

Adab 16: Drink While Sitting

For Kids Ages 3-5

Sit, sip, and remember the Sunnah

A beautiful Islamic manners lesson



Sit and Drink

For Kids Ages 3-5

Little Lesson

When you drink water, sit down first.
This is a good habit from the Sunnan.
Sit nicely, hold your cup carefully
and drink slowly.
Say Alhamdulillah when you finish



Why Sitting Is Good

For Kids Ages 3-5

Good Manners

- Your body feels calm.
- You drink slowly and safely.
- You remember the Sunnah.
- Allah loves good manners.

A small good habit can bring big reward.



A Little Story

For Kids Ages 3-5

Little Hassan

Little Hassan was thirsty.

He picked up his cup and started drinking while standing.

His father gently said:

"Sit down and drink like the Prophet Muhammad (peace be upon him)."

Hassan sat down, drank slowly, and smiled.

His father said, "MashaAllah!"



Let's Practice

For Kids Ages 3-5

My Drinking Steps

- Sit down nicely.
- Hold your cup with care.
- Drink slowly.
- Say Alhamdulillah.

Great job, little Muslim!

Remember

For Kids Ages 3-5

Sit. Drink. Thank Allah.

When we follow the Sunnah,
our hearts become happy.

I can drink while sitting!

