ABOUT THE BOOK

The present series covers all areas of Islamic studies: qafseer, hadeeth, tawheed, figh, seerah, and general etiquette relating to different areas and situations. Every effort has been made to ensure that the material presented in the series is authentic, and most of the terms are presented in their original Arabic script, along with the transliteration and the translation of their meanings. This also applies to supplications which have to be memorised in their Arabic version. The aim here is to help the reader read the original text and understand its meaning. Each lesson is followed by exercises covering questions about the lesson.

One striking feature in the series is the colourful artwork used in it that certainly appeals to children. This is certainly bound to attract the young readers' attention, stimulate them, amuse them as well as educate them.

The series aims to acquaint the student with the teachings of Islam in every aspect: beliefs, practices and moral conduct. The series, with its unique features, certainly fills a gap in this area which has long been partially neglected.
Given the dire need for Islamic studies material in schools incorporating the subject in English, Darussalam has endeavoured to publish an Islamic Studies series covering all the grades, from grade one through grade twelve.
All praise belongs to Allah; we praise Him and seek His help and forgiveness. We seek refuge in Allah from the evil of our own selves and from our sinful deeds. Whomever Allah guides, there is none to misguide him, and whomever He leads astray, none can guide him. We bear witness that there is no god worthy of worship except Allah, alone, and we bear witness that Muhammad is His servant and Messenger. We pray to Allah the Almighty to bestow His peace and blessings upon Prophet Muhammad, upon his good and pure family, as well as upon all the noble companions and those who follow them in righteousness until the Day of Judgement.

Given the dire need for Islamic studies material in schools incorporating the subject in English, Darussalam has endeavoured to publish an Islamic Studies series covering all the grades, from grade one through grade twelve.

The series will cover all areas of Islamic studies: tafseer, hadeeth, tawheed, fiqh, seerah, and general etiquette relating to different areas and situations. Given the importance of authentic Islamic knowledge, every effort has been made to ensure that the material presented in the series is authentic. Also, given the importance of Arabic Islamic terms, most of the terms are presented in their original Arabic script, along with the transliteration and the translation of their meanings. This also applies to supplications which have to be memorised in their Arabic form. The aim here is to help the reader read the original text and understand its meaning. Each lesson is followed by exercises covering questions about the lesson.

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The present breathtaking work was initiated by an expert in the field of education, Maulvi Abdul Aziz, MA. English literature, who held different posts in the field including that of Senior Administrative Officer in the Department of Private Education, Ministry of Education, Dubai, UAE, from 1982 to 2002.

The current project also owes its existence in its present form to a number of people who made informative suggestions, particularly Al-Arabee Ben Razzouq, College of Languages and Translation, Imam Muhammad ibn Saud University, Riyadh, who undertook the painstaking task of checking the authenticity of the material presented in the series, proofreading the text as well as adding references to certain quotations from the Qur'an and the hadeeth. Special thanks also go to Sheikh Abdul-Qawiy Luqman, Al-Madeenah University graduate, for his interesting suggestions and to Mr. Zulfiqar Mahmood who conscientiously applied his expertise in the field of graphic design to produce the series in a superb shape.

We pray to Almighty Allah to reward our endeavours and to make the present series abundantly beneficial to students in all stages of education as well as to any one who reads them.

Abdul Malik Mujahid

Sha'aban, 1429 AH.
August 2008.
Chapter

Contents

1. Allah is One  
2. Allah is the Creator  
3. Allah is the Giver of Life  
4. Allah is All-Hearing  
5. Iman – The Faith of A Muslim  
6. The Messengers of Allah  
7. The Angels  
8. The Books of Allah  
9. In the Name of Allah  
10. The Five Pillars of Islam  
11. Al-Masjid  
12. Al-Adhan  
13. How Do I Perform Wudhu?  
14. The Five Daily Prayers  
15. Prophet Muhammad μ (1)  
16. Prophet Muhammad μ (2)  
17. Prophet Muhammad μ (3)  
18. Prophet Muhammad μ (4)  
19. The Prophet’s Kindness (1)  
20. The Prophet’s Kindness (2)  
21. Some Surahs of the Qur’an  
22. Dhikr and Du’aa  
23. Using the Right Hand  
24. Etiquette of Using the Toilet  
25. Etiquette of Eating and Drinking  
26. Etiquette of Going out  
27. Etiquette of Sleeping  
28. Kindness to Parents  
29. Everyday Courtesies  
30. General Manners
In the Name of Allah, the Most Gracious, the Most Merciful.
**Allah is One (al-Ahad)**

**Allah** is One.  
**Allah** was not born.  
**He** has no father.  
**He** has no wife.  
**He** is One and Alone.  
**He** has no partner.  
**He** has no need for children to live after Him.

**Allah** does not need children to help Him.  
**He** does not need anyone to help Him.

Man needs to eat. Man needs to drink.  
Man needs to sleep. Man needs to rest.  
But Allah does not need to do any of these things.
Allah does not eat.
Allah does not drink.
He gives man to eat.
He gives man to drink.
Allah does not need to rest.
Sleep does not come to Him.
Nothing tires Him.
Allah does not feel sleepy.
A. Complete the following sentences.

Allah is __________________________.

He is the One __________________________.

Allah was not __________________________.

He will not __________________________.

B. Find these words in the grid below.

ALLAH, ONE, AHAD, MAN

C. Colour the following.
Allah made everything.
He made everything from nothing.
Once there was no sky.
Once there was no earth.
Once there were no flowers.
Once there were no animals.
Once there were no birds.

Allah made everything.
He made the sky. He put the sun in the sky.
He put the moon in the sky.
He put the stars in the sky.
He made the earth.
He made the dry land.
He made the mountains.
He made the rivers.
He made the seas.
He made the oceans.
He made the plants. He made the tall trees. 
He made the flowers in every colour. 
He made all kinds of animals: big elephants, tigers, lions, dogs and kittens!

He made the birds to fly high in the sky. What a wonderful world Allah has made!
And just think Allah made everything out of nothing!
Is there anyone who can make things out of nothing?
What do we call it when Allah makes things out of nothing?
We call it “CREATE”!
Who made everything without using anything?  
Allah.

Only Allah can **CREATE**. Nobody else can **CREATE**!

People made your home and everything that is in it. People made it from wood, metal and other things – things that **Allah** already created.

Let us thank **Allah** for all the wonderful things **He** created for us. **Repeat after me!**

الْحَمْدُ لِللهِ رَبِّ الْعَالَمِين

Al-Hamduullaaahi Rabbil-Aalameen
All praise and thanks are due to **Allah**, Lord of all the worlds.
A. Complete the following sentences.

Allah made everything.

He made everything from ____________.

He made the ____________ in the sky.

He made the tall ____________.

He made the ____________ in every colour.

B. Answer the following questions.

1. What do we call it when Allah makes things out of nothing?

2. Who created you?
C. Join the dots and colour the picture below.

This is a __________________. Allah created it. Allah is:

الخالِق
Where does a chicken come from? It comes from an egg.
Where does an egg come from? It comes from a hen.

Where does a hen come from? **Allah** made it out of nothing.
Where do you find an apple fruit? It grows on an apple tree. Where does that apple tree come from? It comes from another apple tree.
Where does that apple tree come from? **Allah** created it out of nothing.
You can ask these questions about all things and try to give an answer. This will show you that everything has a beginning, and that everything also has an end. But not so with Allah.

He has no beginning.
He has no end.

Allah is the Living One.
Allah is the Giver of life.

When you look at the sky, the sun, the moon and the stars, whom do you think of?

When you see the trees and mountains, birds and animals, fish and oceans, whom do you think of?
**Allah** created Adam. Adam was different from animals and plants in many ways.

Adam was a man. He was the first man. The animals and plants cannot think the way we can. They cannot talk. But Adam could do these things. **Allah** gave him the gift of speech. He gave him the gift of the mind to think with. **Allah** is the **Giver** of life.

Who made the whole world? **Allah** made the beautiful earth. **He** filled the earth with many beautiful things.
A. Complete the following sentences.

1. Everything has a __________________; so everything has an ________________.

2. But not so with ___________________.

3. **Allah** is the **L**______ **O**__________.

4. **Allah** is the **G**______ of **I**__________.

B. Answer the following questions.

1. Write down three things you can do but plants cannot.

________________________________________
________________________________________
________________________________________

2. Who has given you these gifts?

________________________________________

C. Colour the following.

**Allah** is the **Giver of Life** (al-Muhyyee)
**Allah** created us.

**He** created the world and everything in it.

**Allah** is All-Powerful.

**He** created us.

**He** guides us.

**He** gives us food.

**He** gives us drink.

When we are ill, **He** is the One who cures us.

**He** gives life.

**He** causes death.

**He** forgives our mistakes.

**He** hears our prayers.

And how well **He** hears!

Yes, **Allah** hears everything whether we say it quietly or loudly. **He** even hears the silent cry of the heart. **He** hears even a whisper. **He** hears our prayers even if we don’t use any words. **He** alone has the power to hear us so wonderfully.
Nobody else can hear as Allah does! Allah hears us; He hears everything. He is so wonderful a Hearer that He hears all the people in the world at the same time.

We can pray to Allah in our five daily prayers.

But it is wonderful to pray to Him at anytime of the day and night. We can pray to Him in our beds. We can pray to Him in our cars. We can pray to Him wherever we are!
You can pray to Him to make your daily work easy. You can pray to Him to get you out of your troubles and problems.

You can pray to Him to make your wishes come true.

Ask Him for help.
Ask only Him for help.

You can ask Him for help quietly or loudly. He hears everything all the time. And how well He hears!

Allah can hear us even without moving our lips.
He is as-Samee’!

To believe in Him and to have faith in Him is a part of our Iman.
Chapter 4  Allah is All-Hearing (as-Samee’s) ﴿الاسْمِعِ﴾

A. Crossword puzzle

Across

1. Allah is All-Hearing. He is ______________________.
2. Allah can hear us, He is All-______________________.
3. Ask only Allah for____________________________.

Down

4. Who answers our prayer? __________
5. To have __________ in Allah is part of our iman.
6. We can pray to Allah at any time of the day and _____.
Iman is an Arabic word. It means faith. Faith means complete trust in someone. It means if you have faith in someone, you believe in him with all your heart, and you do not have any doubt about it.

Remember doubt and faith are two opposite things. If you have doubt in something, you believe that it might not be true. Iman is a state in which the heart accepts the truth and lives by it.
The heart believes in the truth. The lips and tongue declare the truth, and the limbs carry out what the truth requires.

Faith (Iman) is light.
Doubt is darkness.

A Muslim has faith (Iman) in:

1. Allah
2. His Angels
3. His Books
4. His Messengers
5. The Day of Judgement
6. Divine Destiny—in the truth that everything good or bad comes from Allah
A. Write answers to the following questions in the grid below.

**Across**

1. ____________ is an Arabic word. It means _faith_.
2. _Faith_ means complete ____________ in someone.
3. _Iman_ is ____________. Doubt is darkness.
4. The ____________ and tongue declare the Truth.

**Down**

5. A Muslim has _faith_ in the ____________ of Judgement.
6. Doubt and ____________ are two opposite things.
7. Everything good or bad comes from ____________.
8. The ____________ carry out what is required of the Truth.

<table>
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<td>5</td>
<td>2</td>
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</tr>
</tbody>
</table>
B. A Muslim has faith (الإيمان) in.
1. A ____________________.
2. His A ____________________.
3. His B ____________________.
4. His M ____________________.
5. The D ____________ of J ____________________.
6. D ____________ D ____________.

Iman
The Faith of a Muslim

C. Colour the following.
In normal conditions, Allah does not speak to man directly. He does not tell each one of us separately to do this and not to do that.

Allah’s way to tell us to do things or not to do them is through His Prophets and Messengers. He chooses a person to receive His message. The person who receives this message becomes the Messenger of Allah.

Allah sends His message to the Messenger through Angel Jibreel ( ). The Messenger then gives this message to people. Allah sent Prophets and Messengers to different people at different times. They spoke to people in Allah’s name and guided them. The Prophets and Messengers of Allah were men. They were noble people.
The first Prophet was Adam (عليه السلام).

The last Prophet was Prophet Muhammad (صلى الله عليه وسلم).

Some other Prophets were:

1. Nuh (عليه السلام)
2. Ibraaheem (عليه السلام)
3. Ishaq (عليه السلام)
4. Ya‘qub (عليه السلام)
5. Yusuf (عليه السلام)
6. Musa (عليه السلام)
7. Haroon (عليه السلام)
8. Dawood (عليه السلام)
9. Yahyaa (عليه السلام)
10. Isa (عليه السلام)
A. Complete the following sentences.

1. **Allah** sends His message to the Messenger through Angel (الجبريل) ____________.

2. **Allah** sent **Prophets** and **Messengers** to different ____________ at different ____________.

3. The first **Prophet** was ____________.

4. The last **Prophet** was ____________.

B. Answer this question.

   Name some of the **Prophets Allah** chose to guide people.
C. Colouring Fun

Colour in **red** the shapes and spell the name of the first Prophet chosen by Allah.

Colour in **blue** the shapes and spell the name of the last Prophet chosen by Allah.
The Arabic word for angel is malak. malaa'ikah is its plural. Allah created the angels. He created them just as He created man and everything else. They are made of light. We cannot see them, but we know that they are there! This is because Allah's Messenger (ﷺ) told us so.

The angels are Allah's servants. They obey Him all the time. They carry out His commands. They have no power to disobey Allah.

Allah wanted man to obey Him, so He sent Angel Jibreel (ﷺ) to Prophet Muhammad (ﷺ).

Angel Jibreel told the Prophet (ﷺ) what Allah wanted man to do.
Chapter 7

The Angels

Jibreel (الجبريل) brought the Qur'an to the Prophet (صلى اللّه عليه وسلم) at the command of Allah. This was Jibreel’s duty.

Allah sent Angel Jibreel (الجبريل) to many Prophets before Prophet Muhammad (صلى اللّه عليه وسلم).

There are many angels. Different angels do different duties. Angel Jibreel (الجبريل) is one of them. Every one of us has two angels who remain with him all the time. They never leave him, and they write down everything he does or says! They write down his good actions and bad actions. Mikaa’eel, Israafeel, Ridhwan and Jibreel are also some of the angels. A Muslim believes in all of Allah’s angels.
Note:

The angels remain with every person except at certain times.

Students can take guidance from their teachers.

A. Write answers to the following questions.

1. What is the Arabic word for angels?

2. Who created the angels?

3. What are angels made of?

B. Join the dots and then colour the picture.

A Muslim believes in the angels even if he cannot see them.
Allah sent Prophets to guide man. 
**Allah** sent guidance to us through His **Prophets**. This guidance of Allah is called **wahi**.
The English word for **wahi** is **revelation**.
**Revelation** means to make something known.
**Wahi (revelation)** is the gift of **Allah** to man.

Who brought this **wahi** to the **Prophets**?
It was **Angel Jibreel** (الجبريل) who brought **wahi** to **Allah's Prophets**.
These were **Allah's** messages.
These messages were collected in the form of books. The **Qur'an** speaks of four such books.
**These four books are:**
1. The **Suhuf** which were given to **Prophet Ibraaheem** (إبوعيم).
2. The **Zaboor** which was given to **Prophet Daawood** (عليه السلام).

3. The **Tawraah** which was given to **Prophet Musaa** (عليه السلام).

4. The **Injeel** which was given to **Prophet Isaa** (عليه السلام).

5. The **Qur’an** which was given to **Prophet Muhammad** (صلى الله عليه وسلم).

All these books had the same message of Tawheed, that is

لا إله إلا الله

there is no god but Allah.

What happened to these books? Except for the **Qur’an**, all the other books were lost or changed by people. Today the original words of these lost books do not exist, but we still believe that
Allah once sent these books. We now have the Qur'an only. Its words are original as they came to our Prophet (ﷺ).

Allah has protected the Qur'an in its original form. It is part of our faith to believe in the Qur'an.

The Qur'an is the last and final divine book, and no other book will be revealed by Allah again.
A. Match the columns.

<table>
<thead>
<tr>
<th>Books</th>
<th>Prophets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tawraah</td>
<td>Isa (يسوع)</td>
</tr>
<tr>
<td>Qur'an</td>
<td>Dawood (صموئيل)</td>
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<tr>
<td>Injeel</td>
<td>Musa (موسى)</td>
</tr>
<tr>
<td>Zaboor</td>
<td>Ibraaheem (أبراهيم)</td>
</tr>
<tr>
<td>Suhuf</td>
<td>Muhammad (محمد)</td>
</tr>
</tbody>
</table>

B. Complete the following sentences.

1. The guidance of Allah to the Prophets is called ________________________.

2. It was Angel ____________________ (خليط) who brought the wahi to Allah's Prophets.

3. The Qur'an was given to Prophet ____________________ (محمد).
4. Except for the Qur'an, all the other Books have been _________
   or _____________ by people.

5. Allah has protected the _____________ in its original form.

C. **Colouring Fun.**
In the Name of Allah, Most Kind, Most Merciful

You will see that each surah of the Qur'an, except Surah Nine, begins with ٓبِسْمِ اللهِ الرَّحْمَٰنِ الرَّحِيمِ.

Allah's Messenger (ﷺ) said that we must start any good work with ٓبِسْمِ اللهِ الرَّحْمَٰنِ الرَّحِيمِ. If we do, Allah will increase the good in that work and bless it.

We must say ٓبِسْمِ اللهِ before making wudhu, before drinking water, upon opening the door of our
house, upon closing it, before we sleep, before sitting or standing, before putting on our clothes or shoes, upon leaving our house, and upon getting in the car or on the bus.

We should also say it before we start eating, but if we forget to say it at the beginning, then we must say when we remember. In short, we must make a habit of saying before we start doing things. Saying has great virtues.
A. Questions to answer.

1. Why should you say ُبُسْمَ اللَّهِ before you start doing anything?

2. Can you think of other things that you should start doing with ُبُسْمَ اللَّهِ?
B. Colour the following picture.

Remember to say ۚبِسْمِ اللَّهِ before you start!
Islam is based on **five pillars**.
The basic duties of Muslims are known as the five pillars.

The **five pillars** of Islam are:

1. **Ash-Shahaadah**:
The declaration of faith:

   \[
   \text{Laa ilaaha ill-Allaah, Muhammadur-Rasoolullaah} \\
   \text{( There is no god worthy of worship but } \\
   \text{Allah and Muhammad is His } \\
   \text{Messenger )}
   \]

2. **Salah**:
The compulsory prayer:
   Muslims pray five times everyday.
3. **Zakah:**
The payment of purifying dues. All rich Muslims must give zakah to the poor and those who are in need.

4. **Sawm:**
Fasting in the month of Ramadan.

5. **Hajj:**
The pilgrimage. A Muslim visits the Ka'bah at least once in his life for performing Hajj, if he is able to do so.
These basic duties are known as the **five pillars** of Islam. A building which has **five pillars** will stand firm. If all Muslims do these five things well, Islam will be firm. A Muslim is one who obeys **Allah** in everything. He accepts and believes that **Allah** exists, and that He is One. He also accepts and believes that **Muhammad** (ﷺ) is the Messenger and servant of **Allah**.
Chapter 10  The Five Pillars of Islam

A. Word Search

HAJJ, SHAHAADAH, SALAH, ZAKAH, SAWM

B. Match the following:

Saying لا إله إلا الله
Praying five times a day
Giving money to those who need it
Fasting in the month of Ramadan
Visiting the Ka'bah

Salah
Hajj
Sawm
Shahaadah
Zakah

C. Colour the following.

Salah  Zakah
Hajj  Sawm
Shahaadah
A mosque is a place in which Muslims pray five times a day. The Arabic word for mosque is masjid.

When it is time for salah, the mu’adh-dhin calls out the adhan from the masjid. The adhan is a call for prayer. Some mosques are small. Some mosques are very big. If you go to a big mosque, you will find several watertaps in one place. These watertaps are for Muslims to make wudhu before starting to pray.
You should enter the mosque with the right foot first, saying:

بِسْمِ اللَّهِ وَالصَّلَاةَ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ. اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillaah, wassalaatu wassalaamu 'alaa rasoolillaah. Allaahummaftah lee abwaaba rahmatik.

(In the name of Allah and prayers and peace be upon Allah’s Messenger. O Allah, open the gates of Your mercy for me).

You should take off your shoes or sandals and leave them at the entrance to the mosque. Mosques today have racks in them for shoes. In the prayer hall, there is a niche, called the mihraab.

The mihraab shows the direction of the qiblah.

The qiblah is the direction towards which we pray. The mihraab shows us where the qiblah is so we may face it when praying.
The **mosque** should be kept clean. Before going to the **mosque**, you must make sure that your body and clothes are clean and that they do not smell bad.

The **mosque** is a place of worship. Do not eat or drink in a **mosque**. It is not a place for taking meals or drinks.

After **salah**, leave the **mosque** with the left foot first, saying:

*Bismillaah, wassalaatu wassalaamu 'alaa rasoolillaah. Allaahumma innee as'aluka min fadlik.*

(In the name of Allah and prayers and peace be upon Allah's Messenger. O Allah, I ask you of Your bounty).*
A. Match the following.

- The Arabic word for mosque is ★ masjid
- A person who calls the adhan is called ★ the mi'ad-dhin
- The watertaps in the masjid are ★ for Muslims to make wudhu
- The niche in the mosque that shows the direction of the qiblah ★ the mi'ad-dhin

B. Circle the correct answer.

- It is OK to throw bits of paper in the masjid. Yes No
- We must keep our masjid clean and tidy. Yes No
- I must take my shoes off inside the masjid. Yes No
- The mi'ad-dhin is a niche in one of the walls of the masjid. Yes No
- If you face the mi'ad-dhin you will be facing the qiblah. Yes No

C. For entering or leaving?

Which of the following du'aa is said when entering the masjid and which one is said when leaving it?

- بسم الله و السَلام على رسول الله
- بسم الله و الصلاة و السلام على رسول الله
- اللهم افتح لي أبواب رحمتك
- اللهم إني أسا لك من فضلك

Memorize both these du'aaas so that you can recite them the next time you go to the masjid; this will make Allah happy with you.
The mu'adh-dhin calls out the adhan five times a day in the mosque. Muslims then get ready to offer salah. The adhan reminds the Muslims that it is time for prayer.

When you hear the adhan, you should prepare yourself for salah. You should leave aside whatever you may be doing at that time as soon as possible.

The wording of the adhan is:

Allaahu Akbar, Allaahu Akbar
Allah is Most Great, Allah is Most Great

Allaahu Akbar, Allaahu Akbar
Allah is Most Great, Allah is Most Great

ash-hadu allaa-ilaaha illallaah
I testify that there is no god but Allah

ash-hadu allaa-ilaaha illallaah
I testify that there is no god but Allah
Ash-hadu anna Muhammadar Rasoolullaah
I testify that Muhammad is the Messenger of Allah

Ash-hadu anna Muhammadar Rasoolullaah
I testify that Muhammad is the Messenger of Allah

Hayya 'alassalaah, hayya 'alassalaah
Hasten to the prayer, hasten to the prayer

Hayya 'alal falaah, hayya 'alal falaah
Hasten to success, hasten to success

Allah is Most Great, Allah is Most Great

Laa-ilaaha illallaah
There is no god but Allah

How powerful the call is!
How beautiful the words are!
A. Complete the following statements.

1. The mu'adh-dhin calls out the ____________________________ five times a day.

2. Muslims then get ready to offer ____________________________.

3. When you hear the adhan, you should prepare yourself for ____________________________.

B. Memorize.

Learn the wording of the adhan by heart.
The **Prophet Muhammad** (ﷺ) said that a person’s prayer (salah) is not accepted if he is not pure. So, before praying a Muslim must **purify** himself. He should wash off the dirt, if any, from his body. A Muslim should make sure that his clothes are clean. **Wudhu** should be performed with pure water.

The way to perform **wudhu**:

1. Make the intention of purifying yourself for salah.
2. Start in the name of **Allah** by saying: 
   
   بِسْمِ اللَّهِ 
   
   Bismillaah – In the name of **Allah**
3. Wash the right hand and the left hand three times. You should wash up to the wrists and between the fingers.
4. Rinse out the mouth three times.
5. Sniff water into the nose and give it a gentle blow, three times.
6. Wash the face three times, from the hairline to the bottom of the chin and from ear to ear.

7. Wash the right forearm up to the elbow including the hand three times. Then wash the left forearm up to the elbow including the hand three times.

8. Wet your hands and wipe the head once from the hairline to the neck and back again to the front.

9. With wet hands, wipe the inside of the ears with the index finger and the outside of the ears with your thumb once.

10. Wash the feet starting with the right foot, from the toes to the heels and ankles. Do this three time. Remember to rub between the toes.


I bear witness that there is no god worthy of worship except Allah and I bear witness that Muhammad is His servant and Messenger.
A. *The correct order to perform wudhu.*

Number the following pictures in the order in which wudhu should be performed.
B. Choose the correct answer.

While making my wudhu:

1. I always wash my ______ foot before my left one.
   (left / right)
2. I rinse out my mouth ______ times (three / four)
3. I do not forget to say (bismillaah) when I ______.
   (start / finish)
4. I wash my face ______ I wash my forearms up to the elbows including the hands.
   (before / after)
5. I sniff water into my nose and give it a ______ blow.
   (gentle / hard)

C. Colour the following.

THERE IS NO SALAH WITHOUT WUDHU
The second pillar of Islam is salah. A Muslim must offer five fard prayers a day.

Fard is an Arabic word which means compulsory. The fard prayers are compulsory prayers. No Muslim should avoid them or delay them, without a valid reason.

The five daily prayers have the following rak'ahs.

1. Fajr  
   Dawn prayer has two rak'ahs

2. Dhuhr  
   Afternoon prayer has four rak'ahs

3. Asr  
   Mid-afternoon prayer has four rak'ahs

4. Maghrib  
   Sunset prayer has three rak'ahs

5. Isha  
   Night prayer has four rak'ahs
When the time of any of these prayers starts, you will hear the mu’adh-dhin in the masjid call out the adhan.

★ A Muslim will then make wudhu and get ready for salah.

★ Facing the qiblah, a Muslim makes the intention of the prayer he is going to perform.

★ He raises his hands to the level of his ears or his shoulders and says:

\[
\textit{Allaahu Akbar} \\
\text{Allah is Most Great}
\]

★ His prayer (salah) has started. His first rak’ah has started.

A rak’ah:
what is a rak’ah?
A rak’ah is a set of recitations and movements.
A **rak'ah** consists of the following things:

- Recitation of Surat al-Fatihah while standing.
- Recitation of another surah (in the first two **rak'ahs**)
- **Ruku'**: Bowing (while holding both the knees)
- Rising and standing straight from bowing
- **Sujud**: Prostration – done twice (putting hands, forehead and nose, knees and toes on the ground)

You will learn in detail how each part of the **rak'ah** is done later!
A. Unscramble.

Unscramble the names of the prayers, and write the number of rak'ahs in each one of them:

1. hribMag _______ has _______ rak’ahs.
2. huhDr _______ has _______ rak’ahs.
3. shal _______ has _______ rak’ahs.
4. Fjar _______ has _______ rak’ahs.
5. srA _______ has _______ rak’ahs.

B. Match the prayer (salah) to the time when it is prayed.

- Fajr
- Maghrib
- Dhuhr
- Isha
- Asr

Sunset
Night
Dawn
Afternoon
Mid-afternoon
The birth of the Prophet (ﷺ)

Prophet Muhammad (ﷺ) was born in Makkah on Monday, Rabee’ al-Awwal, in the Year of the Elephant. It was the year 570 according to the Christian calendar. Prophet Muhammad (ﷺ) was born 50 days after the event of the Year of the Elephant.

What is the Year of the Elephant? The Arabs before Islam of course had no calendar. They counted the days and months but they did not number their years. Instead, they would only give each year a name after some special event which happened during that year.
The year in which Allah's Messenger (ﷺ) was born something very remarkable happened.

An Ethiopian ruler named Abraha was ruling Yemen at that time. He was angry because many people went to Makkah every year to visit the Ka'bah. Along with them, they took all their business and trade there.

Abraha became jealous. He wanted people to come to his city instead. So he decided to build a big church in San’aa. He hoped that people would visit his church and stop visiting the Ka'bah.

Abraha built a splendid church in San’aa, but the people did not come to his church. They continued to visit the

Abraha needed no further excuse. He set out for Makkah with a large army to tear down the Ka'bah. At the front of the army he placed an
elephant. No one in Makkah had ever seen an elephant before.

Abraha was not far from Makkah when the elephant stopped and it wouldn’t move any further. Abraha’s large army also stopped.

At this point a miracle happened. The Qur’an tells us its story, and you will learn about it in detail later, Inshaa Allah.

Since then this year was called the Year of the Elephant. It was the year Allah’s Messenger (ﷺ) was born.
A. Colour the matching boxes with the same colour.

Monday

The Year of the Elephant was the year

570 according to the Christian Calendar

Abraha was angry

I love my Prophet (ﷺ)

because people visited Makkah

was ruling Yemen at that time.

Abraha

B. Fill in the gaps.

1. At the front of the army, Abraha put an ____________.
2. Abraha wanted to break the ____________ down.
3. Abraha built a splendid ____________ in San’aa.

C. Join the dots and then colour in the word.

MUHAMMAD (MAY ALLAH’S PEACE AND BLESSINGS BE UPON HIM)
Prophet's mother's name was Aminah bint Wahb. She belonged to a noble family of a tribe called Quraysh.

The Prophet's father's name was Abdullah and his grandfather's name was Abdul-Muttalib. They also belonged to the Quraysh tribe. A few months before the birth of Prophet Muhammad (ﷺ), his father Abdullah had gone to Syria with a trade caravan. On his return he fell sick. He stayed in Yathrib (Madinah) for a while hoping to get better before he went back to Makkah. But sadly he could not reach Makkah. He died in Madinah months before the birth of his son. Abdullah was only 25 years old when he died.
When his mother Aminah gave birth to him, his grandfather Abdul-Muttalib named him Muhammad. Abdul-Muttalib hoped that his grandson would be praised and respected by everyone in the world.
A. Answer the following questions.

What was the Prophet's grandfather's name?

What was the Prophet's father's name?

What was the Prophet's mother's name?

What is the name of our beloved Prophet?

B. Complete the following sentences.

1. Aminah gave birth to  Phú  (%) .
2. Abdul-Muttalib named his grandson  Phú  .
3. Prophet Muhammad’s father died  Phú  before he was born.

C. Answer in colours.

1. Colour in red the place where Prophet Muhammad ( Phú ) was born.
2. Colour in green the place where Prophet Muhammad’s father Abdullah died.
Most of the Quraysh used to send their newborn children to the desert. There they would spend their early childhood with a Bedouin family.

This gave the children good health. It kept them away from the crowded city. This also helped them to learn the pure Arabic language. According to the custom of the Arab nobles, the Prophet (ﷺ) was given into the care of Lady Haleemah Sa’diyah. Haleemah took it upon herself to suckle Muhammad (ﷺ) and raise him.
She would come to Makkah twice a year so that Muhammad (ﷺ) could meet his mother and grandfather.

Haleemah Sa’diyyah suckled him for two years and he remained with her for four years. He tended sheep as soon as he was old enough to walk and learnt the ways of the desert. He brought great good fortune to his foster parents.

His mother Aminah called him back to Makkah at the end of four years. When he was six, his mother took him to Yathrib (Madinah), where his father died.

But Aminah herself fell ill and died on her way back to Makkah at Abwa, a place between Madinah and Makkah.
A. Answer the following questions.

1. Who was Haleemah Sa’diyyah?

2. For how many years did Prophet Muhammad (ﷺ) remain with Haleemah Sa’diyyah?

B. Find these words in the grid below.

MUHAMMAD, HALEEMAH, ABDULLAH, AMINAH, MAKKAH

M N B V C X M Z A S
M U H A M M A D M F
G H A J K L K Q I W
E R L T Y U K I N O
P Z B X C V A B A N
M A B S D F H G H C
K J A B D U L L A H
L Q H A L E E M A H
C. Colour the following picture of the Ka'bah.
Allah’s Messenger (ﷺ) now came under the care of his grandfather Abdul-Muttalib. Abdul-Muttalib was eighty years old then. He was the head of the Hashimi clan.

Abdul-Muttalib loved his little grandson very much. He kept the boy with him as he rested in the shadow of the Ka’bah. Here the two of them could watch the world go by.

When the boy was eight years old, Abdul-Muttalib died. Now the Prophet (ﷺ) came under the care of his uncle Abu Talib. Abdul-Muttalib was wise enough to give him to the care of Abu Talib because he and the Prophet’s father Abdullah were born of the same mother.
Abu Talib took special care of his nephew. He held him dearer than his own sons. He made him sleep on his own bed. When the Prophet (ﷺ) was twelve years old, Abu Talib planned to go with a trade caravan to Syria. Abu Talib took him along to Syria.

When the caravan reached Busra (a part of Syria), a Christian monk named Bahira saw the Prophet (ﷺ). Bahira was learned and wise. He recognized Muhammad (ﷺ) as the Last Prophet.

He told Abu Talib that his nephew was set to become a Prophet. He advised Abu Talib to look after him with special care.
A. Name the following relatives of the Prophet Muhammad (ﷺ).

1. Grandfather
2. Father
3. Mother
4. Wet nurse
5. Uncle

B. Complete these sentences.

1. The Prophet’s father was
2. The Prophet (ﷺ) was born in
3. The Prophet’s father died in
4. Busra is in
Write down the boxed letters in the previous page in the blank below.

recognized Muhammad (ﷺ) as the Last Prophet.

C. Answer in colours.

1. Colour in blue the place where Bahira lived.
2. Colour in yellow the place where Abu Talib and Muhammad (ﷺ) lived.

Busra

Makkah
One day Allah’s Messenger (ﷺ) was alone in the Muslim camp close to the battleground. He lay down to rest in the shade of a tree and fell asleep.

A man from the enemy came along by chance. Seeing the Prophet (ﷺ) asleep and alone, he quietly removed the Prophet’s sword from its cover and raised it over him. Just then the Prophet (ﷺ) woke up. The man asked, ‘O Muhammad! Who will save you from me now?’

The Prophet (ﷺ) calmly replied, ‘Allah!’ Hearing the Prophet’s reply, the man trembled with fear, and the sword fell down from his hand.
The Prophet (ﷺ) picked up the sword and asked the man, ‘Now who will save you from me?’
The man had no answer.
The Prophet (ﷺ) let the man go.

A. Complete the story.

Allah’s Messenger (ﷺ) lay down to ___________________ in the shade of a ___________________ and fell asleep.
One of the ___________________ came along by chance.
He said, ‘O Muhammad! Who will ___________________ you from me now?’
The Prophet (ﷺ) calmly replied, ‘___________________!’
On hearing this, the man trembled with ___________________ and the ___________________ fell down from his hand.
B. This story teaches me.

1. The **Messenger of Allah** (ﷺ) had trust in Allah and that made him a very **brave** man.
2. The **Messenger of Allah** (ﷺ) was very **kind** and forgiving even towards people who were **mean** and unkind to him.

Search for the underlined words mentioned above in the grid below.

```
K J H G B F D
G T M Z R P K
H R M E A N I
O U G I V I N
J S A X E O D
K T S C V I Y
```
The Prophet (ﷺ) always served food to his guests. He entertained both Muslims and non-Muslims at his house. He served them himself.

Once the Prophet (ﷺ) gave a guest all the food in his house while he and his family went hungry. Another time a man came to the Prophet’s house as a guest. This man was not yet a Muslim. The Prophet (ﷺ) served him goat milk and the guest drank all the milk. The Prophet (ﷺ) gave him more milk, and then some more until the man had drunk the milk of six goats. The Prophet (ﷺ) continued to serve him.
A. Circle the correct answers.

1. The Prophet (ﷺ) was always _____ to his guests.
   (good / bad)

2. The Prophet (ﷺ) _____ his guests.
   (served / never served)

3. The man drank the milk of _____ goats.
   (five / six)

B. Colour the following hadeeth.

‘Let him who believes in Allah and the Last Day be kind to his guests.’
Learn these Surahs by heart

Chapter 21
Some Surahs of the Qur'an

Learn these Surahs by heart

بَعْضُ سُوَارِ القُرْآن

Learn these Surahs by heart

وَلَهَا الْعَصْرُ ۳١ إِنَّ الْإِنْسَانَ لَفِي خَسْرٍ إِلَّا الَّذِينَ آمَنُوا

وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوا بِالْحَقِّ وَتَوَاصَوا بِالصَّبْرِ

سُورَةُ الْعَصْرِ (٣١)

سُورَةُ الْكُوُفَرِ (١٠٨)

إِنَّا أُعْطِيْنَاهُ الْكُوُفَرَ ۱ فَصَلْ لَيْلَكَ وَالْخَرَّ ۲ إِنَّ شَأْنَاهُ هُوَ الأَبْقَرُ
Learn these Surahs by heart

Chapter 21
Some Surahs of the Qur’an

Page 104

Surah Al-Ikhlas (112)

قَلْ هَوَاللَّهُ أَحَدٌ ۖ اِلْلَّهُ الْقَدَّرُ ۖ لَا مَيْلِ
ۖ وَلَا مُولَدُ ۖ وَلَا يَكِن لُّهُ كَفَّارَةٌ أَحَدٌ

Surah Al-Falaq (113)

قَلْ لَا إِلَهَ إِلَّا الَّذِي فَيَطَّلَبُ مِنَ النَّبِيِّ صَلَّيَاللَّهُ عَلَيْهِمَا فَيَنْبَغِي إِلَّا هُدَايَ
ۖ وَمِنْ شَرِّ الآثَارِ فَوَقَّةٌ وَمِنْ شَرِّ التَّفْشِيدِ وَالْعَقْدِ وَمِنْ شَرِّ حِبِّ الدَّخَلِ إِذَا حَسَدَ

Surah Al-An'am (114)

قَلْ لَا إِلَهَ إِلَّا الَّذِي فَيَطَّلَبُ مِنَ النَّبِيِّ صلى الله عليه وسلم فَيَنْبَغِي إِلَّا هُدَايَ
ۖ وَمِنْ شَرِّ آثَارِ فَوَقَّةٌ وَمِنْ شَرِّ أَلوُسْوَاءِ الْمُتَفَسِّرِينَ وَالَّذِي
ۖ يُوسُفُ فِي صَدْورِ النَّاسِ وَمِنْ لَبِنَةَةٍ وَالْمُتَكَسِّبِينَ
Dhikr and Du’aa:

**Dhikr** is an Arabic word. If you do **dhikr** of someone you remember that person. You mention him to yourself or to someone. In Islam it means remembering **Allah**.

**Du’aa** is also an Arabic word. When you make **du’aa** to someone you pray to that person to give you what you need. A Muslim only prays to **Allah** and asks **Allah** for whatever he needs.

**Du’aa** is a way in which Muslims worship **Allah**. Muslims only make **du’aa** to **Allah**.

We should make every kind of **du’aa** to **Allah** as He says: “Invoke Me and I will answer your call.” We should ask **Allah** alone for help. You will learn about **dhikr** and **du’aa** in detail later, inshaa Allah.
Dhikr is remembrance of Allah. Allah is our Creator. We have nothing of our own. Allah has given us all we have – our life and all we possess. Every gift is from Allah.

We should be thankful to Him for these gifts. We should love Him above all things. We worship Him alone. We worship Allah alone, fear Him alone, put our trust only in Him and hope only for His mercy.

We worship Him by praying to Him. But how? Allah’s Messenger (ﷺ) said that we can do this by saying a number of statements, like the following ones:

Subhaan-Allaah, Al-Hamdu lillaah, Laa ilaaha illallaah, Allaahu Akbar

If we say this from our hearts, we can get closer to Allah. No name is greater than Allah’s name.
Du’aa:

Prayer: Du’aa is a great tool in the hands of a Muslim. Prayer is a Muslim’s strength. We can pray to Allah in our own language. We can pray to Allah in our own words, but it is always better to pray as our Prophet ( ﷺ ) has taught us. Allah’s Messenger ( ﷺ ) has taught us supplications or du’aa for every occasion.

These are some of them:

If you leave your house say:

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

Bismillaah, tawakkaltu ‘alallaah, wa laa hawla wa laa quwwata illaa billaah

In the name of Allah; I place my trust in Allah, and there is neither power, nor might except with Allah
Before you enter the mosque, say:

بِسْمِ اللَّهِ وَ الْصَّلَاةِ وَ الْسَّلاَمِ عَلَى رَسُولِ اللَّهِ

اللَّهِمَّ افْتَحْ لِيّ أَبْوَابَ رَحْمَتِكَ

Bismillaah, wassalaatu wassalaamu 'alaa rasoolillah.

Allaahummaaftah lee abwaaba rahmatik

In the name of Allah and prayers and peace be upon Allah’s Messenger. O Allah, open the gates of Your mercy for me

When you come out of the mosque, say:

بِسْمِ اللَّهِ وَ الْصَّلَاةِ وَ الْسَّلاَمِ عَلَى رَسُولِ اللَّهِ

اللَّهِمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismillaah, wassalaatu wassalaamu 'alaa rasoolillah. Allaahumma innee as’aluka min fadlik

In the name of Allah and prayers and peace be upon Allah’s Messenger. O Allah, I ask You of Your Bounty
When you enter your home, say:

بِسْمِ اللَّهِ وَ لَجْنَا وَ بِسْمِ اللَّهِ خَرَجْنَا وَ عَلَى رَبِّنَا تُوَكَّلْنَا

Bismillaahi walajnaa, wa bismillaahi Kharajnaa, wa 'alaa rabbinaa tawakkalnaa

*In the name of Allah we enter, and in the name of Allah we leave, and in our Lord we put our trust*

When you go to bed, say:

بَاسْمَكَ اللَّهُمَّ أَمُوتُ وَ أَحْيَأ

Bismik-Allaahumma amootu wa ahyaa

*In your name, O Allah, I die and I live.*
When you wake up from your sleep in the morning, say:

الحمد لله الذي أحياءنا بعد مَا أُمِيتنا وَإِلَيْهِ الْتَّشْفُور

Al-Hamdu lillaahilladheee ahyaanaa ba’da maa amaataanaa wa ilaihih-Nushoor

All praise is for Allah Who has brought us to life after causing us to die, and to Him is the Resurrection

When you sneeze, say:

الحمد لله

Al-Hamdu lillaaah

All praise is for Allah
When you hear a Muslim saying (الحمد لله) on sneezing, say:

يرحملك الله

Yarhamuk-Allaah

May Allah have mercy on you

When you are about to go into the toilet, say:

بسمل الله

اللهم إني أعود بك من الخبث والخبائث

Bismillaah. Allaahumma innee a’oodhu bika minal- Khubuthi wal-Khabaa’ith

In the name of Allah.

O Allah, I seek protection in you from the male and female devils
When you come out of the toilet, say:

Ghufraanak

I seek Your forgiveness, (O Allah)

When you complete your wudhu, say:

Ash-hadu allaa ilaaha illallaahu wahdahu laa shareeka lahu, wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh.

I bear witness that none has the right to be worshipped except Allah Alone, without a partner; and I bear witness that Muhammad is His slave and Messenger.
When you are about to begin reciting the Qur'an, say:

أَعْوذُ بِلِلْهِ مِنَ الشِّيَطُانِ الرَّجِيمِ

A‘oodhu billaahi minash-shaitaanir-rajeem.

I seek Allah’s protection from Satan, the one expelled from His mercy.
A. Write answers to the following questions.

1. What do Muslims mean by dhikr?

Dhikr is an Arabic word. If you do dhikr of someone you ___________________________ that person. In Islam dhikr means to ___________________________.

2. What do Muslims mean by du’aa?

Du’aa is an Arabic word. If you make du’aa to someone you ___________________________ that person for something you ___________________________. A Muslim only asks ___________________________ for help. A Muslim only makes ___________________________ to ___________________________.

B. What do you say?

1. ﴿بَسْمَ اللَّهِ ﺃَلْمَعَ رَبِّي فَوْلاَدُكَ ﻏَلَوْلَوْنَآ إِلَآَبَاللَّهِ﴾

I say this du’aa when I leave ___________________________.

2. 
I say this du'aa when I ____________________________.

3. 
I say this du'aa after I ____________________________.

4. 
I say this du'aa after I finish my ____________________________.

5. 
I say this du'aa when I leave the ____________________________.

6. 
I say this du'aa before I ________________________________.
A. Colouring Fun

أعود
با الله
من الشيطان
الرحيم
It is good manners to use the right hand for taking or accepting things, for eating and drinking, and for shaking hands.

One should start from the right hand side of the body when stepping into shoes or sandals, and when putting on clothes. Similarly, one should put the right foot forward first when entering a mosque, and coming out of the toilet.

As for the left hand, it should be used for dealing with things that are unclean.

The left hand should be used when blowing water out of the nostrils or for cleaning oneself in the toilet. It should be used for washing away impurities of all kinds.

One should not walk about wearing only one sandal or shoe.
A. Circle the correct answers.

The Prophet (ﷺ) taught me to

1. enter the toilet with my (left / right) foot.
2. eat with my (left / right) hand.
3. leave the house with my (left / right) foot.
4. enter the masjid with my (left / right) foot.
5. drink with my (left / right) hand.
B. Fill in the gaps.

1. Use the right ____________ for giving and taking things.

2. Use the ____________ hand for dealing with things that are unclean.

3. One should not walk about wearing only ____________ shoe or sandal.
**Istinjaa** is an Arabic word. It means **purification**. If you purify something, you make it clean by removing every dirty and harmful thing from it.

When you need to go to the **toilet**, do not carry anything with you that has **Allah's Name** on it. Before stepping into the **toilet** with your left foot, say:

![In the name of Allah.](image)

**Bismillaah. Allaahumma innee a’oodhu bika minal-khubuthi wal-Khabaa’ith**

*In the name of Allah.*

*O Allah, I seek protection in you from the male and female devils*

Keep yourself screened from view by closing the door of the **toilet**.
Do not talk while relieving yourself. You should not return the greeting (as-Salaamu Alaikum) of someone who greets you. Do not respond to anyone who talks to you. Do not urinate while standing, without a good reason.

If you sneeze, you should praise Allah in your heart.

Al-Hamdu lillah.

All praises and thanks are due to Allah.

Do not say it loudly.

If you have to answer the call of nature outdoors, you should use an out-of-the-way spot where the ground is soft and where no one can see you. You must not urinate in holes, wells, pits or in the shade of trees.
After relieving yourself, clean yourself well with water. But if you are using a tissue make sure to wipe yourself at least three times – with a fresh tissue each time.

Come out of the toilet with your right foot first, saying:

غُفِّرُ اِلَيْكَ

Ghufraanak.

I seek your forgiveness, (O Allah).
A. Fill in the blanks.

1. If you while relieving yourself, you should praise Allah in your heart.

2. Step into the with your left foot.

3. While relieving yourself, you should not the greeting of someone who greets you.

4. If you have to answer the call of outdoors, you should use an out-of-the-way spot.

5. means purification.

B. Circle the correct answer.

Do not say (Al-Hamdu lillaah) loudly while relieving yourself. (True / False)

I should pass urine while standing. (True / False)
I must not carry anything with Allah’s name on it into the toilet. (True / False)

C. Colour the following picture:
Food and drink are great gifts from Allah. Wash your hands properly before eating. Come to the table in clean clothes. Sit straight at the table. You may keep your hands on your lap when you are not eating. Immediately before eating or drinking you should say:

بِسْمِ اللَّهِ Bismillaah

and after eating or drinking you should say:

الْحَمْدُ لِلَّهِ Al-Hamdu lillaah

Pick up a small morsel of food with your right hand, then chew it well and swallow it slowly.

If you are sharing your plate with somebody, take the food from your side of the plate.
If there are different kinds of food, it is all right if you move your hand around. The same is true of fruits and sweetmeats. Use three fingers to handle food. You should not blow on food or drink, nor breathe inside the container. Hold the cup or glass away from your mouth, then bring it close again after you have caught your breath. Do not recline while eating or drinking.

It is permissible to eat and drink while standing, but sitting down to eat and drink is much better.

When you eat, bring the food to your mouth. Do not bend to meet it halfway between your plate and your seat. The hand, which is not in use, may remain on your lap or on the table.
Allah's Messenger (ﷺ) said, “Let no one among you eat with his left or drink with his left, for Satan eats with his left and drinks with his left.”

Don’t call attention to your eating, making unnecessary noise either with your mouth or with your plate.

Talking with your mouth full is a sign of very bad table manners. Once you have placed a morsel of food into your mouth, do not take it out again. If a bite of food is too hot, take a sip of water or any other drink being served with the meal to cool it down. When you eat something and then unhappily discover that you do not like it at all, then swallow it; don’t spit it out. But if you happen to take a bite of food that is spoiled, you may spit it out without attracting attention. While having a meal, do not stretch except when there is a need for it.
Try not to blow your nose at the table. If you have to, do it quickly and quietly, turning your head to one side, away from people.

When you finish your meal, say the following du’aa:

\[
\text{Al-Hamdu lillahi al-dhi a'tamuna wa saqaanaa wa ja'alanaa muslimeen}
\]

All praise is for Allah Who has provided us with food and drink and made us Muslims.
A. Fill in the gaps.

Wash   right   Satan   finish   Before  
talk    mouth   blow   Sitting  three

1. __________ your hands before eating.
2. _______ eating or drinking say БISM AL-LAH
3. Only eat and drink with your _______ hand.
4. Try to use only _________ fingers when eating with your hands.
5. Do not _________ on the food or drink.
6. __________ while eating and drinking is better than standing.
7. _______ eats and drinks with his left hand.
8. Making noise with your _________ or plate is bad manners.
9. Keep your mouth closed while chewing as far as possible. Try not to _________ with your mouth full.
10. I must recite Alhamdulillah alada aduwmna wa saqana wa jullana muslimeen when I __________ my meal.
B. Colouring Fun
When you leave your home, say this prayer:

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

Bismillaah, tawakkaltu ‘alallaah, wa laa hawla wa laa quwwata illaa billaah.

In the name of Allah; I place my trust in Allah, and there is neither power, nor might except with Allah.

Then walk with ease.
Do not walk too fast or too slowly.

When Allah’s Messenger (ﷺ) walked, He walked with ease.
When he turned to address somebody, he turned his whole body completely.

Do not run on the road or pavement. Walk on the pavement. Take long steps and place your feet firmly on the ground.

If you find anything harmful on your way, put it
aside. **Allah** will reward you for your good deed. 

Allah’s Messenger (ﷺ) said:

“A man once stepped on a thorn on the road and said to himself that he would uproot the thorny plant so that it would never again do harm to any other Muslim. Allah, therefore, forgave him his sins.”

Do not stay out needlessly. If you come across Muslims on your way say: ُسَلَّمُ َعَلَيْكُمُ to them. The young should say salaam to the old and the passer-by to the one sitting.

When you come back, enter your house saying ُسَلَّمُ َعَلَيْكُمْ (As-salaamu alaikum) to your family.
A. Answer these questions.

1. What should you be careful about while walking?

While walking, I should be careful:

1. to walk on the __________________________.
2. not to walk too fast or too __________________________.
3. to remove anything __________________________ from the way.
4. to say السلام عليكم if I meet another ____________.

2. Who must be the first to say السلام عليكم

1. The young person or the old person?
   The __________________________ person.

2. The walking person or the sitting person?
   The __________________________ person.
B. **Memorize.**

Learn the du'aas for leaving and entering your house. Remember to say them next time.

**Bismillaah, tawakkaltu alaallah, wa laa hawla wa laa quwwata illa billaah.**

*In the name of Allah; I place my trust in Allah, and there is neither power, nor might except with Allah.*

**Bismillaahi wa laajnaa, wa bismillaahi Kharajnaa, wa ‘alaa rabbinaa tawakkalnna**

*In the name of Allah we enter, and in the name of Allah we leave, and in our Lord we put our trust.*
Before going to bed shake out your blanket. Cup your hands together, blow gently into them and then recite Surat al-Ikhlaas, Surat al-Falaq and Surat an-Naas. Then wipe your hands over your body as far as you can reach, starting with your head. Do this three times, as the Prophet Muhammad (ﷺ) used to do it. Then lie down on your right side and say:

Bismik-Allaahumma amootu wa ahyaa.

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

When Prophet Muhammad (ﷺ) went to bed, he would sleep on his right side and place his right hand under his right cheek.
Do not sleep lying flat on your face or on your stomach. Do not cover your face with the blanket even if it is cold. Keep your face uncovered so that you can breathe well.

Go to bed early so that you can wake up early in the morning. Make a habit of getting up early so that you can pray Salat-ul-Fajr on time.

On waking up say:

اَلْحَمْدُ لِلَّهِ الَّذِي أُحْيِانَا
بَعْدَ مَا أُمِنَّا وَإِلَيْهِ النُّشُور

Al-Hamdu lillaahilladhee ahyaanaa ba’da maa amaataanaa wa ilaihin-Nushoor.

All praise is for Allah Who has brought us to life after causing us to die, and to Him is the Resurrection.
A. Put ✓ or ✗ in the box.

1. I must sleep on my stomach.  
2. I must sleep on a clean bed.  
3. It's OK to cover my face with a blanket while sleeping.  
5. I go to bed early.
B. What I must be careful about.

What are the things you must be careful about while sleeping?

1. I must sleep on a ___________________________ bed.
   (untidy / clean)

2. I must remember ___________________________ while I am in bed.
   (Allah / my friends)

3. I must lie down on my ___________________________ side.
   (right / left)

4. I should not lie on my ___________________________.
   (right side / stomach)

5. I should never cover my ___________________________ with a blanket.
   (feet / face)

C. Memorize.

Learn the du’aa’s for sleeping and waking-up. Remember to recite them whenever you go to bed and whenever you wake up.
After being obedient to Allah and the Messenger of Allah (ﷺ), a Muslim must be obedient to his parents. He should be polite and helpful to them. He should avoid doing things that will irritate them and try to be kind to them.

A Muslim should obey his parents and do things they tell him to do!

If your parents tell you to brush your teeth, to do your homework, to wash yourself, or to bring something from the kitchen, you should quickly do as you are told.

Once a man asked the Prophet (ﷺ), ‘Which action is most beloved to Allah?’ The Prophet (ﷺ) replied, ‘The salah at its correct time.’

The man then asked him about the next best action, and the Prophet (ﷺ) said, ‘Kindness to parents.’
If you are kind to your parents, then they will be happy with you and will love you. If your parents are happy with you, then Allah will also be happy with you and will love you.
A. What will you do...

1. if your mother is busy in the kitchen and your baby brother is troubling her?
   a) I will start fighting with my brother.
   b) I will take my brother to the room and play with him so that my mother can do her work.
   c) I will also start troubling my mother.

2. if you are reading a book and your older sister asks for a glass of water?
   a) I will tell her to get it herself.
   b) I will give it to her so that she will be happy with me. If I make her happy Allah will love me.
   c) I will tell her to wait.
3. If your father tells you to do your homework before you play with your toys?

   a) I will tell him to stop telling me what to do.
   b) I will act as if I did not hear him.
   c) I will do what he tells me because I want him to love me.

B. Complete the following Hadeeth.

Once a man asked the Prophet (ﷺ) about the action which is most loved by Allah, and the Prophet (ﷺ) replied, 'The ______ at its correct time.' The man then asked about the next best action, and the Prophet (ﷺ) said, '_______ to parents'. 
**Yawning:**

If you yawn, do not do yawn loudly but quietly. Do not speak while yawning. Our Prophet (ﷺ) told us to put our hand over our mouth while yawn. Yawning is from Satan. Try to cover your mouth and stifle your yawn as much as you can.

**Sneezing:**

Sneezing is a blessing from Allah. You should not try to stifle a sneeze. There is no need to prevent it. When about to sneeze, you should turn your face away or cover your mouth and nose with your hand or handkerchief. This will soften the noise and will not irritate people around you. If you must blow your nose, do so quickly, turning your head to one side.
Sneezing is a blessing from Allah; therefore, you should say: 
\[
\text{الْحَمْدُ لِلَّهِ (Al-Hamdu lillaah)}
\]
on sneezing.

When a Muslim sneezes and praises Allah, those around him should reply by saying:
\[
\text{يَرْحَمُكَ اللَّهُ (Yarhamuk-Allaah)}
\]

**Saying salaam:**
Greeting Muslims by saying 
\[
\text{السَّلاَمُ عَلَيْكُمْ (As-salaamu alaikum)}
\]
is an act of kindness and courtesy. A Muslim should greet both the Muslims he knows and those whom he does not know. When you go out of your home or return, you must greet the members of your family by saying 
\[
\text{السَّلاَمُ عَلَيْكُمْ (As-salaamu alaikum.)}
\]
Remember that the nearest people to Allah are those who say As-Salaam first.

**Talking:**
Saying As-Salaam should come before talking. You should always try to speak good. Either speak good or keep silent. If you keep silent you will remain safe.
Do not talk for a long time without remembering Allah. Talking much without remembering Allah is a sign of the hardness of the heart. Always speak the truth. Do not tell lies. Speak clearly. Speak in such a way that all those who listen to you understand you.

'Please' and 'Thank you':
'Please' and 'Thank you' should become a vital part of your life. Always say: 'Please' or 'Thank you' (Jazaakallaahu khairan) for any favour or courtesy.

Some people reserve 'Please' and 'Thank you' for those outside the family. This is not good. You should always try to be polite to one another.

Remember that the person who does not thank people does not thank Allah.

Above all, always thank Allah for His gifts.
A. Write answers to the following questions in the grid on the next page.

Across

1. Try to cover your mouth and ________ your yawn.
2. Cover your mouth while ____________________.
3. A Muslim should say ** السلام عليكم** to both _________ he knows and those he does not know.
4. Do not talk for a long time without __________ Allah.
5. Always remember to thank ____________ for His gifts.

Down

6. You should say **الحمد لله** on ________________.
7. Sneezing is a ____________________ from Allah.
8. When you return home, say ** السلام عليكم** to your ________________.
9. Always speak the truth. Do not tell ________________.
10. Saying ‘Please’ and ‘____________________’ should become a part of your life.
**Allah** created the Earth. It is our duty to look after it and protect it.

We are the guardians of this earth. We are responsible for every part of it. We should not damage, pollute or destroy it. Do you know what is pollution? Simply, pollution means ‘something in the wrong place’.

Litter in your bedroom! Litter around your house! Litter in your school! Litter in your classroom! Dirt in the toilets! Dirt in the parks! Litter in the garden! Litter on the beaches! There are many ways in which each one of us can look after **Allah’s Earth**. If we keep our places clean, **Allah** will be happy with us and reward us.
These are some ways in which you can keep your surroundings clean:

- Always place trash in the dustbin. Place things for recycling such as paper, empty bottles and cans in the recycling centre. Do not litter!
- Keep your things in their proper places. Do not throw them around!
- Keep your house clean.
- Keep the place around your house clean.
- Keep your school clean.
- Keep the place around your school clean.
- Use water carefully. It is a gift from Allah. Turn off water taps properly. Do not leave them dripping. Turn them off even if it wasn’t you who left them dripping. Allah will reward you for your action.
- Keep the toilet floors clean. Nobody likes to use a dirty toilet. When you use the toilet, leave it clean.
Remember **Allah** loves beauty!

Allah loves people who keep themselves clean and tidy.

Pick up any litter you see around you even if it was not you who threw it there. **Allah** sees what you do and will reward you for keeping His Earth clean.

A Muslim should always keep himself clean and tidy. A dirty body, dirty clothes, dirty hair, dirty teeth and dirty feet are all unpleasant sights, and may even give a bad smell. They offend and displease other people. Do you like to sit close to someone dirty? Brush your teeth after meals, before you go to bed and after you get up.
Clean clothes, clean white teeth are pleasant sights! Keep yourself clean all the time, and others will like being close to you. Allah will love you if you are clean and keep your surroundings clean.

A. Answer these questions.

1. Who does the Earth belong to?

2. Look around you and write one way in which you can keep Allah’s Earth clean.
B. Tick the correct action and cross the wrong one.