THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

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Wudu and Salah Charts

Step by step wall charts, with the words said at each step. Made to be pinned up where a child can see them while they pray.

WHAT IS INSIDE

- Teacher's notes: why a child's salah goes wrong
- Wudu, step by step
- What breaks wudu
- Salah, step by step, with the words
- How many rak'ahs, and when
- A wall chart for the prayer corner
- A first forty days tracker

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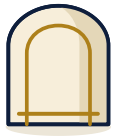
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Why a child's salah goes wrong

Rarely for want of willingness. Almost always because of one of these six, and each one has a straightforward remedy.



1. Taught all at once

An adult sees salah as one thing. A child meets eleven new positions, five new Arabic passages and a counting problem, all in the same week, and remembers none of it securely.

Teach the positions first, with no words at all. Let them do the whole shape of two rak'ahs in silence until the body knows it. Then add the words, one position at a time. This feels strange and it is much faster.

2. Rushing, which is nearly universal

Children copy the speed they see. In a busy household salah is often quick, and a child concludes that quick is correct.

Teach stillness as a step of its own. "Everything must stop moving before you say anything." Count to two in ruku', in sujud, between the sujuds. Make the stillness the thing you praise.

3. Losing count of the rak'ahs

Counting while reciting is genuinely hard for a young child, and getting it wrong is embarrassing, so some children start avoiding praying where others can see.

Let them count on their fingers at the start, openly. Say plainly that this is allowed and that adults forget too. The anxiety about losing count does more harm than losing count itself.

4. Wudu is being done from memory, badly

Wudu is learned once, at five, and never checked again. Missed heels, dry elbows and a skipped rinse become permanent, and nobody looks.

Watch their wudu properly once a term. Do not correct while they are doing it. Watch, then show them the one thing afterwards. The heels and the elbows are the two you will find.

5. Arabic they cannot pronounce

A child who has not learned Arabic letters is copying sounds. Errors enter at the very beginning and are then repeated five times a day for years, which makes them extremely hard to shift.

Teach the letters alongside the salah, not after it. If they can read, they can check themselves for the rest of their life. If they cannot, they are dependent on whoever taught them, mistakes and all.

6. Making it a punishment

Salah used as a consequence, or scolded over, becomes something to escape. This does damage that lasts a very long time and is extremely hard to undo.

Never use it as a punishment, and never shame a missed one. Invite. Pray beside them. A child who prays because they want to be near you will go on praying when you are not there.

A note on differences

Families follow different madhhabs, and the details of wudu and salah differ between them in small ways. This chart gives the commonly taught steps.

Where your family's practice differs, follow your family and your teacher. Do not use this sheet to correct a child who was taught differently at home. The differences are legitimate, and telling a child their parents pray wrongly does real harm.

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Wudu, step by step

Pin this by the tap. Tick each step as you go, for the first week only, then take the pencil away.



✓	NO.	STEP	WHAT TO WATCH FOR
☐	1	**Intend it in your heart**	Nothing is said aloud. The intention is simply knowing what you are about to do.
☐	2	**Say** بِسْمِ اللَّهِ	Bismillah.
☐	3	**Wash both hands**, three times	Between the fingers. Children miss this almost every time.
☐	4	**Rinse the mouth**, three times	Properly, not a sip.
☐	5	**Rinse the nose**, three times	Sniff water in, blow it out. Expect complaints for a fortnight.
☐	6	**Wash the face**, three times	Hairline to chin, ear to ear. Watch the sides of the nose and under the chin.
☐	7	**Wash the arms to the elbows**, three times	Right first, then left. **Include the elbow itself.** The commonest miss of all.
☐	8	**Wipe the head**, once	Wet hands, front to back and back again. Wiping, not washing.
☐	9	**Wipe the ears**, once	Inside with the first finger, behind with the thumb.
☐	10	**Wash the feet to the ankles**, three times	Right then left. **Between the toes, and the heels.** The second commonest miss.

What breaks wudu

- Using the toilet
- Passing wind
- Deep sleep
- Losing consciousness

Teach these four plainly. A child who is unsure will either repeat wudu endlessly or stop bothering, and both come from the same uncertainty.

The two misses, every time

Elbows and heels. If you check nothing else in a child's wudu for the rest of their childhood, check those two. They are missed because they are out of the line of sight, not because they are careless.

Say "elbows and heels" as they start, for a month. It becomes their own voice soon enough.

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Salah, step by step

One rak'ah is steps 1 to 9. Then begin again at step 3 for the next one. Teach the positions in silence first, then add the words.



NO.	POSITION	WHAT YOU SAY	WATCH FOR
1	**Stand facing the qiblah**	Nothing. Intend the prayer in your heart.	Feet still, eyes down to the place of sujud.
2	**Raise your hands and say the takbir**	اللَّهُ أَكْبَرُ	Hands to the ears or the shoulders, then placed on the chest.
3	**Standing**	Al-Fatihah, then any passage of the Qur'an you know.	Al-Fatihah in every single rak'ah, without exception.
4	**Ruku', bowing**	سُبْحَانَ رَبِّيَ الْعَظِيمِ	Back flat, hands on the knees. Say it three times. **Stop moving first.**
5	**Rise from ruku'**	سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ · رَبَّنَا وَلَكَ الْحَمْدُ	Stand fully upright and still. Children skip this stillness constantly.
6	**Sujud, prostrating**	سُبْحَانَ رَبِّيَ الْأَعْلَى	Seven parts touch the floor: forehead with nose, two hands, two knees, the toes of both feet. Say it three times.
7	**Sit up between the two sujuds**	رَبِّ اغْفِرْ لِي	Sit properly and still before you say it. Do not bob.
8	**Second sujud**	سُبْحَانَ رَبِّيَ الْأَعْلَى	The same as the first. Three times.
9	**Stand for the next rak'ah**	اللَّهُ أَكْبَرُ	Back to step 3. That is one rak'ah complete.
10	**Sitting, after every two rak'ahs**	The tashahhud, and in the last sitting the salawat on the Prophet ﷺ.	The finger is raised at the point of testifying.
11	**Finish, turning to each side**	السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ	Right first, then left. Say it to each side.

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Two counts of stillness

In ruku', in sujud, standing up from ruku', and sitting between the sujuds: everything stops, then the words are said. Teach the stillness as part of the position, not as an extra.

If you correct one thing in a child's salah this year, correct this. Hurried positions are the commonest fault in children and in adults alike.

Where these words come from. The takbir and the tasleem: Abu Dawud 61, Muslim 582. Subhana Rabbiyal-'Azeem in ruku' and Subhana Rabbiyal-A'la in sujud: Muslim 772. Sami'Allahu liman hamidah, Rabbana wa lakal-hamd: Bukhari 789. Rabbighfir li between the two sujuds: Abu Dawud 874. Al-Fatihah in every rak'ah: Bukhari 756, Muslim 394. The seven parts of sujud: Bukhari 812, Muslim 490.

How many rak'ahs, and when

The obligatory rak'ahs are in the first column. Pin this where the child can check it themselves, so they do not have to ask every time.



PRAYER	ARABIC	FARD RAK'AHS	WHEN
Fajr	الْفَجْر	2	From the true dawn until sunrise. Recited aloud.
Dhuhr	الظُّهْر	4	After the sun has passed its highest point. Recited quietly.
'Asr	الْعَصْر	4	Late afternoon, until the sun sets. Recited quietly.
Maghrib	الْمَغْرِب	3	Just after sunset. The first two recited aloud.
'Isha	الْعِشَاء	4	After the twilight has gone. The first two recited aloud.

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Al-Fatihah, in every rak'ah SURAH AL-FATIHAH 1 TO 7

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

الرَّحْمَٰنِ الرَّحِيمِ

مَالِكِ يَوْمِ الدِّينِ

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

If they forget how many they have prayed

Tell them now, before it happens, that this happens to everybody including adults. A child who thinks it is a disgrace will hide it, and hiding it is the only real problem.

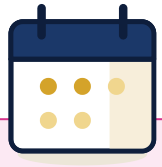
Teach them to ask, and make asking entirely ordinary.

Starting a young child

- **Maghrib first.** Three rak'ahs, at a time they are awake and the family is usually together.
- Then 'Isha, then Dhuhr, then 'Asr.
- **Fajr last.** It is the hardest, and starting there sets up a fight.

The first forty days

For a child who is just beginning. Start with **one** prayer a day, not five. Add the next one when the first has stopped needing a reminder.



Which prayer are we starting with?

DAY	PRAYED	WUDU	DAY	PRAYED	WUDU	DAY	PRAYED	WUDU
1	☐	☐	15	☐	☐	29	☐	☐
2	☐	☐	16	☐	☐	30	☐	☐
3	☐	☐	17	☐	☐	31	☐	☐
4	☐	☐	18	☐	☐	32	☐	☐
5	☐	☐	19	☐	☐	33	☐	☐
6	☐	☐	20	☐	☐	34	☐	☐
7	☐	☐	21	☐	☐	35	☐	☐
8	☐	☐	22	☐	☐	36	☐	☐
9	☐	☐	23	☐	☐	37	☐	☐
10	☐	☐	24	☐	☐	38	☐	☐
11	☐	☐	25	☐	☐	39	☐	☐
12	☐	☐	26	☐	☐	40	☐	☐
13	☐	☐	27	☐	☐			
14	☐	☐	28	☐	☐			

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What not to do with this chart

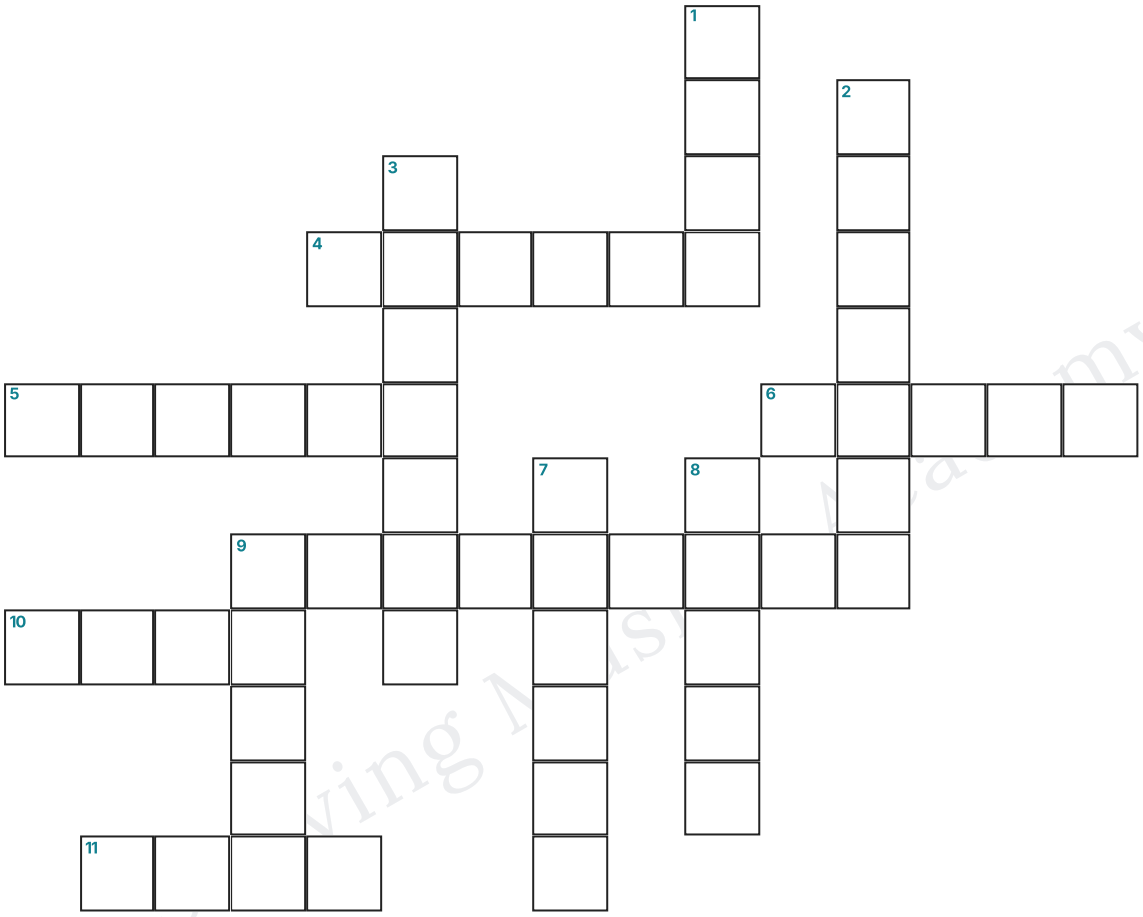
Do not take anything away for a missed day. Do not compare one child's chart with another's. Do not put it where visitors will read it.

It is a record for them, not a report for anybody else. The moment it becomes a judgement, it stops working, and so do they.

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

4 Raise your hands and say this at the start of salah. What is it called? (6)

5 In salah, which direction do you stand facing? (6)

6 How many parts of the body touch the floor in sujud? Write the number in words. (5)

9 Everything must stop moving before you say anything. What is this called? (9)

10 What is the bowing position in salah called? (4)

11 What is the washing done before prayer called? (4)

Down

1 Which prayer should a young child learn last because it is the hardest? (4)

2 What can a young child use, openly, to keep count of the rak'ahs? (7)

3 Which prayer should a young child start with, because it has three rak'ahs and the family is usually together? (7)

7 In wudu, you wash the arms up to which joint? (6)

8 After the elbows, which back part of the foot is the second commonest miss in wudu? (5)

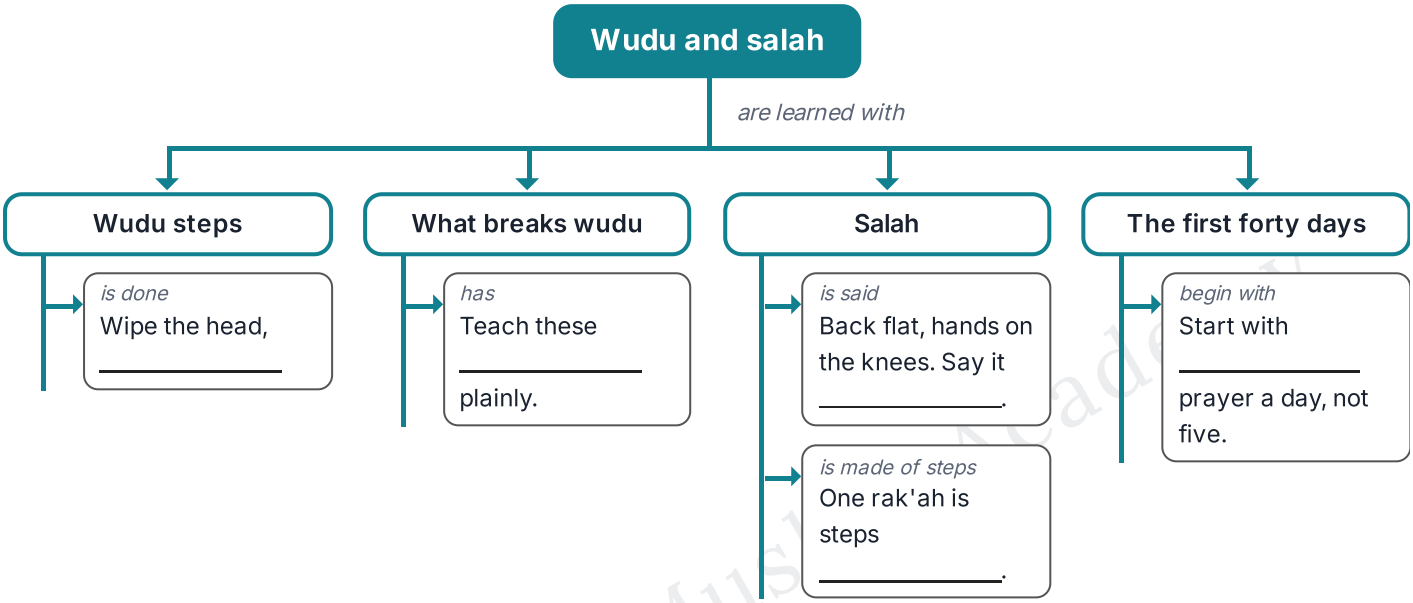
9 What is the prostrating position in salah called? (5)

Let's Map It!

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

USE THESE WORDS

1 to 9 **once** **three times** **four** **one**



Word search

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

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

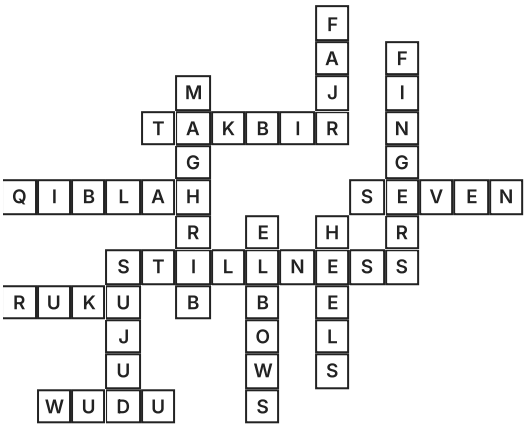
- [ ] Tashahhud
- [ ] Forehead
- [ ] Fatihah
- [ ] Rakahs
- [ ] Ankles
- [ ] Salah
- [ ] Dhuhr
- [ ] Isha

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Answers

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

Crossword



Across: 4 Takbir, 5 Qiblah, 6 Seven, 9 Stillness, 10 Ruku, 11 Wudu

Down: 1 Fajr, 2 Fingers, 3 Maghrib, 7 Elbows, 8 Heels, 9 Sujud

Let's Map It

once; four; three times; 1 to 9; one

Word search

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

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