



Duas & Manners Pack

11 worksheets · 20 pages · Ages 3–12

Everyday duas, salam cards, a sunnah checklist, reward and kindness charts, a bedtime routine and gratitude and dua journals. Good habits, one page at a time.

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SunnahPanda

What Do We Say?

Draw a line from each phrase to the moment we say it.

Name _____

Date _____

Bismillah

When we climb up a hill or stairs

Alhamdulillah

When we see something amazing Allah made

SubhanAllah

Before we start eating

Allahu Akbar

When someone helps us

In sha Allah

When we like something someone has

Masha Allah

When we meet someone

JazakAllahu khayran

After we sneeze

Assalamu alaykum

When we talk about something we'll do later



Du'a Sticker Pack

SunnahPanda

Cut out each sticker and stick it where you'll say that du'a. Print on A4 sticker paper, or on card and use glue.

Before eating

Stick it by the dinner table

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

After eating

Stick it by the dinner table

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ
مِنِّي وَلَا قُوَّةٍ

*Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min
ghayri hawlin minni wa la quwwah*

All praise is for Allah, who fed me this and gave it to me without any
power or strength from me.

Before sleeping

Stick it by your bed

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I die and I live.

When waking up

Stick it by your bed

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-
nushur*

All praise is for Allah, who gave us life after He made us die, and to Him is
the return.

Leaving the house

Stick it on the front door

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa
billah*

In the name of Allah, I trust in Allah, and there is no power and no
strength except with Allah.

Entering the toilet

Stick it by the bathroom door

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

O Allah, I seek Your protection from all evil and evil things.

Leaving the toilet

Stick it by the bathroom door

غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.

For more knowledge

Stick it on your desk or bookshelf

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.



Colour your own

SunnahPanda

Colour in the letters and the background, then cut them out. Which du'a will you learn first?

Before eating

Stick it by the dinner table

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

After eating

Stick it by the dinner table

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِي مِنْ غَيْرِ حَوْلٍ
مِثِّي وَلَا قُوَّةٍ

**Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min
ghayri hawlin minni wa la quwwah**

All praise is for Allah, who fed me this and gave it to me without any
power or strength from me.

Before sleeping

Stick it by your bed

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I die and I live.

When waking up

Stick it by your bed

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

**Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-
nushur**

All praise is for Allah, who gave us life after He made us die, and to Him is
the return.

Leaving the house

Stick it on the front door

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

**Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa
billah**

In the name of Allah, I trust in Allah, and there is no power and no
strength except with Allah.

Entering the toilet

Stick it by the bathroom door

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

O Allah, I seek Your protection from all evil and evil things.

Leaving the toilet

Stick it by the bathroom door

غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.

For more knowledge

Stick it on your desk or bookshelf

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.



Morning and Bedtime Du'as

Name _____

Page 1 of 2. Learn one du'a at a time with a grown-up, and colour a circle each day you say it.

Date _____



Good morning!

Three du'as to start the day



1. As soon as I wake up

Sahih al-Bukhari 6324

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur

All praise is for Allah, who gave us life after He made us die, and to Him is the return.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

2. On my way out to school

Sunan Abi Dawud 5095, Jami' at-Tirmidhi 3426

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah

In the name of Allah, I trust in Allah, and there is no power and no strength except with Allah.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

3. Before I start learning

Qur'an, Surah Ta-Ha 20:114

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐



Morning and Bedtime Du'as

Name _____

Page 2 of 2. Keep this by the dinner table or your bed.
Colour a circle each day you say the du'a.

Date _____



Good evening!

Three du'as for dinner and bedtime



1. Before my dinner

Sunan Abi Dawud 3767

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

2. When I finish my dinner

Sunan Abi Dawud 4023, Jami' at-Tirmidhi 3458

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alhamdu lillahir-ladhi at'amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah

All praise is for Allah, who fed me this and gave it to me without any power or strength from me.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

3. When I lie down in bed

Sahih al-Bukhari 6324

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I die and I live.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐



Say Salam Practice Cards

Name _____

Cut out the cards. Read the Arabic with a grown-up, say it out loud and tick a box each time you practise.

Date _____

Say it



السلام عليكم

Assalamu alaykum

Peace be upon you.

I practised it: ☐ ☐ ☐ ☐ ☐

Reply



وعليكم السلام

Wa alaykumus salam

And upon you be peace.

I practised it: ☐ ☐ ☐ ☐ ☐

The full salam



السلام عليكم ورحمة الله
وبركاته

**Assalamu alaykum wa rahmatullahi
wa barakatuh**

Peace be upon you, and the mercy of Allah
and His blessings.

I practised it: ☐ ☐ ☐ ☐ ☐

The full reply



وعليكم السلام ورحمة الله
وبركاته

**Wa alaykumus salam wa
rahmatullahi wa barakatuh**

And upon you be peace, and the mercy of
Allah and His blessings.

I practised it: ☐ ☐ ☐ ☐ ☐



Say Salam Practice Cards

Role-play cards. Pick a card, act it out with a partner, and use the right salam!

Name _____

Date _____

1



You come home from school and your family is in the kitchen.

What do you say as you walk in?

2



You meet your best friend at the park.

Be the first to say salam. That's the best one!

3



You walk past your neighbour, who is sitting in the garden.

The one walking greets the one sitting.

4



Your grandma comes to visit.

The younger one greets the older one first.

5



Two of you meet a big group of five.

The smaller group greets the bigger group.

6



Someone says "Assalamu alaykum" to you.

How do you reply? Try the full reply!

7



You arrive at the masjid and see the imam.

Say salam and smile.

8



You phone your uncle.

What's the first thing you say?



Sunnah of the Day Checklist

Tick a box each time you follow a sunnah of the Prophet.

Name _____

Date _____

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Smile at someone

☐☐☐☐☐☐☐

Say salam first

☐☐☐☐☐☐☐

Say Bismillah before eating

☐☐☐☐☐☐☐

Eat and drink with my right hand

☐☐☐☐☐☐☐

Sit down to drink

☐☐☐☐☐☐☐

Put my right shoe on first

☐☐☐☐☐☐☐

Brush my teeth or use a miswak

☐☐☐☐☐☐☐

Say Alhamdulillah when I sneeze

☐☐☐☐☐☐☐

Help out at home

☐☐☐☐☐☐☐

Sleep on my right side

☐☐☐☐☐☐☐



Adab Manners Reward Chart

Name _____

Colour a shape each time you show good adab (manners). Count them up on Sunday for your reward!

Date _____

My manners

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Said salam



Said please and thank you



Listened to my parents



Shared with others



Spoke kindly, no shouting



Ate with my right hand



Tidied up after myself



Was patient and gentle



When I collect shapes,

my reward is: _____

My total this week:



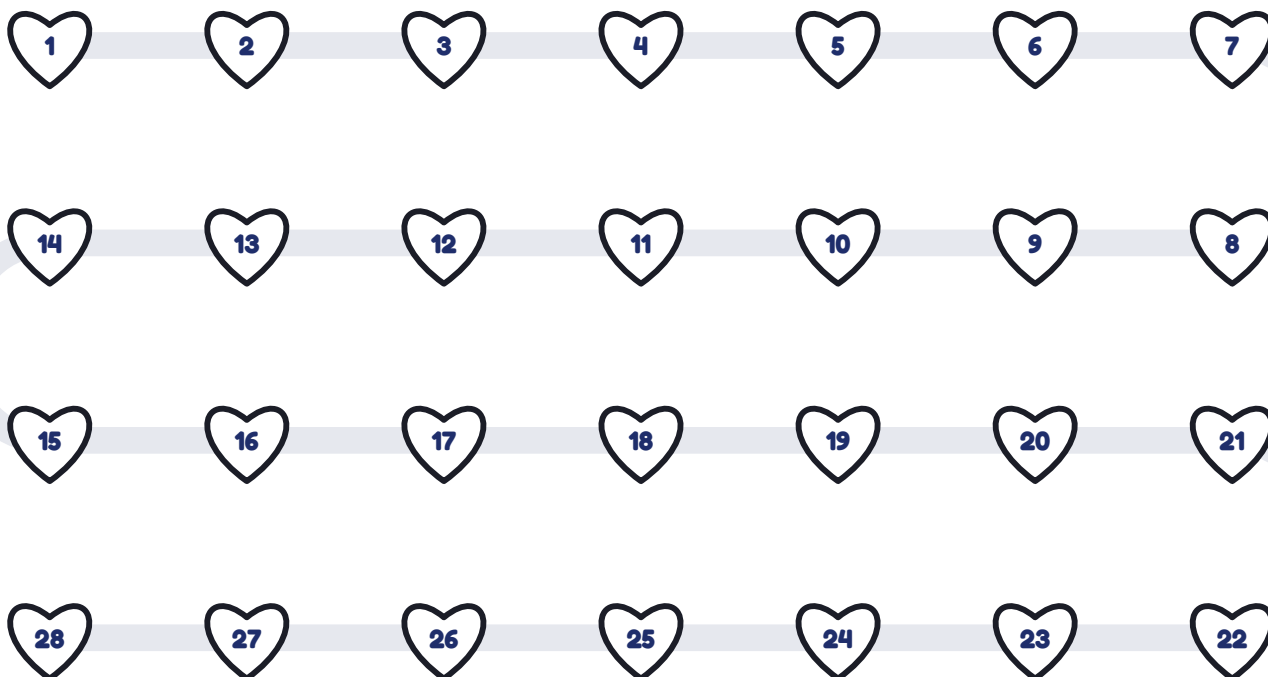


Kindness Tracker for Kids

Colour a heart every time you do something kind. Follow the path all the way to the panda!

Name _____

Date _____



You did it! 28 kind acts!



Kind things I did

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Kindness ideas

- ☆ Hold the door open
- ☆ Share your snack
- ☆ Help tidy up
- ☆ Make a card for someone
- ☆ Give a kind word
- ☆ Play with someone who's alone
- ☆ Feed the birds
- ☆ Help a grown-up cook
- ☆ Visit someone who is ill
- ☆ Say thank you



SunnahPanda

Sunnah Bedtime Routine Chart

Follow the sunnah bedtime routine every night. Colour a moon for each step you do.

Name _____

Date _____



Goodnight, the sunnah way!



(M) (T) (W) (T) (F) (S) (S)

1

Make wudu

Go to bed clean and fresh with wudu



2

Dust off my bed

Shake out the covers before lying down



3

Read the three Quls

Surah Al-Ikhlās, Al-Falaq and An-Nas



4

SubhanAllah 33, Alhamdulillah 33, Allahu Akbar 34

Count them on my fingers



5

Lie on my right side

Just like the Prophet ﷺ did



6

Say my sleeping du'a

"Bismika Allahumma amutu wa ahya"



These are all things the Prophet ﷺ did or taught at bedtime. Sweet dreams, in sha Allah!



Islamic Manners Bingo

Cover a square when the caller reads it out. Four in a row, across, down or corner to corner, wins!

Name _____

Date _____

Card 1

☆ BINGO ☆

Help at home

Say sorry

Respect your
elders

Eat with your
right hand

Say thank you

Visit someone
who is ill

Sit down to drink

Be patient

Use a gentle voice

Make du'a for
others

Keep your promise

Wait your turn

Share with a
friend

Forgive someone

Give a gift

Say salam

Card 2

☆ BINGO ☆

Help at home

Say salam

Eat with your
right hand

Make du'a for
others

Say sorry

Use a gentle voice

Share with a
friend

Respect your
elders

Be kind to animals

Give a gift

Tell the truth

Say thank you

Be patient

Sit down to drink

Keep clean

Help a neighbour



Islamic Manners Bingo

Cover a square when the caller reads it out. Four in a row, across, down or corner to corner, wins!

Name _____

Date _____

Card 3

☆ BINGO ☆

Wait your turn

Listen when
others speak

Say salam

Keep clean

Give in charity

Tidy up your
things

Smile at someone

Make du'a for
others

Give a gift

Help at home

Sit down to drink

Share with a
friend

Tell the truth

Keep your promise

Say sorry

Help a neighbour

Card 4

☆ BINGO ☆

Say salam

Share with a
friend

Tell the truth

Visit someone
who is ill

Respect your
elders

Keep your promise

Be patient

Use a gentle voice

Wait your turn

Eat with your
right hand

Say sorry

Be kind to animals

Sit down to drink

Make du'a for
others

Tidy up your
things

Give in charity



Islamic Manners Bingo

Cover a square when the caller reads it out. Four in a row, across, down or corner to corner, wins!

Name _____

Date _____

Card 5

☆ BINGO ☆

Say sorry

Visit someone
who is ill

Give in charity

Eat with your
right hand

Share with a
friend

Keep clean

Help at home

Be patient

Keep your promise

Respect your
elders

Make du'a for
others

Tell the truth

Help a neighbour

Tidy up your
things

Wait your turn

Forgive someone

Card 6

☆ BINGO ☆

Wait your turn

Help at home

Visit someone
who is ill

Eat with your
right hand

Say sorry

Smile at someone

Respect your
elders

Sit down to drink

Give in charity

Say salam

Tidy up your
things

Keep your promise

Be kind to animals

Be patient

Share with a
friend

Tell the truth



Islamic Manners Bingo

Calling cards. Cut them out, mix them up in a bowl and read one out at a time.

Name _____

Date _____



Say salam



Smile at someone



Share with a friend



Say thank you



Say sorry



Tell the truth



Help at home



Wait your turn



Eat with your right hand



Sit down to drink



Be kind to animals



Tidy up your things



Use a gentle voice



Visit someone who is ill



Respect your elders



Keep your promise



Give in charity



Make du'a for others



Forgive someone



Be patient



Keep clean



Help a neighbour



Listen when others speak



Give a gift



Gratitude (Shukr) Journal for Kids

Name _____

Date _____

Page 1 of 2. Each day, write three things you're thankful to Allah for, then say Alhamdulillah!

Monday



.....



.....



.....

☐

I said
Alhamdulillah!



Tuesday



.....



.....



.....

☐

I said
Alhamdulillah!



Wednesday



.....



.....



.....

☐

I said
Alhamdulillah!



Thursday



.....



.....



.....

☐

I said
Alhamdulillah!





Gratitude (Shukr) Journal for Kids

Name _____

Date _____

Page 2 of 2. Each day, write three things you're thankful to Allah for, then say Alhamdulillah!

Friday



.....



.....



.....

☐

I said
Alhamdulillah!



Saturday



.....



.....



.....

☐

I said
Alhamdulillah!



Sunday



.....



.....



.....

☐

I said
Alhamdulillah!



This week, I want to thank someone for...

.....
.....



Saying Alhamdulillah means “all praise is for Allah”. Shukr means being thankful, with our words and our actions.



My Du'a Journal for Kids

Page 1 of 2. Write down the du'as you make. When one comes true, colour the star!

Name _____

Date _____

Date	My du'a	Who it's for	Answered?
			★
			★
			★
			★
			★
			★
			★
			★
			★
			★



Allah always hears our du'a. Sometimes the answer is yes, sometimes it's "wait", and sometimes something even better.

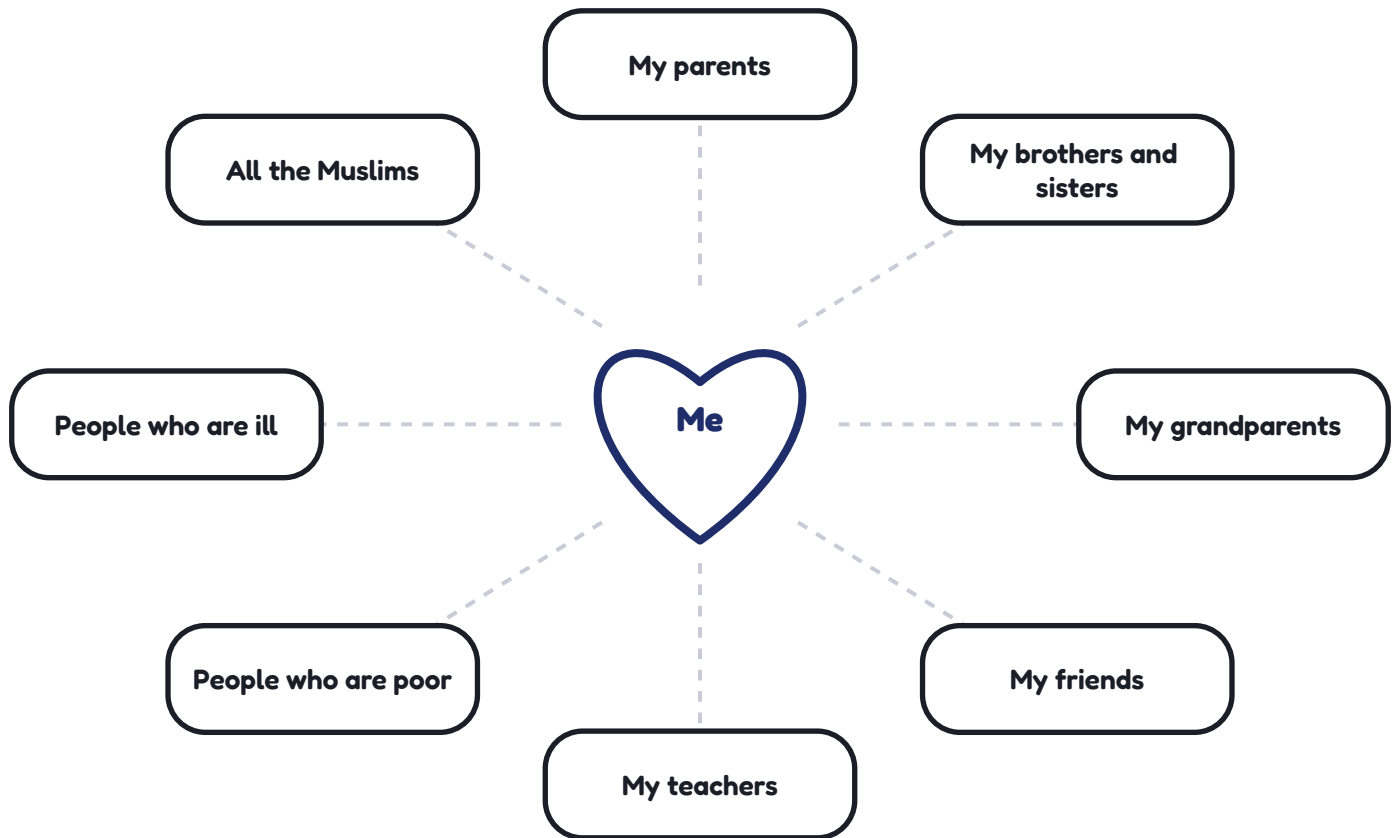


My Du'a Journal for Kids

Page 2 of 2. Who will you make du'a for? Then learn some of the best times to make du'a.

Name _____

Date _____



Someone else I will make du'a for

My du'a for today

Great times to make du'a

☆ While in sujud

☆ Between the adhan and the iqamah

☆ In the last part of the night

☆ On Friday