

My Salah Book

Learn to pray, one step at a time!



This book belongs to: _____

Before I pray

Check these four things first

1

Make wudu

Wash the way you learnt, so you are clean for Salah.

2

Wear clean clothes

Your clothes and your prayer mat should be clean.

3

Face the qiblah

Turn towards the Ka'bah in Makkah.

4

It's prayer time

Pray when the time for Salah has started.

How Salah goes

Takbir → Qiyam → Ruku' → Qawmah → Sajdah → Jalsah → Sajdah → then the second rak'ah → Tashahhud → Salam

1

STEP 1 • TAKBIR

Say Allahu Akbar to begin



Takbir

What to do

- ★ Stand on your mat facing the qiblah.
- ★ Make the intention in your heart for the prayer you are going to pray.
- ★ Lift both hands so your thumbs touch your earlobes.

What to say

Allahu Akbar

Allah is the Greatest

Stand and recite



Qiyam

What to do

- ★ Fold your hands below your tummy button, right hand over left.
- ★ Look at the spot where your head will touch in sajdah.
- ★ Recite the Thanā, then Surah al-Fatihah, then any surah you know.

What to say

Subhanakallahumma...

The Thanā (in the first rak'ah)

Surah al-Fatihah

then any short surah

3

STEP 3 · RUKU'

Bow down



Ruku'

What to do

- ★ Say Allahu Akbar and bend forward.
- ★ Hold your knees with your fingers spread.
- ★ Keep your back flat and straight, like a table.

What to say

Subhana Rabbiyal 'Azeem

say it 3 times

Stand up straight



Qawmah

What to do

- ★ Stand up straight from ruku'.
- ★ Let your arms rest by your sides.
- ★ Stand still for a moment before you go down.

What to say

**Sami'allahu liman
hamidah**

while you stand up

Rabbana lakal hamd

when you are standing

Go down into sajdah



What to do

- ★ Say Allahu Akbar and go down: knees first, then hands, then nose and forehead.
- ★ Keep your head between your hands and your elbows off the floor.
- ★ Keep your toes bent, pointing to the qiblah.

What to say

Subhana Rabbiyal A'la

say it 3 times

Sit up for a moment



Jalsah

What to do

- ★ Say Allahu Akbar and sit up.
- ★ Sit on your left foot, with your right foot standing up.
- ★ Rest your hands on your thighs. Then say Allahu Akbar and do a second sajdah, just like the first.

What to say

Allahu Akbar

then make the second sajdah

Subhana Rabbiyal A'la

say it 3 times in the second sajdah

The second rak'ah

After the second sajdah, stand up and pray one more rak'ah



Say Allahu Akbar and stand up (no Thana this time). Recite Surah al-Fatihah and another surah, bow in ruku', stand up, make two sajdahs with a sit in between. Then sit for the Tashahhud.

Sit and recite



What to do

- ★ After the second rak'ah, stay sitting on your left foot.
- ★ Keep your hands resting on your thighs.
- ★ At “ash-hadu an la”, lift only your right pointing finger; lower it at “illallah”.

What to say

At-tahiyyatu lillahi...

the Tashahhud

Durood Ibrahim, then a du'a

before you finish

Turn to the right



Salam

What to do

- ★ Turn your head to your right shoulder.
- ★ Say the salam.

What to say

**As-salamu 'alaykum wa
rahmatullah**

Peace and Allah's mercy be on you

Turn to the left



Salam

What to do

- ★ Now turn your head to your left shoulder.
- ★ Say the salam again. Your prayer is finished!

What to say

**As-salamu 'alaykum wa
rahmatullah**

Peace and Allah's mercy be on you

Ask Allah for anything



Du'a

What to do

- ★ Raise your hands with your palms facing up.
- ★ Ask Allah for anything you want, in any language.
- ★ Thank Allah for helping you pray.

What to say

You can ask in your own words. Allah hears every du'a.

My Salah stars

Colour a star every time you pray. Print a new page each week!

	Fajr	Dhuhr	Asr	Maghrib	Isha
Mon	☆	☆	☆	☆	☆
Tue	☆	☆	☆	☆	☆
Wed	☆	☆	☆	☆	☆
Thu	☆	☆	☆	☆	☆
Fri	☆	☆	☆	☆	☆
Sat	☆	☆	☆	☆	☆
Sun	☆	☆	☆	☆	☆



Well done, little one!

Keep practising every day. In our online Maktab, children aged 4 to 13 learn Salah, the Qur'an and duas in live classes with a teacher.

jamiahafs.com