THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

ISLAMIC EDUCATION · FREE TO PRINT

Du'a for Daily Moments

Eating, sleeping, leaving the house, travelling, entering the masjid. Short, and easy for a young child to memorise.

WHAT IS INSIDE

- Teacher's notes: teach the moment, not the list
- Around the house, eight du'a
- Going out, six du'a
- When things are hard, four du'a
- A door chart to cut out and stick up
- Which one goes where: a matching worksheet

The Striving Muslim Academy

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WRITTEN AND PUBLISHED BY THE STRIVING MUSLIM ACADEMY, OCTOBER 2026

Teach the moment, not the list



A child who learns twenty du'a as a list can recite twenty du'a and use none of them. A child who learns three attached to three moments uses all three for life. The difference is entirely in how they were taught.

1. Attach each du'a to the action, physically

Learned at the table in a lesson, a du'a lives in the lesson. The child does not connect it to the shoe going on or the plate arriving.

Teach it at the moment it is said. Teach the eating du'a with food in front of them. Teach the leaving du'a standing at the door. The place and the words go in together, and the place is what triggers the recall later.

2. Three a term, not twenty in a week

A long list learned quickly is a long list forgotten quickly. It also teaches the child that du'a is a school subject rather than something you do.

Three du'a a term, used every day. By the end of primary school they have twenty one, and they use all of them. That is a better outcome than fifty they can recite on request.

3. Say it yourself, out loud, where they can hear

Children copy what is modelled far more than what is instructed. A household where du'a is only ever said by children learns that du'a is for children.

Say yours audibly for a few weeks. Not as a performance, just loud enough to be overheard. Most children join in without being asked at all.

4. Do not correct a child mid du'a

Interrupting makes them self conscious at the exact moment they are trying to speak to Allah. Many children then stop saying it aloud, which means you can no longer hear whether they have it right.

Let them finish. Correct later, separately, as a practice. Keep the moment itself free of correction.

5. Meaning first, for anything longer than five words

Long Arabic with no meaning attached is just sound, and sound without sense is very hard to hold.

Give the meaning in the child's own language first, then the Arabic. "We are asking Allah to open the doors of His mercy." Then the words. It is quicker in the end, not slower.

Please check the wordings

These are the well known du'a, in the wordings usually taught. Even so, **check each one against a printed collection or with a teacher before using it in a class**. Narrations vary slightly in wording, and a printed sheet looks more authoritative than it has earned.

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Around the house

Start here. These are the moments that come round several times a day, which is exactly what a new habit needs.



WHEN	THE DU'A	SAY IT, AND WHAT IT MEANS
Before eating	بِسْمِ اللَّهِ	*Bismillah.* In the name of Allah. BUKHARI 5376, MUSLIM 2022
If you forgot and started	بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ	*Bismillahi fi awwalihi wa akhirihi.* In the name of Allah, at its beginning and at its end. TIRMIDHI 1858, SAHIH
After eating	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 with no power or strength of my own. TIRMIDHI 3458, HASAN
Entering the toilet	اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ	*Allahumma inni a'udhu bika minal-khubthi wal-khaba'ith.* O Allah, I seek refuge with You from all evil and all evil things. BUKHARI 142, MUSLIM 375
Leaving the toilet	غُفْرَانَكَ	*Ghufranak.* I ask Your forgiveness. One word. Teach this one to a three-year-old. ABU DAWUD 30, TIRMIDHI 7, SAHIH
On waking	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 caused us to die, and to Him is the return. BUKHARI 6312
Before sleeping	بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا	*Bismika Allahumma amutu wa ahya.* In Your name, O Allah, I die and I live. BUKHARI 6324
When it rains	اللَّهُمَّ صَيِّبًا نَافِعًا	*Allahumma sayyiban nafi'an.* O Allah, let it be a rain that brings benefit. Children love this one. Teach it on a wet day. BUKHARI 1032

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Going out

Doors and journeys. Each one has an obvious physical trigger, which makes these among the easiest du'a to make permanent.



WHEN	THE DU'A	SAY IT, AND WHAT IT MEANS
Leaving the house	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 rely on Allah. There is no power and no strength except with Allah. ABU DAWUD 5095, TIRMIDHI 3426, SAHIH
Entering the house	بِسْمِ اللَّهِ	*Bismillah.* In the name of Allah. Say it as you step in. The Prophet ﷺ said that when a man mentions Allah's name on entering, Shaytan tells his followers there is no place for them to stay the night. **Sahih Muslim 2018.**
Entering the masjid	اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ	*Allahumma iftah li abwaba rahmatik.* O Allah, open for me the doors of Your mercy. MUSLIM 713
Leaving the masjid	اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ	*Allahumma inni as'aluka min fadlik.* O Allah, I ask You from Your bounty. MUSLIM 713
Travelling	سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَٰذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ	*Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila Rabbina lamunqalibun.* How perfect is He who made this subject to us, when we could never have done it ourselves, and truly to our Lord we are returning. MUSLIM 1342, AND SURAH AZ-ZUKHRUF 13 TO 14
Stopping somewhere new	أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ	*A'udhu bikalimatillahit-tammati min sharri ma khalaq.* I seek refuge in the perfect words of Allah from the evil of what He has created. MUSLIM 2708

Start with the door

If a family can keep only one du'a, make it the one for leaving the house. It is said at a fixed moment, by everybody, several times a day, standing in the same spot. No other du'a has that many things working in its favour.

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When things are hard

Teach these on an ordinary day, when nothing is wrong. A child cannot learn new Arabic while they are frightened or furious.



WHEN	THE DU'A	SAY IT, AND WHAT IT MEANS
When you are angry	أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ	*A'udhu billahi minash-shaytanir-rajim.* I seek refuge with Allah from the rejected Shaytan. BUKHARI 6115, MUSLIM 2610
When something worries you	حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ	*Hasbunallahu wa ni'mal-wakeel.* Allah is enough for us, and the best one to rely upon. SURAH AAL 'IMRAN 173
When you sneeze	الْحَمْدُ لِلَّهِ	*Alhamdulillah.* The one who hears it replies يَرْحَمُكَ اللَّهُ *Yarhamukallah*, and you answer يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بَالَكُمْ *Yahdikumullahu wa yuslihu balakum*. BUKHARI 6224
For your parents	رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا	*Rabbir hamhuma kama rabbayani sagheera.* My Lord, have mercy on them both, as they raised me when I was small. From the Qur'an, Surah Al-Isra, verse 24. SURAH AL-ISRA 24

Match the du'a to the moment

Cover the left column and read out a situation. The child says which du'a. This is the only exercise that tests the thing you actually want: recall at the right moment.

THE MOMENT	WHICH DU'A?
Your shoes are on and you are at the front door	
The food has just been put in front of you	
You are opening your eyes in the morning	
Your brother has broken something of yours	
You are stepping into the masjid	
It has started raining hard	
You are getting into the car for a long journey	
You are thinking about your mother and father	

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Put them where they are needed

Cut these out and stick each one exactly where it is said. A du'a on the right door is worth ten in a book on a shelf.



STICK ON THE FRONT DOOR, INSIDE

Leaving the house

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 rely on Allah. There is no power except with Allah.

STICK ON THE BATHROOM DOOR

Going in

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubthi wal-khaba'ith.

Coming out: غُفْرَانَكَ *Ghufranak.*

STICK BY THE TABLE

Before and after eating

بِسْمِ اللَّهِ

Bismillah.

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.

STICK BY THE BED

Sleeping and waking

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

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

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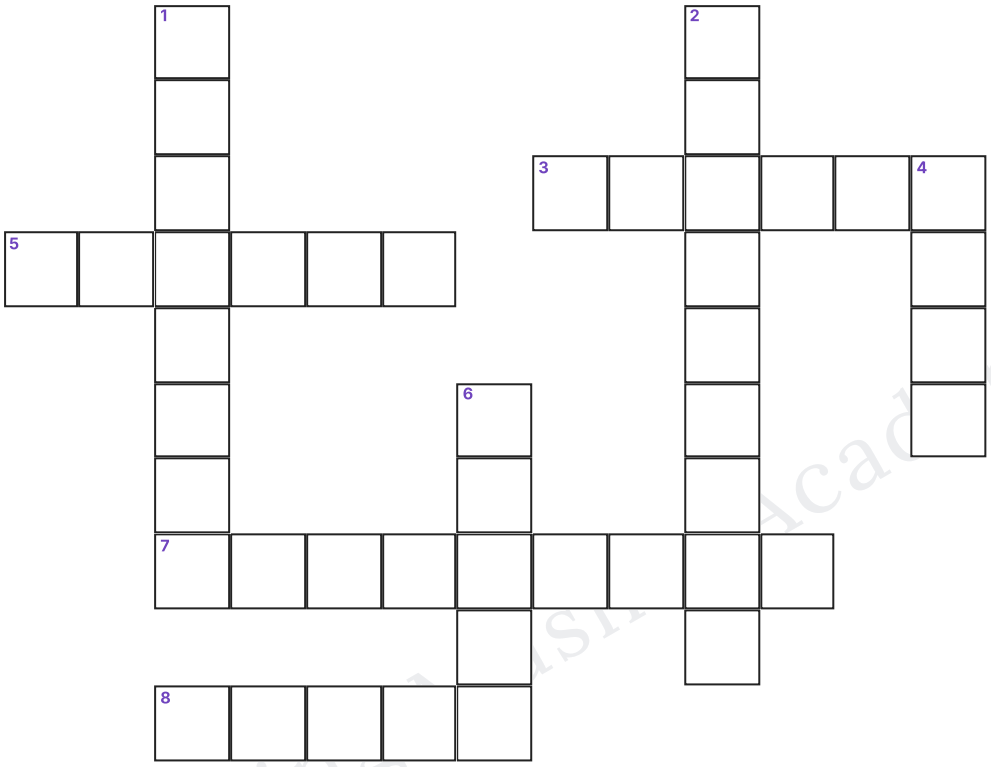
A small thing that works

Stick them at the child's eye height, not yours. An adult's eye line is above a six-year-old's field of view, and they will walk under it for a year without seeing it.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



Across

3 The du'a that asks Allah to open the doors of His mercy is said when entering this place. (6)

5 After you do this, you say Alhamdulillah. (6)

7 The one-word du'a said when leaving the toilet, meaning I ask Your forgiveness. (9)

8 You say I seek refuge with Allah from the rejected Shaytan when you feel this. (5)

Down

1 In Your name, O Allah, I die and I live. You say this before you do what at night? (8)

2 Before eating you say this, which means In the name of Allah. (9)

4 You stick the du'a for leaving the house on the inside of the front what? (4)

6 The du'a for your parents asks Allah to have this on them both. (5)

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Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

leaving the house **several times** **physical trigger** **wet day** **furious** **nothing**

Daily du'a

are grouped into

Around the house

come round
These are the moments that come round _____ a day, which is exactly what a new habit needs.

is taught on a
Children love this one. Teach it on a _____.

Going out

is the one to keep
If a family can keep only one du'a, make it the one for _____.

has an obvious
Each one has an obvious _____, which makes these among the easiest du'a to make permanent.

When things are hard

is taught when
Teach these on an ordinary day, when _____ is wrong.

cannot be learned when
A child cannot learn new Arabic while they are frightened or _____.

Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

U	U	Y	K	P	Y	P	S	F
T	O	M	O	M	E	N	T	I
E	C	H	A	R	T	W	R	O
A	B	A	T	H	R	O	O	M
C	N	L	C	C	S	R	U	H
H	T	P	W	H	H	J	H	O
E	C	D	B	I	O	I	L	U
R	J	A	U	L	E	I	P	S
K	J	O	K	D	S	C	U	E

- [ ] Bathroom
- [ ] Teacher
- [ ] Moment
- [ ] House
- [ ] Child
- [ ] Shoes
- [ ] Chart

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Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 3 Masjid, 5 Sneeze, 7 Ghufranak, 8 Angry

Down: 1 Sleeping, 2 Bismillah, 4 Door, 6 Mercy

Let's Map It

several times; wet day; leaving the house; physical trigger; nothing; furious

Word search

U	U	Y	K	P	Y	P	S	F
T	O	M	O	M	E	N	T	I
E	C	H	A	R	T	W	R	O
A	B	A	T	H	R	O	O	M
C	N	L	C	C	S	R	U	H
H	T	P	W	H	H	J	H	O
E	C	D	B	I	O	I	L	U
R	J	A	U	L	E	I	P	S
K	J	O	K	D	S	C	U	E

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