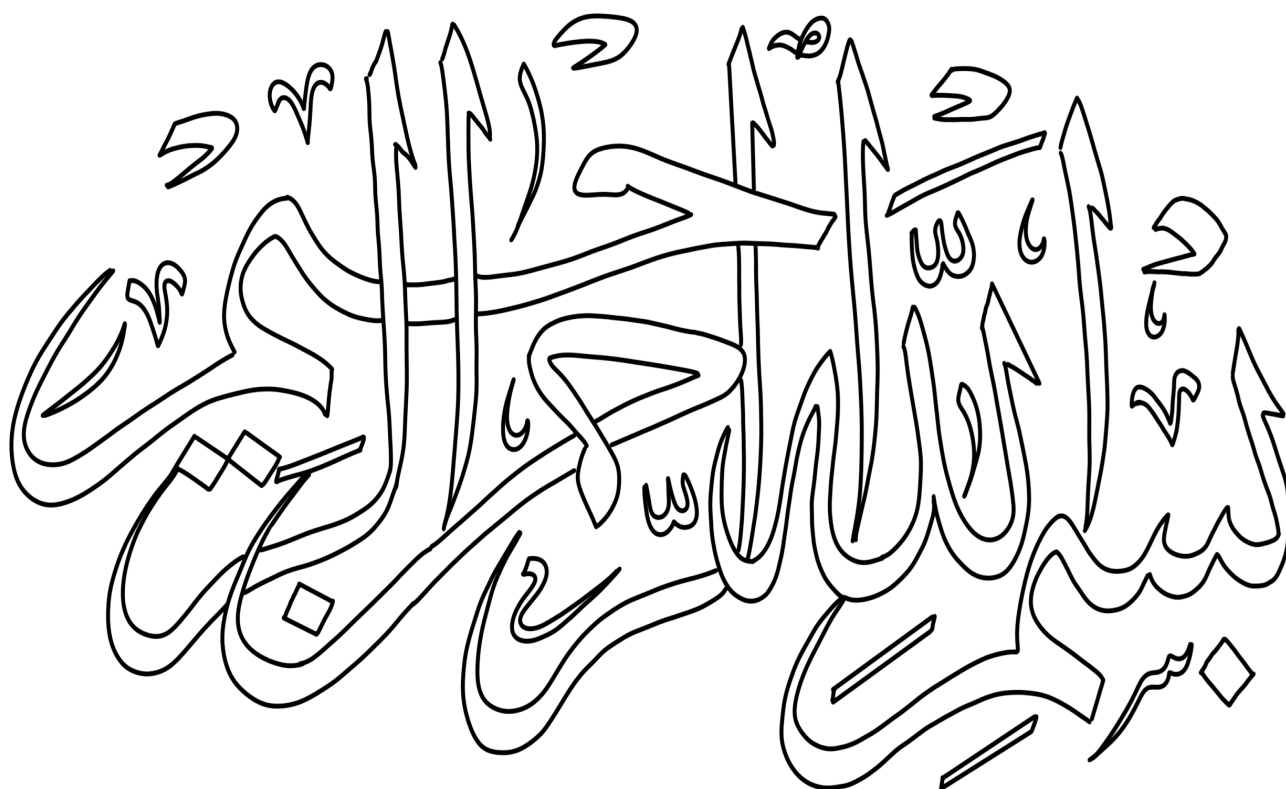
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BEFORE

STARTING ANYTHING

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillah-hirahmaan-iraheem



Meaning: In the name of Allah the most Gracious, the most merciful.



Signed:

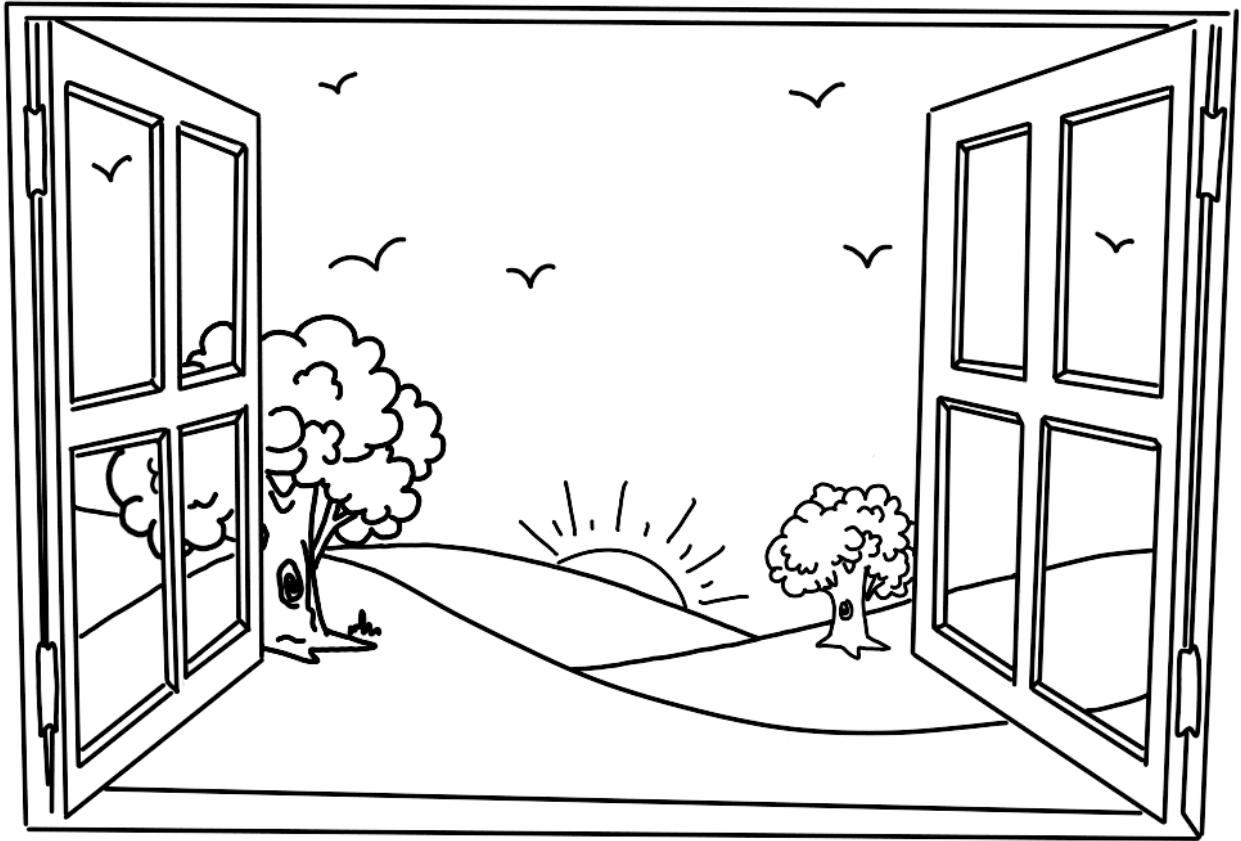
Date:

WHEN

WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillaahil-ladhee ahyaanaa ba'da maa amaatanaa wa ilayhin-nushoor



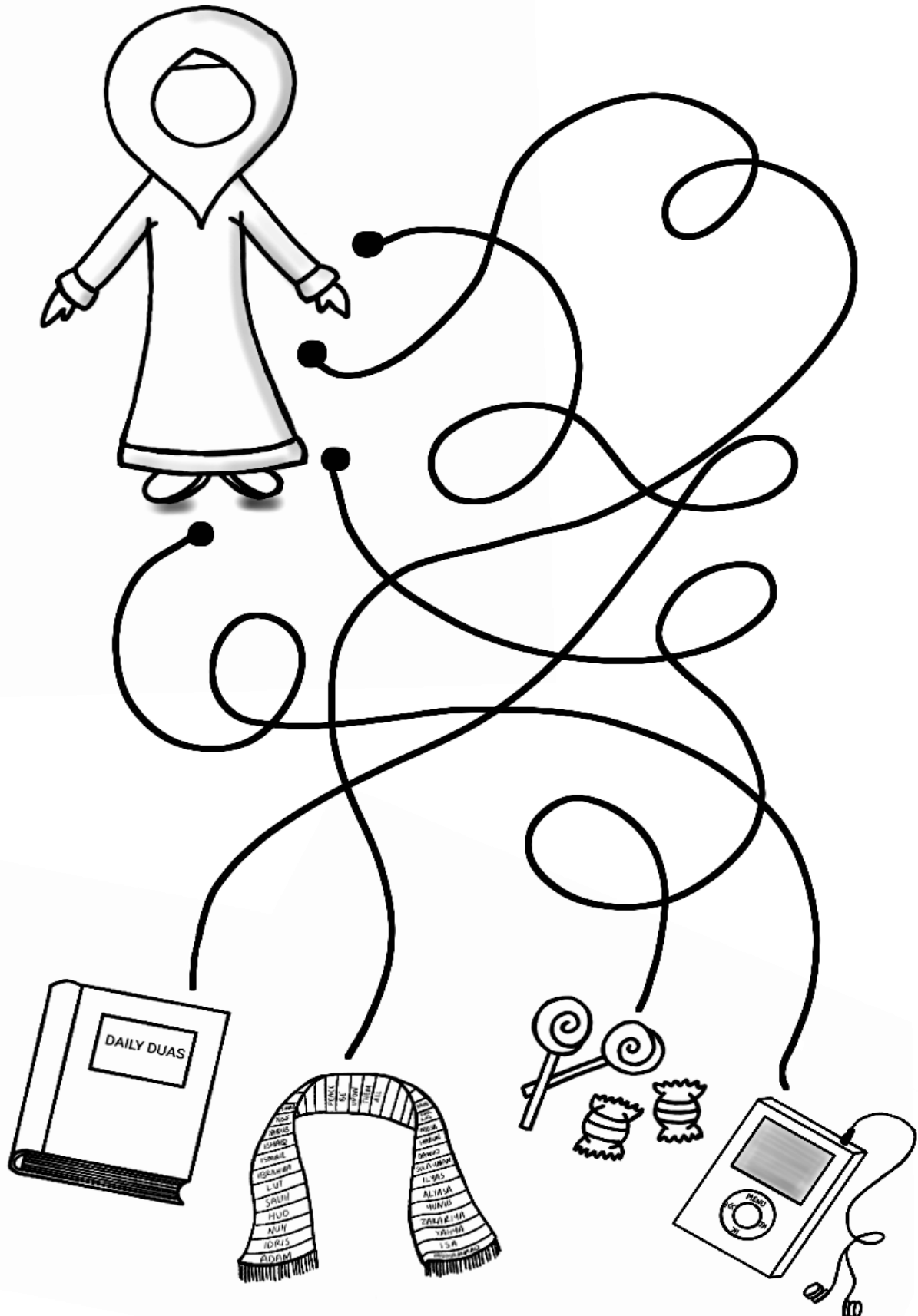
Meaning: All praise is for Allah who gave us life after causing us to die, and unto Him we shall return.



Signed:

Date:

ACTIVITY: Sara gets up and first does wudhu then prays her Fajr Salah. She normally reads her Daily Dua book but has lost it today. Can you help her find it?

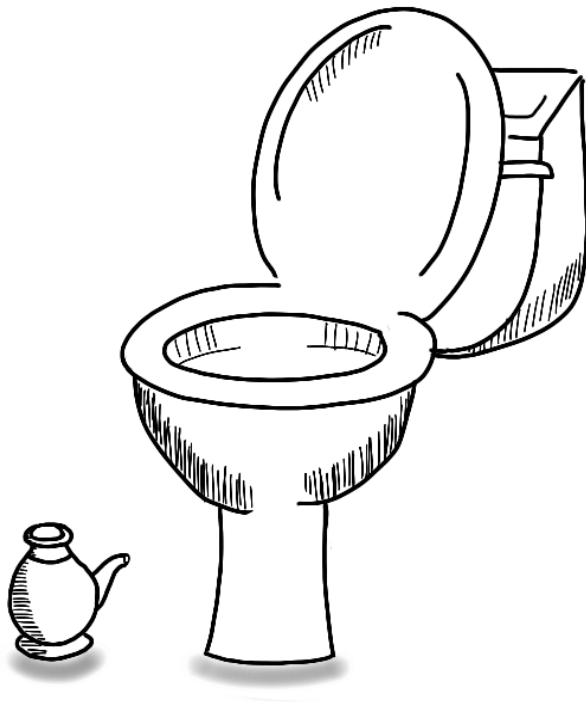


WHEN I ENTER THE

BATHROOM

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma innee authu bika minal khubuthi wal khabaaith



Sunnahs of using the toilet:

.....

.....

.....

.....

.....

.....

.....

.....

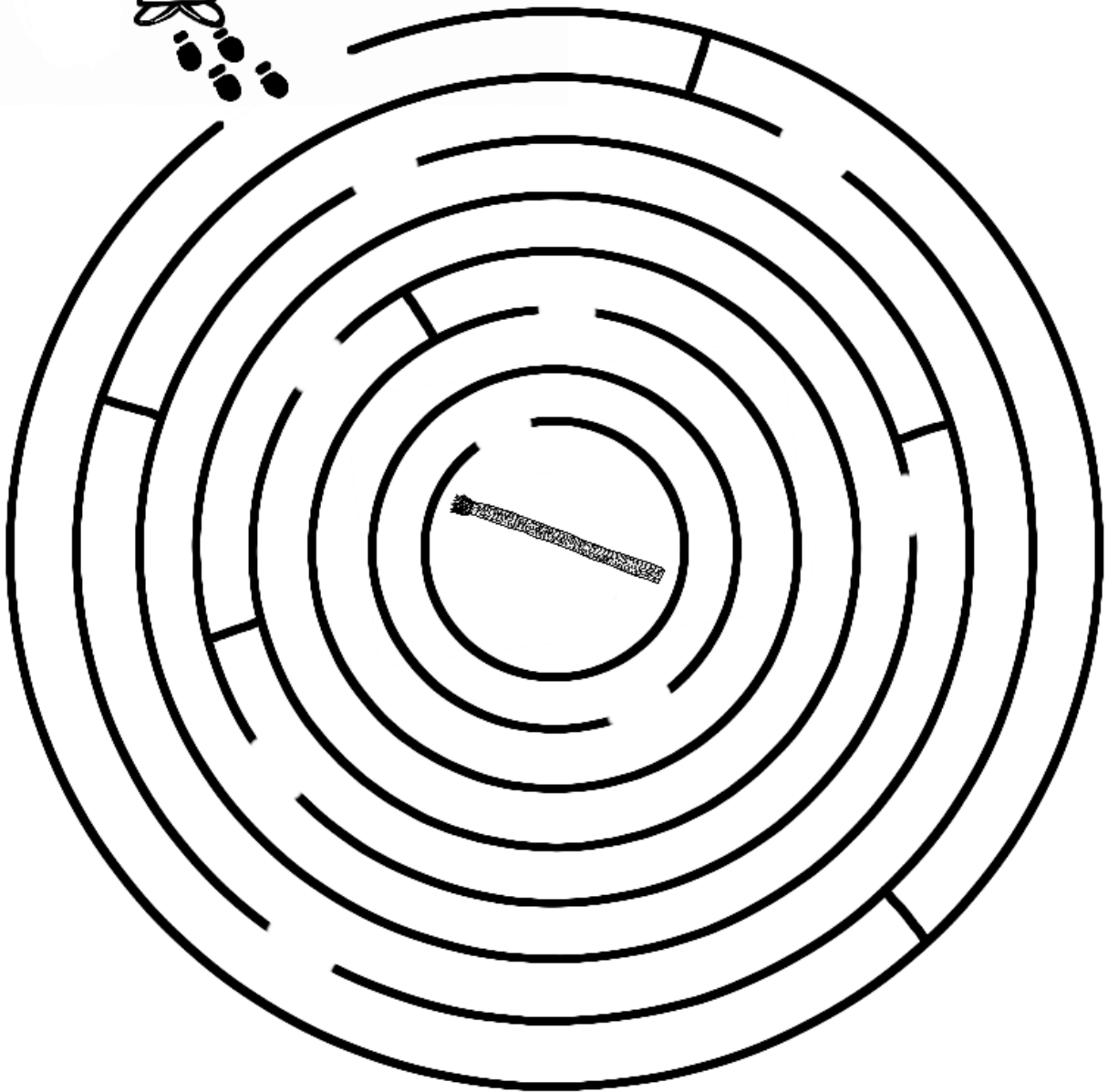
Meaning: Oh Allah, I seek refuge in You from male and female shayateen.



Signed:

Date:

ACTIVITY: Sulayman likes to use his Miswak before doing wudhu. He knows that it cleans his teeth and he knows that doing the miswak pleases Allah. Can you help him find it?

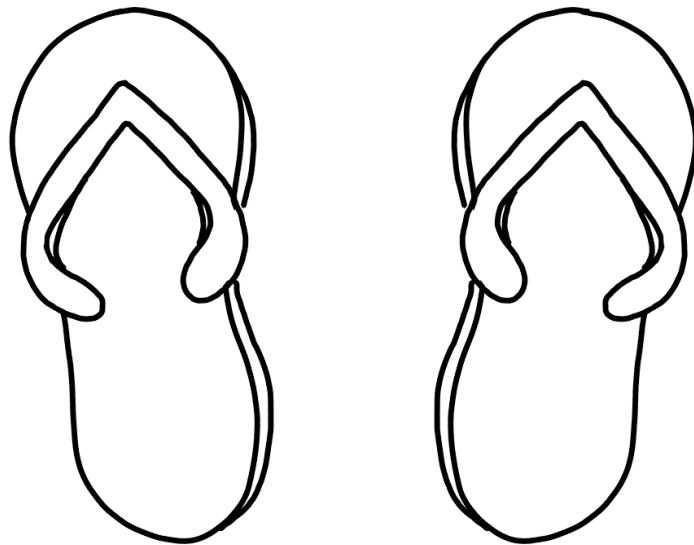


BEFORE DOING

WUDHU

بِسْمِ اللَّهِ

Bismillah



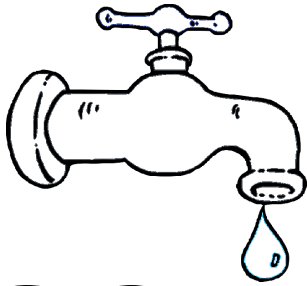
Rewards of doing wudhu:

Meaning: In the name of Allah.



Signed:

Date:



When doing wudhu we should not waste water.

A lot of poor people across the world have no access to clean water.

Close the tap when you use the Miswak and when you do masah of the head.



Try and do wudhu using a water bottle or a small jug if you still use too much.



We should thank Allah that we have so much clean water.

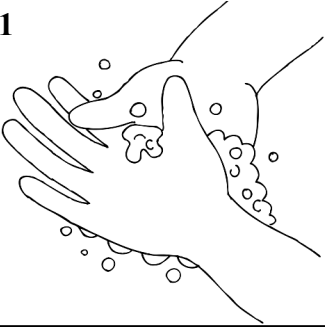

Did you know: The Prophet (S.A.W) did not like it when people wasted water. Once a companion was using water when doing wudhu and the Prophet (S.A.W) told him that the water he was using was too much. The companion was surprised. The Prophet (S.A.W) then said that water could be wasted even at a flowing river!

AFTER

WUDHU

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allahummaj alnee minat-tawwaabeena waj alnee minal-mutatahhireen

1 	2	3
4	5	6
7	8	9 

Meaning: Oh Allah, count me among those who seek forgiveness and amongst those who stay clean.

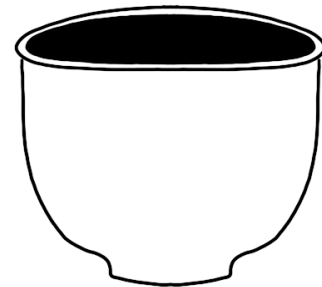
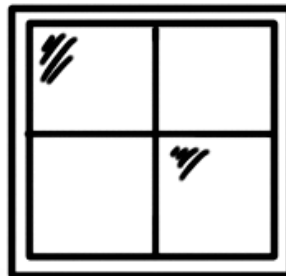
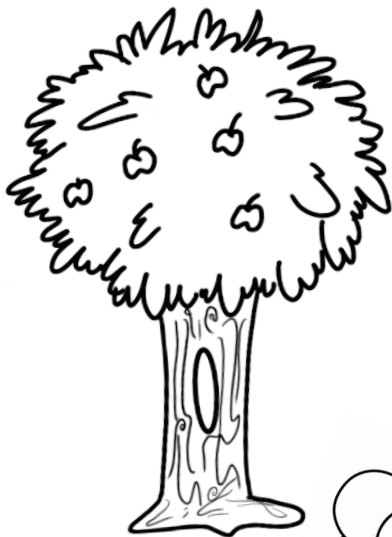
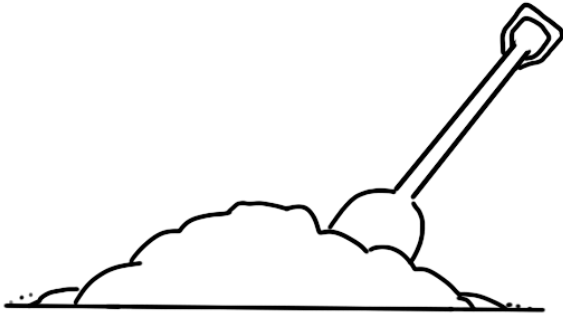


Signed:

Date:

Tayammum

Circle the things that you can do Tayammum with.



Fardh acts of
Wudhu

.....

.....

.....

.....

What is Tayammum?.....

When can you do Tayammum?.....

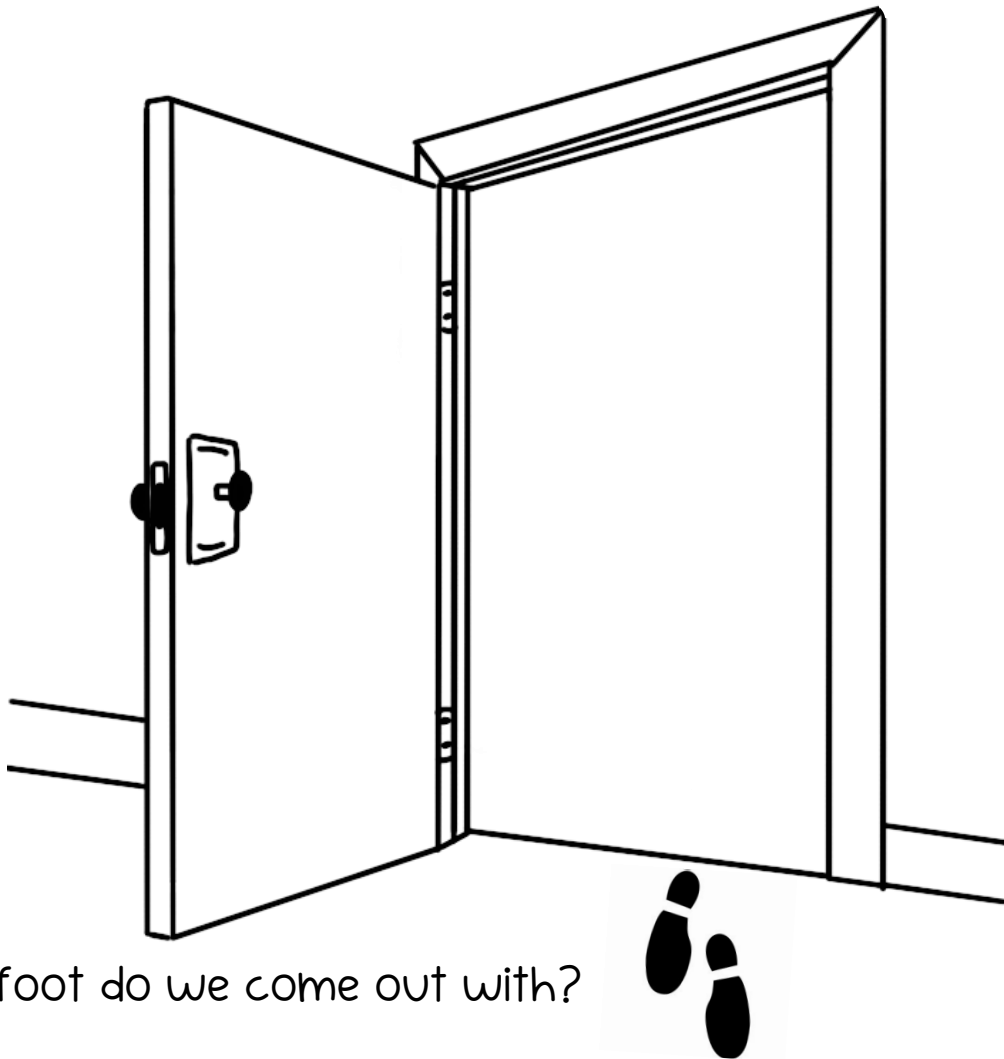
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WHEN LEAVING THE

BATHROOM

غُفْرَانُكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

Ghufraanaka, Alhamdu lillaahil-ladhee adh-haba annil adhaa wa aafaanee



Which foot do we come out with?

Meaning: I seek your forgiveness (Allah) All Praise be to Allah, who removed me from discomfort and gave me ease (relief).



Signed:

Date:

WUDHU WORDSEARCH

Hidden in the wordsearch below, are some body parts that we wash in wudhu. See if you can find them all!

A	A	S	M	U	J	E	A	E	M
L	I	F	D	E	K	N	R	C	O
C	R	B	S	C	A	O	H	A	U
A	B	S	E	R	O	S	R	F	T
H	A	N	D	S	C	E	C	F	H
L	F	Q	N	Q	O	Y	H	G	M
T	E	Z	W	V	E	A	K	L	N
O	N	S	E	E	I	B	R	A	Z
M	F	A	C	R	R	T	I	M	O
F	E	E	T	K	N	Y	U	A	S

HANDS

MOUTH

NOSE

FACE

ARMS

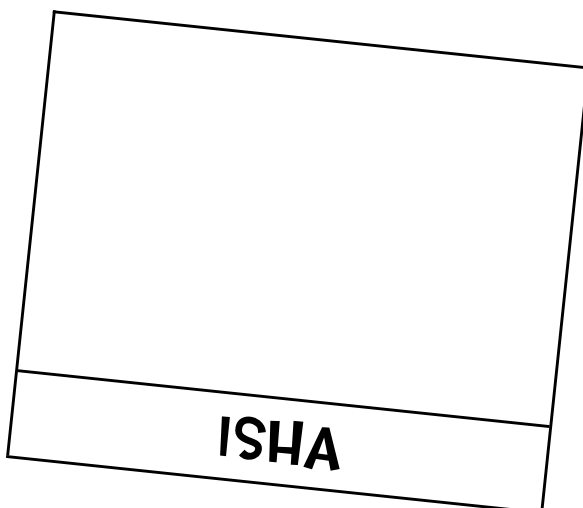
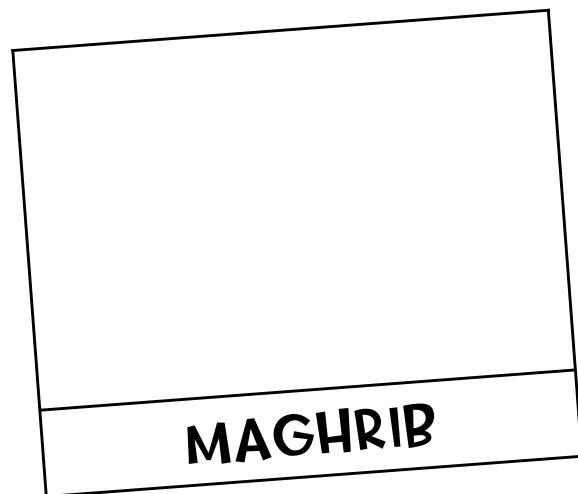
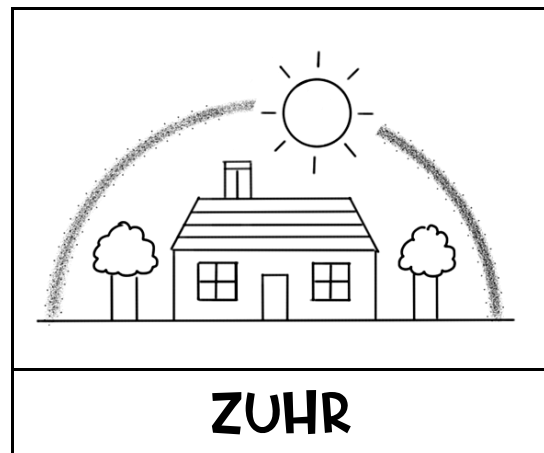
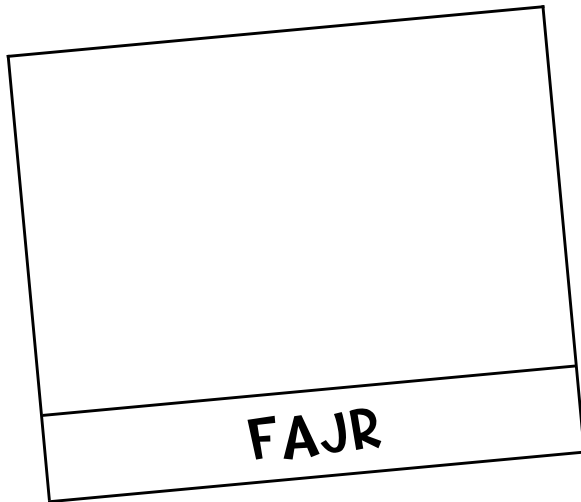
HAIR

NECK

FEET

Muslims pray 5 times a day. The prayer times are at dawn (Fajr), midday (Zuhr), late afternoon (Asr), after sunset (Maghrib) and in the night (Isha).

Draw the sky during the time for each Salah.



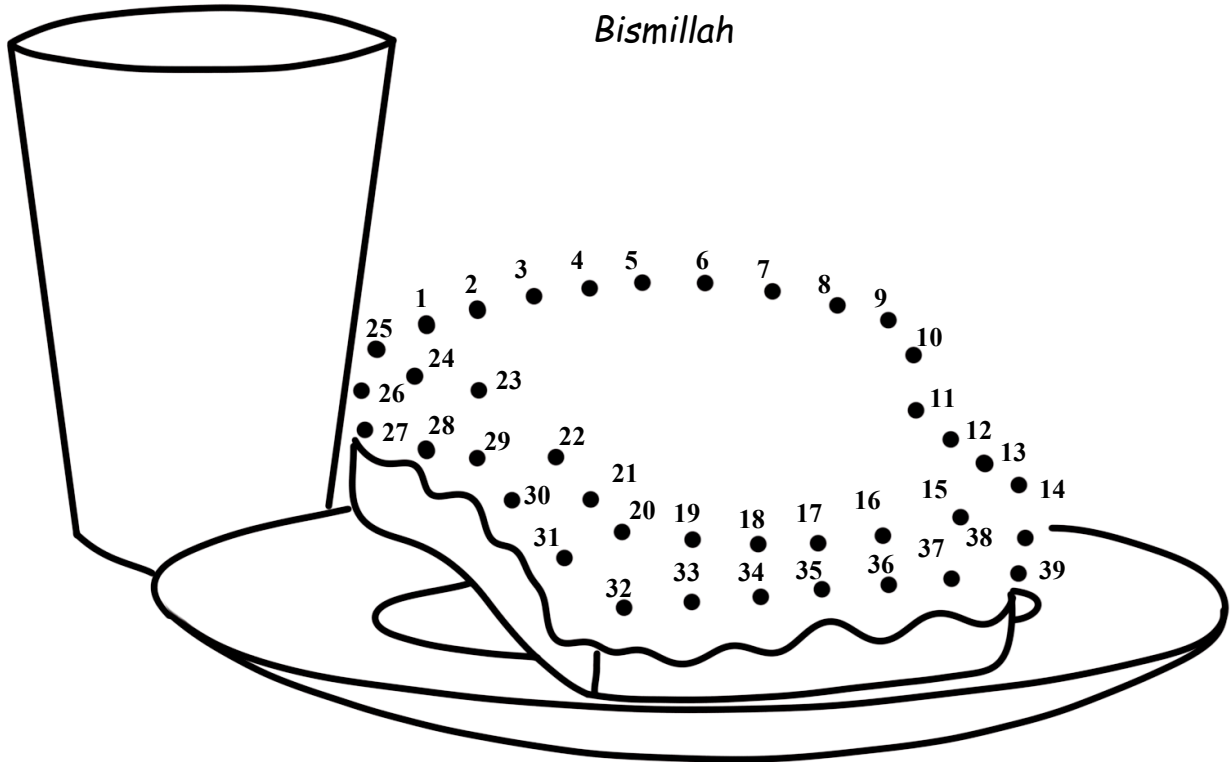
Did you know?

Praying in congregation is twenty seven times better than praying alone.

BEFORE EATING

بِسْمِ اللَّهِ

Bismillah



Sunnahs of eating:

Meaning: In the name of Allah.



Signed:

Date:

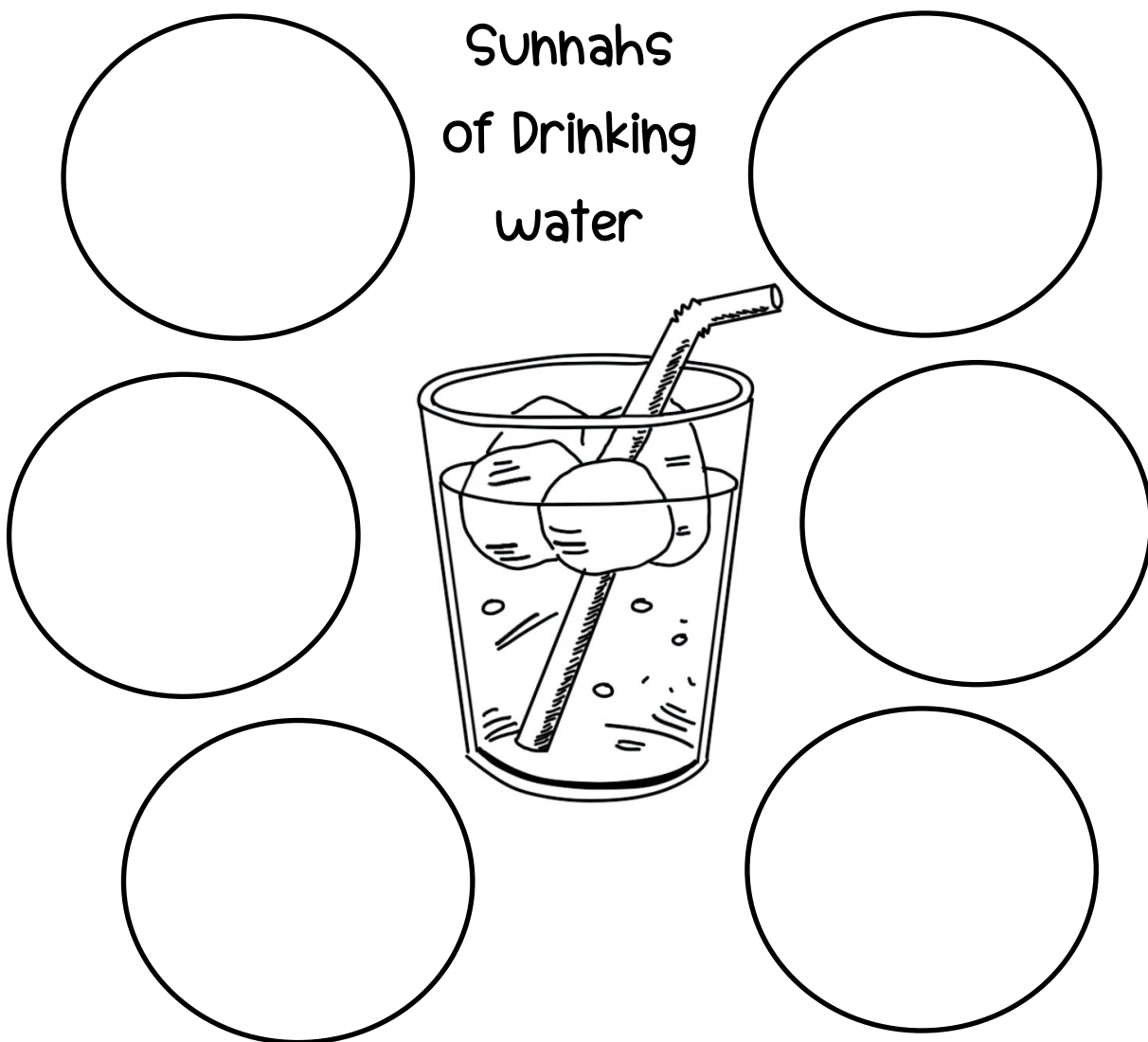
WHEN GIVEN

FOOD AND WATER

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي

Allaahumma at'im man at'amanee, wasqi man saqaanee

Sunnahs
of Drinking
water



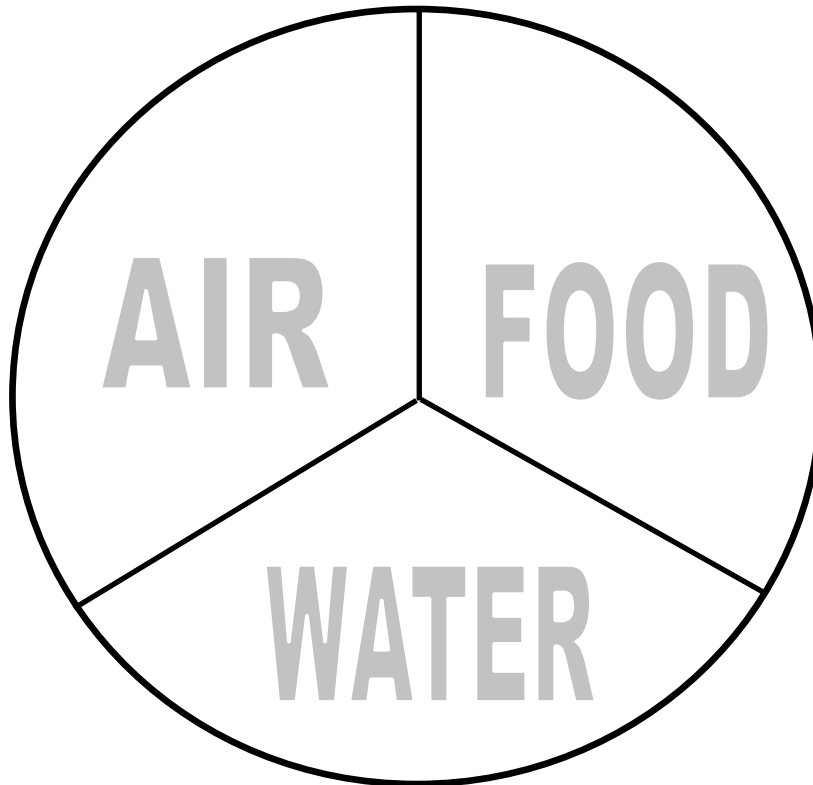
Meaning: Oh Allah! Feed the one who has fed me and give drink to the one who has given me drink.



Signed:
Date:

HOW TO FILL MY STOMACH

The Prophet (S.A.W) said: "it is enough for him (the son of Adam) to take a few bites... If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath." (Tirmidhi)



Fill in the table by writing examples of healthy and unhealthy food:

<u>Healthy food</u>	<u>Unhealthy food</u>

AFTER

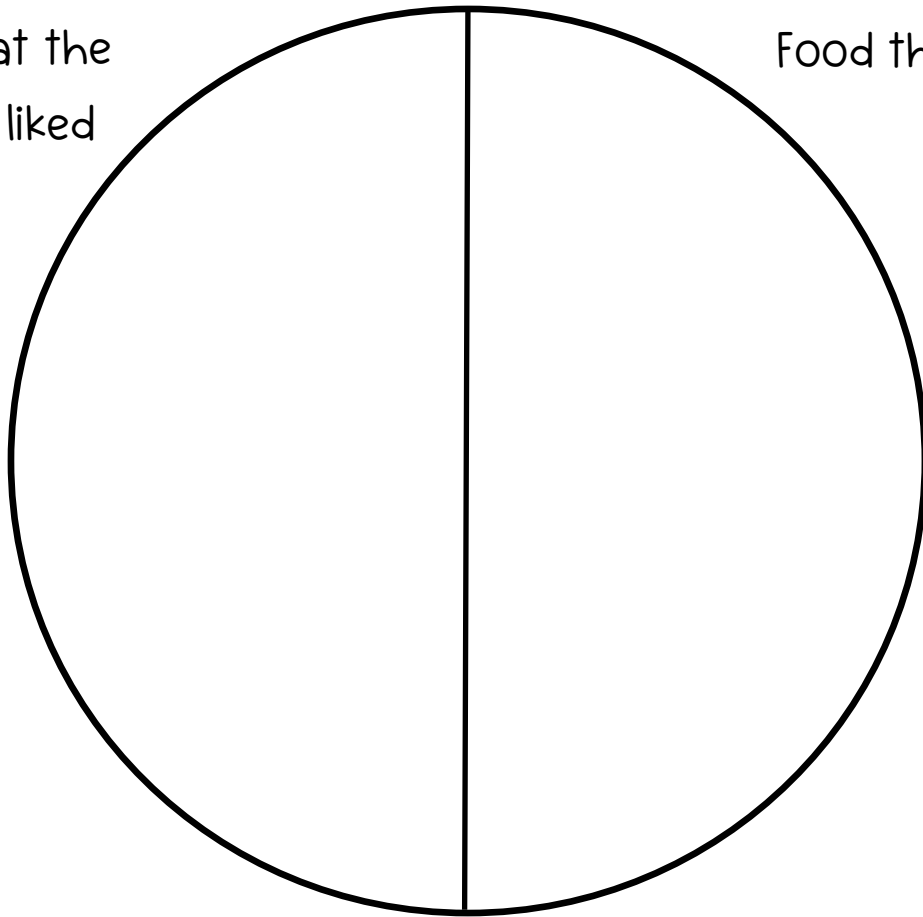
EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

Alhamdulila hilladhi at'amana wasaqaana, waja'alanaa muslimen

Food that the
Prophet liked

Food that I like:



Meaning: All praise is for Allah, who fed us and gave us drink and made us muslims.



Signed:

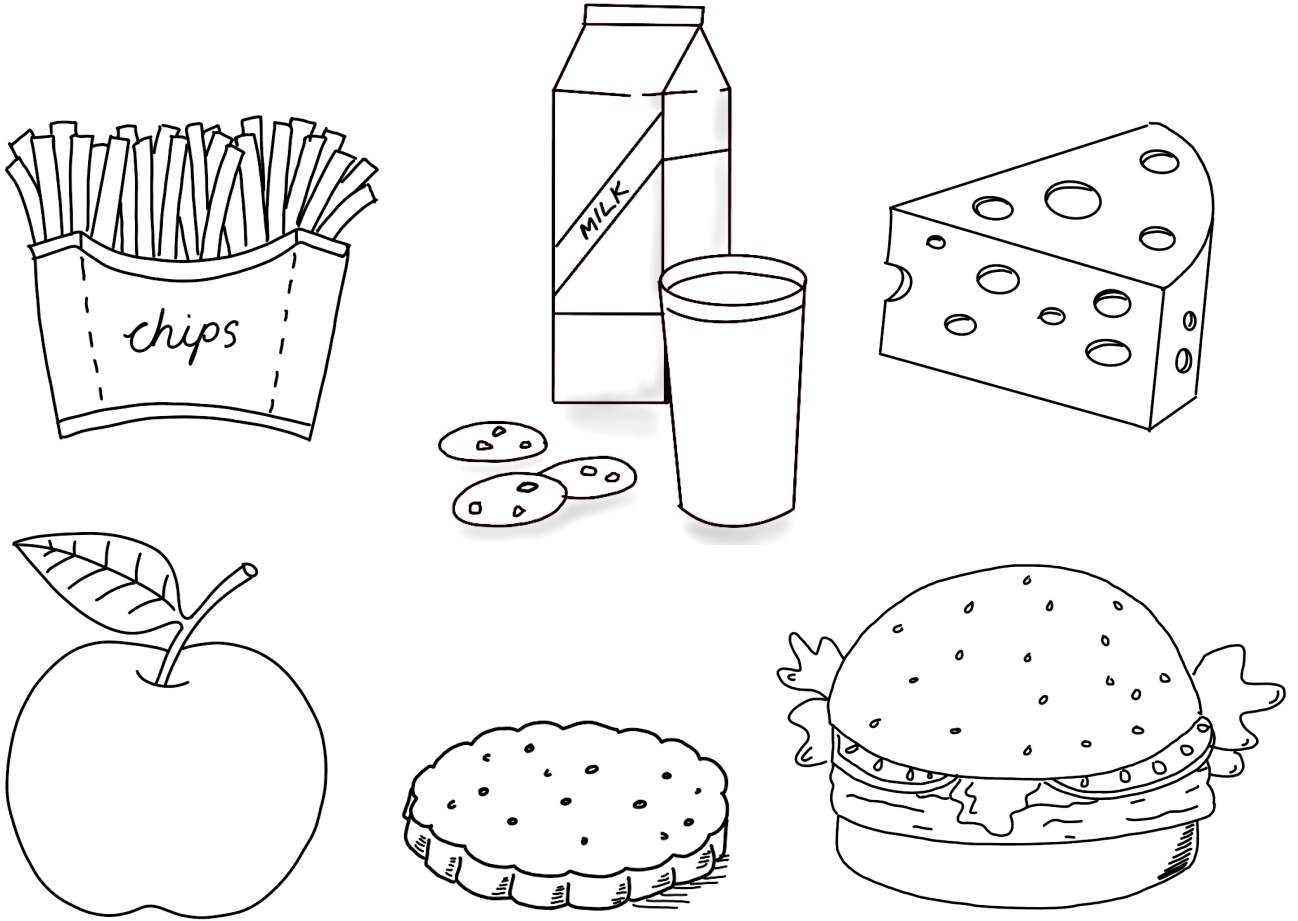
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IF I FORGET TO SAY THE DUA BEFORE
EATING I SAY:

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillaahi awwalahu wa aakhirahu

Draw a circle around the healthy food we should be
eating more of. Cross out the less healthy food.



Meaning: In the name of Allah, at the beginning and at the end.



Signed:

Date:

AFTER

DRINKING MILK

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Allaahumma baarik lanaa feehi wa zidnaa minhu



Meaning: Oh Allah, bless it for us and increase it for us.



Signed:

Date:

WHEN WEARING

CLOTHES

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ
وَرَزَقْنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdulillah hilladhi kasaani haatha-thawba wa razaqaneehi min ghayri hawlim-minnee walaa quwwatin

Draw your favourite pair of clothes in the box below:

Meaning: All praise is due to Allah who has clothed me with this garment and given it to me without any effort or power.



Signed:

Date:

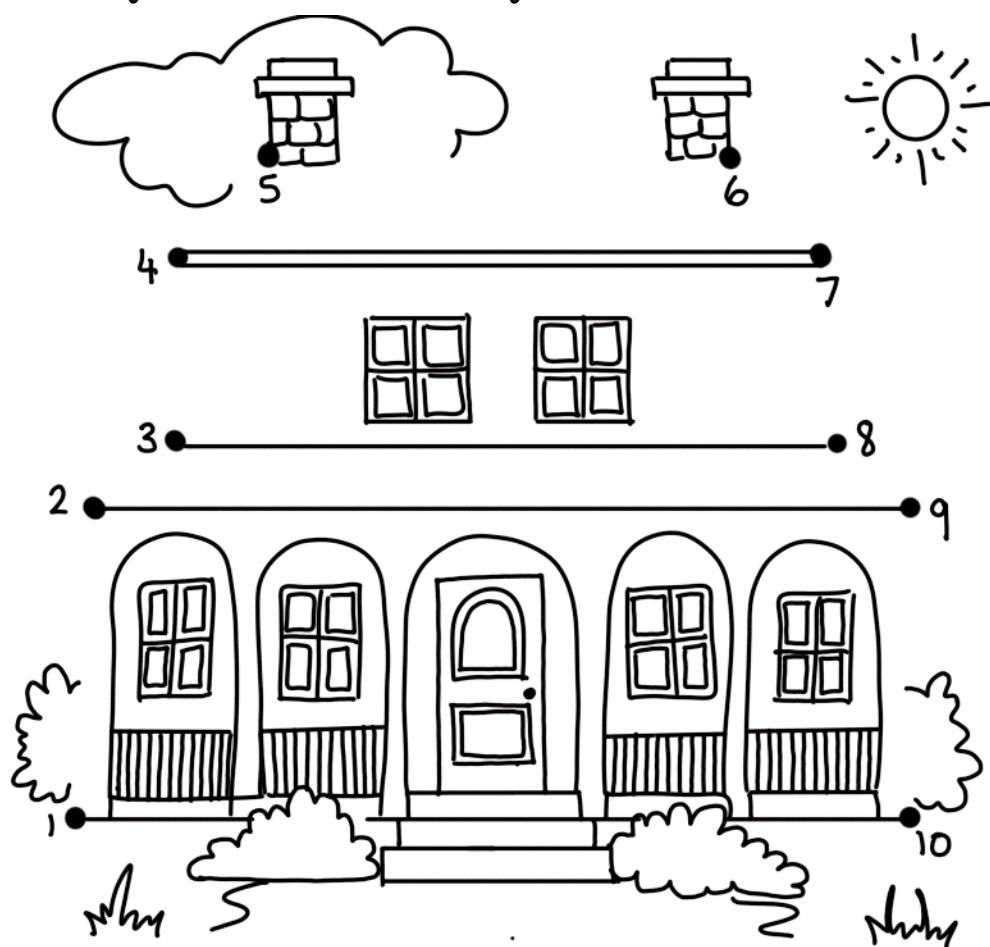
WHEN

ENTERING A HOUSE

اَللّٰهُمَّ اِنِّیْ اَسْئَلُكَ خَیْرَ الْمَوَلٰجِ وَ خَیْرَ الْمَخْرَجِ ،
بِسْمِ اللّٰهِ وَلَجْنَا وَ بِسْمِ اللّٰهِ خَرَجْنَا وَعَلٰی اللّٰهِ رَبِّنَا تَوَكَّلْنَا

Allaahumma innee as-aluka khayral mawlaji wa khayral makhriji

Bismillahi walajnaa wa bismillahi kharajnaa wa alallaahi rabbinaa tawakkalnaa



Meaning: Oh Allah I seek a good entry and a good exit. In the name of Allah we enter, in the Name of Allah we leave, and upon our Lord we trust.



Signed:

Date:

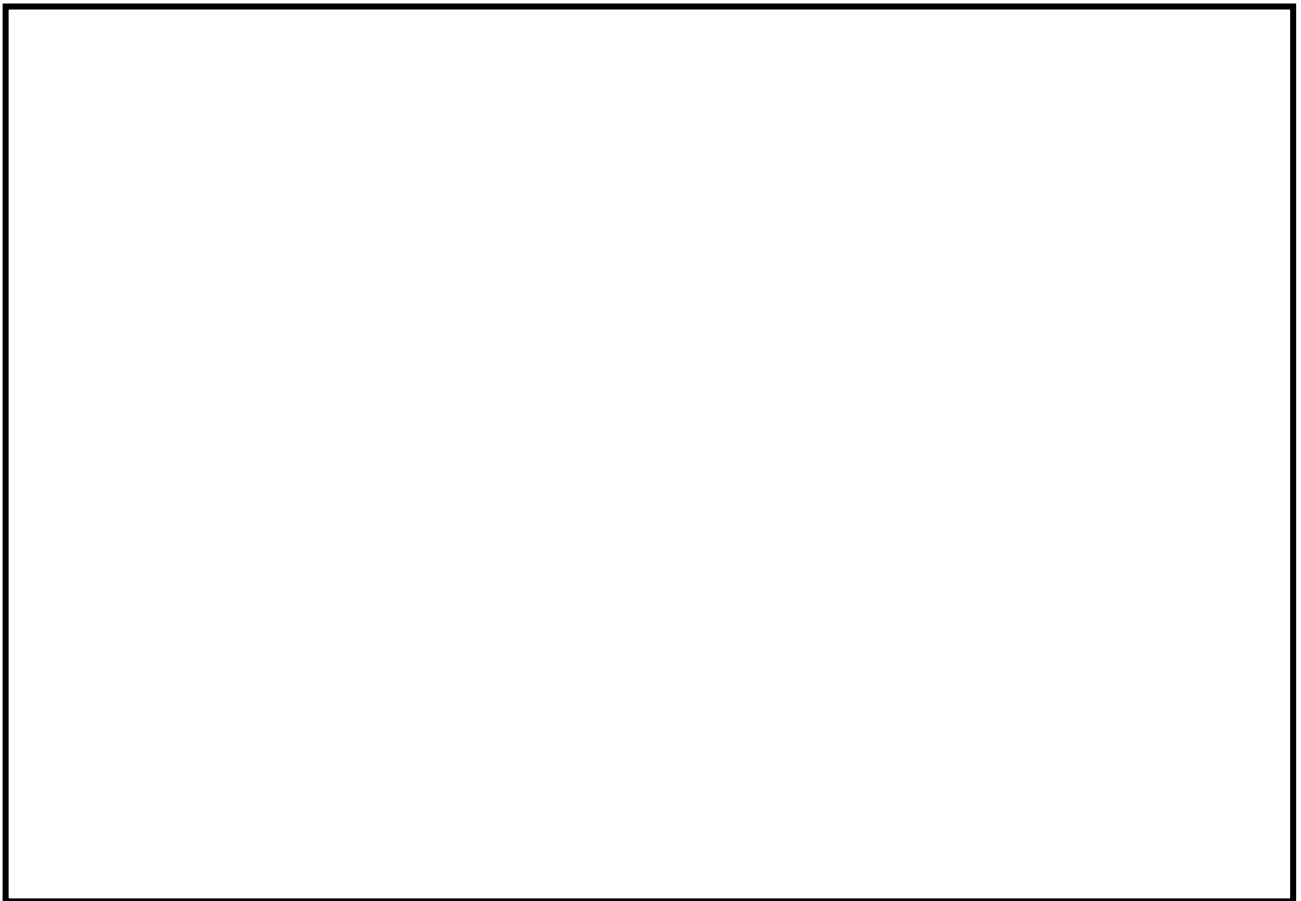
WHEN

LEAVING A HOUSE

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaah, tawakkaltu 'alal-laah, wa laa hawla wa laa quwwata illaa billaah

Draw a picture of what you would like your house to look like in Jannah.



Meaning: In the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah, the most high, the great.



Signed:

Date:

WHEN ENTERING A

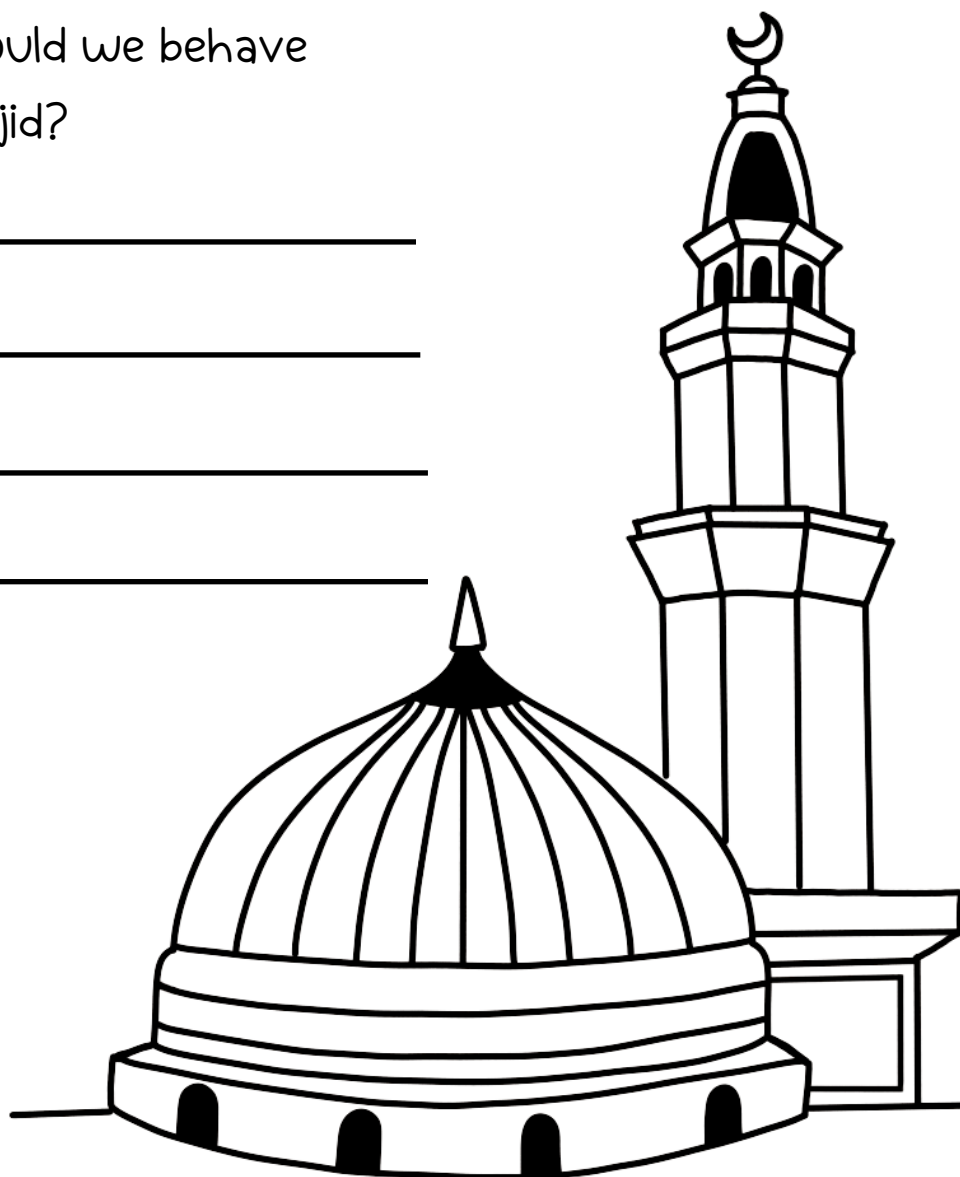
MASJID

اَللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ

Allaahum-maf-tah lee abwaaba rahmatik

How should we behave
in a masjid?

1. _____
2. _____
3. _____
4. _____



Meaning: Oh Allah, open the doors of your mercy for me.



Signed:

Date:

WHEN LEAVING THE

MASJID

اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ مِنْ فَضْلِكَ

Allaa-humma innee as'aluka min fadhlik

Design your own Masjid in the box below.

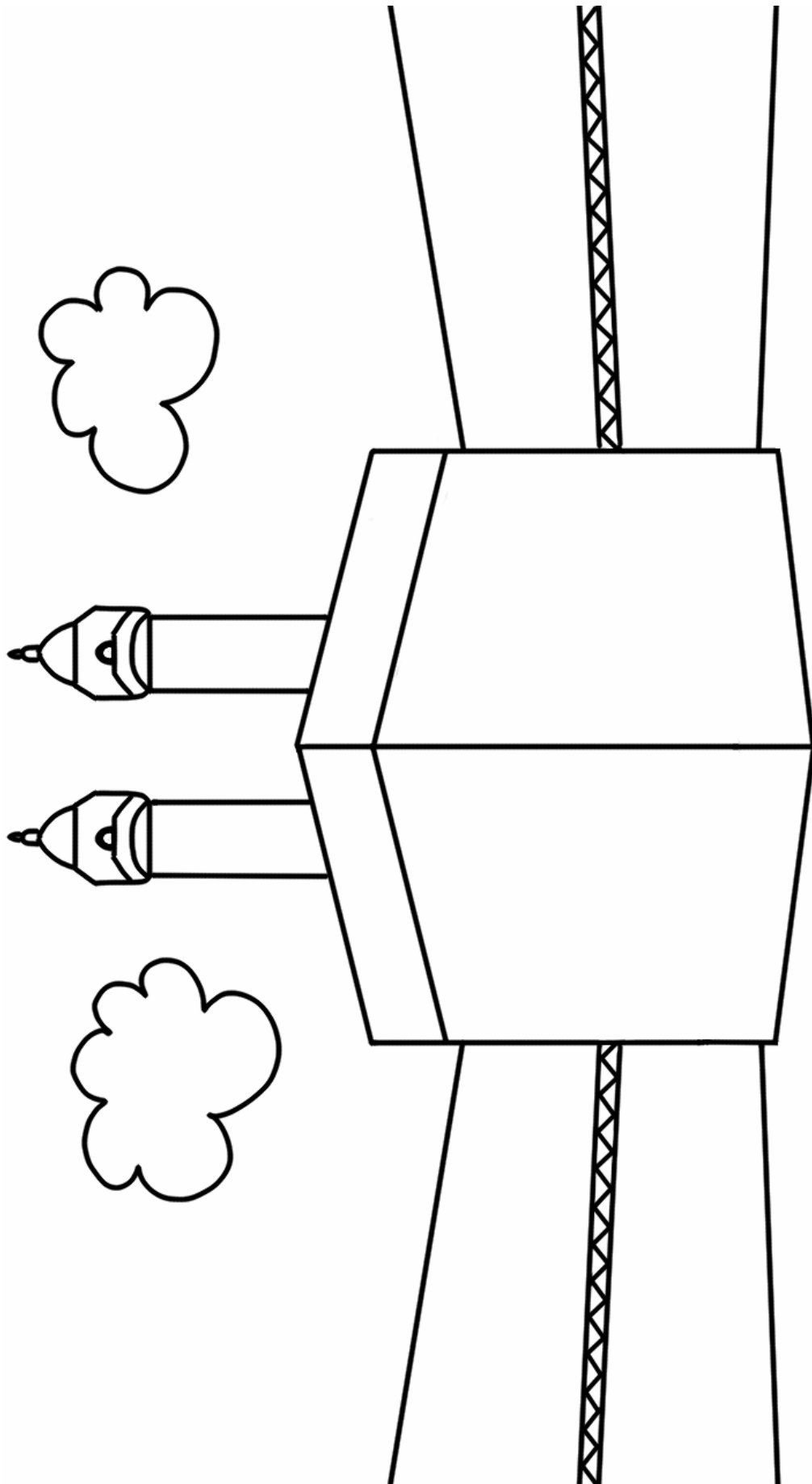
Meaning: Oh Allah, I ask You from Your favour.



Signed:

Date:

Complete the drawing of the kabah.

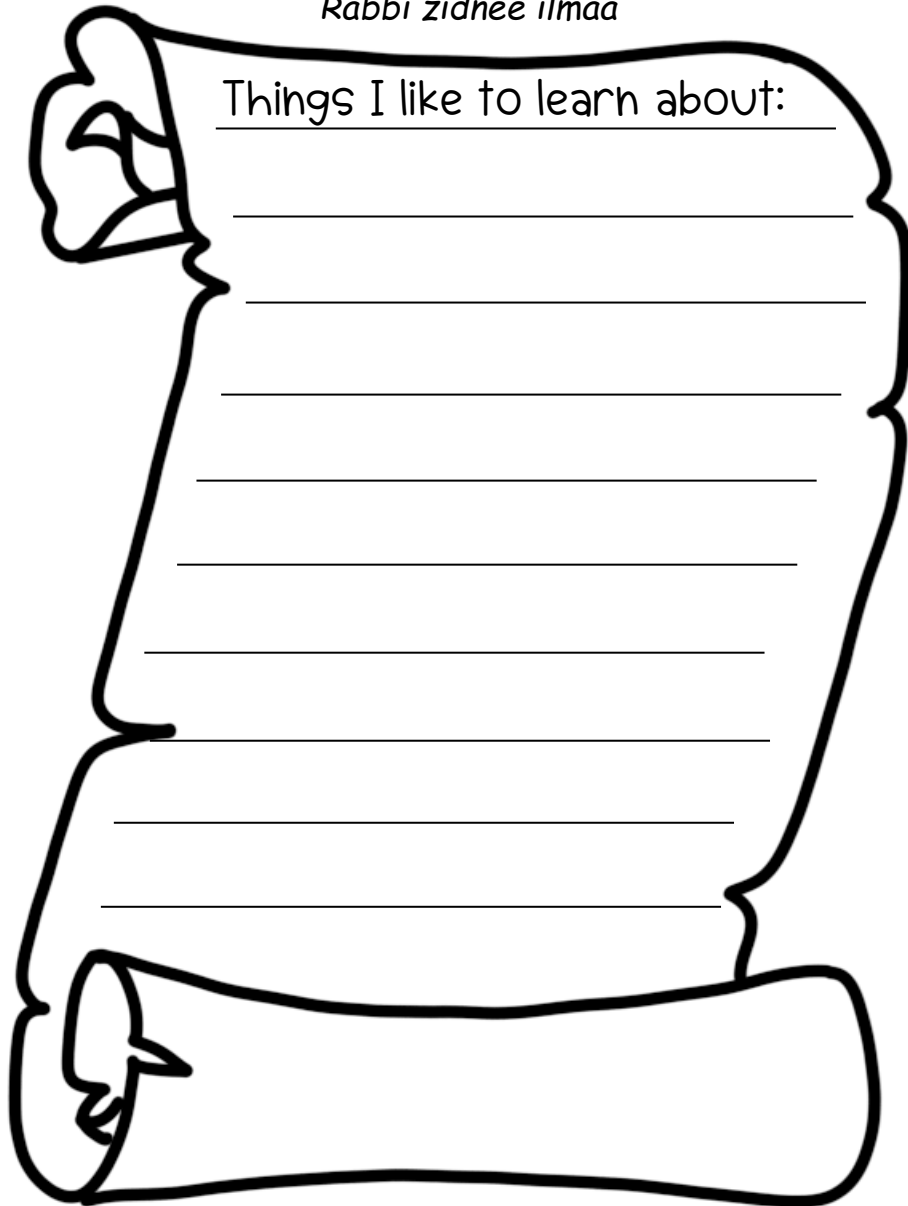


DUA TO

INCREASE KNOWLEDGE

رَبِّ زِدْنِي عِلْمًا

Rabbi zidnee ilmaa



Things I like to learn about:

Meaning: Oh my lord, increase my knowledge.



Signed:

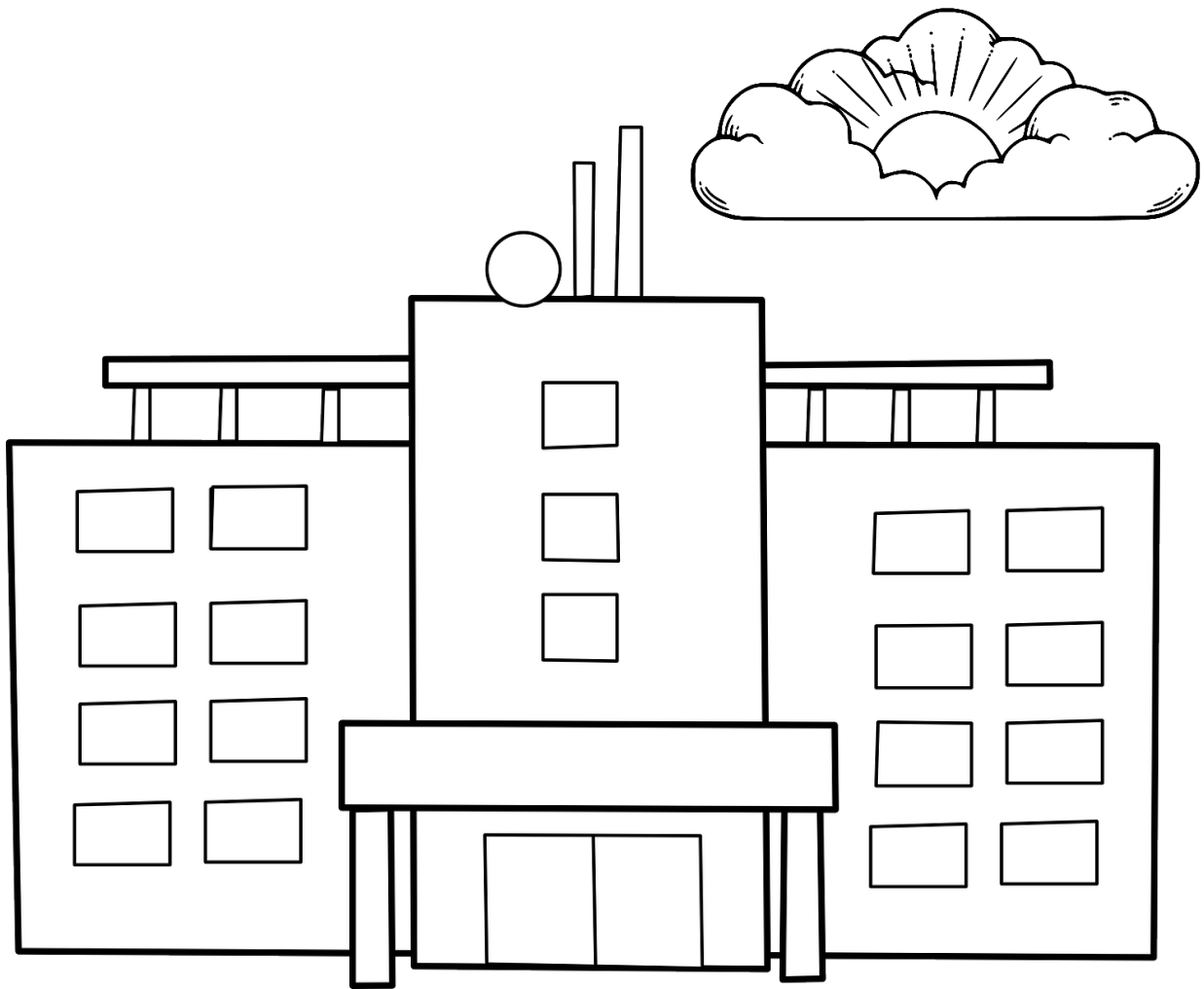
Date:

WHEN

VISITING THE ILL

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

Laa ba'sa tahoorun in shaa Allaah



Meaning: Do not worry, it will purify you (from your sins), if Allah wills.

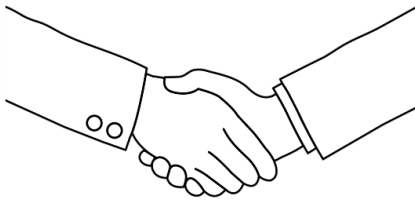


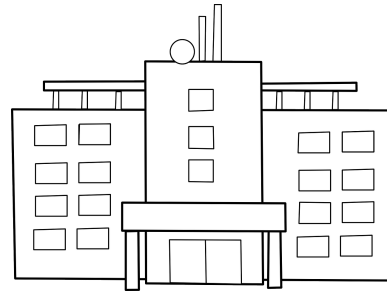
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Date:

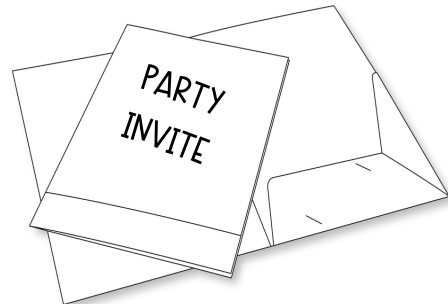
Abu Hurayrah (may Allah be pleased with him) said: I heard the Messenger of Allah (blessings and peace of Allah be upon him) say: "A Muslim has five rights over another: returning the greeting of salaam, visiting the sick, attending funerals, accepting invitations, and saying yarhamuk Allah (may Allah have mercy on you) to one who sneezes."

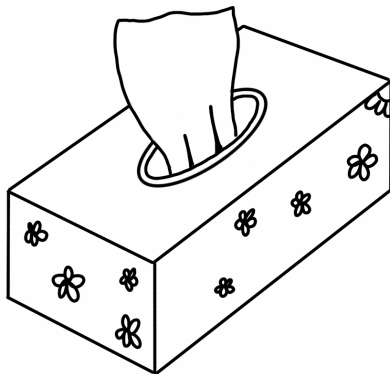
Write down the rights of a Muslim under each picture:













WHEN IT

RAIN

اَللّٰهُمَّ صَيِّبًا نَّافِعًا

Allaahumma sayyiban naafi'aa



Meaning: Oh Allah, send upon us beneficial rain.



Signed:

Date:

AFTER SAYING/ HEARING/READING THE

PROPHET MUHAMMAD'S NAME

صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ

Sallallahu alayhi wasallam

Outline Prophet Muhmmad's name below and colour it in.



Meaning: May Allah's peace and blessings be upon him.



Signed:

Date:

Can you find the names of 15 prophets (may Allah be pleased with them all) in the wordsearch below?

I	S	H	A	Q	A	N	M	A	M
N	I	D	M	U	D	U	I	Y	U
H	U	B	N	A	A	S	H	D	H
H	I	L	A	S	M	D	A	A	A
I	F	U	S	U	Y	W	R	S	M
S	D	Y	S	M	U	R	B	Y	M
M	F	A	U	D	N	S	I	U	A
A	T	H	A	R	U	N	U	N	D
I	U	Y	M	D	D	U	I	U	L
L	L	A	S	I	N	H	A	S	M

ADAM YUSUF YAHYA ISA HARUN

LUT YUNUS NUH IBRAHIM HUD

DAWUD ISMAIL MUSA SALIH ISHAQ

BEFORE BOARDING A



VEHICLE



سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subhan-alladhi sakhara lana haadhaa wamaa kunna lahu muqrineen wa inna ilaa rabbinaa lamunqaliboon

Draw your favourite way of travelling in the box below.

Meaning: Glory to Him who has brought this (vehicle) under our control, though we were unable to control it (ourselves), and indeed, to Our Lord we will surely return.



Signed:

Date:

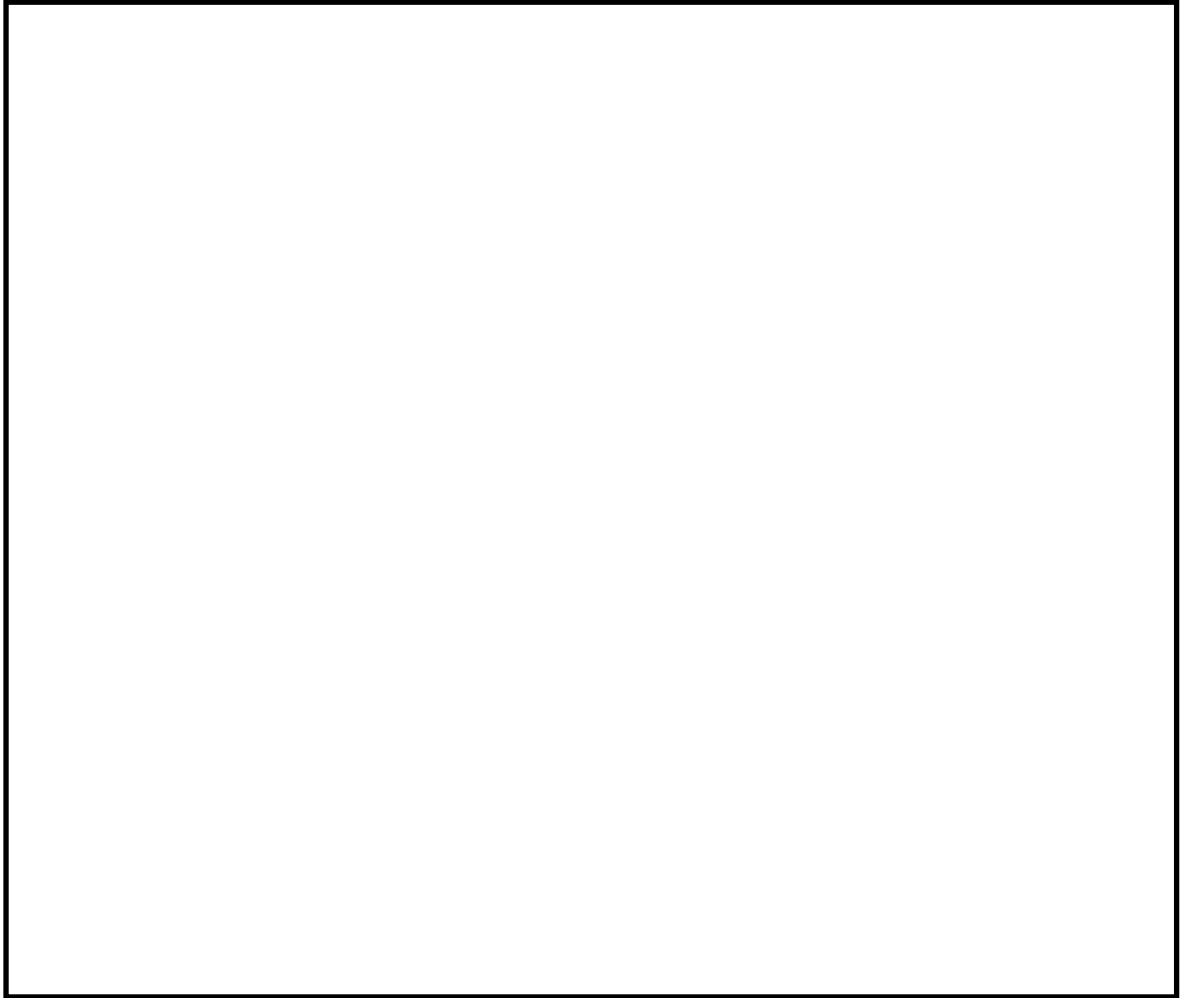
WHEN

THANKING SOMEONE

جَزَاكَ اللَّهُ خَيْرًا

Jazakallahu khayran

Draw or write about things that you are thankful for.



Meaning: May Allah reward you in a better way.



Signed:

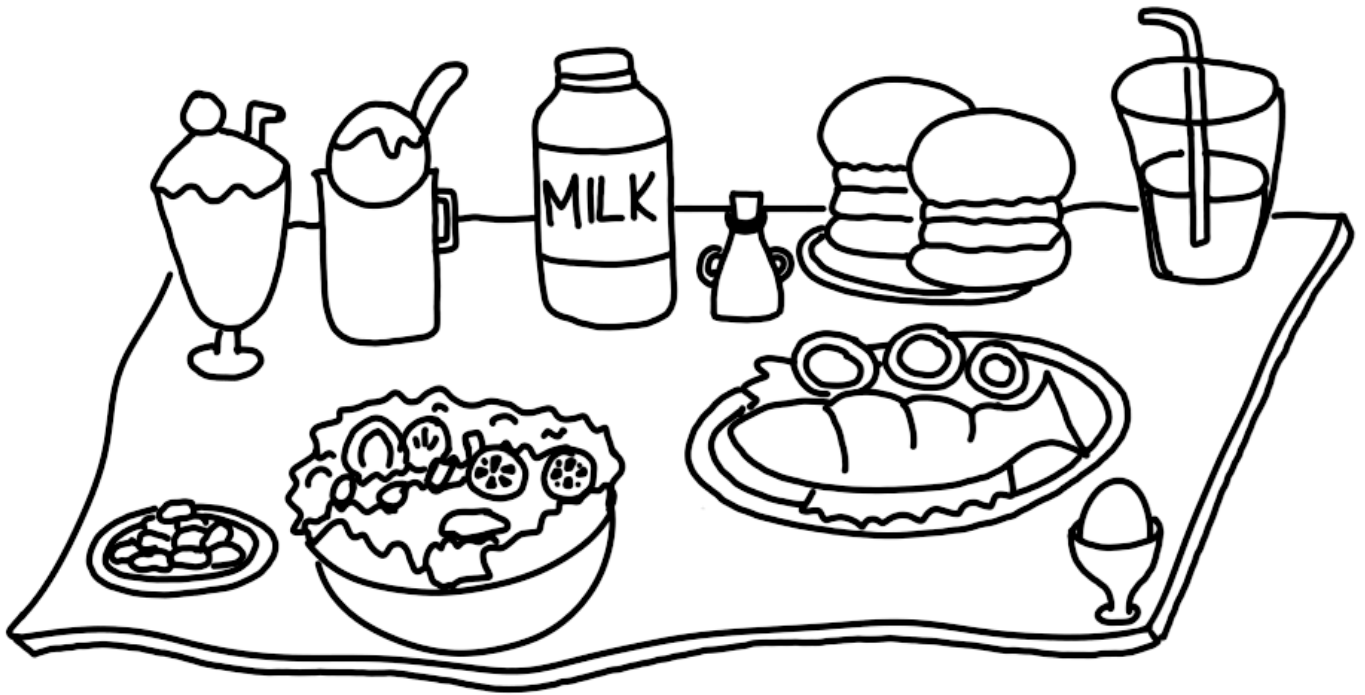
Date:

WHEN OPENING MY

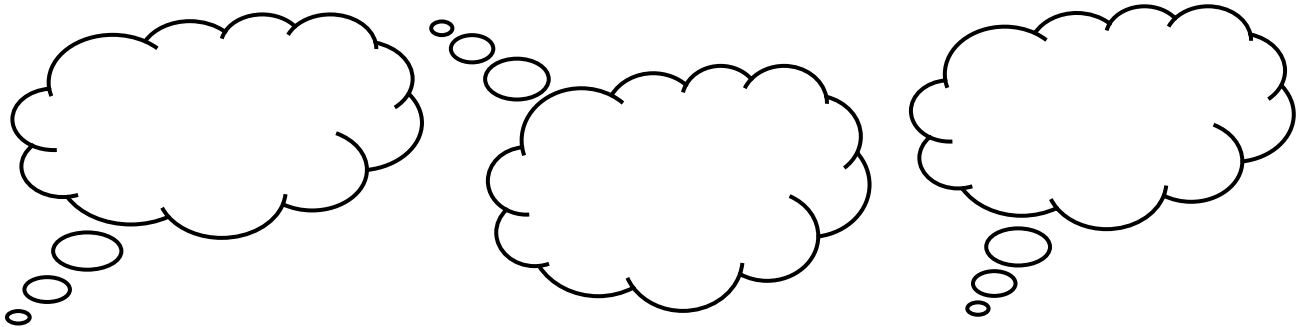
FAST

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِن شَاءَ اللَّهُ

Dhahaba-zama'u wabtallatil urooqu wa thabatil ajru in sha Allah



Can you think of any good deeds that we can do in Ramadhan?



Meaning: The thirst has gone and the veins are moist and reward is assured, if Allah wills.



Signed:

Date:

RAMADAN WORDSEARCH

Can you find all the words in the wordsearch below?

E	A	R	A	S	U	H	U	R	E
R	U	E	T	A	O	P	H	T	W
T	E	E	A	B	T	S	A	F	M
I	W	W	S	A	I	R	L	H	A
F	Q	A	B	R	A	E	I	R	S
L	V	V	E	W	H	W	F	T	J
U	Q	D	E	U	G	A	T	I	I
D	J	E	H	S	B	R	A	F	D
I	H	O	R	P	S	D	A	Q	U
E	Q	U	R	A	N	N	r	O	A

Taraweeh

Reward

Masjid

Eid ul Fitr

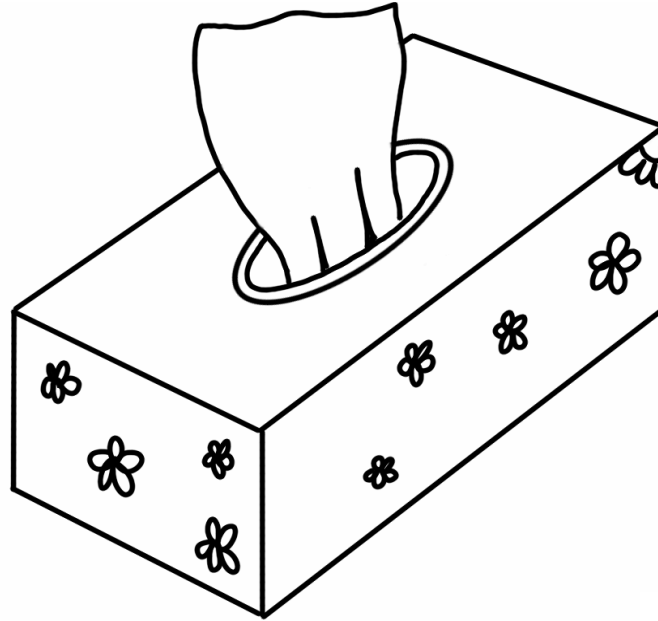
Tasbeeh

Iftaar

Suhur

Quran

SNEEZING



When I sneeze I say:
This means:

الْحَمْدُ لِلَّهِ
Alhamdu lillah

Someone else should say:
This means:

يَرْحَمُكَ اللَّهُ
Yarhamu kallah

In reply to this say:
This means:

يَهْدِيكُمْ اللَّهُ وَيُصْلِحْ بِالْكُمْ
Yahdeekumullah wa yuslih baalakum



Signed:

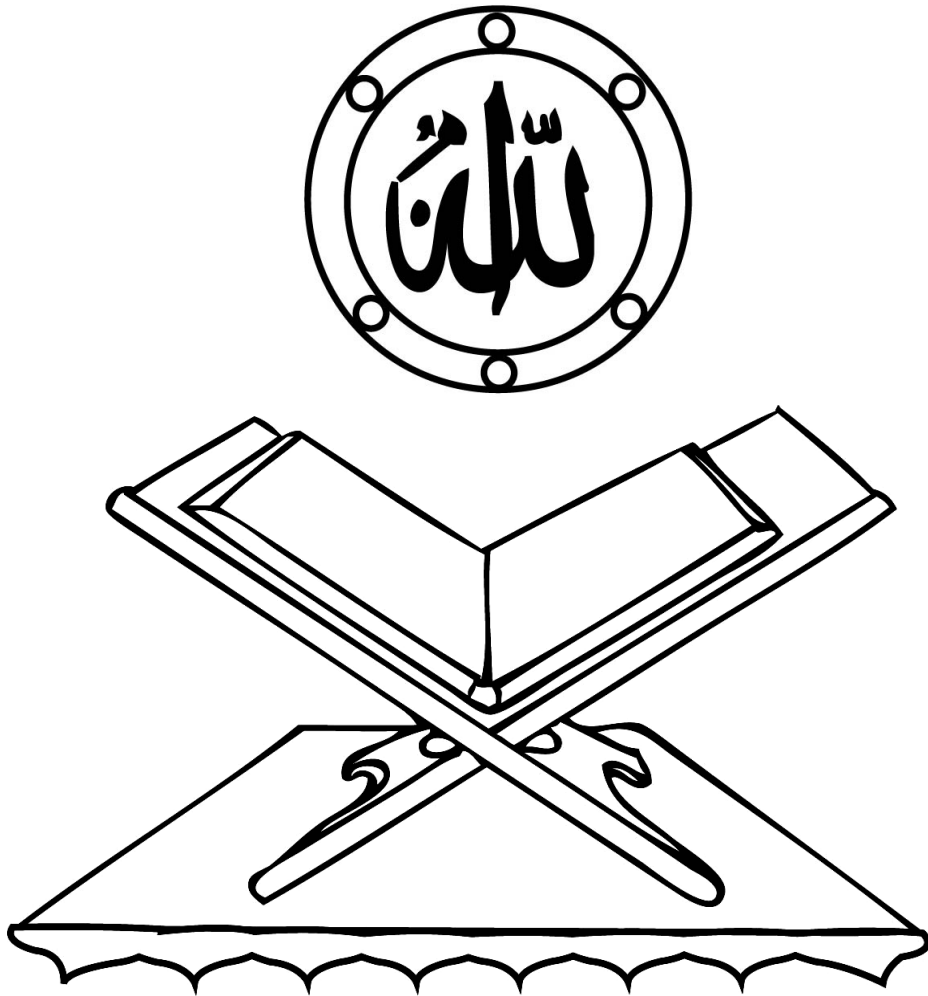
Date:

BEFORE

READING QURAN

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Audhu billaahi minash-shaytaan-irajeem. Bismillah-hirahmaan-iraheem.



Meaning: I seek refuge in Allah from Shaitan, the rejected one. In the name of Allah the most merciful, the most kind.



Signed:

Date:

QURAN WORDSEARCH

L	R	A	S	Y	B	E	B	I	T
S	U	E	F	W	D	A	F	A	W
K	M	A	O	U	Q	E	W	A	E
L	A	E	U	A	T	B	S	I	N
K	I	W	R	A	A	O	R	K	T
F	U	A	T	H	N	F	E	H	Y
I	H	K	E	H	B	D	H	L	F
H	D	I	E	T	E	F	I	A	I
E	T	H	N	A	M	R	K	A	V
I	M	U	S	A	W	Y	T	S	E

1. The Quran has one hundred and Surahs in total.
2. The longest surah is called surah
3. The shortest surah is called surah
4. The surah which is equal to a third of the Quran is called surah
5. Surah..... is the only surah which does not start with Bismillah.
6. The Quran names prophets in total.
7. The Prophet who has been mentioned most in the Quran is Prophet.....

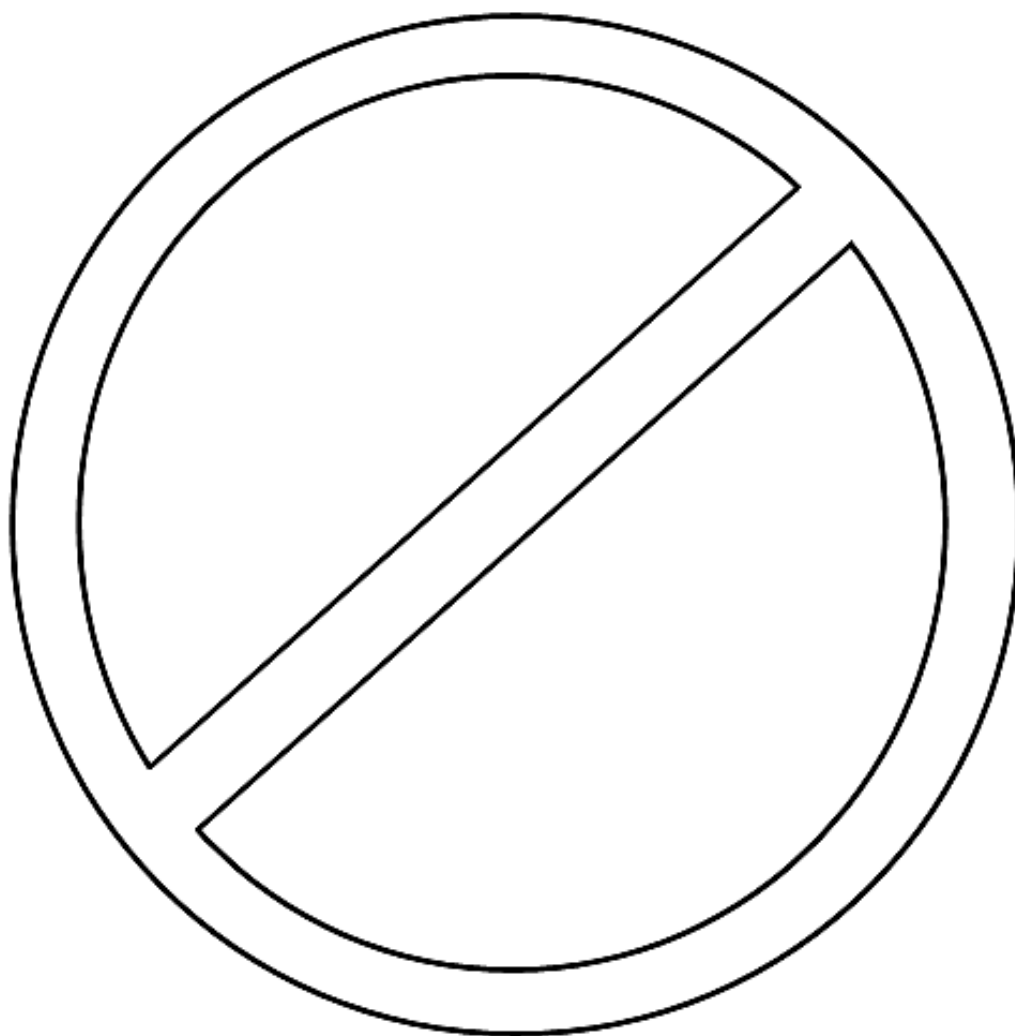
AFTER DOING A

BAD DEED

أَسْتَغْفِرُ اللَّهَ

Astaghfirullah

Things that I am not allowed to do:



Meaning: I seek forgiveness from Allah.



Signed:

Date:

How to ask for forgiveness

1. First we should understand, recognise and admit our mistakes and sins. Allah has given us free choice but remember all our actions effect us or those around us.

2. We should feel regret at having committed a sin and we should ask Allah's forgiveness with sincerity. If we have hurt someone, we also need to ask their forgiveness too.

EVERY TIME WE SIN,
OUR HEART TURNS
FURTHER AWAY
FROM ALLAH

3. Make a promise to yourself that you will never do that sin again.

Things we can do to ask forgiveness from Allah:

MAKE DUA

GO TO HAJJ

GIVE ZAKAH

DO MORE GOOD DEEDS

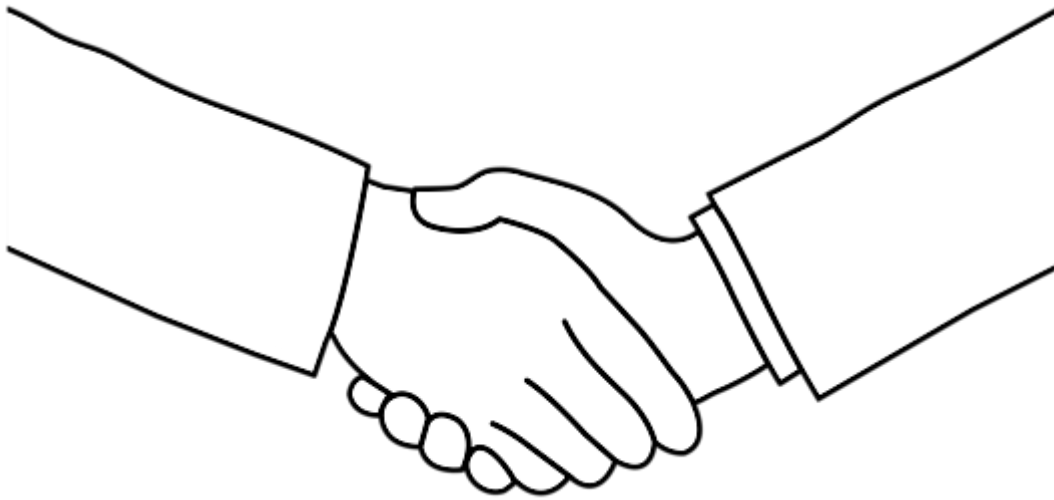
ASK FORGIVENESS DAY AND NIGHT

WHEN

MEETING SOMEONE

اَلْسَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ

Assalamu alaykum wa rahma tullahi wa bara kaa tuhu



Meaning: Peace, mercy and blessings of Allah be upon you.

What is the reply to As-salamu alaykum?

وَعَلَيْكُمْ السَّلَامُ
وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ

Meaning: Peace, mercy and blessings of Allah be upon you.



Signed:

Date:

WHEN GOING

UPSTAIRS

I SAY:

اللَّهُ أَكْبَرُ

Allahu akbar

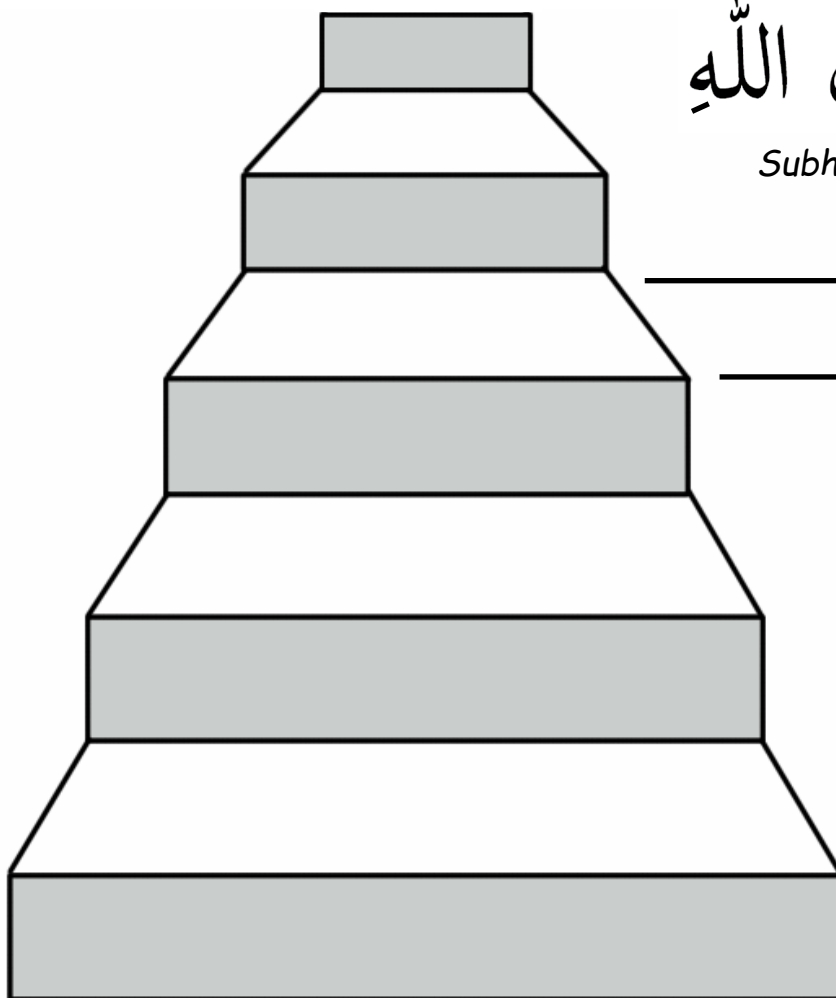
WHEN GOING

DOWNSTAIRS

I SAY:

سُبْحَانَ اللَّهِ

Subhan Allah



Signed:

Date:

WHEN SEEING OR HEARING ABOUT SOMETHING AMAZING I SAY:

SUBHANALLAH سُبحَانَ اللَّهِ

THIS MEANS: _____

WHEN MAKING AN INTENTION TO DO SOMETHING I SAY:

إِنْ شَاءَ اللَّهُ INSHA'ALLAH

THIS MEANS: _____

WHEN PRAISING ALLAH I SAY:

ALHAMDULILLAH اَلْحَمْدُ لِلَّهِ

THIS MEANS: _____



Signed: _____

Date: _____

WHEN EXPERIENCING

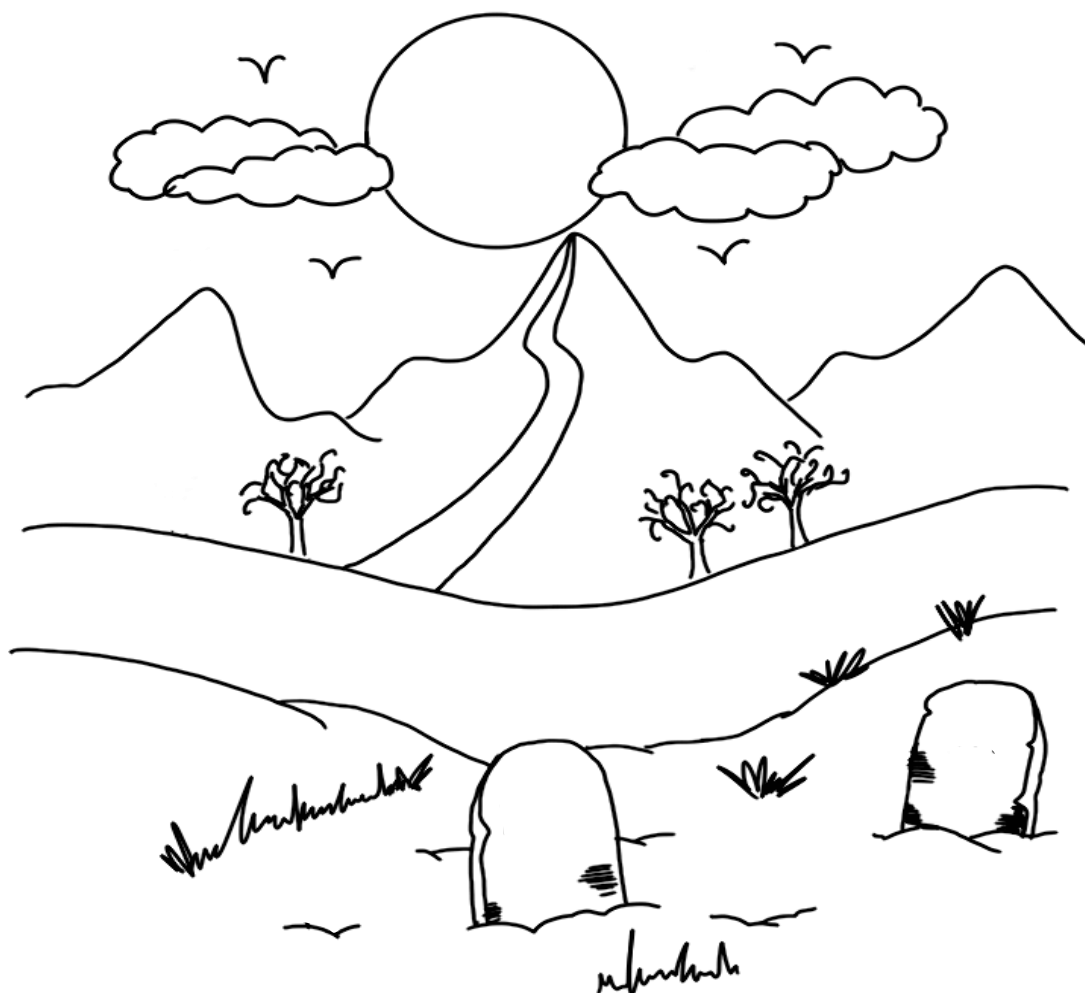
DIFFICULTY

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

اَللّٰهُمَّ اَجْرِنِيْ فِيْ مُصِيبَتِيْ وَاَخْلِفْ لِيْ خَيْرًا مِّنْهَا

Inna lillaahi wa inna ilayhi raajioon

Allahumma'-jurnee fee museebatee wa akhlif lee khayram-minhaa



Meaning: Surely we belong to Allah and to Him we shall return.

Oh Allah, grant me reward in my difficulty and give me something better in return.



Signed:

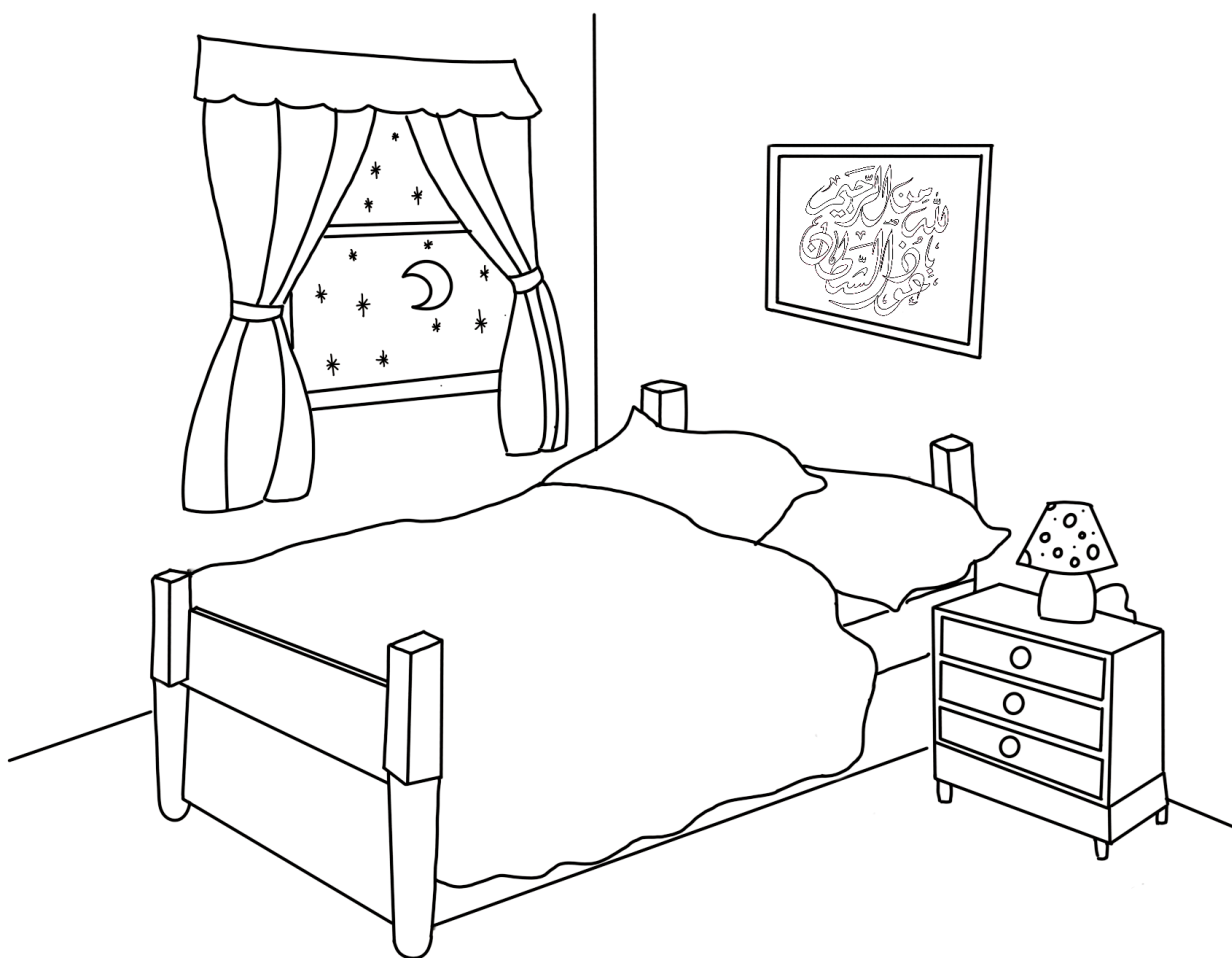
Date:

BEFORE

SLEEPING

اَللّٰهُمَّ بِاسْمِكَ اَمُوْتُ وَاَحْيَا

Allahumma bismika amootu wa-ahyaa



Sunnahs of sleeping:

Meaning: Oh Allah, with your name I die and I live.



Signed:

Date:

WHEN GETTING

ANGRY

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Audhu billaahi minash-shaytaan-irajeem



What should I do when I get angry?

Meaning: I seek refuge in Allah from Shaitan, the outcast.



Signed:

Date:

DUA FOR

PARENTS

رَبِّ اَرْحَمَهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir hamhuma kamaa rabbayaani sagheeraa

What does your mum and dad do for you?



They cook for me

What can you do to help your mum and dad?

I can help.....

Meaning: My lord have mercy on them as they bought me up when I was small.

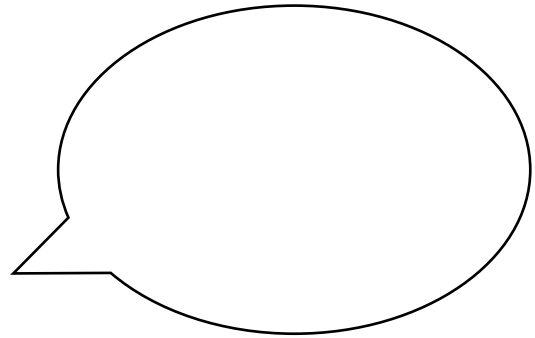


Signed:

Date:

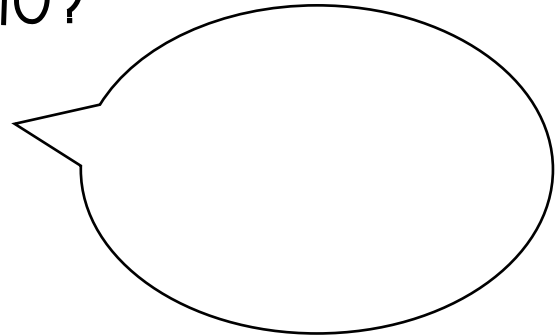
A man came to the messenger of Allah (peace and blessings of Allah be upon him) and said: 'O messenger of Allah, who among the people is most deserving of my good company?'

The PROPHET (S.A.W) said:



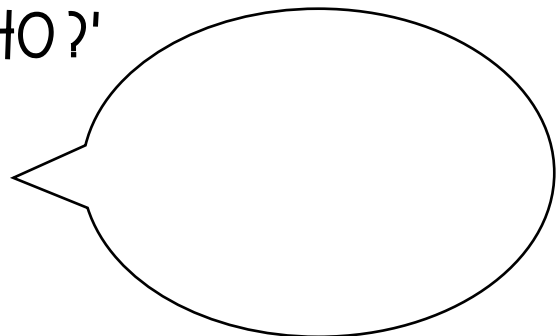
The MAN asked: 'THEN WHO?'

The PROPHET (S.A.W) said:



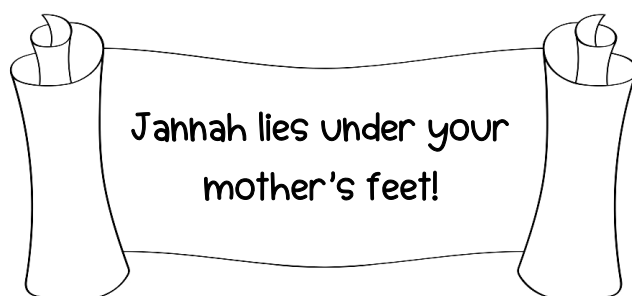
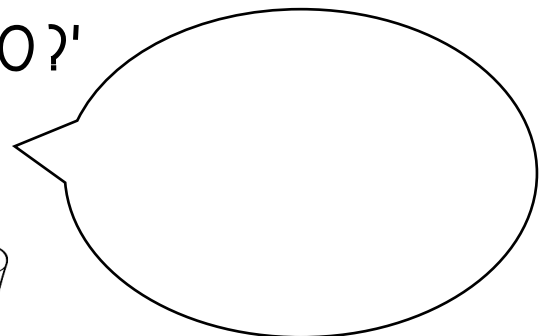
The MAN asked: 'THEN WHO?'

The PROPHET (S.A.W) said:



The MAN asked: 'THEN WHO?'

The PROPHET (S.A.W) said:



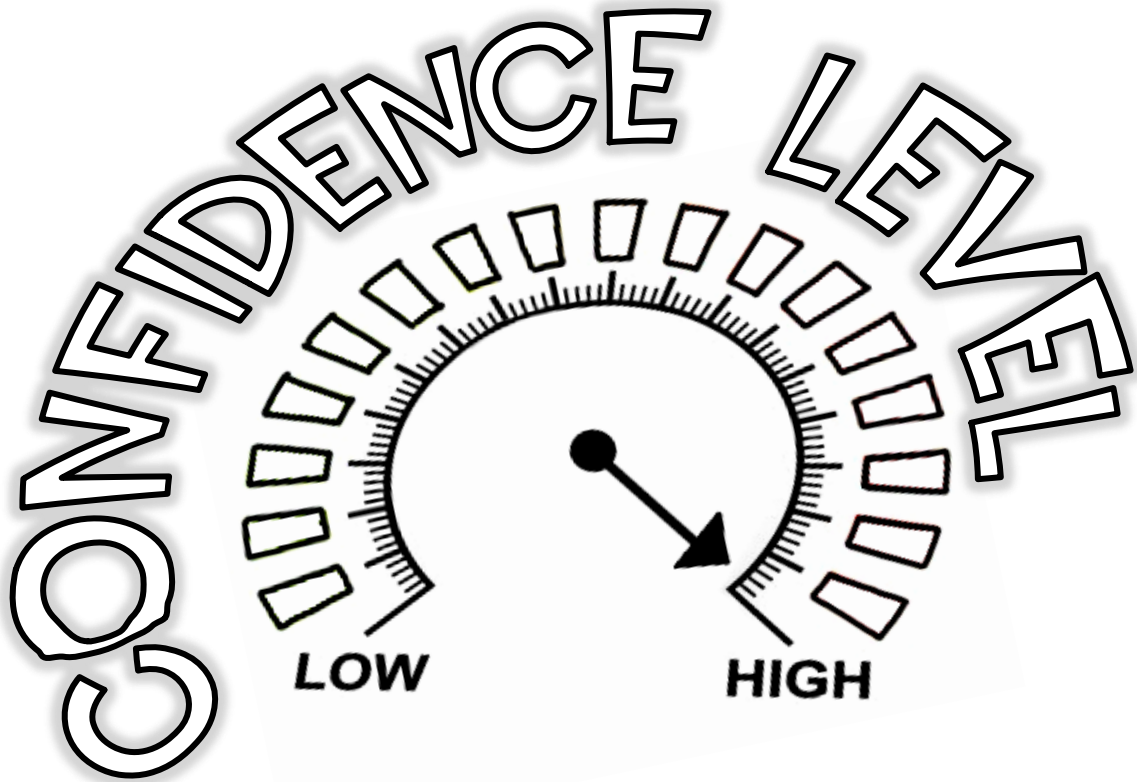
DUA FOR

CONFIDENCE AND EASE

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي
وَحُلِّ عُنْقَدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي

Rabbi-sharahlee sadree wa yassirlee amree

Wahlul uqdatam millisaani yafqahoo qawlee



Meaning: Oh my Lord! Widen for me my chest (grant me self-confidence), And ease my task for me, And make loose the knot from my tongue, so they may understand what I say.



Signed:

Date:

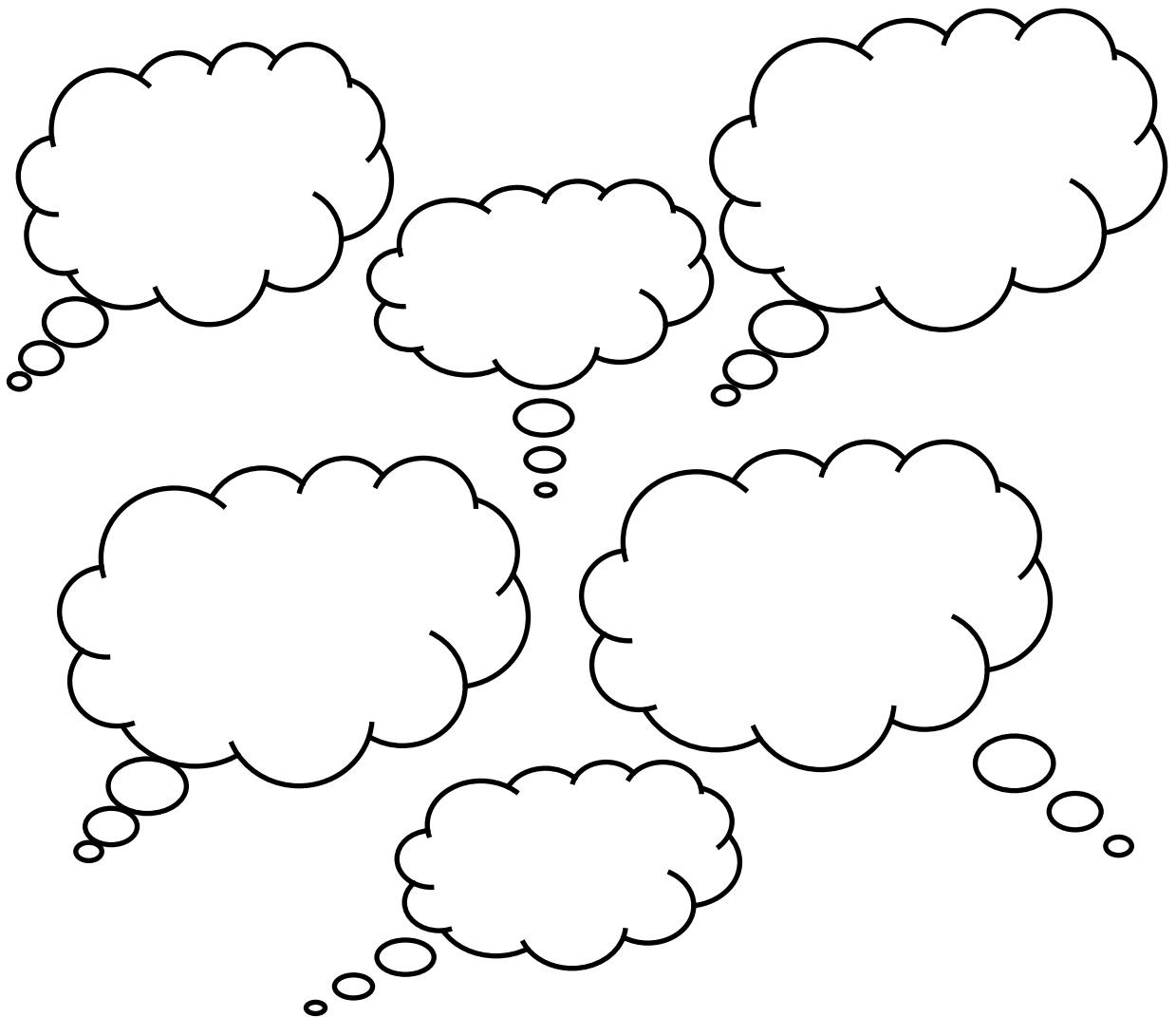
DUA FOR

GUIDANCE

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ الْهُدٰى وَالتَّقٰى وَالعَفَافَ وَالعِغْنٰى

Allahumma innee as-alukal hudaa wattuqaa wal afaafa wal ghinaa

What other things should we ask Allah for?



Meaning: Oh Allah! I ask you for guidance, piety, modesty and contentment.



Signed:

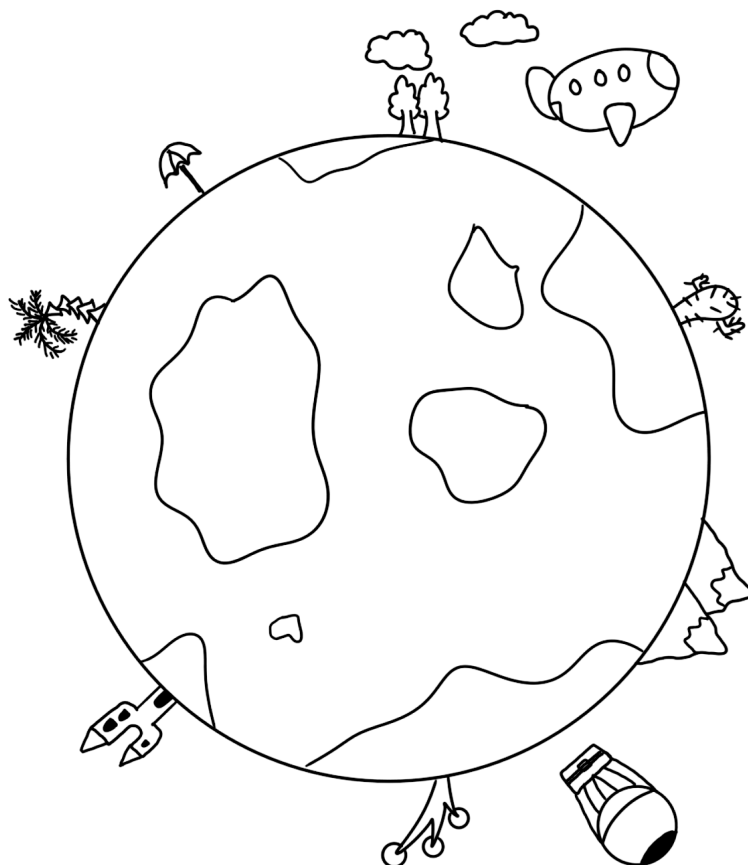
Date:

DUA FOR THIS

WORLD AND THE HEREAFTER

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanaa aatinaa fidunyaa hasanataw wafil aakhirati hasanataw waqinaa adhaaban-naar



Meaning: Our Lord! Give us good in this world and good in the Hereafter, and save us from the torment of the Hell Fire.



Signed:

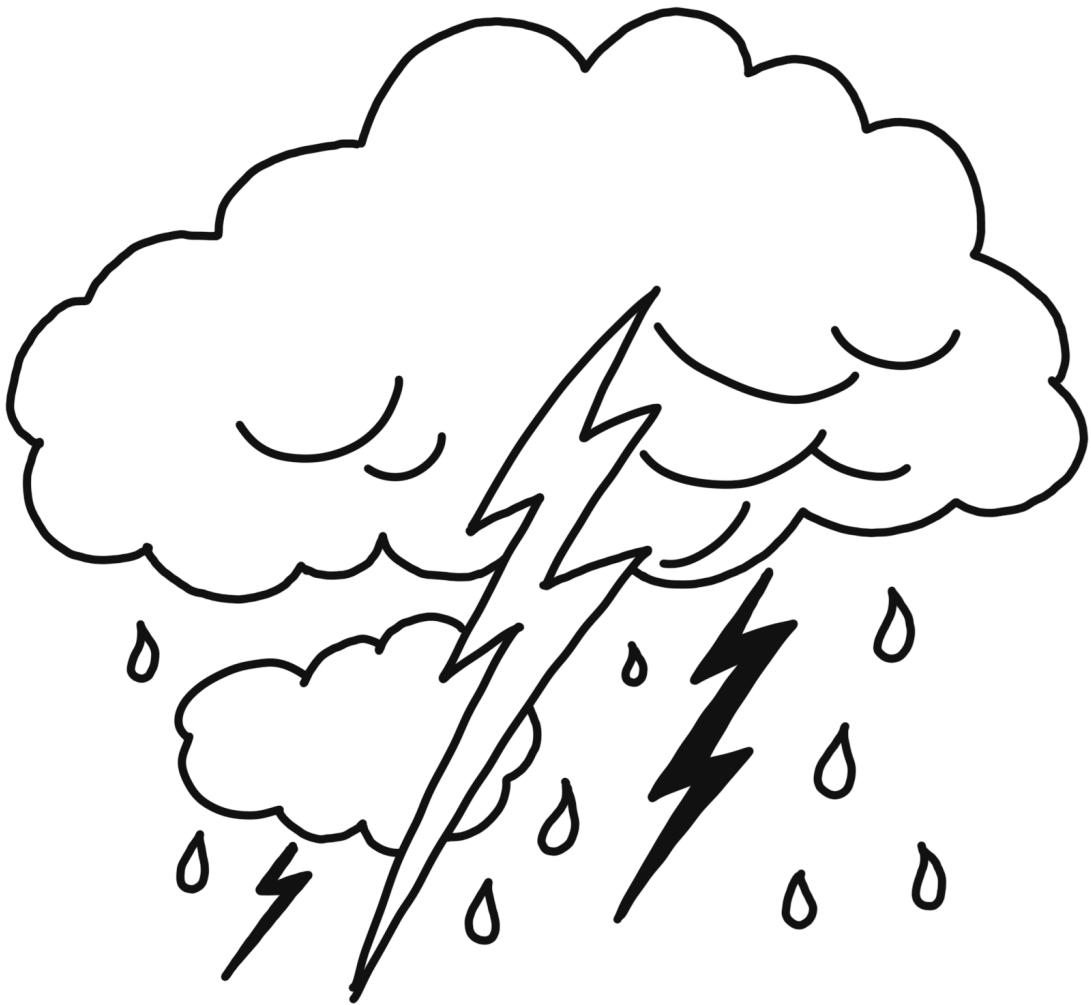
Date:

DUA TO READ DURING A:

STORM

اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ خَيْرَهَا وَاَعُوْذُ بِكَ مِنْ شَرِّهَا

Allaumba innee as-aluka khayrahaa wa-a'udhubika min sharrihaa



Meaning: Oh Allah, I ask You for it's goodness and I seek refuge with You from it's evil.



Signed:

Date:

DUA TO READ AFTER A:

BAD DREAM

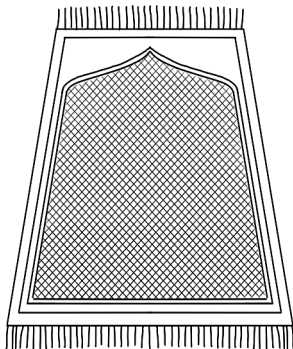
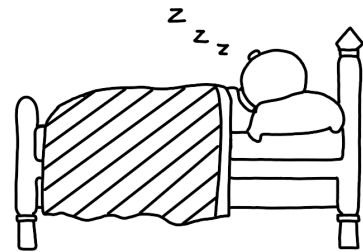
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

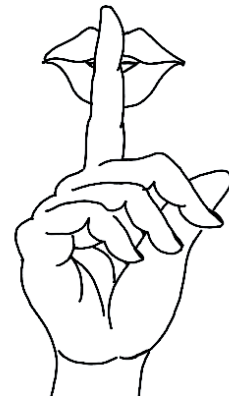
Audhu billaahi minash-shaytaan-irajeem

The Prophet advised us to do 5 things after we have had a bad dream. One has been done for you. Can you fill in the rest?

3X

Spit on your left three times.
(Use more air than actual spit!)





Meaning: I seek refuge in Allah from Shaitan, the outcast.



Signed:

Date:

DUA TO READ IF I'M:

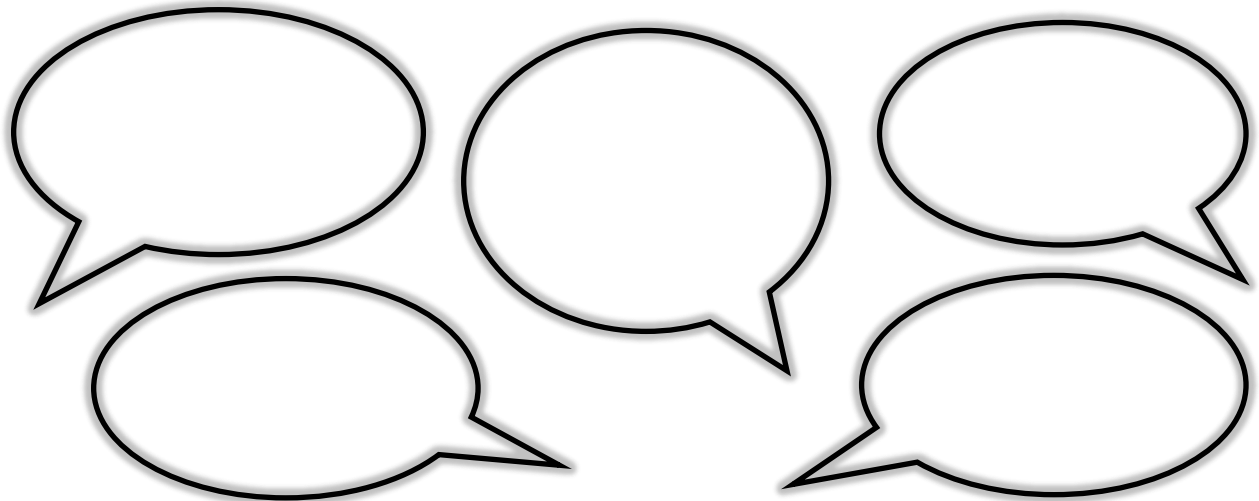
SAD/ WORRIED

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ
وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allahumma innee audhubika minal hammi wal hazani wal ajzi

Walkasli walbukhli waljubni wadalid-dayni wa ghalabatir-rijaal

Sometimes we might feel sad or worried about something. It's perfectly normal to feel this way as every single person feels sad. Even the Prophets of Allah (May Allah be pleased with them) felt this way! Discuss what you can do if you feel sad and write it down in the speech bubbles below.



Meaning: Oh Allah, I seek refuge with You from anxiety, and sadness, and weakness, and laziness, and miserliness, and cowardice, and the burden of debts and from being overpowered by people.



Signed:

Date:

This dua book contains **daily duas** in both Arabic and English. There are **colouring pages, wordsearches, drawing and writing activities** that children can work through with the help of parents and teachers.

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