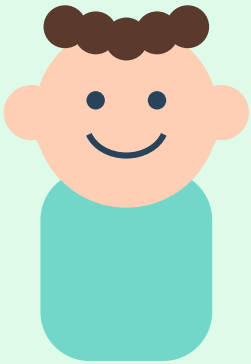


Adab 2 **Wiping Your Face When You Wake Up**



A colorful Islamic manners lesson for little Muslims ages 3-5

Wake Up and Get Ready!



When you wake up in the morning, your eyes may feel sleepy.
Maybe your hair is messy too!

A nice thing to do is to gently wipe your face with your hands.

This helps your eyes wake up and helps you feel ready for the day.

Following the Sunnah

Our beloved Prophet Muhammad (peace be upon him) used to do this too.

When he woke up, he wiped his face with his hands.

So when we do the same good action, we are following the Sunnah.

Following the Sunnah is a beautiful way to please Allah.



A Little Story

One morning, little Malikah woke up.

Her eyes were still sleepy.

Her mother said, "As-salamu alaykum, Malikah! What do we do when we wake up?"

Malikah remembered.

First she said, "Alhamdulillah!"

Then she gently wiped her face with her hands.

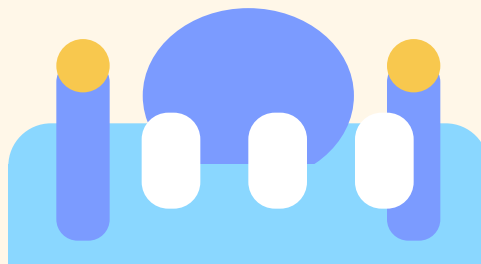




Her mother smiled and said:

**"Very good! You are following
the Sunnah of the Prophet."**

Malikah felt proud and happy.
She was ready for her beautiful day!



Let's Practice!

1

Open your eyes
Look around and smile.

2

Say Alhamdulillah
Thank Allah for the new day.

3

Wipe your face
Use both hands gently.

4

Get ready
Start your day with goodness!

Remember

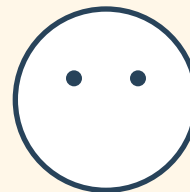
Small actions can bring big rewards.
When we follow the Sunnah of the Prophet Muhammad
(peace be upon him), we learn good manners and Allah
is pleased with good deeds.

Coloring Time!

Draw your sleepy face. Then draw your happy, ready face!



Sleepy



Ready