

# My Solah Kit



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## A little note for you

Salam,

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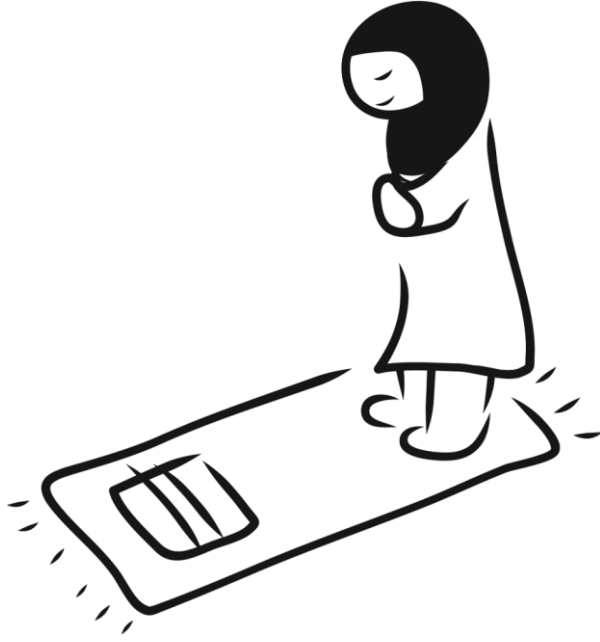
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With love,  
Ummu Muhammad



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The prophet ﷺ said,

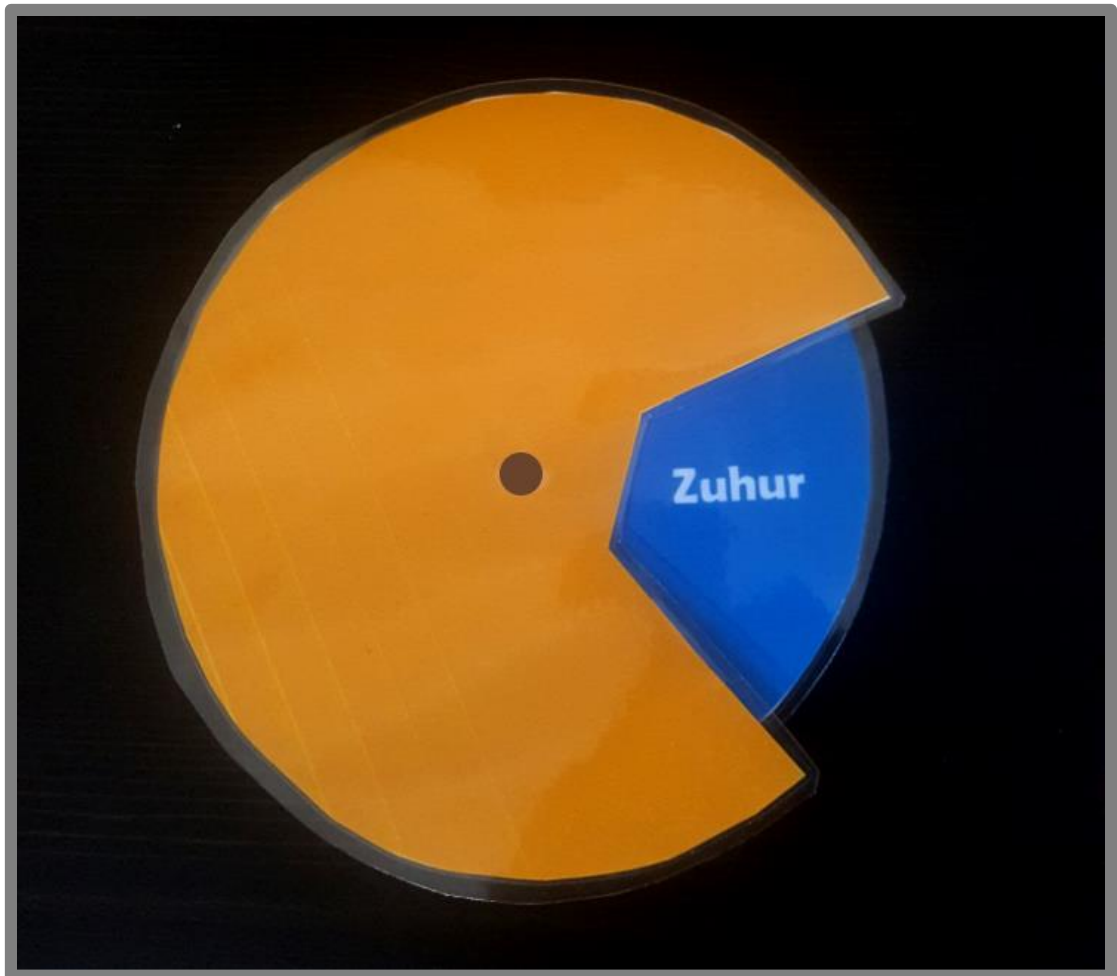
وَصَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

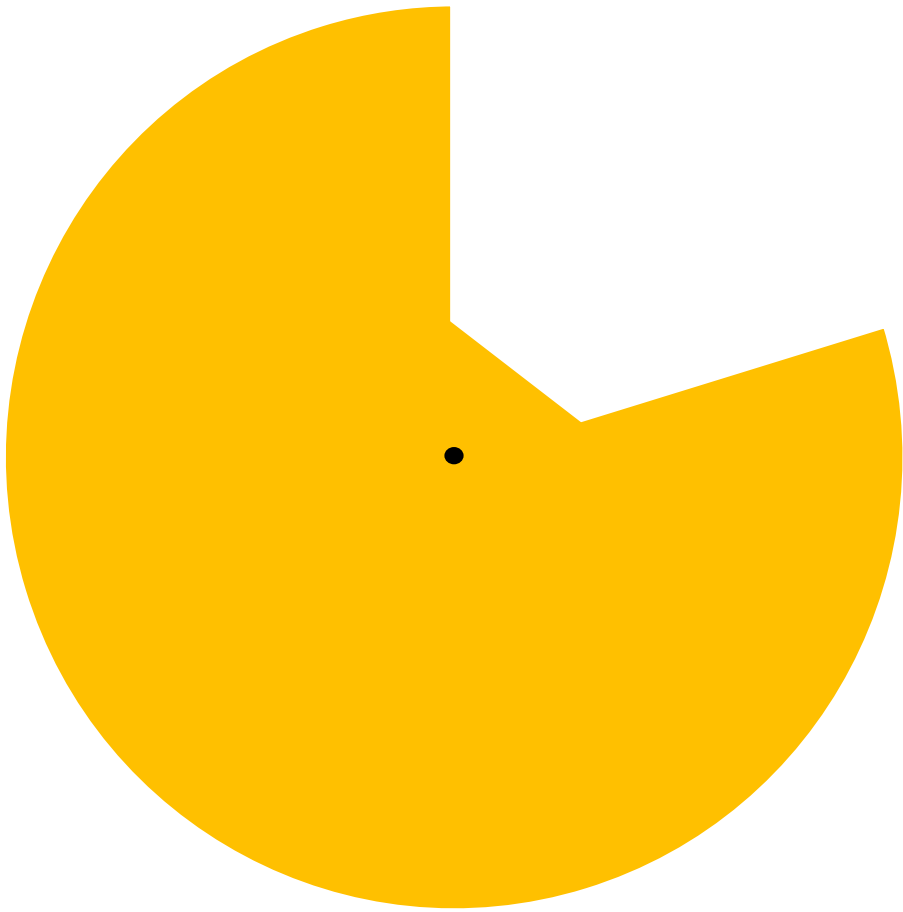
“Pray as you have seen me praying”

(Hadith narrated by Imam Bukhari)

# My solah timing wheel

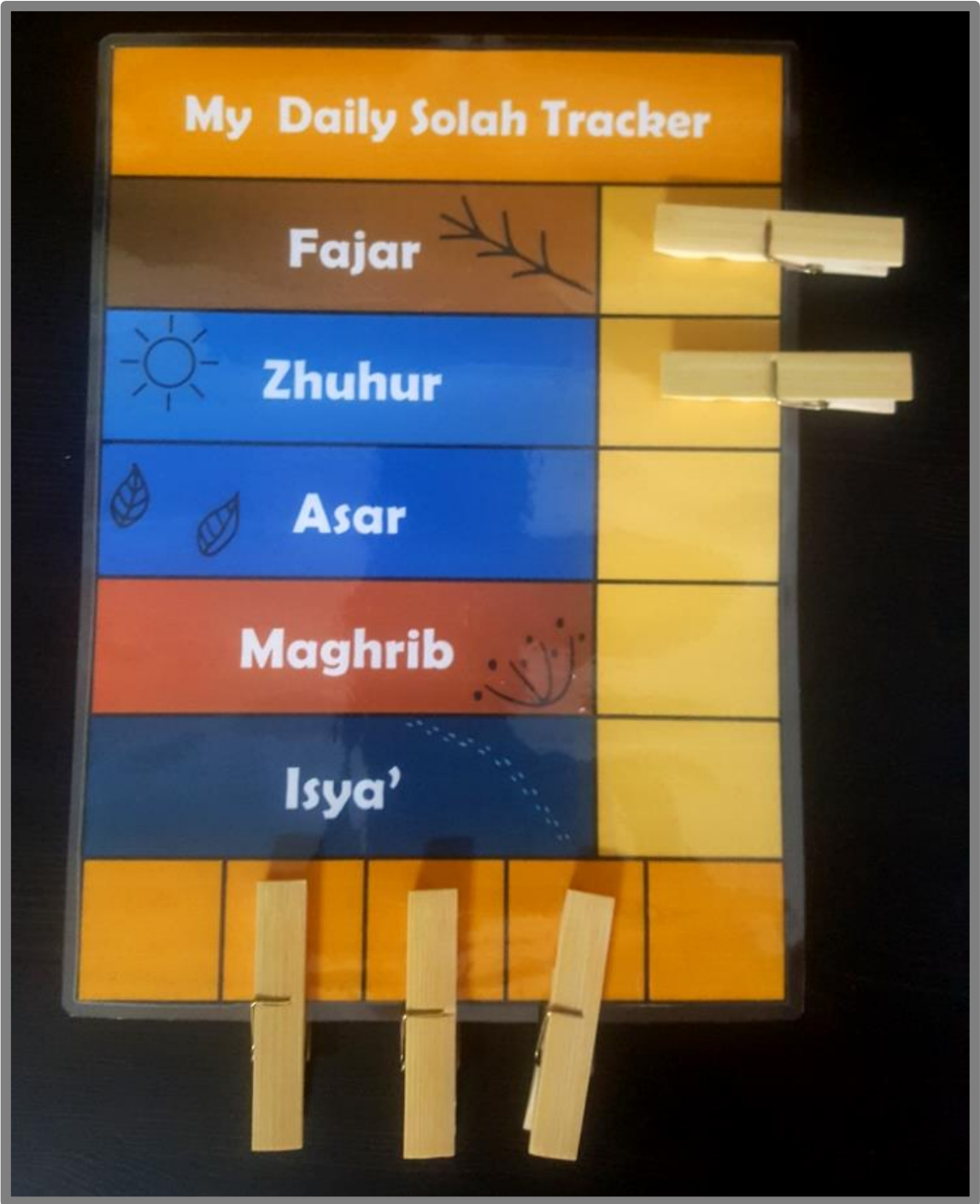
Help your child learn about the timings of the 5 daily prayers by turning this wheel when the time of prayer comes.





# My Daily Solah Tracker

Keep your child motivated by clipping the pegs whenever they complete each prayer.



# My Daily Solah Tracker

**Fajar**



**Zhuhur**

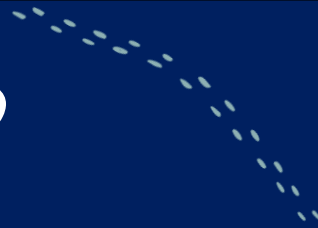


**Asar**

**Maghrib**



**Isya'**



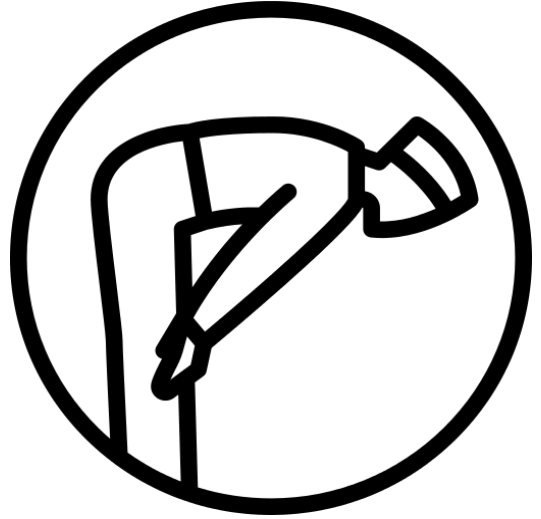
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# Solah positions

Let's try doing these solah positions together!



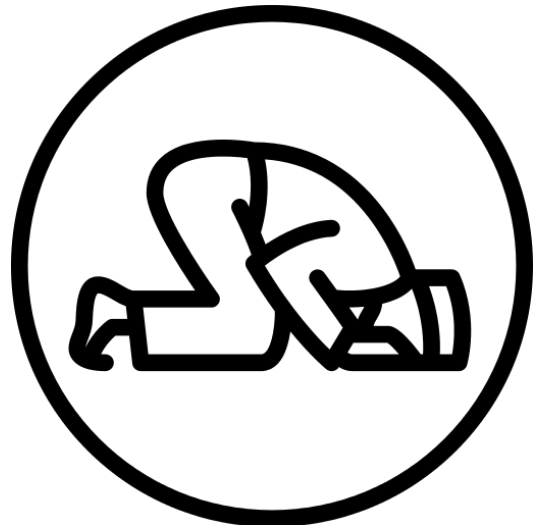
قِيَام



رُكُوع



جَلْسِي

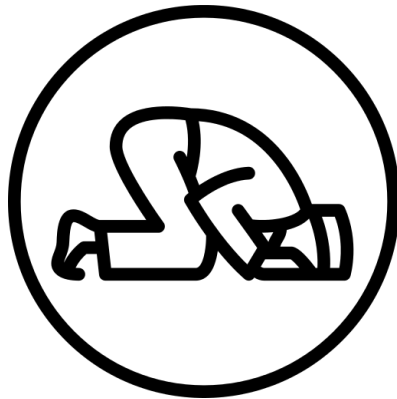
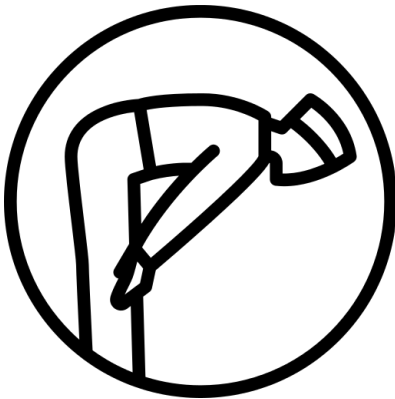


سُجُود



# Cut and Paste Activity!

Learn about the different positions in solah with the cut and paste activity below!



# Solah positions

قِيَام

رُكُوع

جَالِسِي

سُجُود

# Credits

This activity kit has been designed using resources from  
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