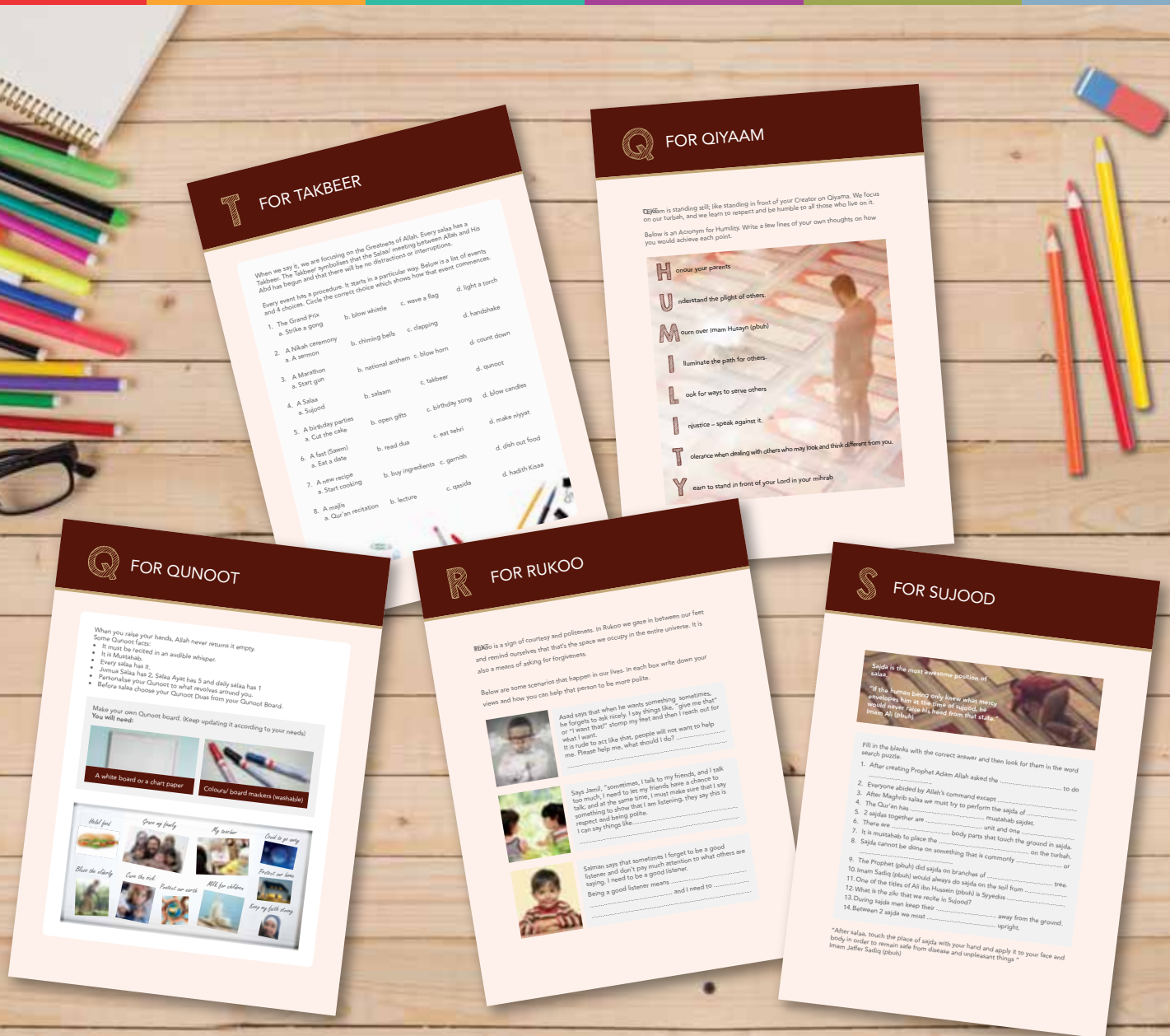


The A-Z of Salaa Worksheets



8-12 years





FOR ADHAN – A call to prayer



Above are images of people from different faiths. Under each image, write down the name of the faith they follow.

Fill in the blanks :

1. The Jewish call to prayer is called
2. A Ghanti is a small used by the to invoke the god.
3. Christians use the to call worshippers to prayer.
4. The Buddhist beats the to call people to prayer.
5. is recited from the Minarets.
6. The fixed times for Christian prayers are called hours.
7. recites the Hazzan.
8. Bilal was the first
9. A Hindu and a Buddhist pray times in a day.
10. Muslims pray times in a day.

In the space below write down the similarities for the call of prayer of different faiths. What can you conclude?

.....

.....

.....

.....

.....

.....

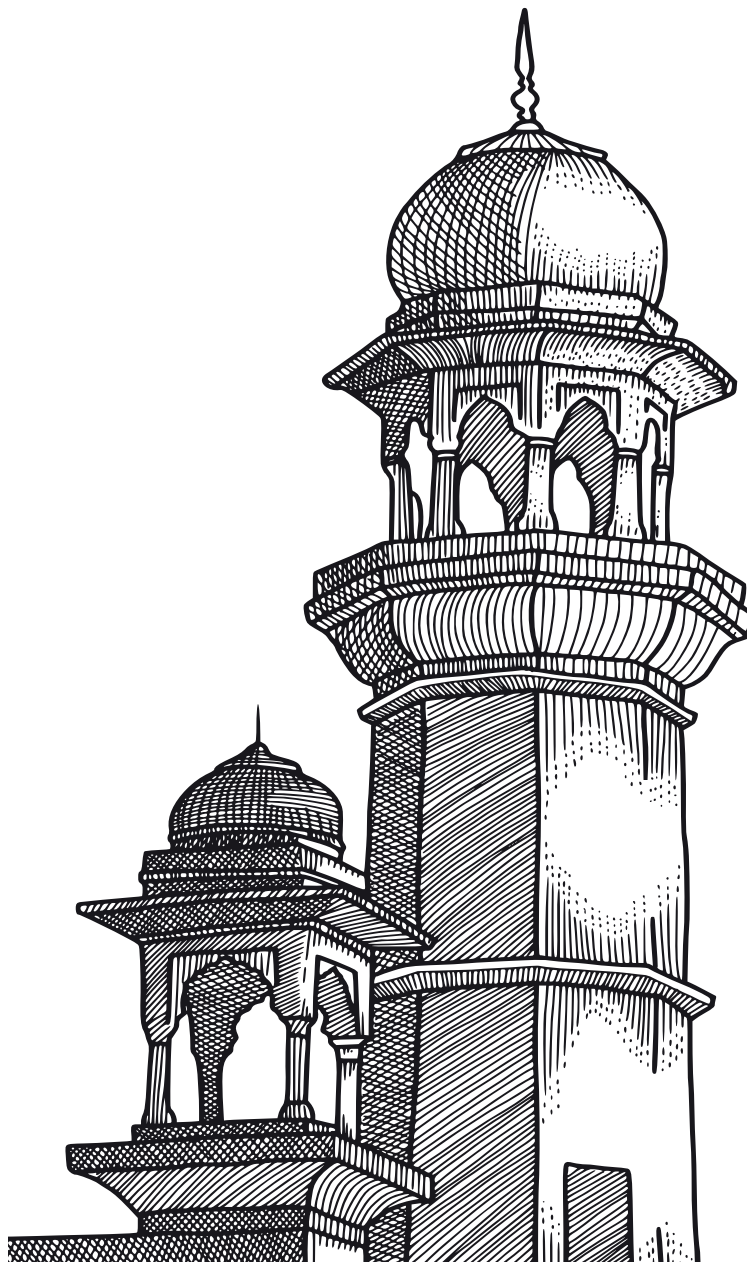




FOR ADHAN – A call to prayer

Minarets serve multiple purposes. They provide a visual focal point. They are also used for the call to prayer (adhan). Reciter of the Adhan would recite the call from the top of the minaret.

Colour in the minaret below:





FOR BUTUN (SECRET/ INTERNAL OF SALAA)

Codes surround us every day. We have bar codes, ISBN Numbers, Postcodes, Catalogue codes, computer codes, spy codes, tap codes, pigpen codes etc....

Who and what kind of a message would someone encrypt before sending?
Try and decode the message below using Pigpen Cipher.

A	B	C	J	K	L
D	E	F	M	N	O
G	H	I	P	Q	R
<div><div>S</div><div>TU</div><div>V</div></div>			<div><div>W</div><div>XY</div><div>Z</div></div>		

Γ ∇Γ∇Π >Ε ∇Π∟Γ∅ ∇Ο∟Γ∅>∇ ∇Γ>Π
<ΠΕ Γ∇ ∇Γ∅∇∅∅> ∅∧∅Γ<∇Π∅Γ∅ ∇Ε
<Ε< ∇Γ∟∟ ∟Γ∇>∅∅

.....

.....

.....

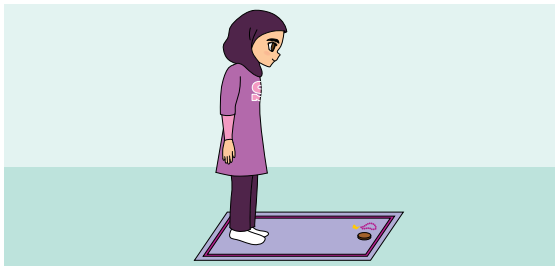
.....





FOR BUTUN (SECRET/ INTERNAL OF SALAA)

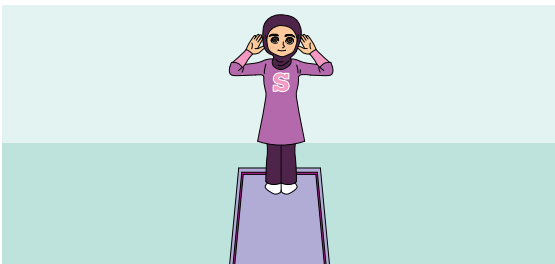
Salaa encompasses both the unseen (internal) and the seen (external). All the movements of salaa hold an internal meaning. Write down Safia's thoughts as she is praying. A couple have been done for us.



When I say Takbeeratul Ihram "Allahu Akbar" Allah is the Greatest I get strength.

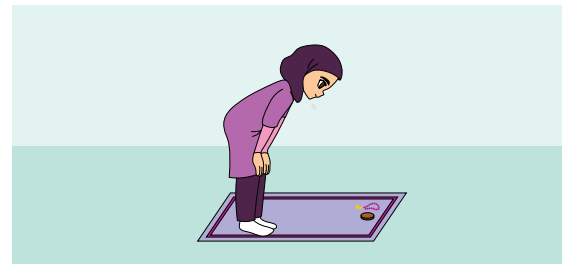


When I stand in Qiyam in front of Allah I need to free myself from that is binding me, I stand against oppression.



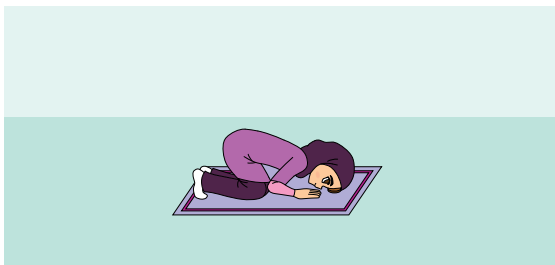
When I am in Rukoo

.....
.....



When I raise my hands in Qunoot

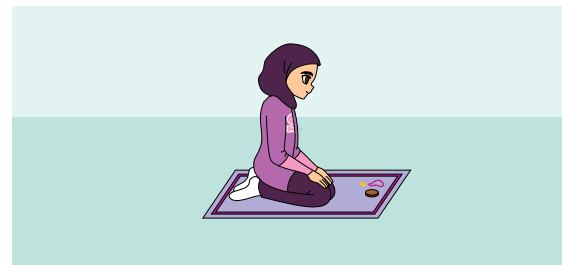
.....
.....



When I look at my turbat

..... when I do Sujood I

.....



When I recite Tashahud and Salaam ..

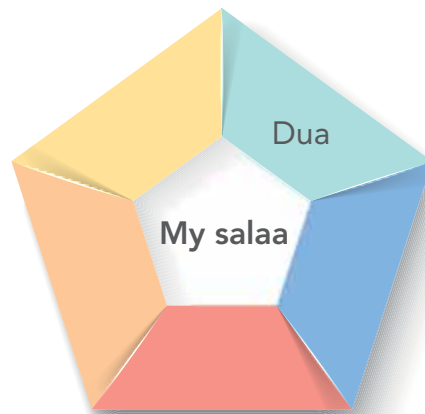
.....
.....



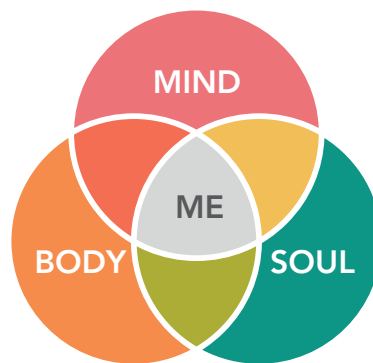


FOR CONTEMPLATION

Contemplation means to think. Read salaa with contemplation.
Jot down what your salaa is made up of, one has been done for you.



Allah is our creator, and He has chosen the best way that we can approach Him. Our salaa has all the components that we need to “grow” and be our best. Our salaa takes care of our mind, body and soul.



How does our Salaa take care of our Mind, Body and Soul?

MIND	BODY	SOUL





FOR CONTEMPLATION

Contemplation means to think.

"2 rak'ats of salaa with contemplation are better than worshipping a whole night with a negligent heart." Prophet Muhammad (pbuh)

Answer the following questions?

1. Why do I pray following a certain pattern/ sequence?
2. Why does everything in my salaa need to be precise?

Let's do the following activities to help you answer the above questions.

Activity 1

1. Write down the steps of how you would create and save a Microsoft Word document which has the following:
 - a. a title,
 - b. an image of an apple.
 - c. a paragraph about the image you have inserted.



.....

.....

.....

Did you have to follow a certain sequence to create and save the document? Why didn't you just draw it on your screen? Could you just not tell it to be saved?

.....

.....

.....

.....





FOR CONTEMPLATION

Activity 2

Khadija made chocolate cupcakes following her granny's recipe.



1 cup flour



½ cup butter



Few eggs



Cocoa powder



Handful of sugar



Little baking powder



Couple of drops of vanilla essence



Some milk

Mix all above. Pour mixture into cupcake tins and bake in the oven for 20 minutes.

1. Describe or draw how you think Khadija's cupcakes turned out.

.....

.....

.....

2. Where did Khadija go wrong? Afterall, she did follow the recipe?

.....

.....

.....










FOR DUA

"And when My servants ask you concerning Me, then surely I am very near; I answer the prayer of the supplicant when he calls me..." (2:186)

Did you know that there are different positions of keeping the hands when doing Dua?

POSITION OF YOUR PALMS	REQUESTING FOR ...
 <p>Raise your hands such that your palms are in front of your face and your fingers are pointing to the sky.</p>	Requesting for something that affects your life plan.
 <p>Keep your hands such that your palms face the sky, and your lips are near your hands.</p>	Asking for something to be given to you in your hands.
 <p>The back of your palms are in front of your face with the thumbs close to each other.</p>	Your worldly means are exhausted, and you have no one except Allah to turn to.
 <p>Fully stretch your hands high and keep them apart from each other.</p>	Requesting for something to be taken away from you example an illness, pain.
 <p>Raise your hands so that the last two fingers are folded and the first two to be moving whilst asking.</p>	Asking Allah with the waseela of Imam Hasan & Husayn (pbut)

It's all about Dua Hands

Draw 5 positions of Dua hands using the information from the above table.





FOR EYES

"Worship Allah as if you see Him, if you do not see Him, know that He sees you."
Prophet Muhammad (pbuh)

Allah sees me all the time.

You will need:



Paper Plate



Colour markers

Step One:

The paper plate is like the face of the clock.
Write down numbers 1-12 around the rim of the plate.

Step Two:

Draw pictures of what you normally do during those times.

Step Three:

In the centre of the clock in your best writing write down "Allah sees me all the time". If you wish you can also attach the hands on your clock.

Here is my clock in progress, I still need to write my numbers and draw my pictures!





FOR FORGIVENESS

“Sometimes my heart is enveloped by a cover of dust and for this I ask Allah’s forgiveness” Prophet Muhammad (pbuh)

Let us do this small experiment. You will need:



Pepper



Glass dish



Water



Dish soap



Cotton bud

Step 1:

Fill the dish with water, just enough to cover the whole bottom of the dish.

Step 2:

Shake pepper all over the surface of the water, but don’t mix it in.

What do you observe?

Step 3:

Soak a cotton swab/bud in dish soap.

Step 4:

Dip your cotton swab into the middle of the dish, watch what happens.

1. Why did this happen?
2. What does the dish of water represent?
3. What does the pepper represent?
4. What does the dish soap represent?
5. How do you connect the above experiment with the dua of Prophet Muhammad (pbuh)

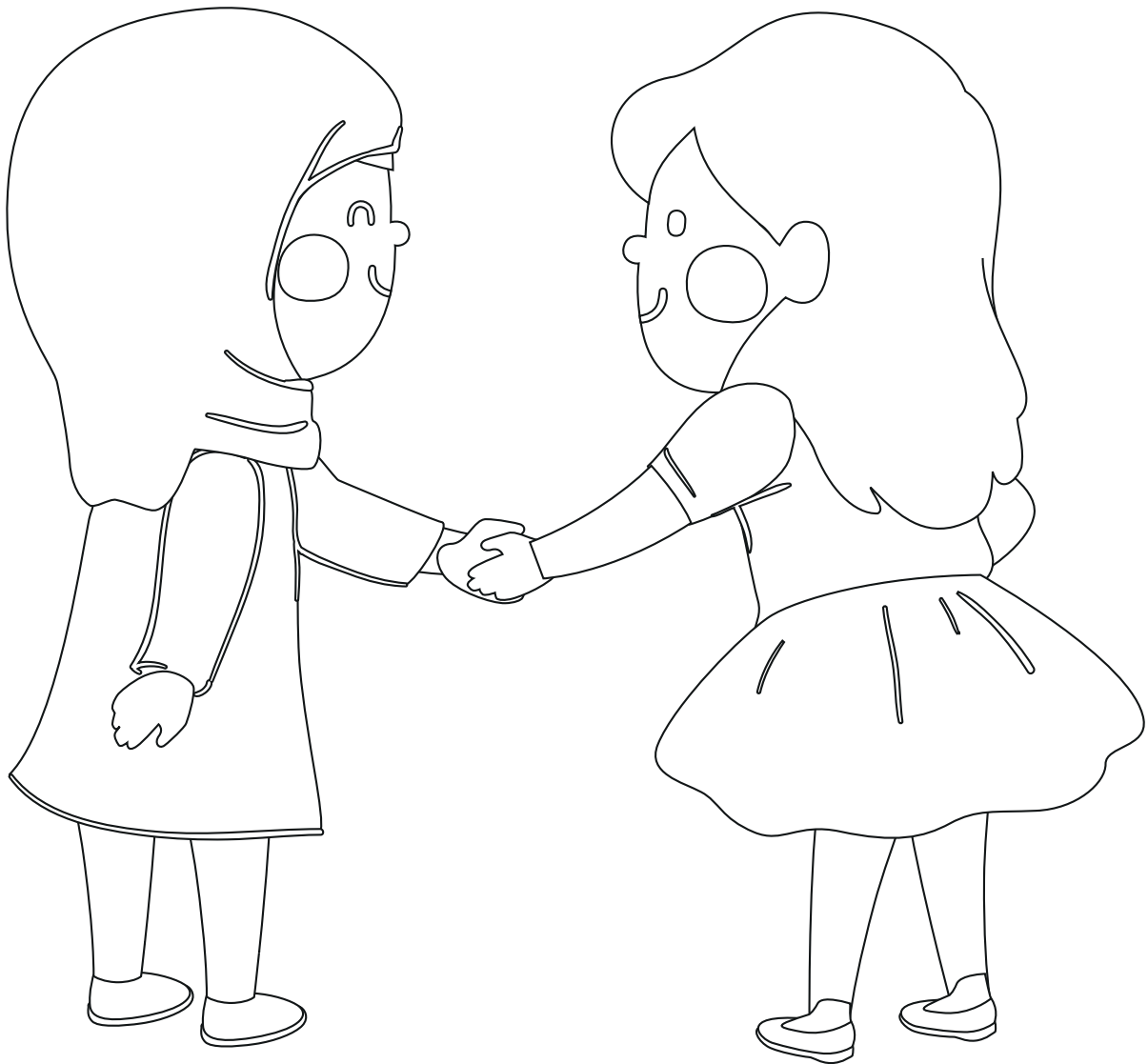




FOR FORGIVENESS

Forgive others, not because you should or because they deserve it, but because it will set you free and give you peace.

Please colour in the drawing below of two friends forgiving each other.





FOR GRATITUDE

Gratitude is pausing to notice and appreciate the things that we often take for granted, like a home, food, water, friends, family, computer access. It's taking a moment to reflect on how fortunate we are when something good happens whether it's a small or big. Gratitude teaches us to be humble. The happiest people are the most grateful people.

How to make your Gratitude Tree:

On the tree branches make a finger or thumb print (by dipping your hand in some paint) once a day. In the finger print you may write one thing you are grateful for and see your tree blossom





FOR HEART

Say, if you love Allah, then follow me, Allah will love you and forgive you your faults, and Allah is Forgiving, Merciful. 3:31

How to make your Love Mobile

You will need:



Coloured paper



String



Hole puncher

Step One:

Draw a "big heart" on your red or pink coloured paper and carefully cut it out. In the heart, write the above verse (3:31).

Step Two:

Draw and cut hearts of different sizes from your coloured paper. Write on each heart one of the many things that your Prophet (pbuh) did; like:

He recited 7 Takbeer in his salaa (1 loud and 6 softly).
He always prayed salaa on time. You can find more like these, follow the link.
https://qfatima.com/wp-content/uploads/2020/06/Prophet-Muhammed-40-Ahadith_A6_Card-Set_Web.pdf

Step Three:

Make a hole on the top side of all the hearts using a and a row of holes on the bottom side of the large heart.

Step Four:

Cut out stings of different lengths and tie each one to the different size hearts.

Step Five:

Thread all the different size hearts onto your "big heart". Your mobile heart is ready to hang. Make sure you don't hang it too high that you cannot read and follow what our Prophet (pbuh) did; because if we love Allah we must follow our Prophet.





FOR HEART OF ALLAH

An object lesson about Love and Allah.

You will need:



Some rice grains



Penny coins



A magnet



Food colour



A jug of water



Some sand



A tumbler and a spoon



Orange juice with bits



A glass bowl



A strainer

Step 1:

Place the coins in a plate of uncooked rice.

Pour the orange juice with bits in a glass.

Pour about 4 table spoons of sand in a glass of water and mix it with a spoon.

Put 5 drops of food colour in the dish of water.

Step 2:

Try and separate:

The coins from the rice.

The orange juice from the bits.

The sand from the water.

The food colour from the water.

Step 3:

Write down the process and the tools you used to separate all the above 8 items.

Step 4:

Did you manage to separate everything?

What conclusion did you draw from this experiment?

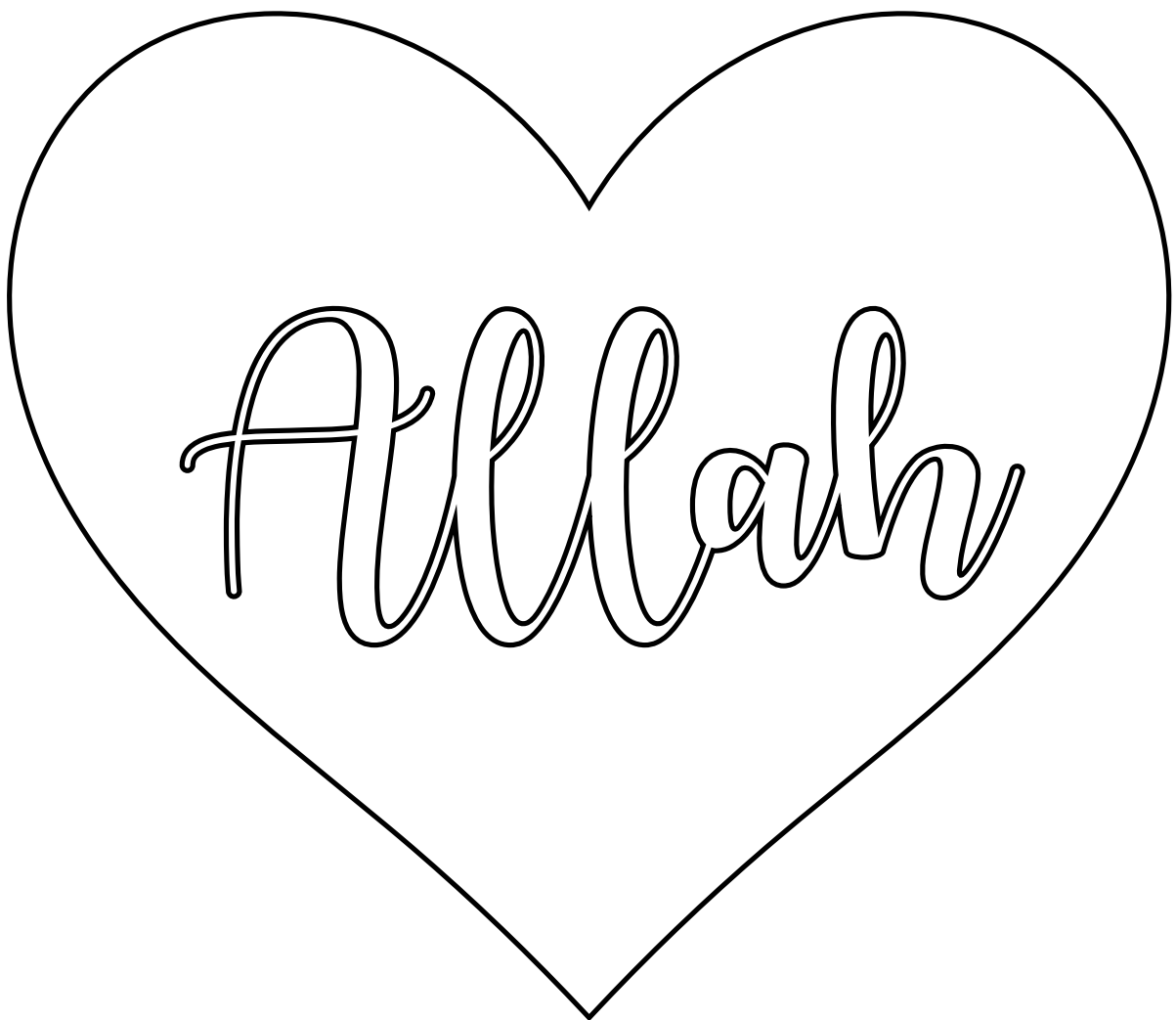
Connect your conclusion to the quote; "Allah is love; we cannot separate love from Allah any more than you can separate water from the ocean."





FOR HEART

Please colour in the picture below.





FOR ISTA'DHA (REFUGE)

Allah says in the Qur'an "So when you recite the Qur'an, seek refuge with Audhu billahi from the accursed Shaitan" (16:98)

We can only seek protection from someone/ something that has the power, knowledge and the ability to protect us.

In our daily lives we are always trying to protect ourselves from harmful things. Try and complete the table below with the most suitable answers:

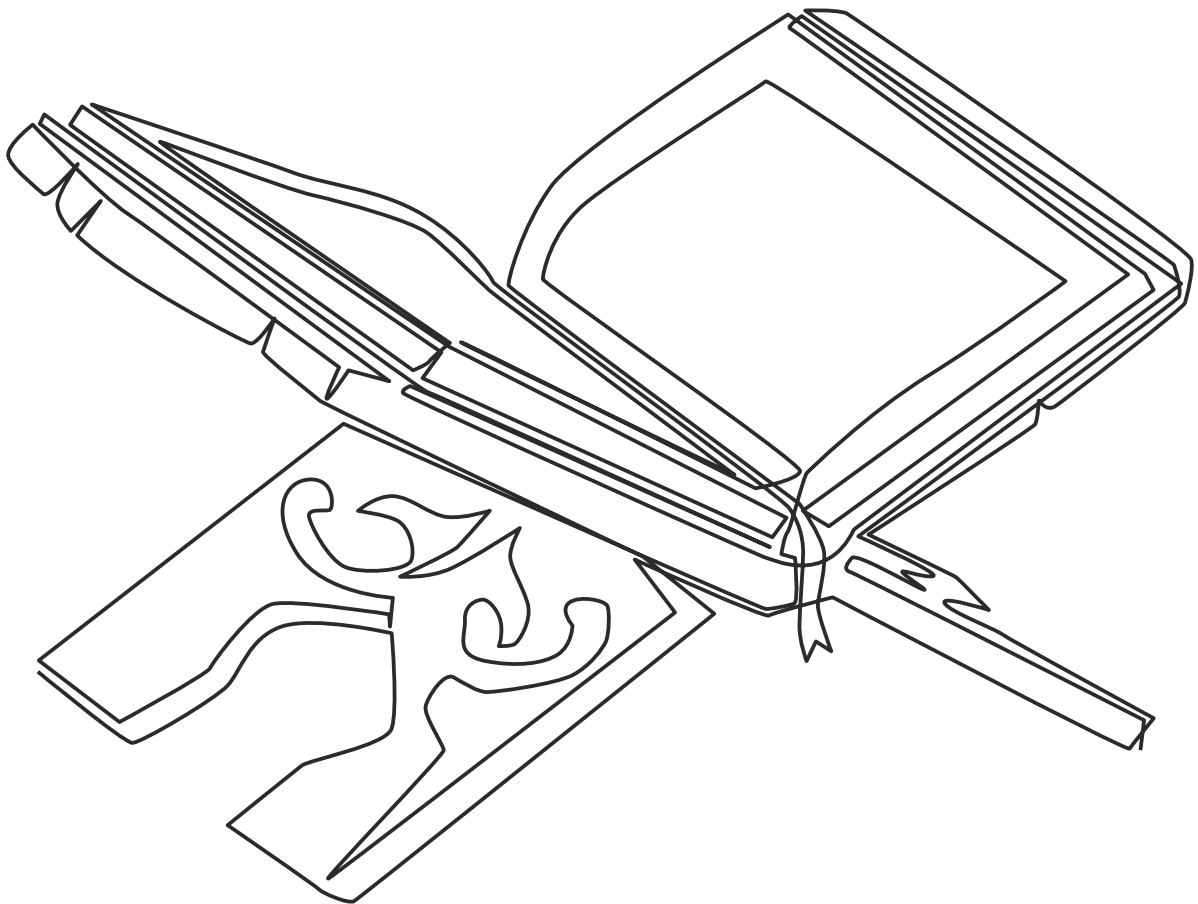
SEEKING PROTECTION FROM	USING PROTECTION OF	REASON FOR USING IT
	Vitamins	
Robbers / thieves		
	Apron	Thick, covers my dress
Injuring my head whilst cycling		
	Smoke Alarm	
Snow and mud		
	A Thimble	
Rain		
	Reciting Audhu billahi minash shaytanir rajeem	
	A Mouthguard	
Corona Virus		
Rust		Provides a coating to prevent exposure to water





FOR

Reciting the Qur'an protects us from the Shaytan. Colour in the drawing of the Qur'an below.





FOR JAMA'A SALAA

Jama'a Salaa means congregational prayers. Everyone stands shoulder to shoulder. We face one direction, recite in one language and do all our actions simultaneously.

ACTIVITY 1: LET'S STAND FOR A JAMA'A SALAA

You will need:

A pencil. A4 paper, A pair of scissors and some colour pencils/ markers/ crayons



1. Fold paper, accordion-fashion.
2. The number of folds in the paper determines the number of people in the chain.
3. On the top piece of the folded paper, draw a person whose hands extend to touch the folds of the paper on each side.
4. Carefully cut around the person, making sure not to cut where the hands meet the folds.
5. Open the paper and you will have a chain of several children holding hands.
6. Decorate using colours, colour markers or crayons.
7. To make the chain longer glue together 5-6 chains.

From the above activity write down three benefits of Jama'a salaa.





FOR JAMA'A SALAA

ACTIVITY 2: JAMA'A SALAA QUIZ NIGHT

You will need:

A jar, some coloured notes and a pen/ pencil.



On each note write the following words:

Who is an Imam in Jama'a salaa?	What does Furada mean?	Minimum number of worshipers in a Jama'a salaa
Who are the Mamumeen?	Name 4 conditions of an Imam?	What does a Mamun do?
What is the reward of 1 unit in Jama'a?	What is fadhilat time?	Can I pray Jama'a salaa at home?

Fold each sheet of paper and place it in your jar.

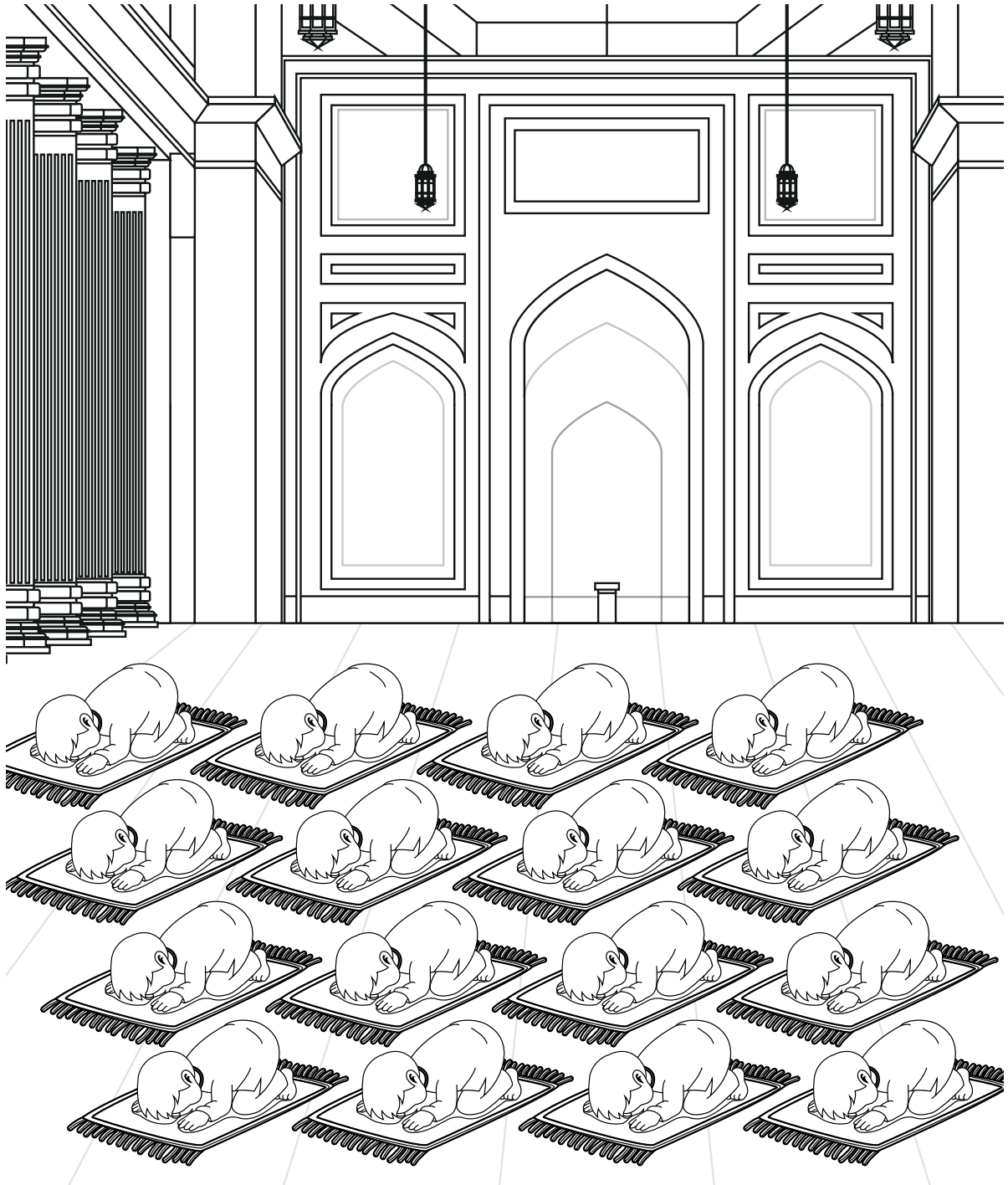
You can now play a quiz with your family by asking them to pick one note from the jar and answering the question. Have fun!!!





FOR JAMA'A SALAA

Colour in the picture below.





FOR KHUSHU (COMPLETE SUBMISSION)

Khushu is attention, humility, and presence of mind. It is comprehending the greatness of Allah, His power, majesty and beauty. It overpowers you and you fall in total submission. Submission is a sign of faith.

Iblis had performed hundreds of years of worship, but he was not willing to submit.

1. Why did Iblis refuse to submit?
2. What was the consequence of his disobedience?
3. What lessons can we learn from this?

Successful indeed are the believers, who are humble in their prayers. 23:1-2
Those who in their Salaa are in awe of Him.

How can we develop Khushu in our life? (Choose the correct answers from the table)

1. To on what we are saying in Salaa.
2. To always pray on
3. To always with Audhu billahi minash shaytanir rajeem
4. To seek of Allah from
5. To be
6. To visualise that you are standing in front of on
7. To always think that this is our Salaa.
8. To with Allah and develop a with Him we go for Salaa.

Protection	Qiyama	Focus	Time
Allah	Relationship	Shaytan	Mindful
Commence	Last	Communicate	Before





FOR KHUSHU (COMPLETE SUBMISSION)

Khushu is to be in awe.

Write down your feelings when:

1. You look up at the sky and see millions of stars?
2. When you hold a newborn baby?
3. When you see and hear thunder and lightning?
4. When you see the leaves change colour in autumn?
5. When you see the sunset or sunrise from your window?
6. When you see someone help a needy person?

1. Write about a time in your life when you felt a sense of awe.
2. Turn off your cell phone, take a walk and feel the nature around you. Write down all the sounds, tastes and smells that you experienced on this walk.
3. Awe makes people full of gratitude. Awe makes us feel small (breaks our pride). Awe helps build a healthy mind and body. Do you agree with these statements?
4. Support your answers with an experience.





FOR LAYL (NIGHT)

Three things bring happiness to the heart of a believer.

Salatul Layl



Write two benefits of Salatul Layl.

.....

.....

.....

.....

Meeting other Muslims



You have a new Muslim family come to live in your neighbourhood, how will you try and make them feel comfortable and wanted?

.....

.....

.....

Iftar



Write 2 mustahab acts that you would do before breaking your fast.

.....

.....

.....

.....





FOR MOSQUE

A mosque is called Masjid, in Arabic and it means a “place of prostration”.

Below are some features in a Masjid. Write at least 2 lines explaining the purpose / role of each feature.

Dome:

Minaret:

The Prayer Hall:.....

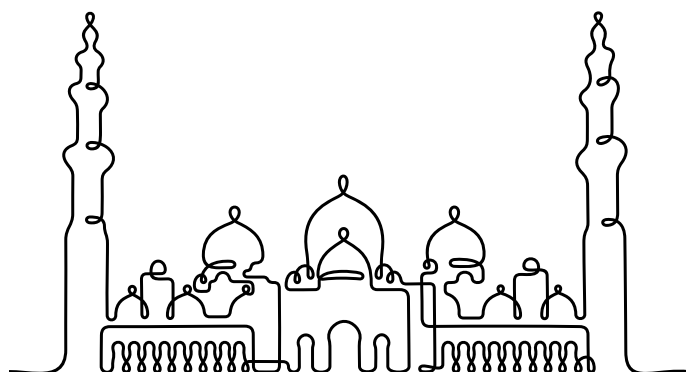
The Mihrab:

The Mimbar:

Ablution Area:

Design/ Interior Decoration:

Draw and decorate your mosque





FOR NIYYA

In history we find certain items, phrases and events that are preserved till today. The moment we mention them we immediately know who/what it is associated with.

Match the two columns below:

Sahifa Sajadiya

Nahjul Balagha

Turbat/ Sajdagah/ Mohr

Cradle

Friendship Bracelet

"Death to me is sweeter than honey"

The Alam / flag

Tasbee

Baby Asghar (pbuh)

Hazrat Abbas (pbuh)

Imam Zaynul Abideen (pbuh)

Sayyida Fatima Zahra (pbuh)

Imam Ali (pbuh)

Imam Husayn (pbuh)

Habib ibn Mazahir

Hazrat Qasim bin Hasan (pbuh)

It is all to do with Niyya (intention), the pure the intention the eternal the deed. Let us put some "life" into our salaah to make them eternal. To visualise this, let's try this activity. **You will need:**



A bottle of still / tap water



A bottle of sparkling water or 7UP



2 glasses

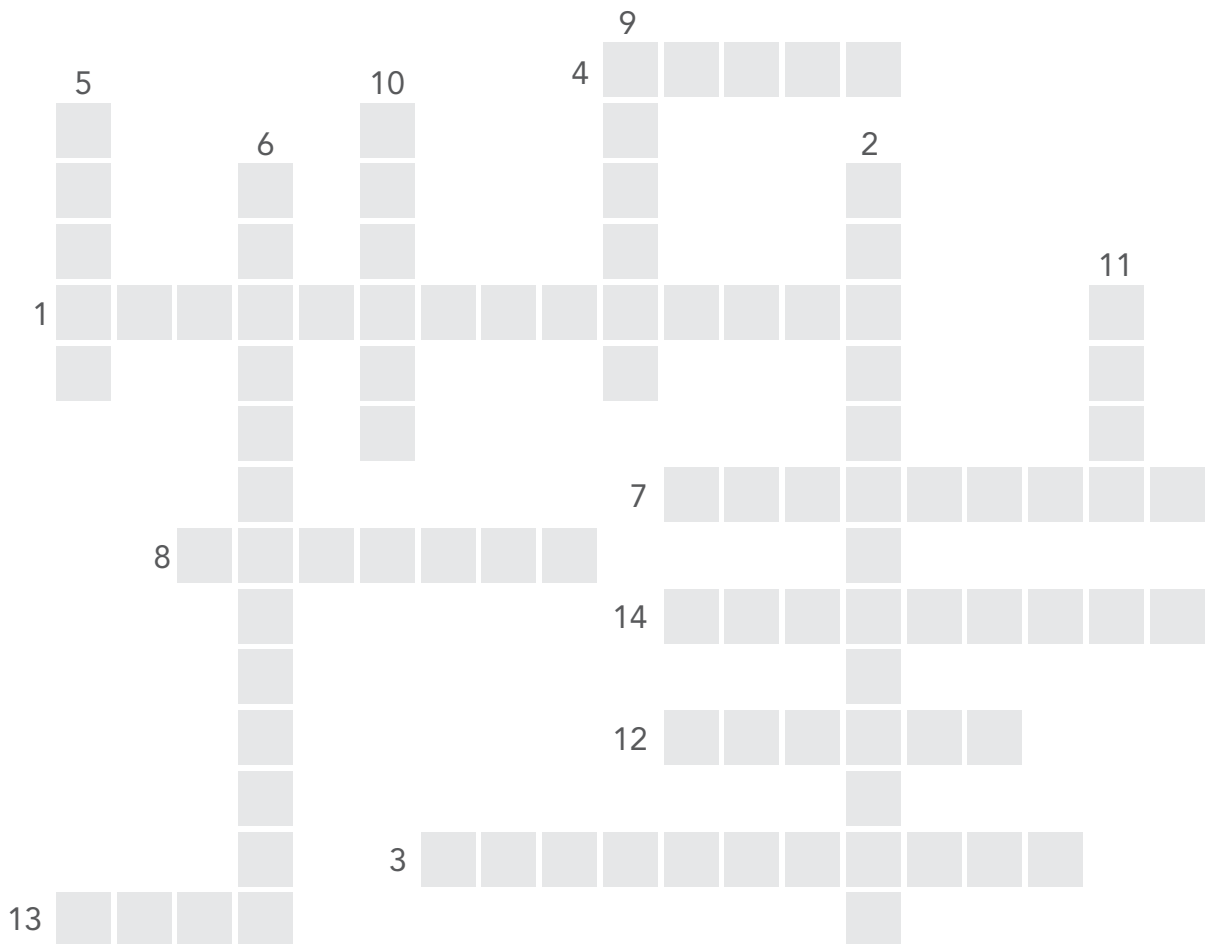
1. Pour a glass of water from the still water bottle, what do you see?
2. Pour a glass from the sparkling water bottle, what do you hear and see?
3. Both the glasses contain water why is one so "flat" and the other so "lively"?
4. Which glass of water do you prefer?

Next time when you stand for salaah, add some "sparkle and life" into it by making sure your Niyya is pure and for Him alone.





FOR ORIENTATION



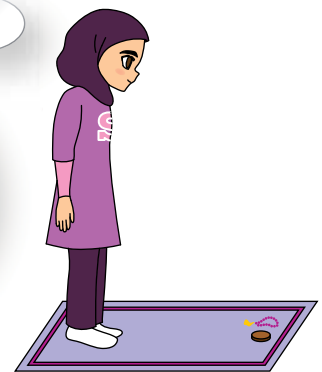
1. What was the first Qibla (6,8)
2. Where can you pray salaah in all directions (8,5)
3. Who laid the foundations of Kaaba (7,4)
4. Where is the Kaaba (5)
5. Muslims face it at least 5 times a day (5)
6. In which direction do you do tawaf (13)
7. What does wajib mean (9)
8. What instrument is used to find the qibla (7)
9. Which feature in a mosque shows the qibla (6)
10. When should one not face the Qibla (6)
11. How many corners does the Kaaba have (4)
12. Who helped Prophet Ibrahim raise the walls of kaaba (6)
13. Which Muslim sect does not face the qibla (4)
14. In which mosque was the Prophet when the Qibla changed (9)



"Whoever performs a two rakaa salaa without paying attention to worldly matters, Allah will forgive his sins." Prophet Muhammad (pbuh)

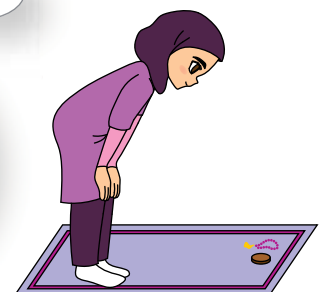
Below are some thoughts that are running in Maryam's mind whilst she is praying. Draw your thought bubble and write the things that go through your mind whilst reading salaa.

I bet she cheated.
Can I smell the food burning?
Ahh, the pink T shirt will be perfect!
I just remembered where I had kept my keys,
under the pillow!
I wonder what will happen in the next episode.
Oh dear! what did Dad say I had to do?



What should I be thinking of instead?

Allah has blessed me with time.
I must think of those who are sad.
I am a tiny speck in this entire universe.
How can I make a difference??
Allah can see me and my thoughts.
Alhamdulillah for life.
When I talk to Him, I know He answers.





FOR QIYAAM

Qiyaam is standing still; like standing in front of your Creator on Qiyama. We focus on our turbah, and we learn to respect and be humble to all those who live on it.

Below is an Acronym for Humility. Write a few lines of your own thoughts on how you would achieve each point.



H

onour your parents

U

nderstand the plight of others.

M

ourn over Imam Husayn (pbuh)

I

lluminate the path for others.

L

ook for ways to serve others

I

njustice – speak against it.

T

olerance when dealing with others who may look and think different from you.

Y

earn to stand in front of your Lord in your mihrab





FOR QUNOOT

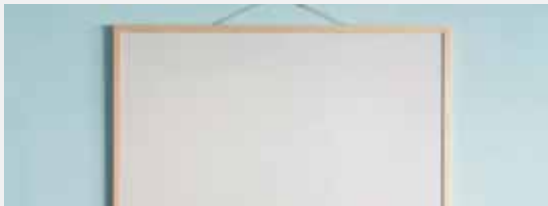
When you raise your hands, Allah never returns it empty.

Some Qunoot facts:

- It must be recited in an audible whisper.
- It is Mustahab.
- Every salaa has it.
- Jumua Salaa has 2, Salaa Ayat has 5 and daily salaa has 1
- Personalise your Qunoot to what revolves around you.
- Before salaa choose your Qunoot Duas from your Qunoot Board.

Make your own Qunoot board. (Keep updating it according to your needs)

You will need:



A white board or a chart paper



Colours/ board markers (washable)





FOR QUR'AN

Qur'an in salaah is the essence of Salaat. In 23 years, the Qur'an changed the people's mindset. It changed the people's social, economic and political conduct. The Qur'an is a guide for those who are God conscious. Let us familiarise ourselves with the Qur'an and do all the 4 activities below:

You will need:

Colour pencils (yellow and green).

QCity map from <https://qfatima.com/quran-city/quran-city-map-animation-vr>

Surah Information from <https://qfatima.com/quran-city/a-journey-through-quran-city>

ACTIVITY 1: UNSCRAMBLE THE SURAH NAMES

(Hint: many Surahs start with AL)

Z U - A L A L M Z M I
T U - L B N K A A A
F A - A T A L I H
T A - A K R L W H A
T A - J H R A L U U A
D M M M H A U A
M U - A A L A R A S T L
F F - T E F E N U L I L A F M
R A - U L Z M A
B A I E E M H R
Q N A U L M
L Z - A A I L Z L A
I L M A - A R A N I
M T - A H A A N U L A M

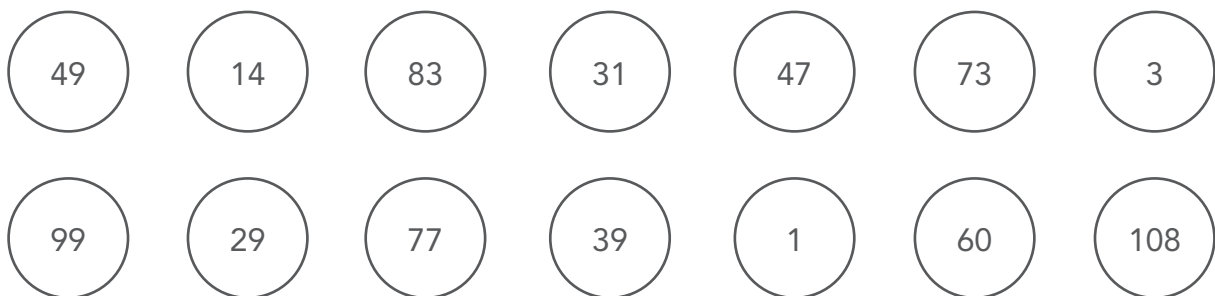




FOR QUR'AN

ACTIVITY 2: BELOW ARE SOME SUWER NUMBER.

Colour the circles YELLOW for those suwer that were revealed in Makka and colour GREEN those suwer that were revealed in Madina. One is done for you.



ACTIVITY 3:

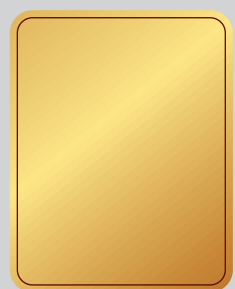
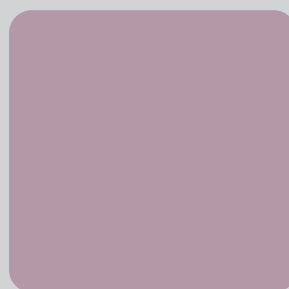
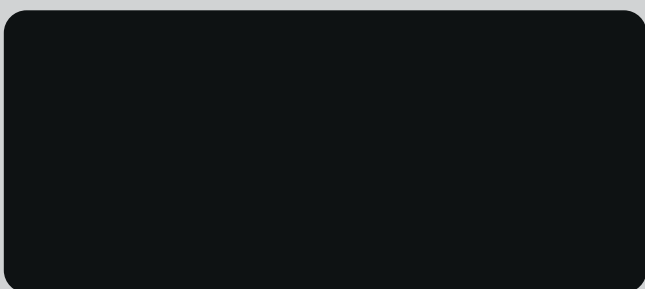
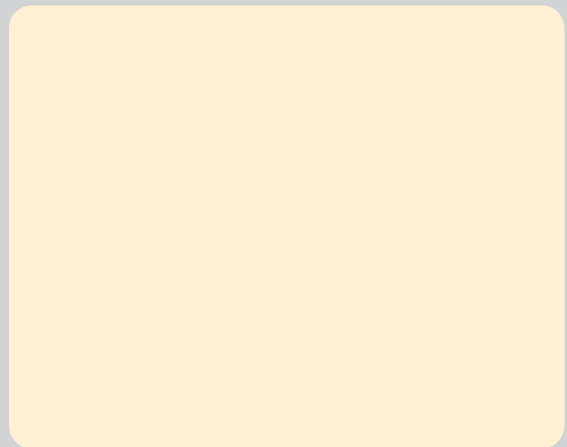
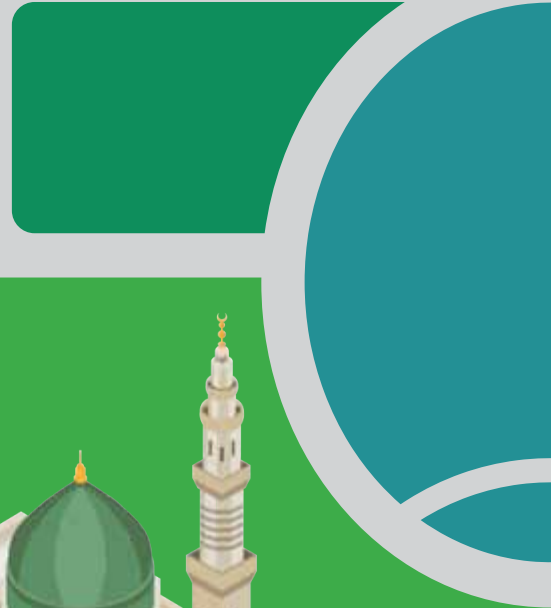
Write the Sura number in the correct colour (GREEN or YELLOW) next to the suwer that you have unscrambled.

ACTIVITY 4:

Place all the above Suwer in their correct addresses in the Qur'an City Map on the following page:



Qur'an







FOR RUKOO

Rukoo is a sign of courtesy and politeness. In rukoo our gaze should be between our feet and this reminds us that it is the space we occupy in the entire universe. It is also a means of asking for forgiveness.

Below are some scenarios that happen in our lives. In each box write down your views and how you can help that person to be more polite.



Asad says that when he wants something he sometimes forgets to ask nicely. I say things like, "give me that" or "I want that!" stomp my feet and then I reach out for what I want.

It is rude to act like that, people will not want to help me. Please help me, what should I do?
.....



Jamil says; :Sometimes when I talk to my friends, I talk too much. I need to let my friends have a chance to talk; and at the same time, I must make sure that I indicate that I am listening. They say this is being polite and respectful.

I can say things like.....
.....



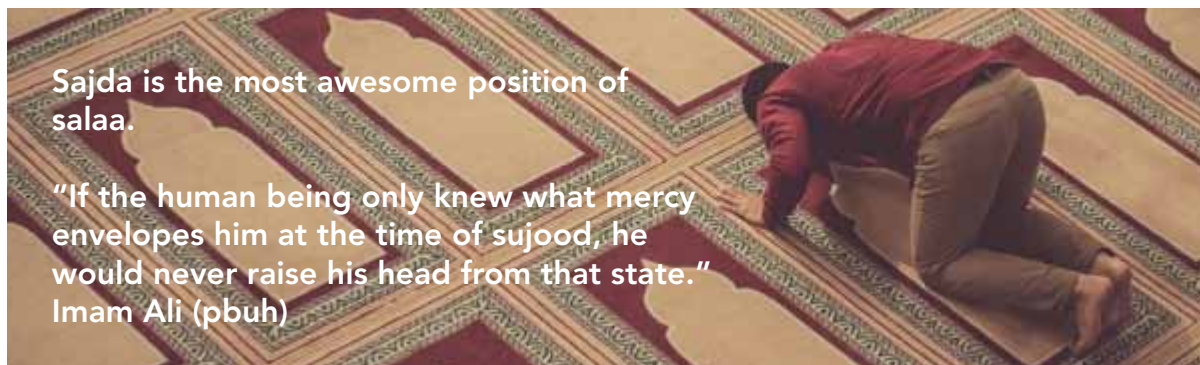
Salman says that sometimes I forget to be a good listener and don't pay much attention to what others are saying. I need to be a good listener.

Being a good listener means
..... and I need to
.....





FOR SUJOOD



Sajda is the most awesome position of salaa.

"If the human being only knew what mercy envelopes him at the time of sujood, he would never raise his head from that state."
Imam Ali (pbuh)

Fill in the blanks with the correct answer and then look for them in the word search puzzle.

1. After creating Prophet Adam(pbuh), Allah asked the to do
2. Everyone abided by Allah's command except
3. After Maghrib salaa we must try to perform the sajda of
4. The Qur'an has mustahab sajdat.
5. 2 sajdas together are unit and one
6. There are body parts that touch the ground in sajda.
7. It is mustahab to place the on the turbah.
8. Sajda cannot be done on something that is commonly or
9. The Prophet (pbuh) did sajda on branches of tree.
10. Imam Sadiq (pbuh) would always do sajda on the soil from
11. One of the titles of Ali ibn Husayn (pbuh) is Sayyedus
12. What is the zhikr that we recite in sujood?
13. During sajda men keep their away from the ground.
14. Between 2 sajda we must upright.

"After salaa, touch the place of sajda with your hand and apply it to your face and body in order to remain safe from disease and unpleasant things "
Imam Jaffer Sadiq (pbuh)





FOR SUJOOD

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





FOR TAKBEER

When we say it, we are focusing on the greatness of Allah. Every salaa has a takbeer. The takbeer symbolises that the salaa/ meeting between Allah and His Abd has begun and that there will be no distractions or interruptions.

Every event has a procedure. It starts in a particular way. Below is a list of events and 4 choices. Circle the correct choice which shows how that event commences.

1. The Grand Prix
 - a. Strike a gong
 - b. blow whistle
 - c. wave a flag
 - d. light a torch
2. A nikah ceremony
 - a. A sermon
 - b. chiming bells
 - c. clapping
 - d. handshake
3. A marathon
 - a. Start gun
 - b. national anthem
 - c. blow horn
 - d. count down
4. A salaa
 - a. Sujood
 - b. salaam
 - c. takbeer
 - d. qunoot
5. A birthday parties
 - a. Cut the cake
 - b. open gifts
 - c. birthday song
 - d. blow candles
6. A fast (sawm)
 - a. Eat a date
 - b. read dua
 - c. eat sehri
 - d. make niyyat
7. A new recipe
 - a. Start cooking
 - b. buy ingredients
 - c. garnish
 - d. dish out food
8. A majlis
 - a. Qur'an recitation
 - b. lecture
 - c. qasida
 - d. hadith Kisaa





FOR TASBEE - TA'QIBAAT

The tasbee was a gift from Prophet Muhammad (pbuh) to Sayyida Fatima Zahra (pbuh).

Did you know?

Sayyida Fatima (pbuh) used blue knotted wool as her first tasbee. Then she made clay beads from the earth of Hazrat Hamza's grave threaded on blue thread. Now it is preferred to use clay from where Imam Husayn (pbuh) is buried.

This is how you can make your personal Sayyida tasbeeh.

You will need:



10 blue beads
to symbolise her first
tasbee (blue wool)



10 white beads
to symbolise one of her
titles Tahera (pure)



10 pink beads
to symbolise the most
awesome woman who walked
on the surface of the earth.



Thread/ yarn
Any colour of your choice



A Tassel
Any colour of your choice

Thread 10 bids of each colour and attach a tassel at the end.

How to recite Tasbee of Fatima (pbuh):

34 times Allahu Akbar
33 times Alhamdu Lillah
33 times Subhanallah

"Whoever does the tasbee of Fatima (pbuh) before he unfolds his legs (from the position of sitting) in wajib salaa; Allah forgives his sins and makes janna wajib"
Imam Sadiq (pbuh)





FOR TA'QIBAAT &



FOR EXTRA

My Ta'qibaat All Sorts Button Jar.

You will need:

Assorted buttons of different shapes, sizes and colours and a jar.



Put all the buttons in your jar and place it in your prayer room.
Once you have completed your salaa, take a button from the jar.

1. How does your button feel?

Feel the hardness of the button and think about people who are going through difficult times. Ask Allah to help them.

2. What are buttons used for?

Buttons are used to fasten clothes together. Ask Allah to bring together people who have fallen out and moved apart from each other. Pray that May Allah brings peace into their relationships. Ask Allah to bless them and help them to live together and to love each other. Do you wonder why people move apart or fall out sometimes?

3. Does your button have any holes?

How many holes does it have? Think of that number of things that you have which others don't and say Shukran Lillah.

4. Why are there holes in your button?

Imagine the thread that goes through them and attaches them to our clothes. Ask Allah to hold our hearts tight.

5. What colour and shape is your button?

Look at the colours and shapes of all the other buttons in your jar. There is a rainbow of colours! say thank you Allah for making everyone different and giving us all different gifts. How boring would it be if we all looked the same?





FOR UROOJ (ASCENSION)

Below is a list of things that rise, unscramble them. You may add your own.

OLNBALO

EFEHSTAR

AEDBR

UNS

WOFskeirr

DRIBS

REWAT AUOPRV

UN'IMN

EUTRRTEEMAP

SPICER

VSAWE

STUD

SITED

ADU

UELSBBB

ETEMRP

Salaa is the Mi'raaj (ascension) of a human being. Adhan calls us to salaa and to success. We can be our best by getting closer to Allah.

In the space below write down how can salaa make us "rise" physically, emotionally, mentally and spiritually.

PHYSICAL

.....
.....

EMOTIONAL

.....
.....

MENTAL

.....
.....

SPIRITUAL

.....
.....





FOR VALUE

Value is that which is good, desirable, or worthwhile. It helps us to determine what is important to us. Values are the motive behind purposeful action.

Activity: Match the columns

Acts that we do	The value we get from them
Exercise	Prevent spread of the virus
Eat mindfully	Makes me feel good inside
Groom ourselves	Add extra value to my salaa
Recite the Qur'an	Increase the acceptance of my salaa
Hold on to old things	Remind me of joys & mistakes
Give time to others	Feel fit
Visit relatives	Respect the earth & make it safe for others
Read nafela salawaat	Make it appetising and pretty
Social distance	Be able to refer to Allah's words
Read Salaa Jama'a	To declutter
Keep a diary	Look presentable and confident
recycle	Sentimental value
Journal our Qur'an	Get the right nutrients
Spring clean	Calm my soul
Garnish my food	Strengthen bonds and ties





FOR VALUE OF SALAA

That which shines out from someone who reads salaa. 7 points have been mentioned below. You need to write how are these qualities manifested in them.



1. They turn towards Allah



2. They are God Conscience



3. They are pure



4. They are just



5. They control themselves



6. Strive In His way



7. They trust Him

.....

.....

.....

.....

.....

.....

.....





FOR VIGILANCE

Vigilance means to be mindful of Allah all times. We must feel Allah all the time.

Below is a poster for you to design on an A4 paper or on a paper plate.



Being mindful doesn't happen overnight. We need to work on it. Here are a few ways in which we can learn to be mindful.

1. To be present, to be here and to be right now!
2. Try and notice details and things around you.
3. Whilst eating focus on the shape, colour, taste and texture of your food. Savour and appreciate it. Can you eat mindfully whilst eating and watching television?
4. Think before you speak. It is not always cool to speak too much, sometimes silence can speak volumes.



W FOR WUDHOO

"O you who believe! When you stand up for ritual prayer wash your face and your hands up to the elbows, and wipe a part of your head and your feet up to ankles." (5:6)

In the above verse highlight the body parts of wudhoo.

Below are some images, you will:

1. Select the wudhoo actions from the images below.
2. Number the wudhoo actions in the correct order.
3. Circle the Mustahab (recommended) actions GREEN and the Wajib (compulsory) actions BLUE.





FOR EXTRA

That which **enhances** your salaa.
Below are pairs of pictures.



1. Circle those pictures that look more appealing to you.
2. Why did you find those pictures appealing?
3. What ONE word would summarise your answer?





FOR YOU

“And in the middle of my chaos there was You”

Allah says in the Qur'an that we should not despair of his mercy, He forgives our faults/ sins.

Activity

You will need:



4 clear/glass
bowls



Water paint



Any syrup
(chocolate,
maple,
golden).



Corn or
crushed
cereal or
sand



Some clean
tap water

Set Up: Put one item per bowl. Put enough in each bowl so that you can cover at least half, or more, of your hand. Be able to clean your hand in the water bowl.

Step:1

Put your hand in the paint.

How does your hand look?

When we are little, we sometimes do not listen to mum and dad, or we take our siblings toys without them knowing. (You can add your own incidents).





FOR YOU

Step 2

Now put your hand in the bowl of syrup.

how does your hand feel?

As time goes and we grow older, we sometimes do wrong things, make selfish decisions. Sometimes we are mean to others. We think bad things in our minds. (You can add your own)



Step: 3

Put your hand in the bowl of corn or cereal or sand

Naughty deeds can be messy. They can cling to us, and they can grow.

One lie leads to another and another ...

Oh dear! What a mess. How will you clean your hand?

Carefully shake your hand or slide it across the top of a bowl. DON'T use the water bowl.

There is nothing that can completely clean off all the yucky stuff.



Step: 4

Slide your hand in the bowl of clean water

How does that feel?

What do you see?

What does the clean water represent?

What did the paint, syrup and the crushed cereal / sand represent?

Link the verse below with what you learnt from the above experiment:

Say: O my servants! Who have acted extravagantly against their own souls, do not despair of the mercy of Allah, surely Allah forgives the faults altogether; surely He is the Forgiving the Merciful. 39: 53





FOR ZHIKR

“O you who believe! Remember Allah, remembering frequently and glorify Him morning and evening” 33:41-42

The best way to remember Him is to call His beautiful names and try implement a couple of His names in our lives. His attributes bring peace to anyone who hears them.

Let's see the wonders of the colours of His name. You will need:



5 of each colour



A white dish



Water



A kettle

Step 1:

In your dish, in the inner rim place one coloured candy at a time beside each other to start forming a ring. Whilst you are placing the coloured candy recall one of Allah's names, what it means and to make it better when would you use that name.

Step 2:

Keep on adding sets of 5 coloured candy (yellow, green, brown, red and orange) until your outer ring is complete. You have used all 25 coloured candy .

Step 3:

With the help of an adult, heat some water in your kettle. Now pour the hot water slowly, starting in the middle, until it gets behind all the coloured candy and they are halfway covered.

It is so exciting! What do you see?

When we do His zhiqr, we connect with His wonderful attributes which will make us see and appreciate the beauty and the rainbows in our lives.

You can find Allah's names here: https://qfatima.com/wpcontent/uploads/2020/06/Asmaul-Husna_Upload.pdf



