

# 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.

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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 Shawaha, 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 be printed for the purpose of being sold.

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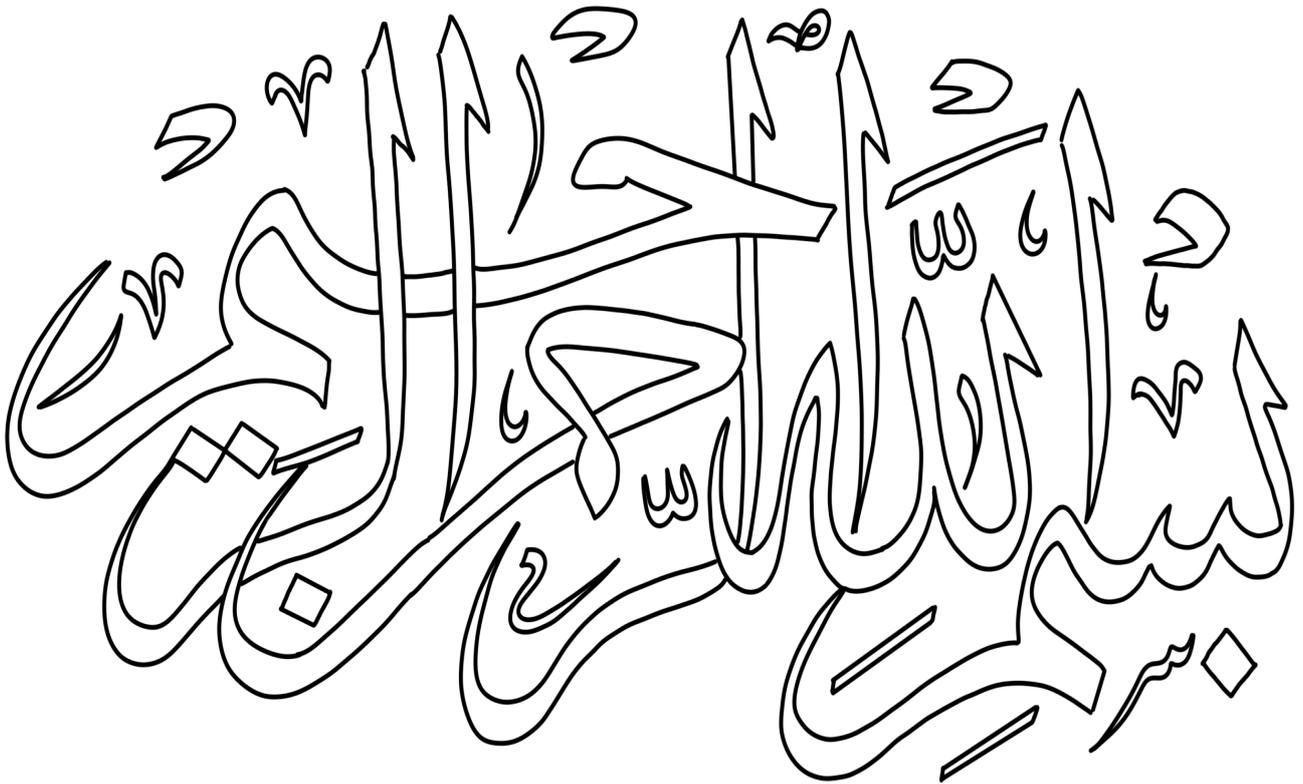
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BEFORE

# STARTING ANYTHING

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismillah-hirahmaan-iraheem*



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



Signed:

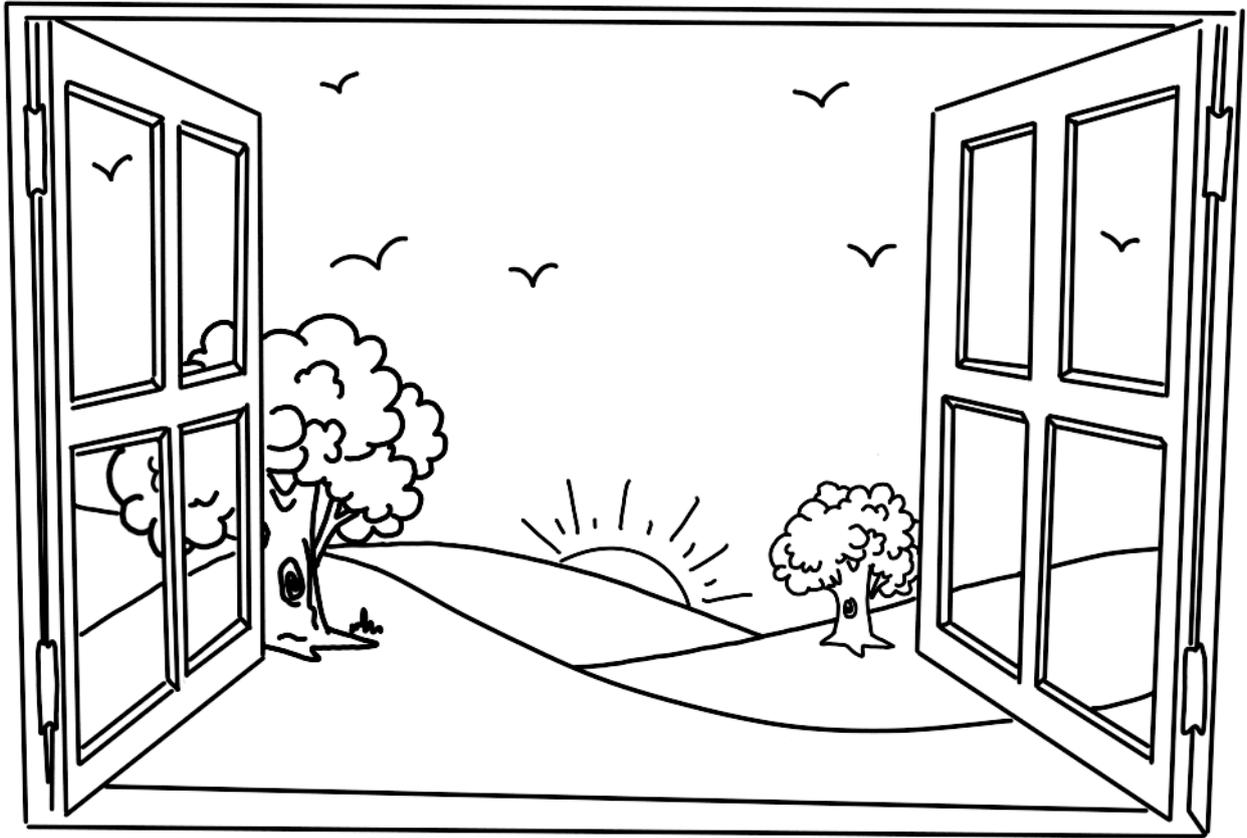
Date:

WHEN

# WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillaahil-ladhee ahyanaa ba'da maa amaataanaa wa ilayhin-nushoor*



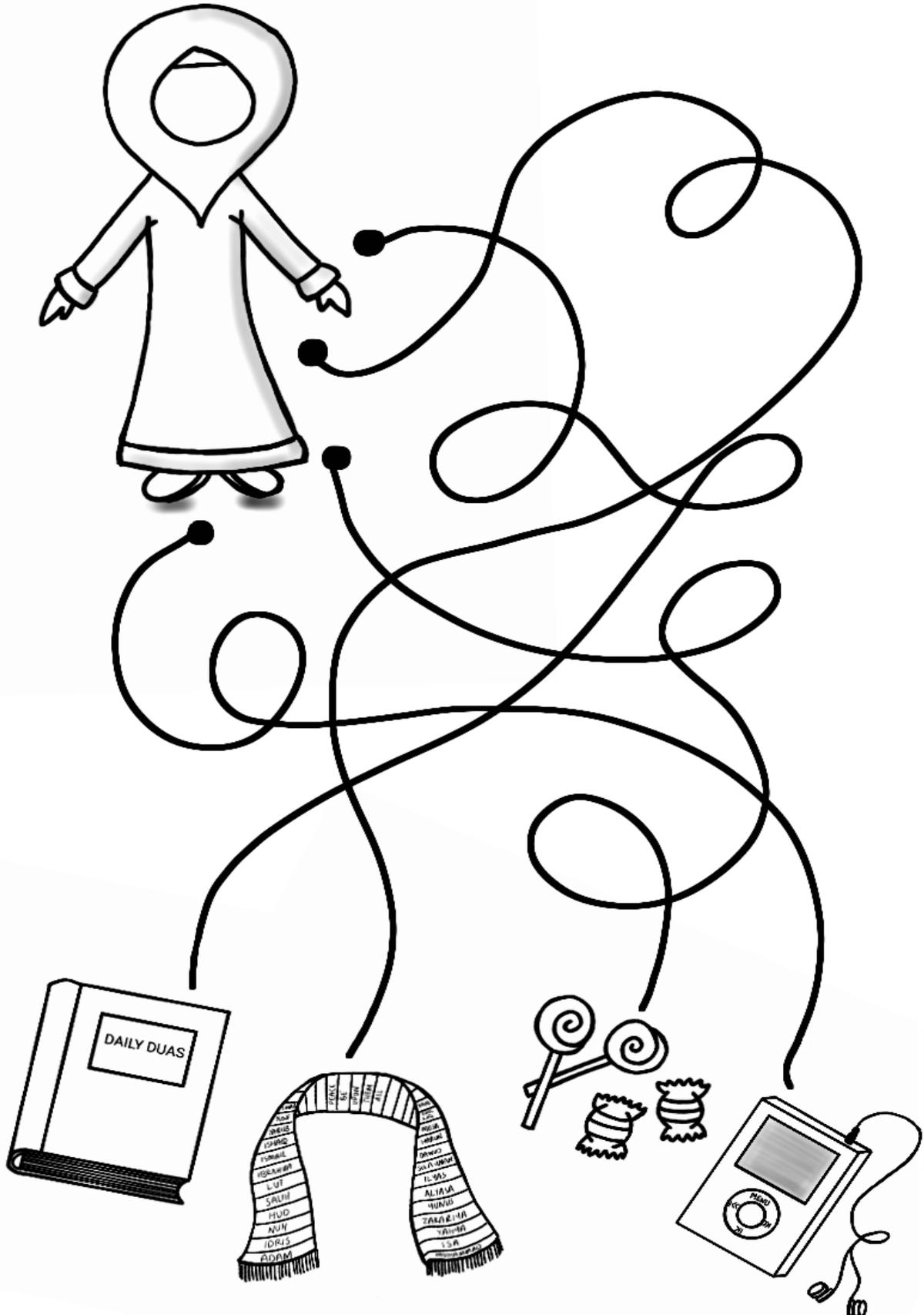
**Meaning:** All praise is for Allah who gave us life after causing us to die, and unto Him we shall return.



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?

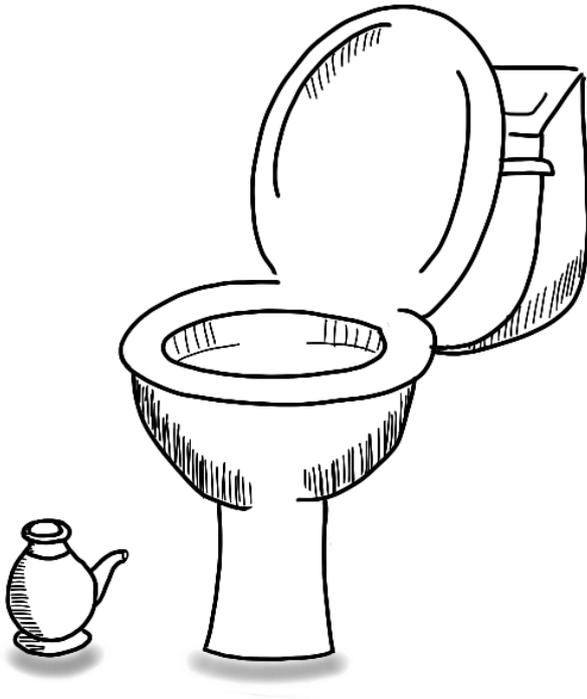


WHEN I ENTER THE

# BATHROOM

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

*Allahumma innee authu bika minal khubuthi wal khabaaith*



Sunnahs of using the toilet:

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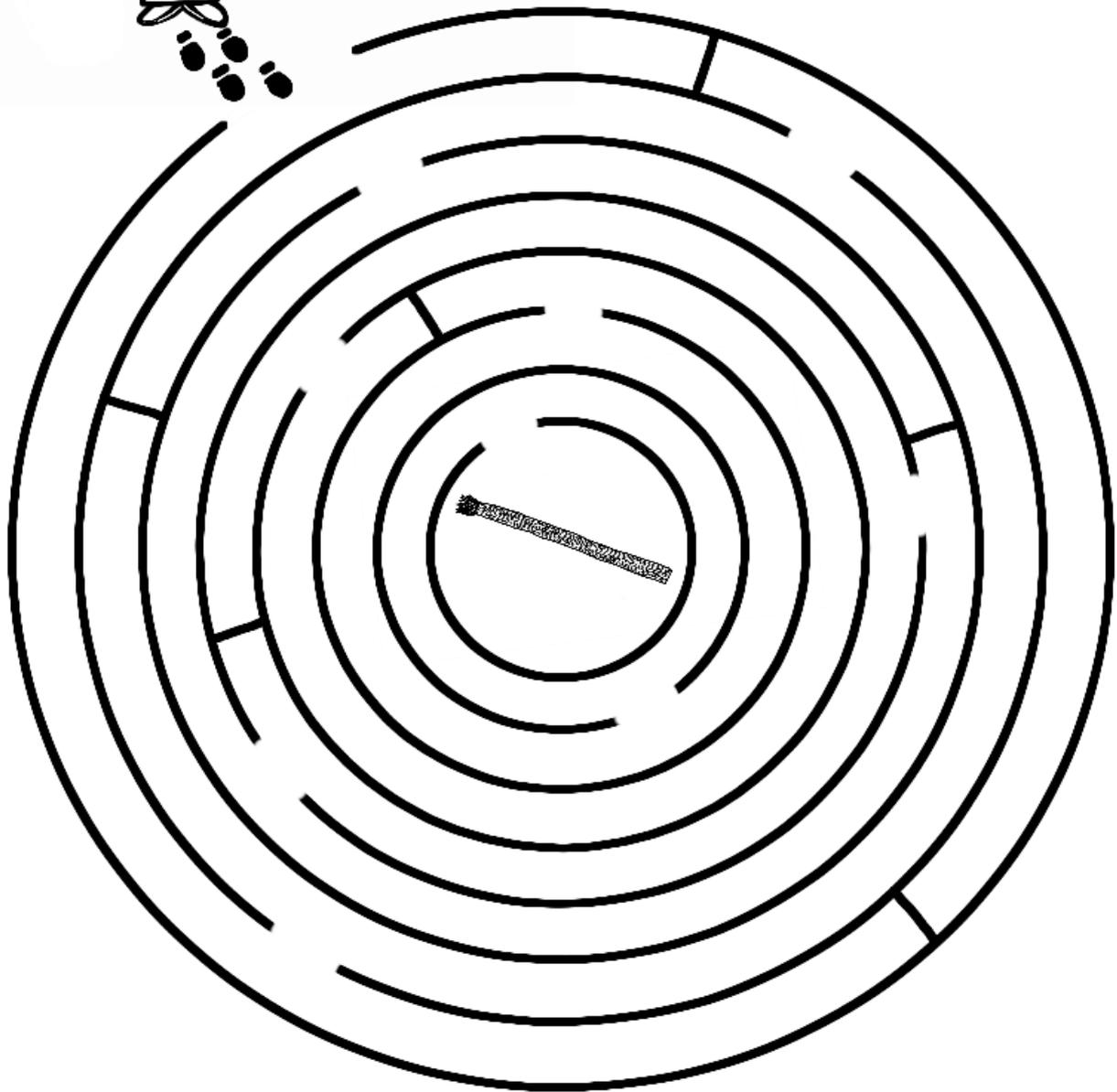
**Meaning:** Oh Allah, I seek refuge in You from male and female shayateen.



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?

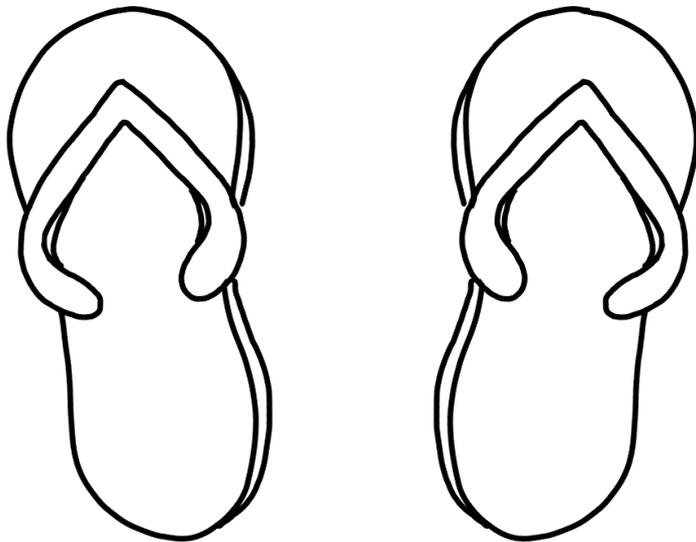


BEFORE DOING

# WUDHU

بِسْمِ اللّٰهِ

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.

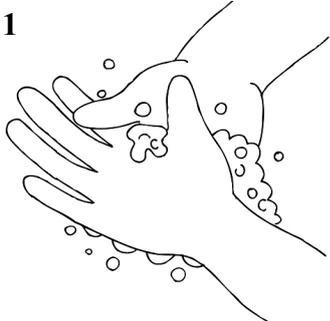
**Did you know:** The Prophet (S.A.W) did not like it when people wasted water. Once a companion was using water when doing wudhu and the Prophet (S.A.W) told him that the water he was using was too much. The companion was surprised. The Prophet (S.A.W) then said that water could be wasted even at a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

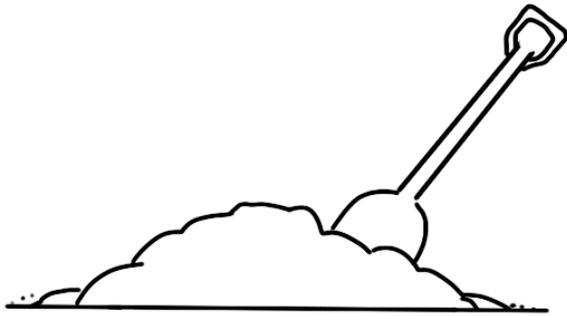


Signed:

Date:

# Tayammum

Circle the things that you can do Tayammum with.



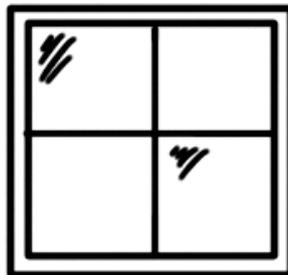
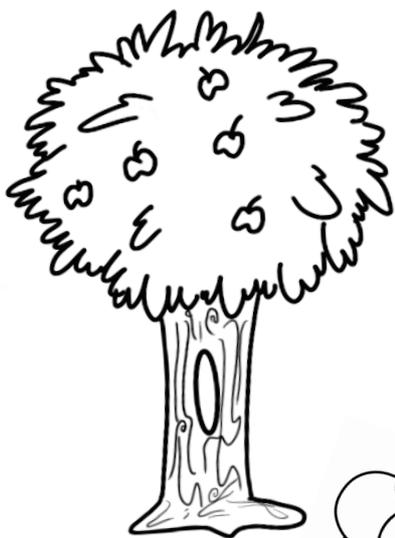
Fardh acts of  
Wudhu

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What is Tayammum?.....

When can you do Tayammum?.....

.....

WHEN LEAVING THE

# BATHROOM

غُفْرَانَكَ 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

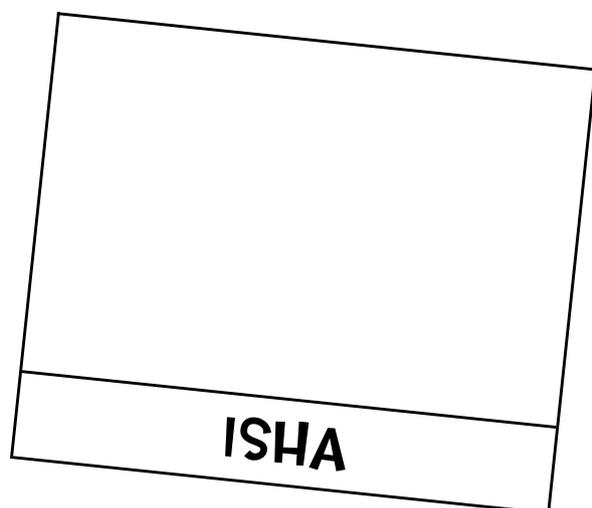
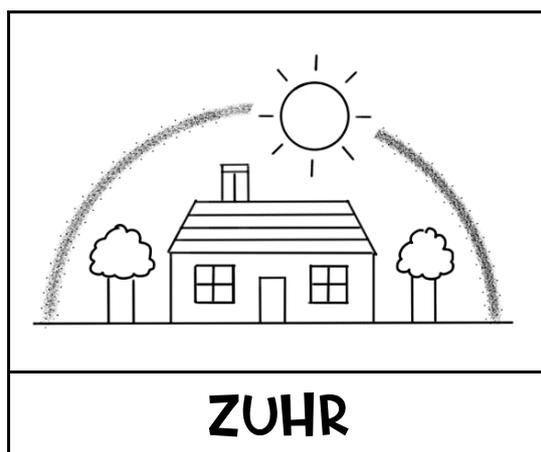
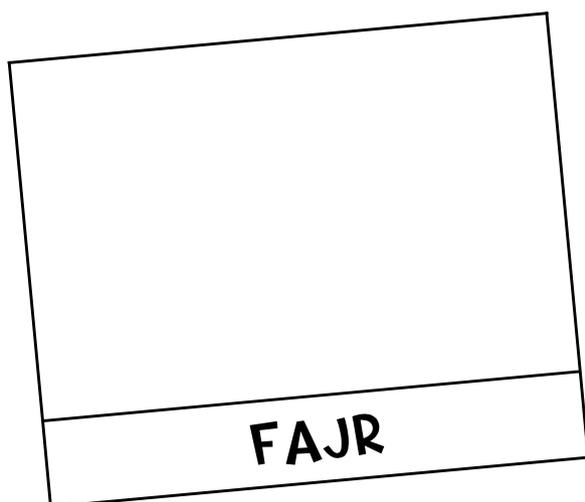
HAIR

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.



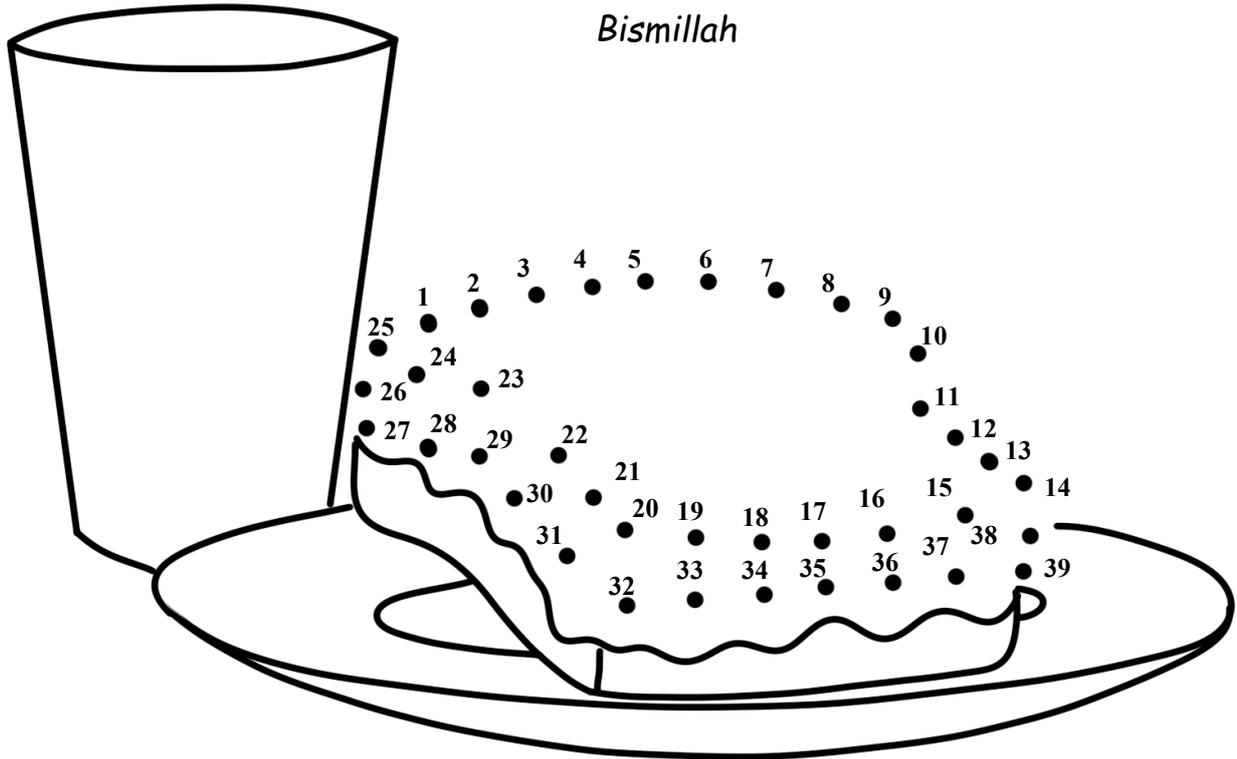
Did you know?

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

# BEFORE EATING

بِسْمِ اللّٰهِ

*Bismillah*



Sunnahs of eating:

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Meaning: In the name of Allah.



Signed:

Date:

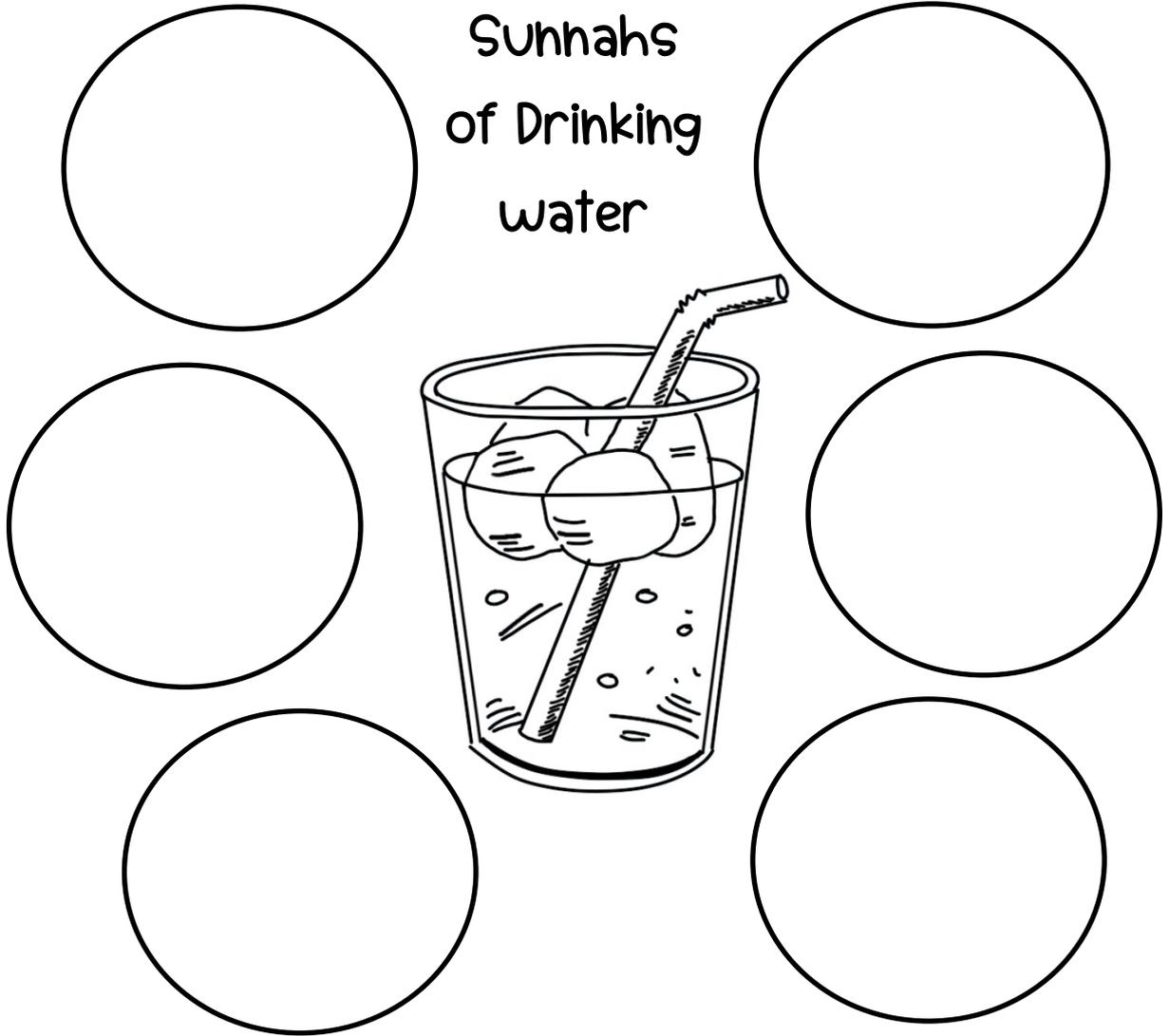
WHEN GIVEN

# FOOD AND WATER

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي

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

Sunnahs  
of Drinking  
water



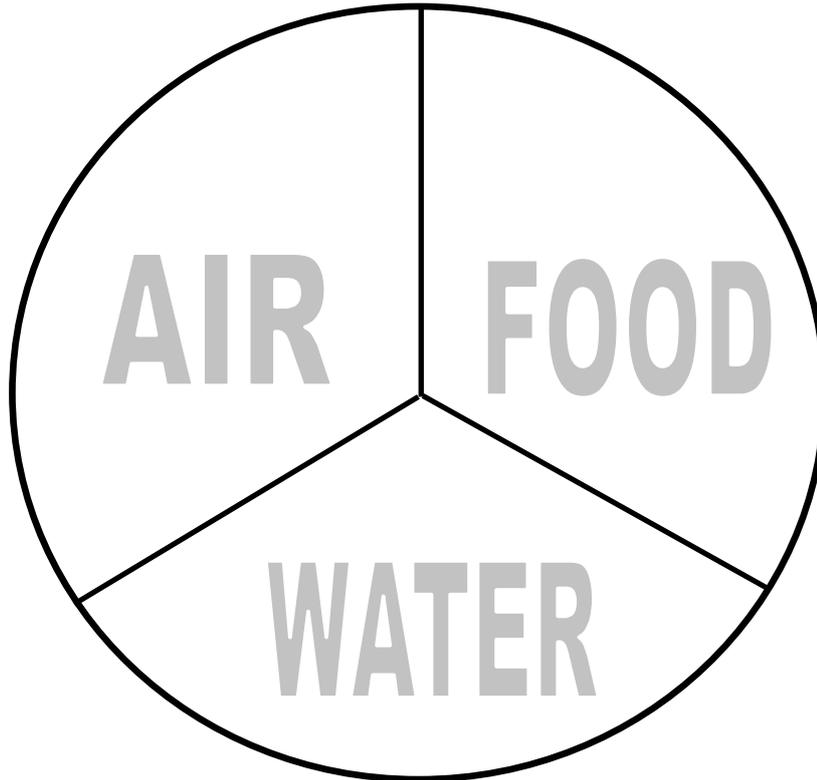
**Meaning:** Oh Allah! Feed the one who has fed me and give drink to the one who has given me drink.



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

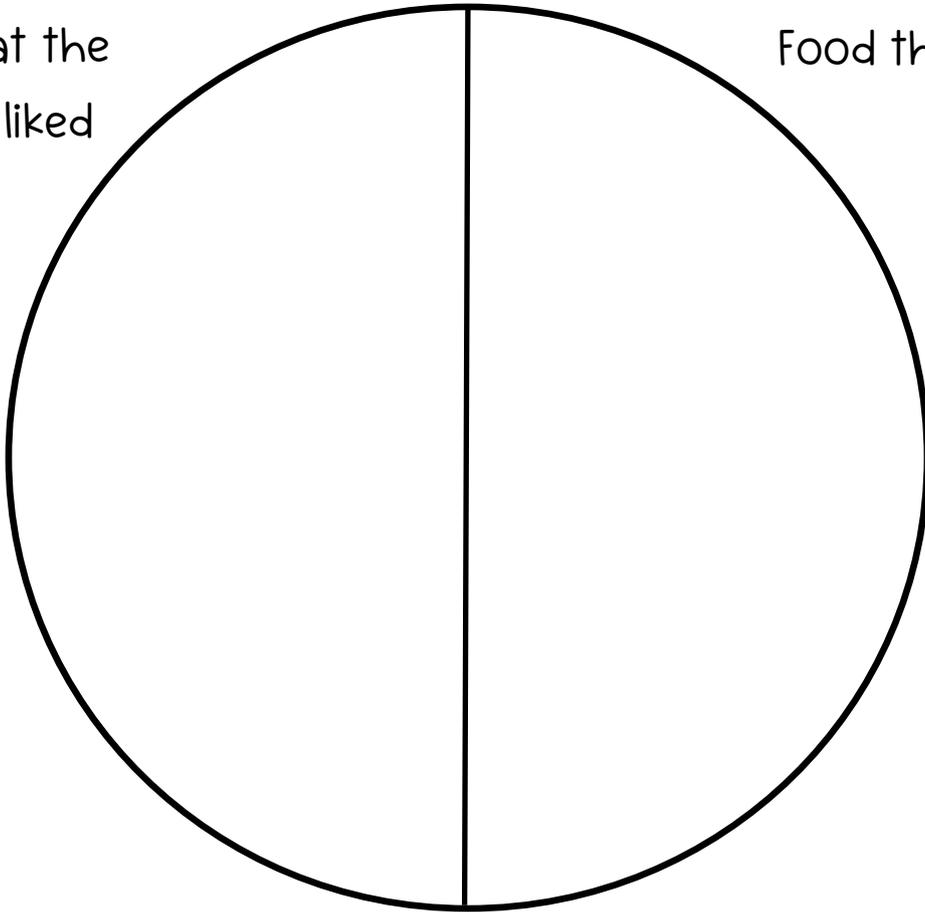
# EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

*Alhamdulillah illadhi at'amana wasaqaana, waja'alanaa muslimeen*

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:

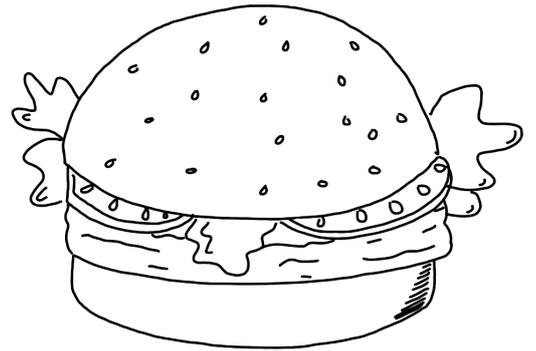
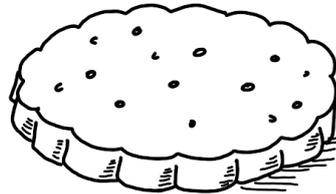
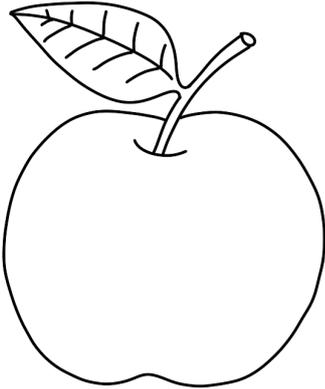
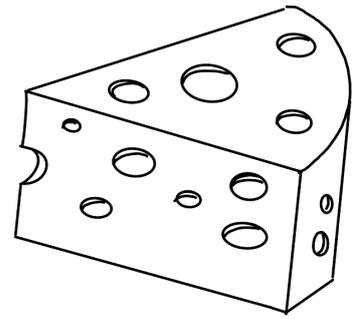
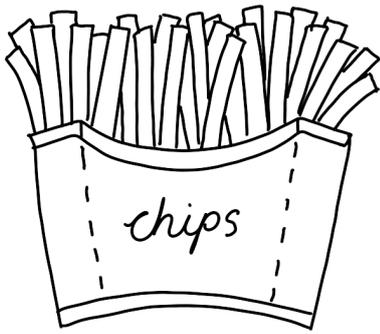
Date:

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

بِسْمِ اللّٰهِ اَوَّلَهُ وَاٰخِرَهُ

*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:

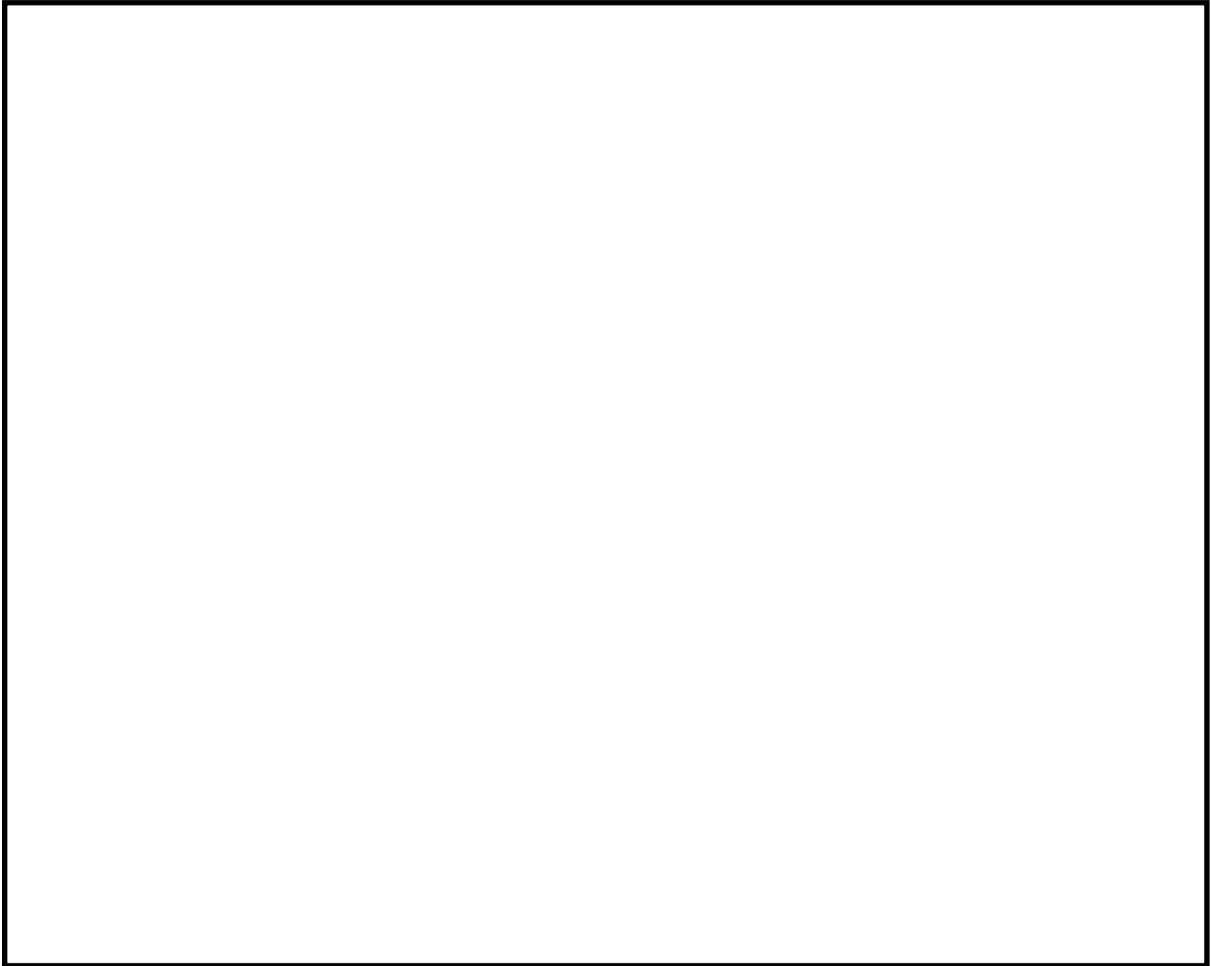
WHEN WEARING

# CLOTHES

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

*Alhamdulillah illadhi kasaani haatha-thawba wa razaqaneehi min ghayri hawlim-minnee wala 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:

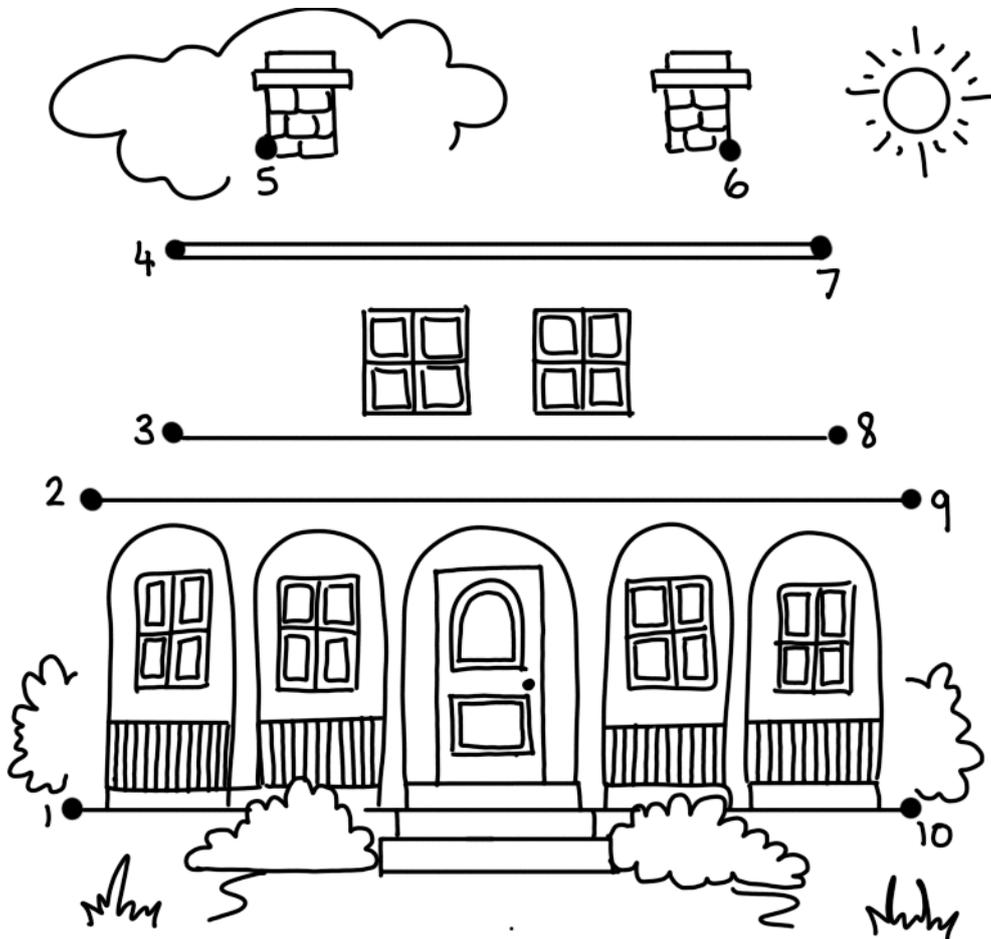
WHEN

# ENTERING A HOUSE

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوَاجِعِ وَخَيْرَ الْمَخْرَجِ،  
بِسْمِ اللَّهِ وَوَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَعَلَى اللَّهِ 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

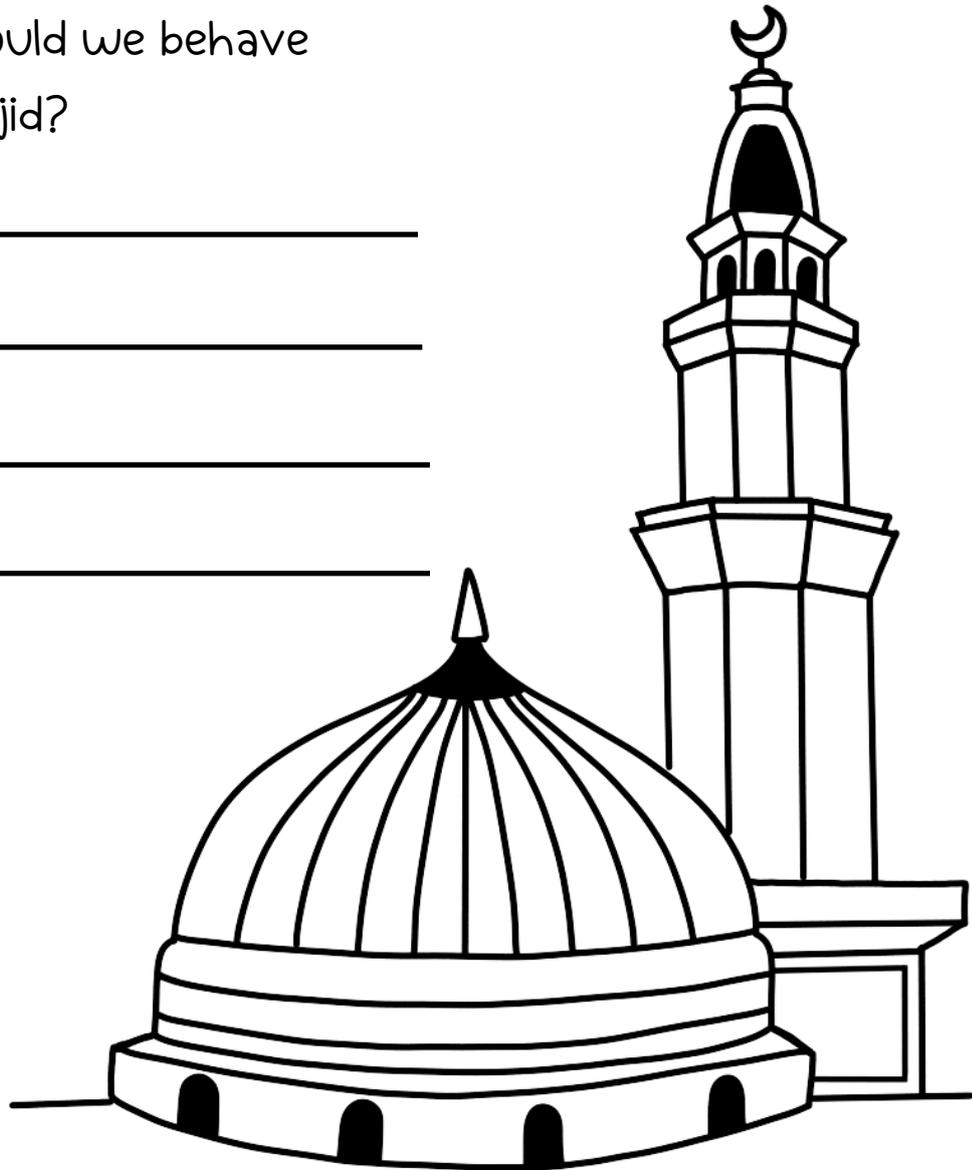
# MASJID

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ 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:

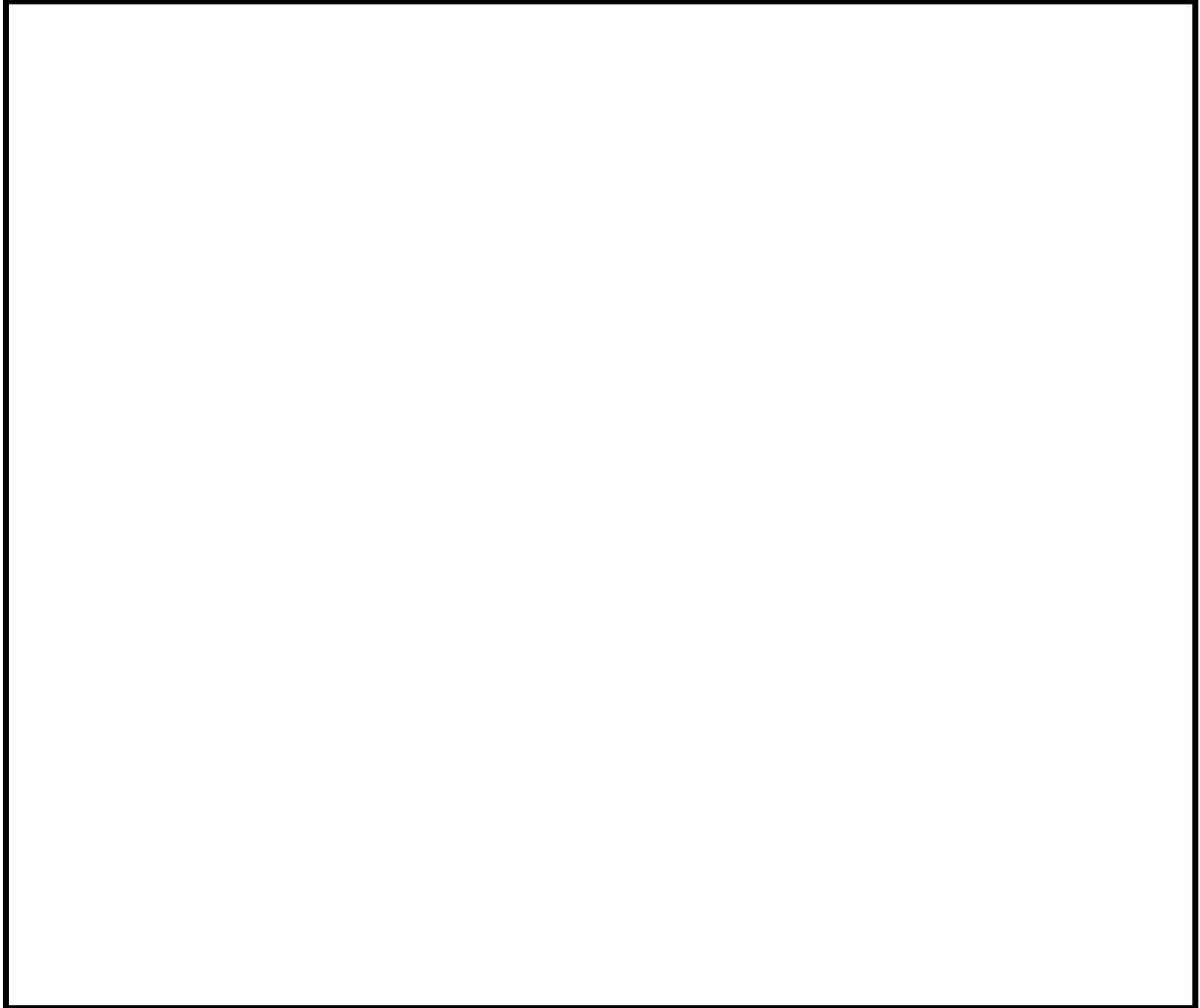
WHEN LEAVING THE

# MASJID

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

*Allaa-humma innee as'aluka min fadhlik*

Design your own Masjid in the box below.



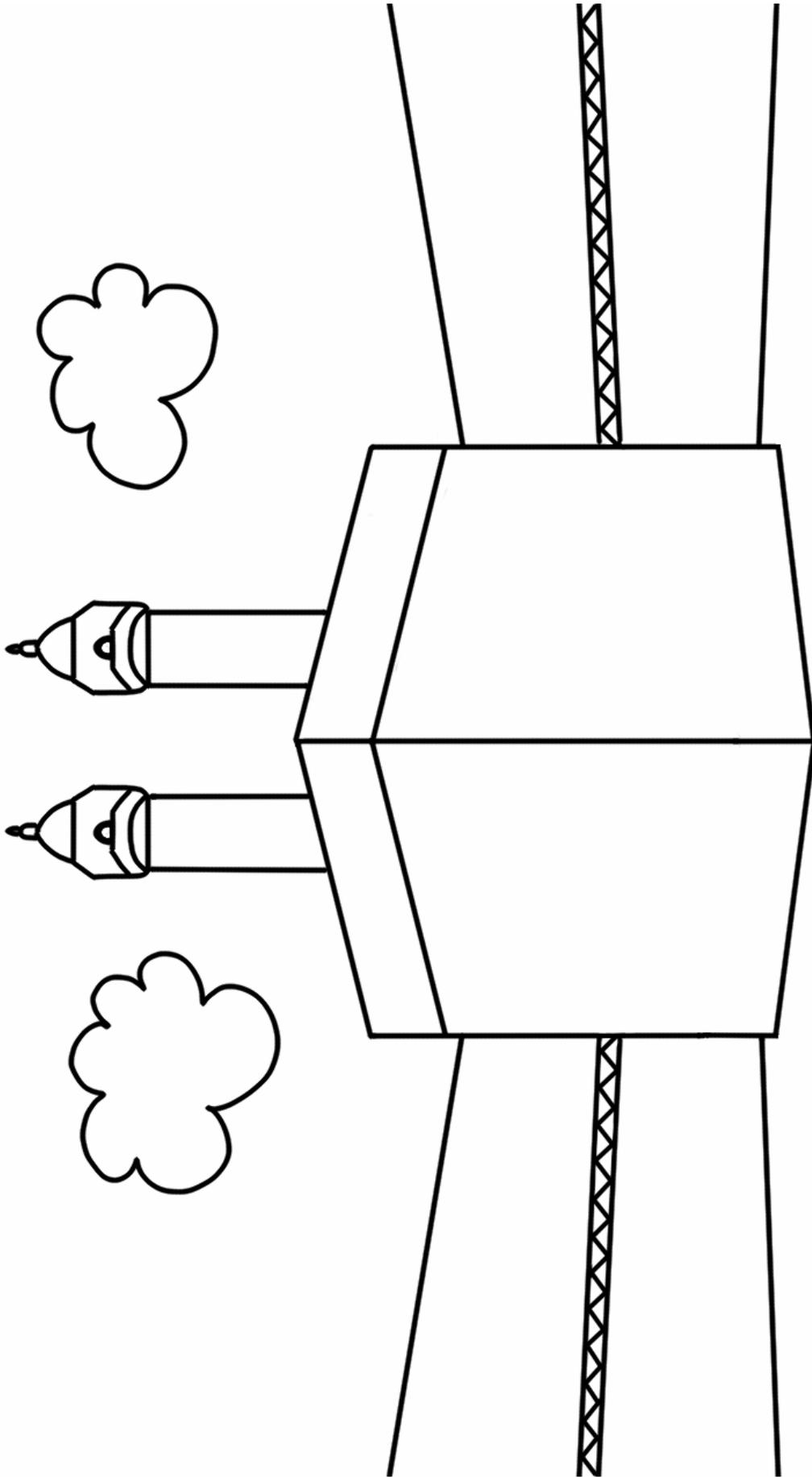
Meaning: Oh Allah, I ask You from Your favour.



Signed:

Date:

Complete the drawing of the kabah.





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.

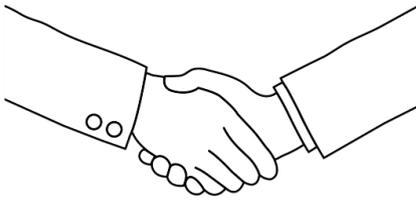


Signed:

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."

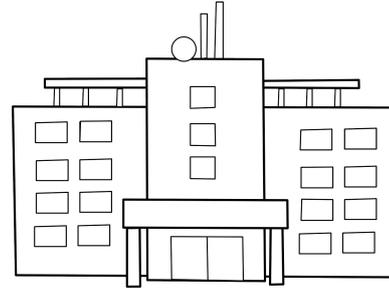
Write down the rights of a Muslim under each picture:




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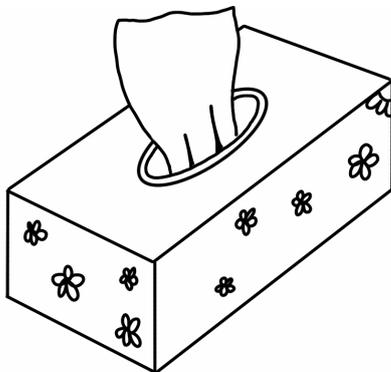
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WHEN IT

# RAINING

اللَّهُمَّ صَيِّبًا نَافِعًا

*Allaahumma sayyiban naafi'aa*



Meaning: Oh Allah, send upon us beneficial rain.



Signed:

Date:

AFTER SAYING/ HEARING/READING THE

# PROPHET MUHAMMAD'S NAME

صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ

*Sallallahu alayhi wasallam*

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

صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ

**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 سَخَّرْنَا 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 اللهُ خَيْرًا

*Jazakallahu khayran*

Draw or write about things that you are thankful for.

**Meaning:** May Allah reward you in a better way.



Signed:

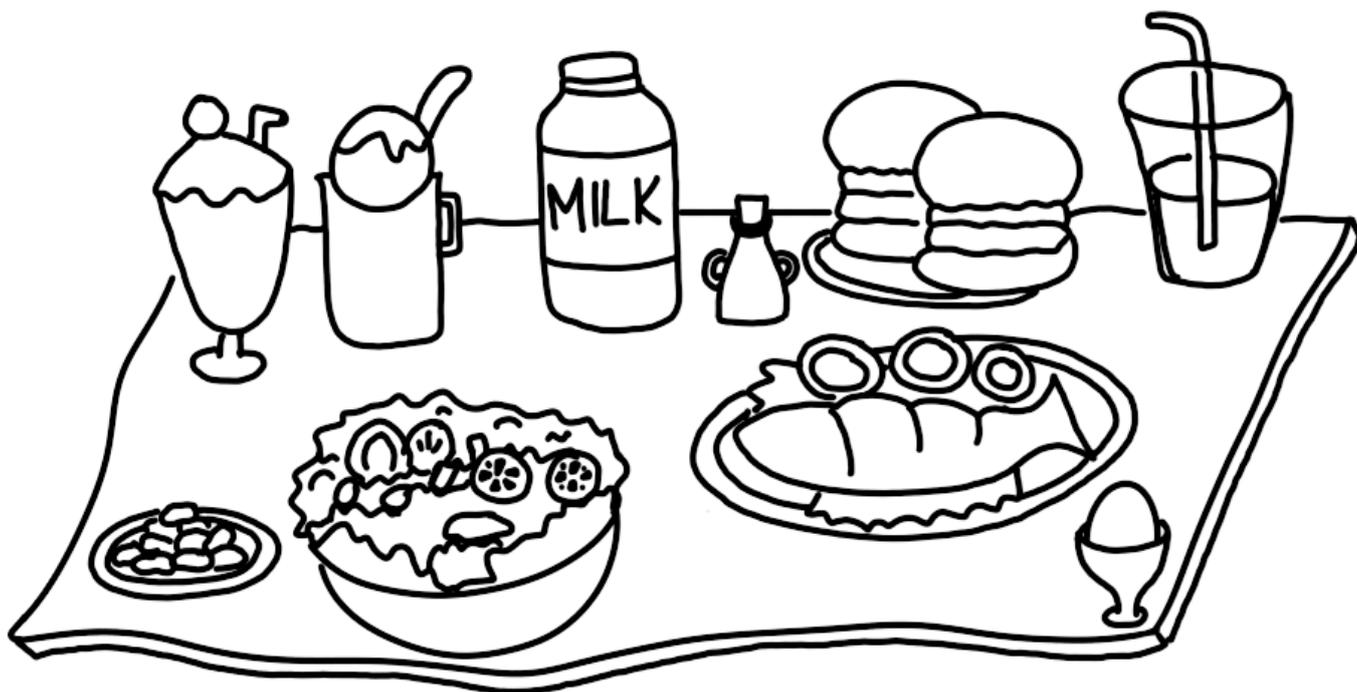
Date:

WHEN OPENING MY

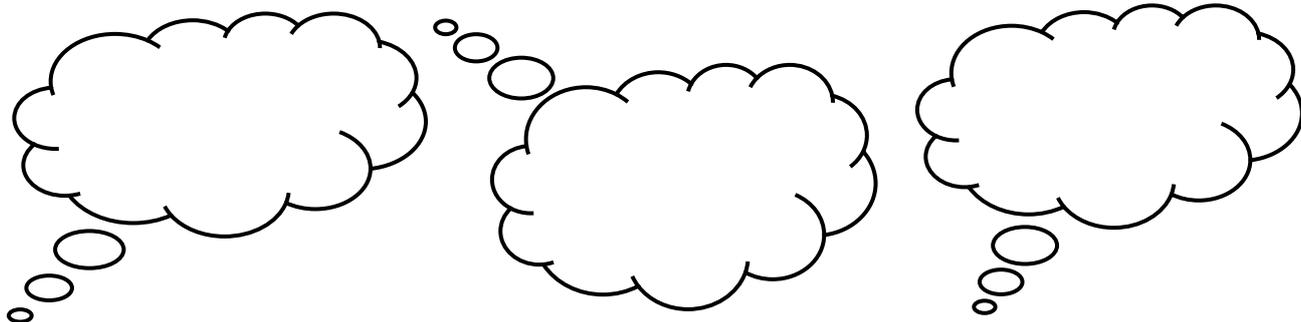
# FAST

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ العُرُوقُ وَثَبَتَ الأَجْرُ إِن شَاءَ اللهُ

*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

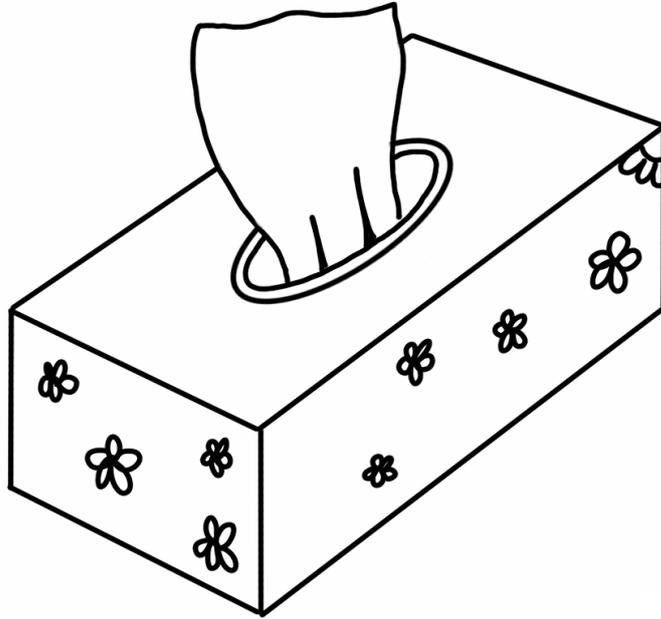
Tasbeeh

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 وَيُصْلِحُ بِأَلْسِنَتِكُمْ

*Yahdeekumullah wa yuslih baalakum*



Signed:

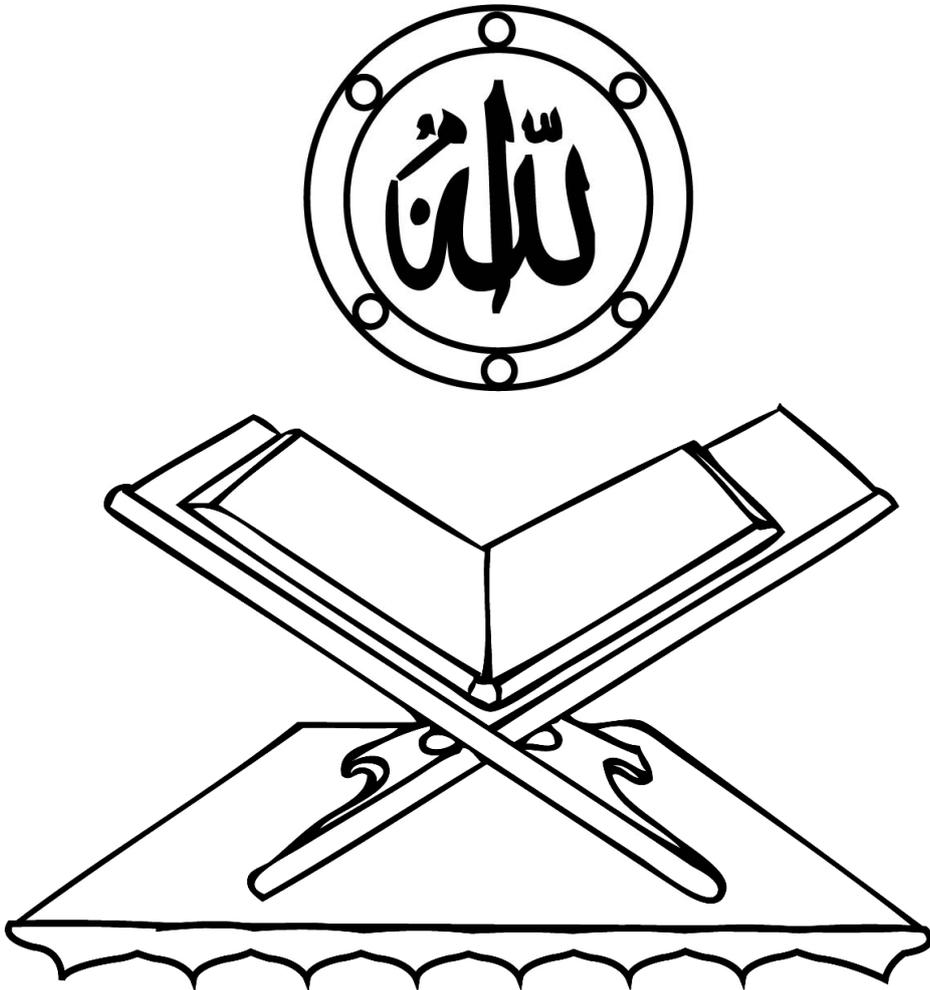
Date:

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.....

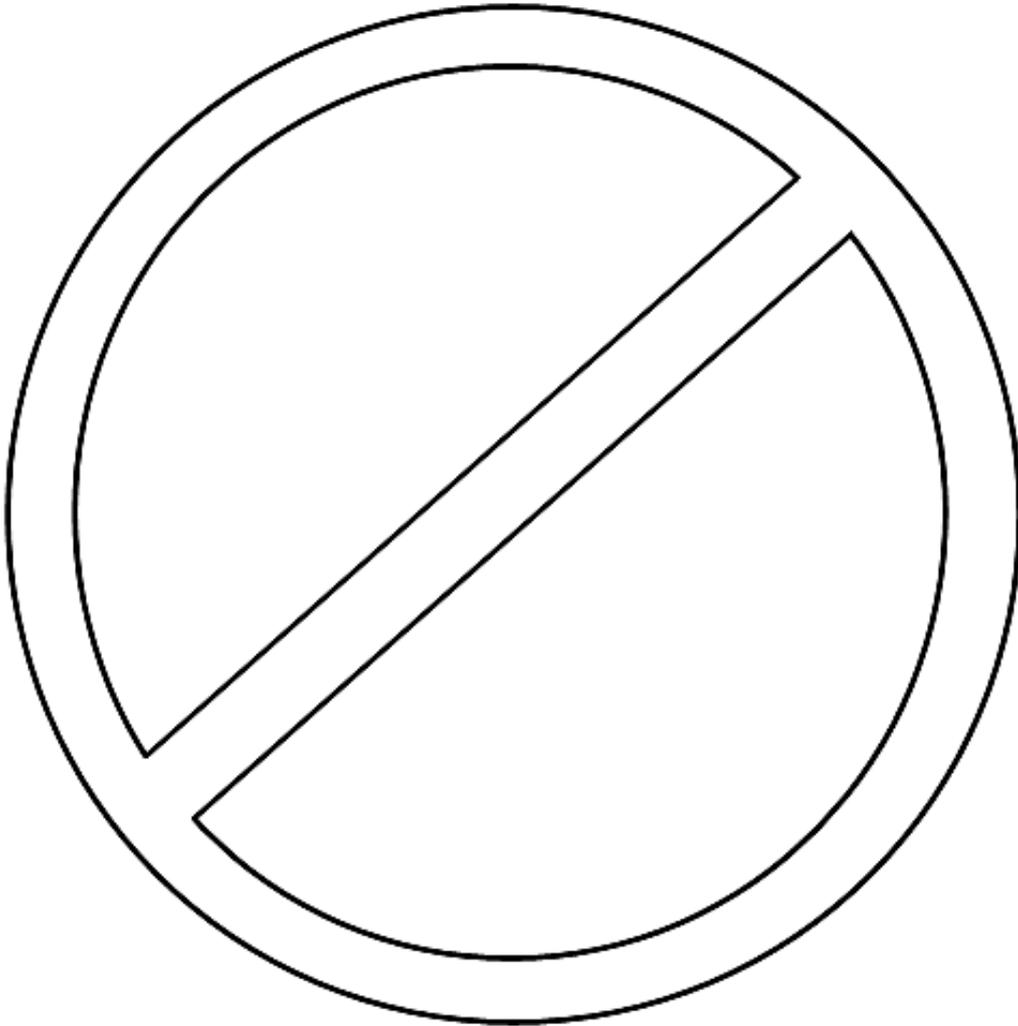
AFTER DOING A

# 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

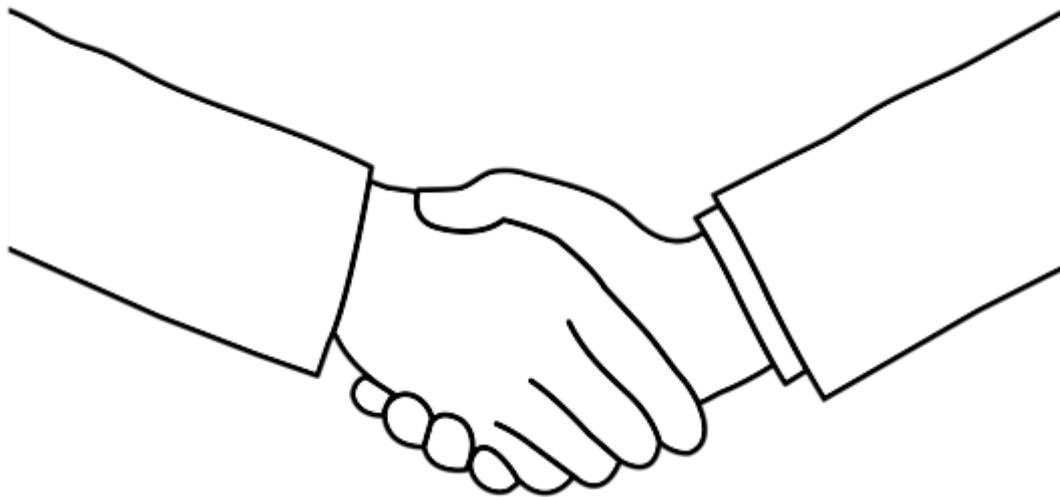
ASK FORGIVENESS DAY AND NIGHT

WHEN

# MEETING SOMEONE

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ 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 اللَّهِ 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

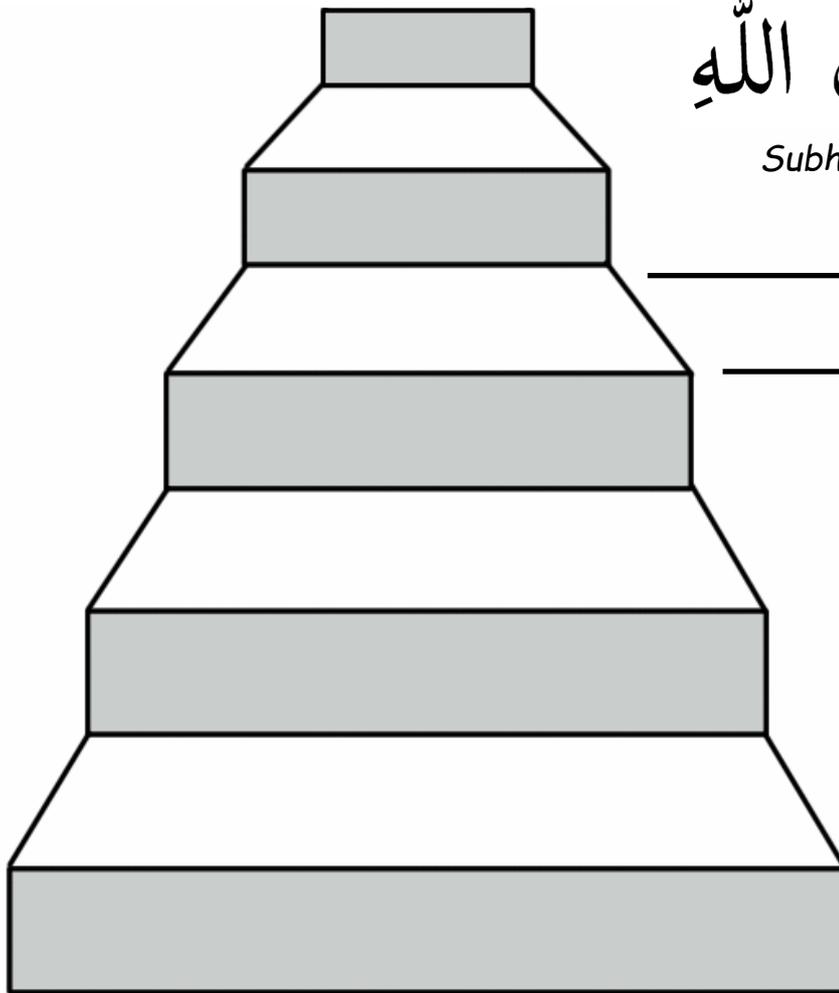
I SAY:

سُبْحَانَ اللَّهِ

Subhan Allah

\_\_\_\_\_

\_\_\_\_\_



Signed:

Date:

WHEN SEEING OR HEARING ABOUT SOMETHING AMAZING I SAY:

SUBHANALLAH سُبْحَانَ 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 الْحَمْدُ لِلَّهِ

THIS MEANS: \_\_\_\_\_



Signed: \_\_\_\_\_

Date: \_\_\_\_\_

WHEN EXPERIENCING

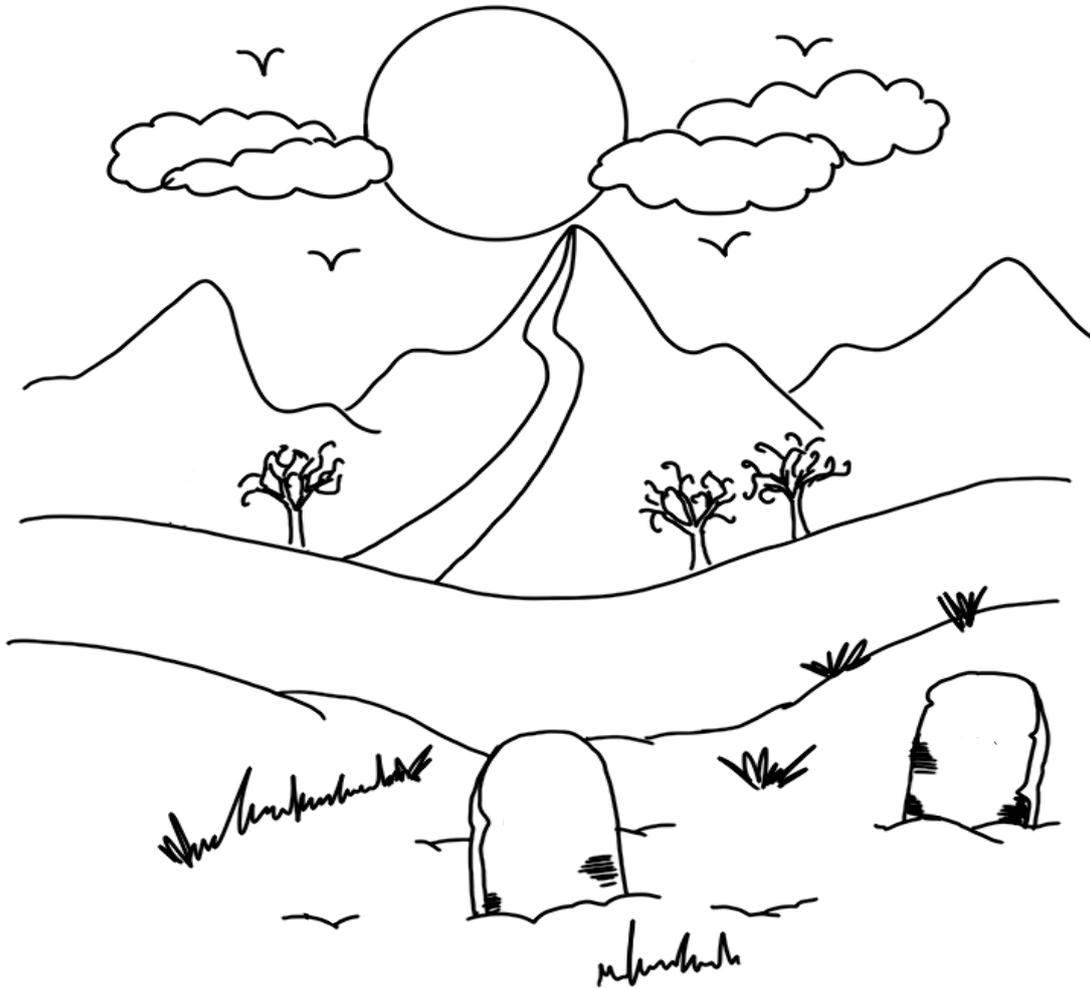
# DIFFICULTY

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

اللَّهُمَّ أَجْرِنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي 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:

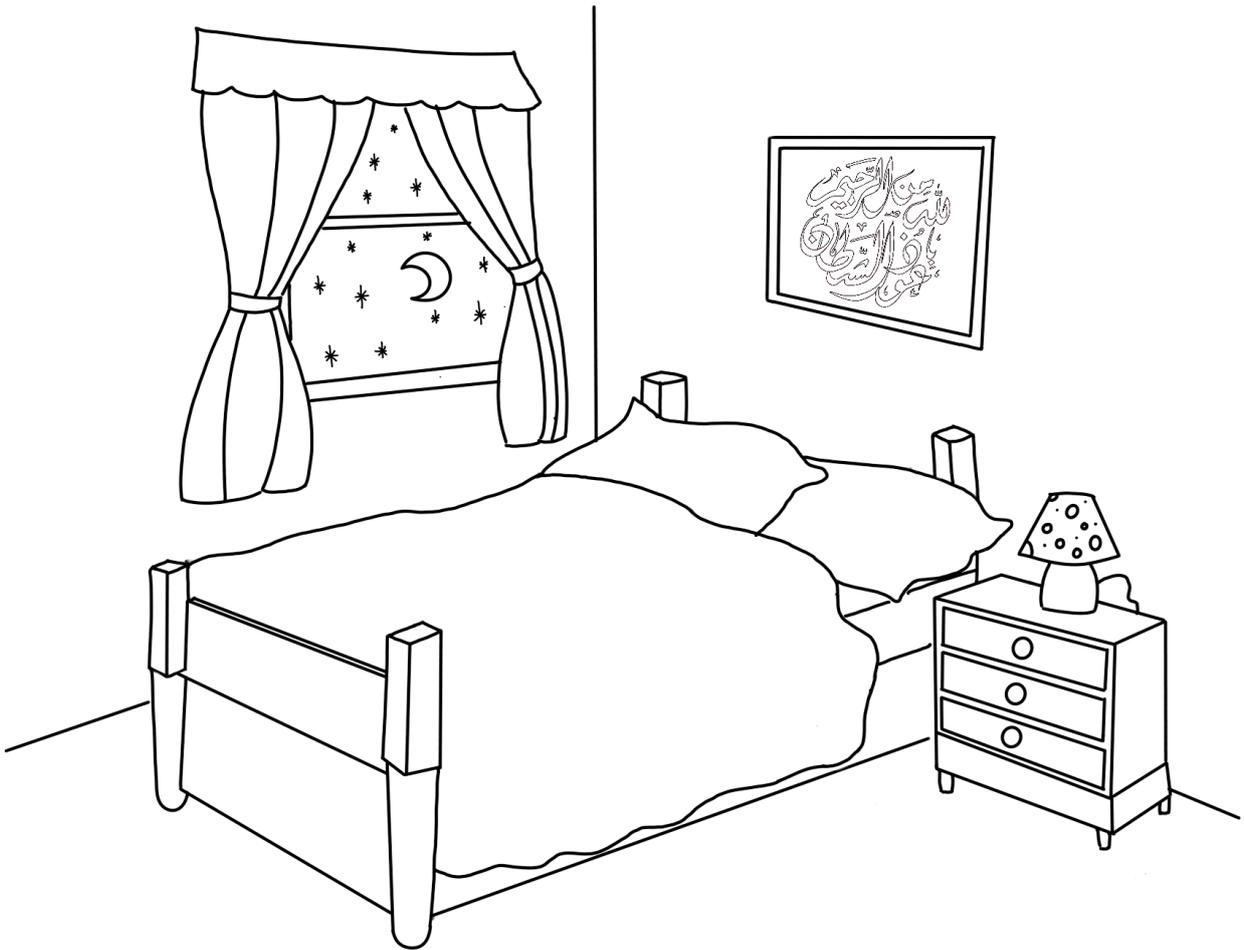
Date:

BEFORE

# SLEEPING

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

*Allahumma bismika amootu wa-ahyaa*



Sunnahs of sleeping:

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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?

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



Signed:

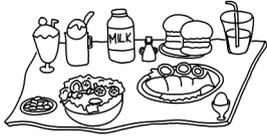
Date:

DUA FOR

# PARENTS

رَبِّ اَرْحَمَهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا

*Rabbir hamhuma kama rabbayaani sagheeraa*

What does your mum and dad do for you?	What can you do to help your mum and dad?
 <p>They cook for me</p>	I can help.....

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

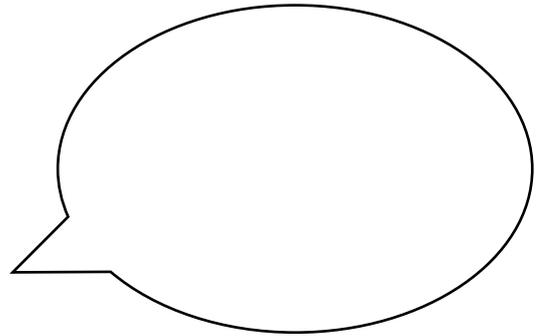


Signed:

Date:

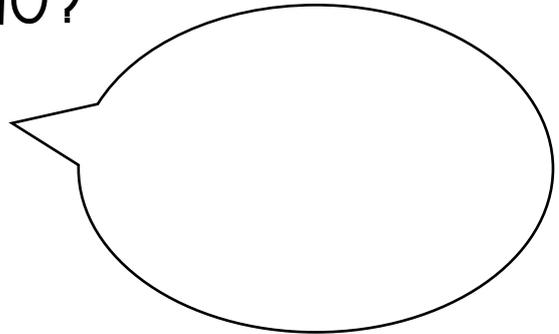
A man came to the messenger of Allah (peace and blessings of Allah be upon him) and said: 'O messenger of Allah, who among the people is most deserving of my good company?'

The **PROPHET** (S.A.W) said:



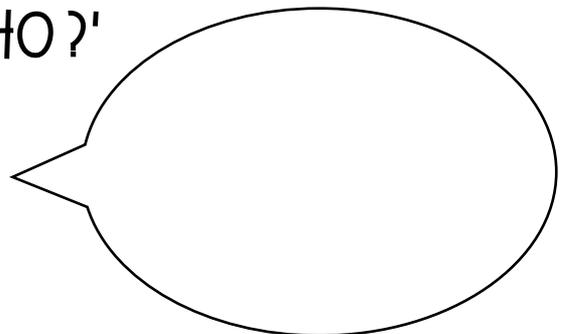
The **MAN** asked: 'THEN WHO?'

The **PROPHET** (S.A.W) said:



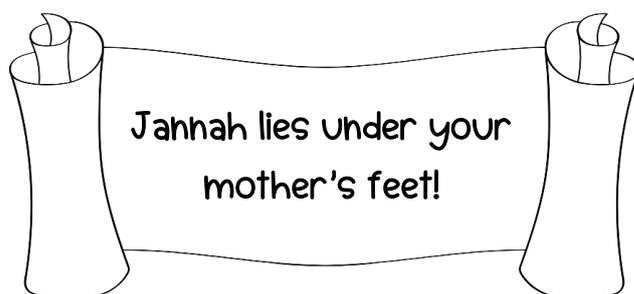
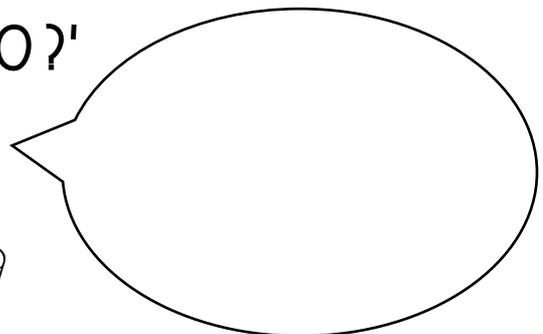
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The **MAN** asked: 'THEN WHO?'

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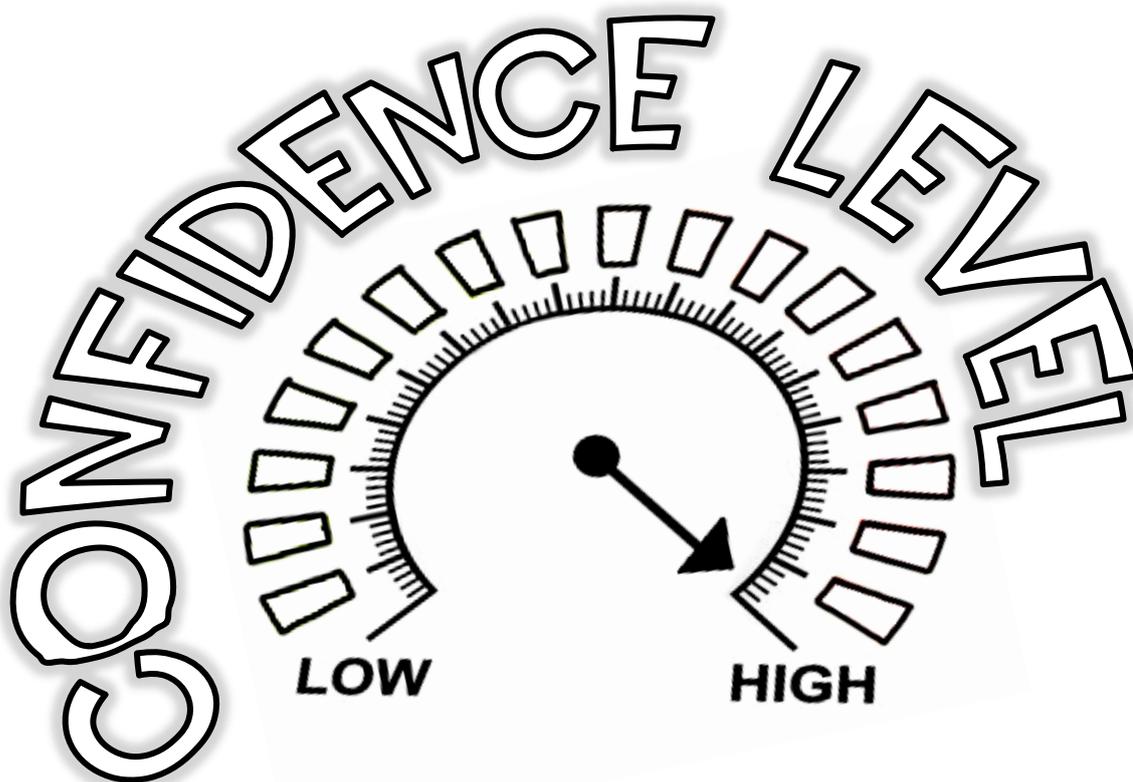
DUA FOR

# CONFIDENCE AND EASE

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي  
وَاحْلُلْ عُقْدَةً 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:

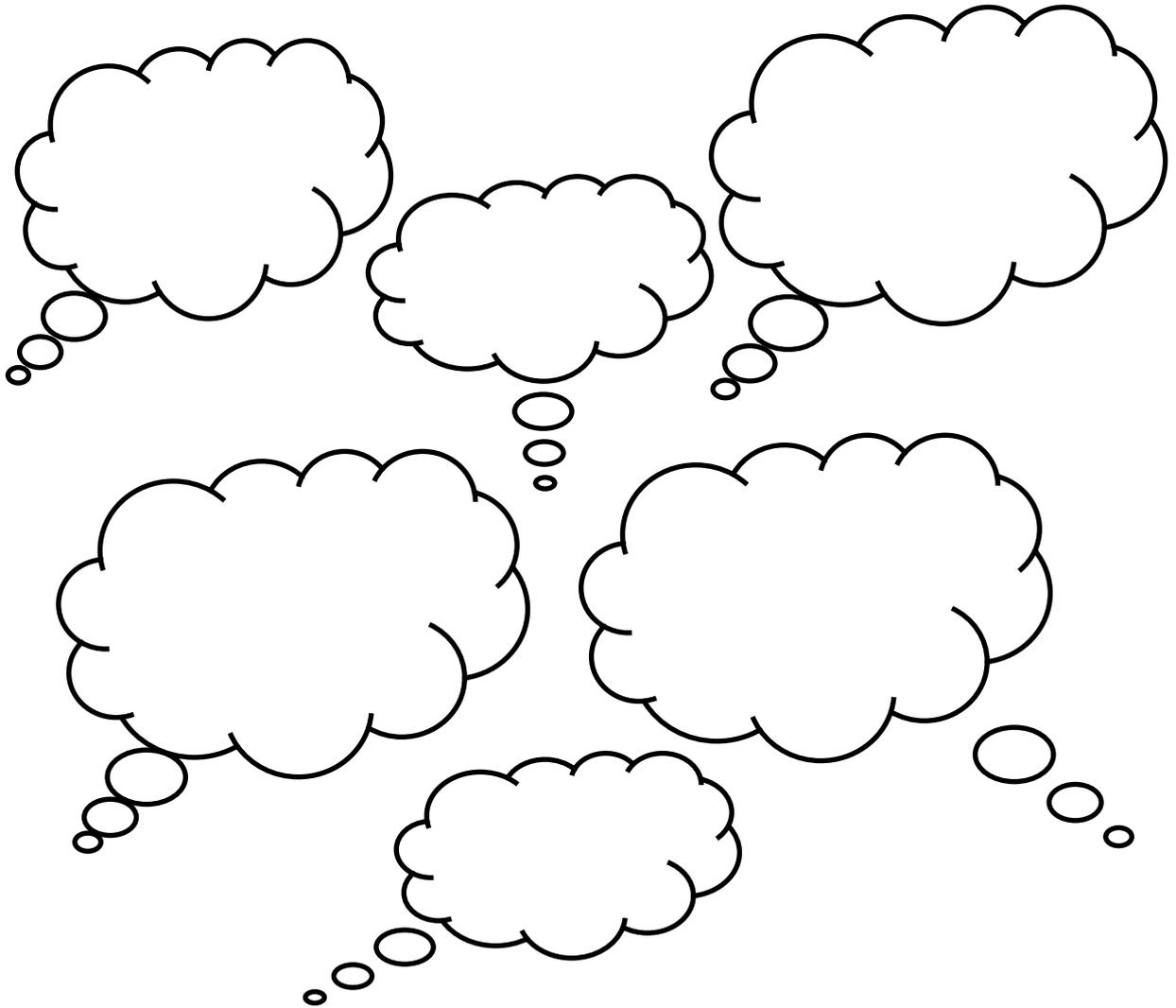
DUA FOR

# GUIDANCE

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتُّقَى وَالْعَفَافَ وَالْغِنَى

*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

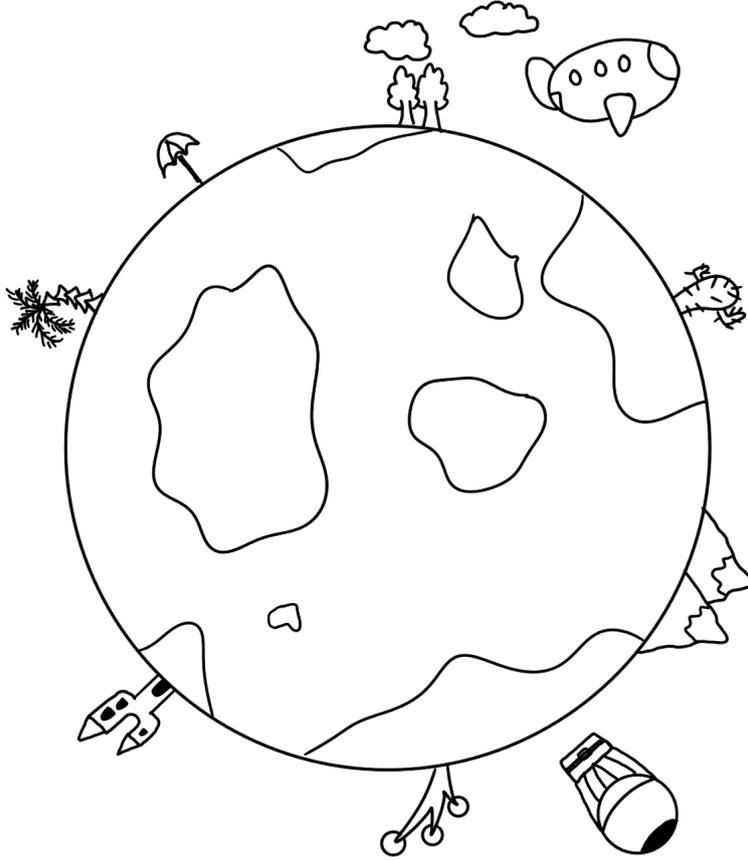
# WORLD

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:

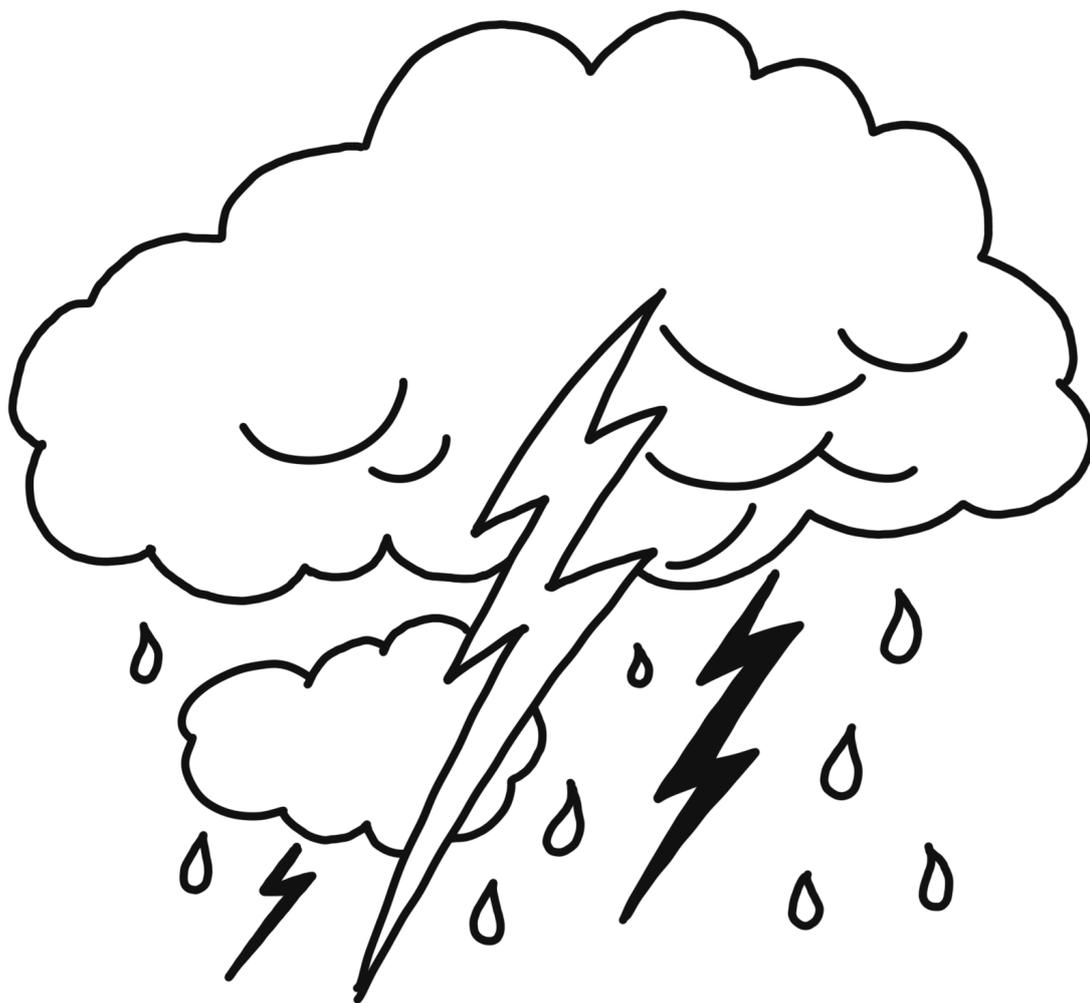
Date:

DUA TO READ DURING A:

# STORM

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَأَعُوذُ 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:

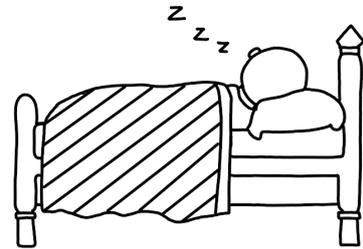
# BAD DREAM

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

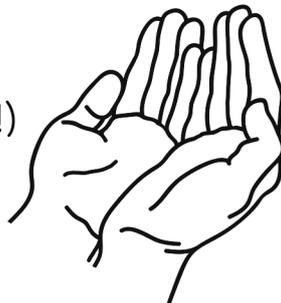
*Audhu billaahi minash-shaytaan-irajeem*

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

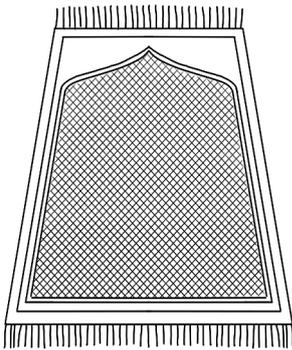


Spit on your left three times.  
(Use more air than actual spit!)



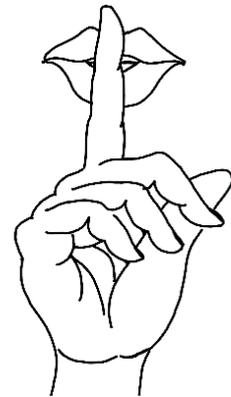
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**Meaning:** I seek refuge in Allah from Shaitan, the outcast.



Signed:

Date:

DUA TO READ IF I'M:

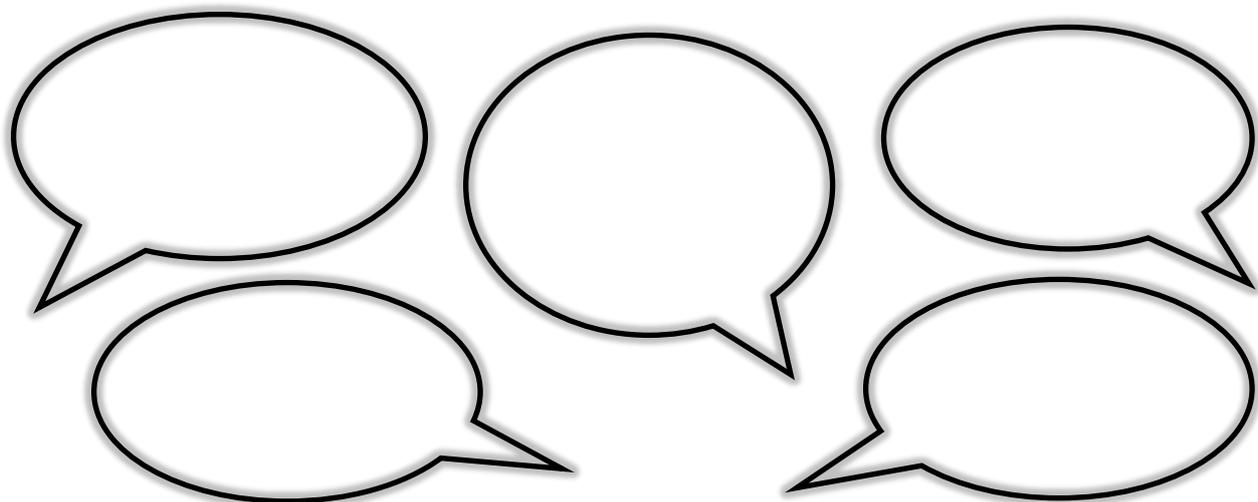
# SAD/ WORRIED

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