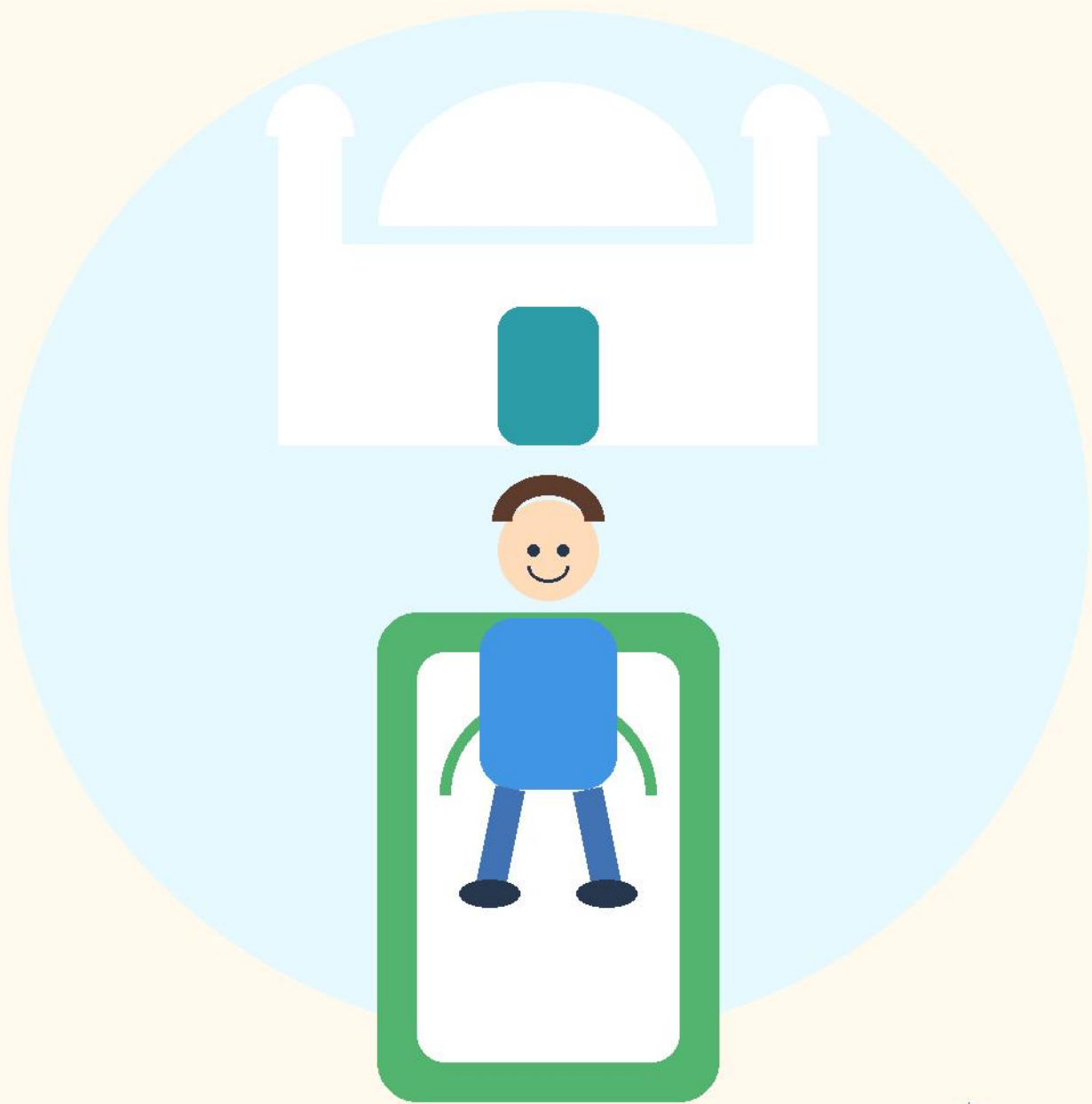


Lesson 2

How Do We Pray Salah?

For Kids Ages 3-5



A simple step-by-step salah guide.

Learning Goals

- 1 Learn the basic steps of salah.
- 2 Learn what to do before salah.
- 3 Learn the names of important positions in prayer.

Salah is worship for Allah.
We pray with calm hearts.

Before Salah

1

1. Make Wudu

We clean ourselves with wudu.

2

2. Wear Clean Clothes

Allah loves cleanliness.

3

3. Stand on the Prayer Mat

Stand nicely and calmly.

4

4. Face the Qiblah

Turn towards the Ka'bah in Makkah.

5

5. Make Intention

We decide in our hearts that we are praying for Allah.

Step-by-Step Salah

1 Stand Up

Stand nicely and get ready to pray.

2 Raise Hands

Raise your hands and begin salah.
Meaning: Allah is the Greatest.

Say:
Allahu Akbar

3 Hands on Chest

Put your hands on your chest. Stand quietly.

4 Read Al-Fatihah

Read Al-Fatihah or listen carefully if you are still learning.

Ruku and Standing

5 Bow Down (Ruku)

Bow and place your hands on your knees.

Meaning: Glory be to my Lord, the Most Great.

Say:

Subhana Rabbiyal Adheem

6 Stand Up Again

Stand straight and calm.

7 Go to Sujood

Go down to the ground for sujood.

Say:

Subhana Rabbiyal A'la

8 Sit Up

Sit calmly for a moment.

Prayer Positions

Let us learn the important positions in salah.



Standing



Ruku Bowing



Sujood



Sitting

Going Into Sujood

Place these on the ground:

Forehead

Nose

Hands

Knees

Toes

Say in sujood:

Subhana Rabbiyal A'la

Meaning:

Glory be to my Lord, the Most High.

Second Rak'ah

Now we repeat the steps again.

1. Standing

2. Reading

3. Ruku

4. Standing

5. Sujood

6. Sitting

7. Sujood

This completes the second rak'ah.

Finish Salah

Sit quietly.

Then give salam to finish salah.

Turn your head to the right and say:

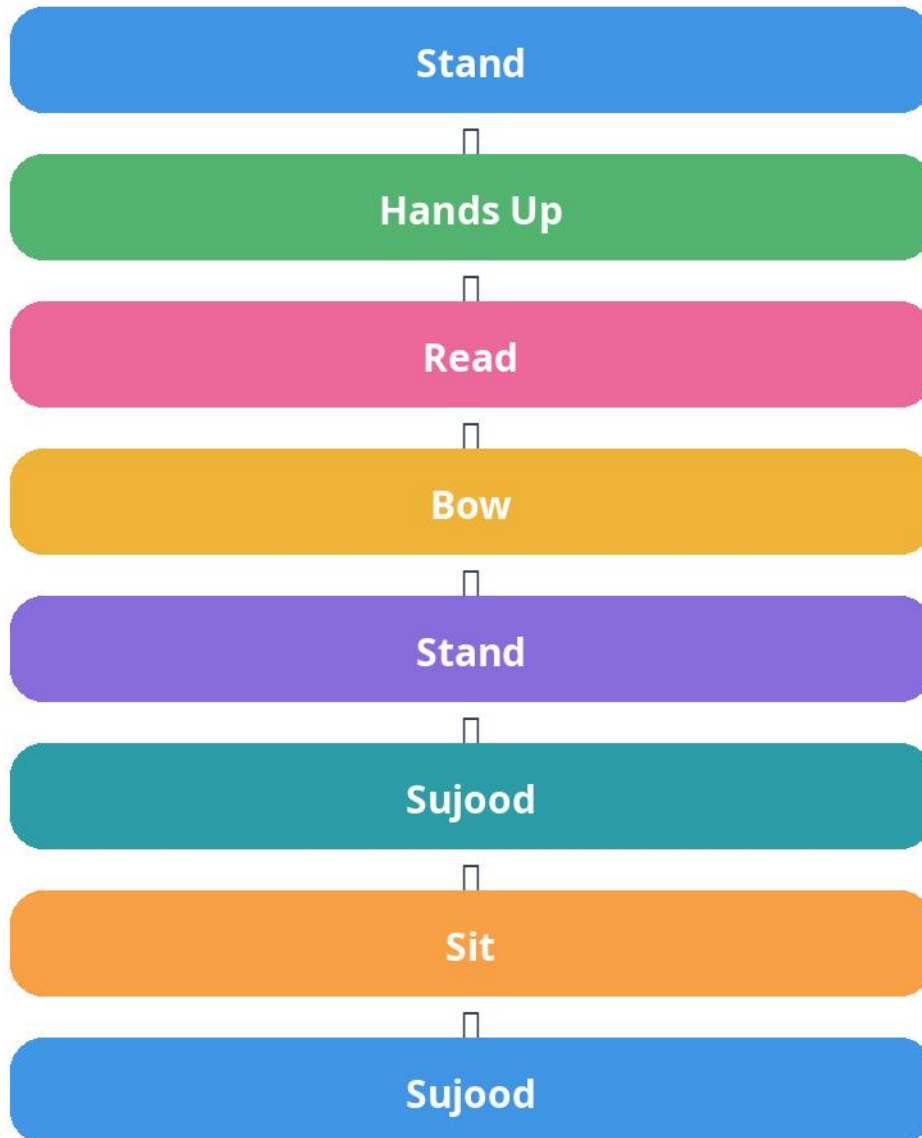
Assalamu Alaikum wa Rahmatullah

Turn your head to the left and say:

Assalamu Alaikum wa Rahmatullah

Alhamdulillah, salah is complete!

Easy Way to Remember



Say it slowly and practice together.

Activity Time

Practice the positions together:

Standing

Ruku

Sujood

Sitting

Final Reminder

Pray calmly and remember Allah.

