



Adab 1

Thanking Allah When You Wake Up

A bright Islamic lesson book for ages 3-5

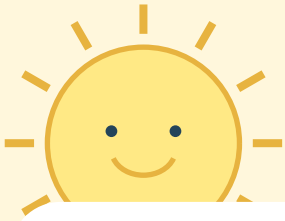


Start your morning with: Alhamdulillah!



Salaam! Good Morning

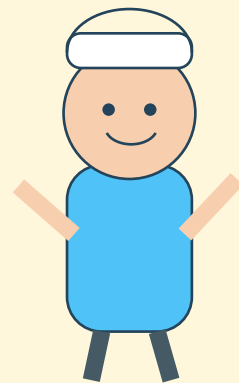
A new day from Allah



**When you wake up in the morning
and open your eyes, who gave you
this new day?**

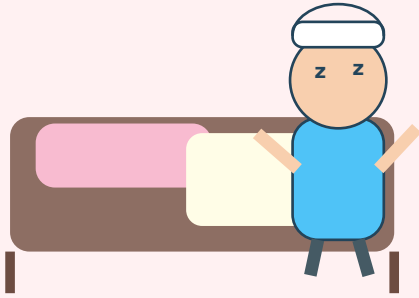
Allah did!

Allah loves you. Allah takes care
of you while you sleep and
wakes you up again.



A Big Gift

We say thank you



**When someone
gives you a gift,
what do you
say?**

You say: Thank you!

So when you wake up, say:

Alhamdulillah

It means we praise and thank Allah.

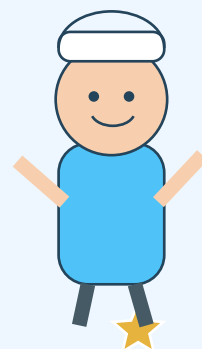
The Wake-Up Dua

The Prophet Muhammad ﷺ taught us

**Alhamdulillahil-ladhi ahyana ba`da
ma amatana wa ilayhi an-nushur.**

This means:

**All praise is for Allah who gave us life
after sleep.**



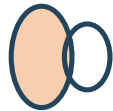
Thank You, Allah, for this new day!

Allah's Beautiful Gifts

Look, listen, hold, walk, love



Eyes to see



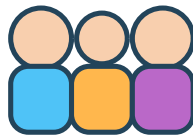
Ears to hear



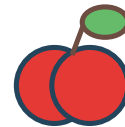
Hands to hold



Feet to walk

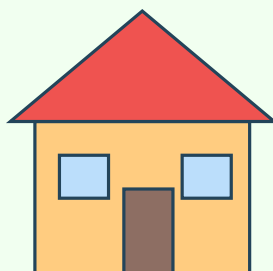


Family who loves us



Food to eat

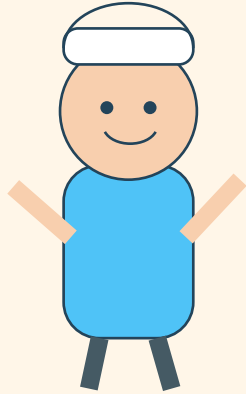
A home to live in



All gifts are from Allah

A Little Story

Mahir remembers Allah



One morning, Mahir opened his eyes and saw the bright sun.

His mother asked, "Who woke you up today?"

Mahir smiled: Allah woke me up!

Then Mahir said: Alhamdulillah!

His mother smiled. When we thank Allah, Allah loves us.

Let's Practice!

Try it tomorrow morning

1

Open your eyes

2

Smile

3

Say the dua

4

Say Alhamdulillah

Now your day starts with Allah's blessings!



Remember

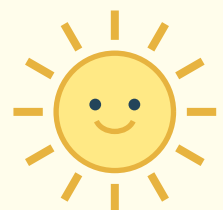
Thank Allah every morning

When you thank Allah:

- ★ Your heart feels happy
- ★ Allah gives you more blessings
- ★ Your day becomes beautiful



Alhamdulillah!
Thank you, Allah!



Tiny Activity Page

For parent or teacher

Ask your child:

- ★ Who gave us a new day?
- ★ What do we say when we wake up?
- ★ Can you say Alhamdulillah with a smile?

**Color the morning sun and say:
Alhamdulillah!**

