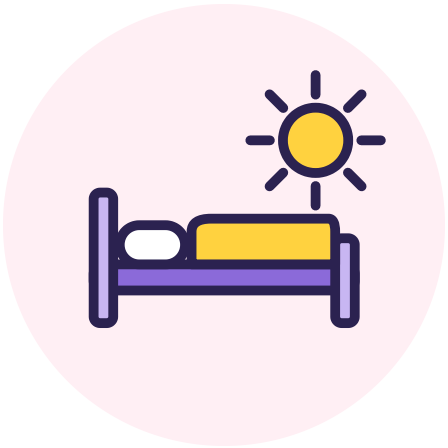
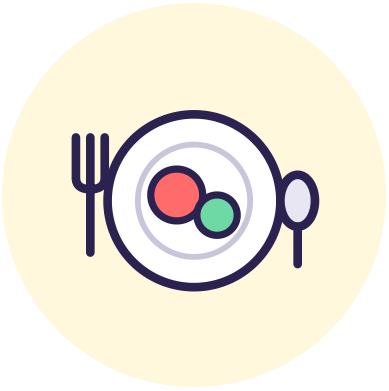
Daily Duas for Kids

12 everyday duas to cut, learn and color

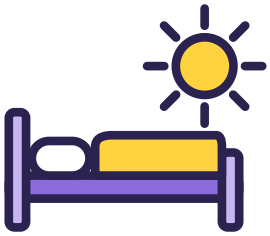







Ages 5–10 • Cut • Match • Color

Dua cards 1–2: cut on the dashed line, then say each dua out loud.



Dua 1 of 12

When you wake up

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 sleep, and to Him we will return.



Dua 2 of 12

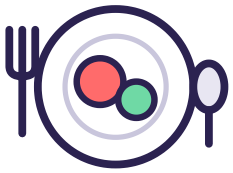
Before you sleep

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

Dua cards 3–4: cut on the dashed line, then say each dua out loud.



Dua 3 of 12

Before you eat

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

If you forget at the start:

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa akhirahu · In the name of Allah at its beginning and its end.



Dua 4 of 12

After you eat

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 provided it for me without any strength or power of my own.

Little ones can start with:

الْحَمْدُ لِلَّهِ

Alhamdulillah



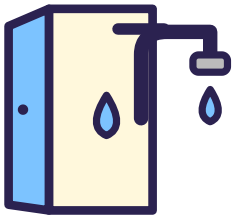
Dua 5 of 12

Going into the bathroom

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

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

O Allah, I seek Your protection from all evil.



Dua 6 of 12

Leaving the bathroom

غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.



Dua 7 of 12

Leaving the house

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

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

In the name of Allah, I put my trust in Allah.
There is no power or strength except with Allah.



Dua 8 of 12

Going into the mosque

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma-ftah li abwaba rahmatik

O Allah, open for me the doors of Your mercy.

Dua cards 9–10: cut on the dashed line, then say each dua out loud.



Dua 9 of 12

Leaving the mosque

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik

O Allah, I ask You for Your bounty.



Dua 10 of 12

When you sneeze

You sneeze, you say

الْحَمْدُ لِلَّهِ

Alhamdulillah

All praise is for Allah.

The one who hears says

يَرْحَمُكَ اللَّهُ

Yarhamukallah

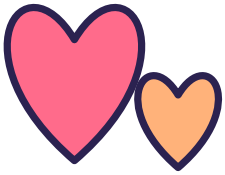
May Allah have mercy on you.

The sneezer answers

يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بَالَكُمْ

Yahdikumullahu wa yuslihu balakum

May Allah guide you and set your affairs right.



Dua 11 of 12

For my parents

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbi-rhamhuma kama rabbayani saghira

My Lord, have mercy on them as they raised me when I was small.



Dua 12 of 12

When I learn

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.

My Dua Chart

Color a circle each time you say the dua this week. Start with the ones you know best.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Waking up	○	○	○	○	○	○	○
 Going to sleep	○	○	○	○	○	○	○
 Before eating	○	○	○	○	○	○	○
 After eating	○	○	○	○	○	○	○
 Into the bathroom	○	○	○	○	○	○	○
 Out of the bathroom	○	○	○	○	○	○	○
 Leaving home	○	○	○	○	○	○	○
 Into the mosque	○	○	○	○	○	○	○
 Out of the mosque	○	○	○	○	○	○	○
 Sneezing	○	○	○	○	○	○	○
 For my parents	○	○	○	○	○	○	○
 Learning	○	○	○	○	○	○	○

My favorite dua this week: _____

Match the Dua

Draw a line from each picture to the dua you say at that moment. Use your cards to check.

1 

2 

3 

4 

5 

6 

A رَبِّ زِدْنِي عِلْمًا
Rabbi zidni 'ilma

B غُفْرَانَكَ
Ghufranak

C بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا
Bismika Allahumma amutu wa ahya

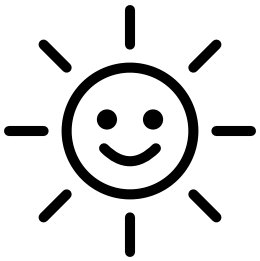
D بِسْمِ اللَّهِ
Bismillah

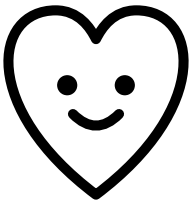
E اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ
Allahumma-ftah li abwaba rahmatik

F الْحَمْدُ لِلَّهِ
Alhamdulillah

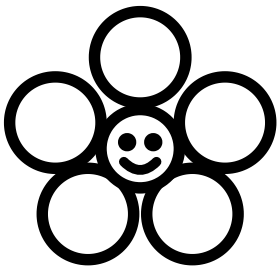
Color the Dua

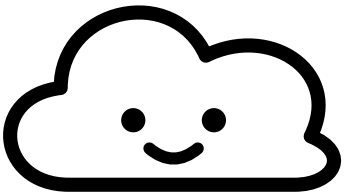
Color the big letters and the happy pictures. Then say **Alhamdulillah** (“All praise is for Allah”).

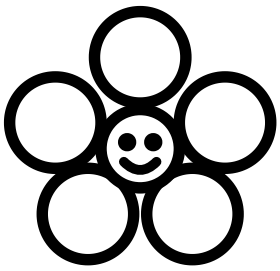




الْحَمْدُ لِلَّهِ







Alhamdulillah · It is part of the duas for sneezing (card 10) and for after eating (card 4).

Note for Parents and Teachers

How to use the cards

- Cut the cards on the dashed lines and keep them in a small envelope.
- Learn one dua at a time, in the moment it belongs to. Say it together, slowly, a few days in a row.
- Listen to a teacher or a good recording for the pronunciation; the transliteration is only a guide.
- Color a circle on the chart each time your child says a dua.

Match the Dua: answers

1 sleeping = C 2 eating = D 3 leaving the bathroom = B 4 entering the mosque = E 5 sneezing = F 6 learning = A

Sources

	Moment	Source
1	Waking up	Sahih al-Bukhari 6312
2	Going to sleep	Sahih al-Bukhari 6324
3	Before eating	Sahih al-Bukhari 5376, Sahih Muslim 2022; if you forget: Sunan Abi Dawud 3767
4	After eating	Jami' at-Tirmidhi 3458
5	Into the bathroom	Sahih al-Bukhari 142, Sahih Muslim 375
6	Out of the bathroom	Sunan Abi Dawud 30, Jami' at-Tirmidhi 7
7	Leaving home	Sunan Abi Dawud 5095, Jami' at-Tirmidhi 3426
8	Into the mosque	Sahih Muslim 713
9	Out of the mosque	Sahih Muslim 713
10	Sneezing	Sahih al-Bukhari 6224
11	For my parents	Quran 17:24
12	Learning	Quran 20:114

Each dua is quoted from the sources above. Numbering follows the standard editions of the hadith collections.

Who made this pack?

★ ★ ★

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