



Muslim Ummah of North America (MUNA)

What is MUNA?

MUNA is a faith based non-profit organization.

MUNA calls upon Muslims to practice Islam in their personal, family and social lives and wishes to present the beauty of Islam to all.





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About MUNA Children

MUNA works in different fields, including Male, Female, Youth and Children. Children will lead the future generations, so it is important to give them the proper teaching and support to do so. The goal of MUNA Children is to help them develop an ideal character, self- consciousness, and dignity in their islamic identity by impacting knowledge based on Quran and Sunnah so that they may become diligent, productive and most importantly, God-fearing Muslims that will become assets for their communities.

The MUNA Children's Department focuses on children from kindergarten to fifth grade.



Why do we need a Daily Report

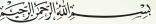
One of the goals of the MUNA Children's Department to help our kids build healty habits. Whether it is keeping up with their prayers on time, memorizing Quran, helping their parents at home or even learning something new - we want to encourage children to be consistent with their good ideas.

A daily report is a wonderful way to track your progress. It is a helpful tool for both children and parents to increase the good habits in our life.



Instructions

- Take a look at the daily chart on the next page.
- Throughout the day, try to complete all of the activities in the chart.
- Every night, put a check mark
 in the chart for each task you have completed.
- You can only put a check mark for Salah if you have prayed all 5 daily prayers on time.
- For limiting screen time, the best is less than one hour, but parents can set their own rules.
- Count the total number of check marks you have and put the number the total box.
- In addition, each month memorize the given Dua.



My Daily Chart

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Dua for Jannah

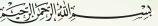
اَللَّهُمَّ إِنِّي أَسْأَلُكَ الجُنَّةَ

Oh Allah! Grant me Jannah Al-Firdous

We all want Jannah and if you say this 3 times then Jannah will ask Allah for you to be let in!







My Daily Chart

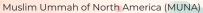
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Dua to Start Anything

بِسْمِ اللهِ الرَّحْمَٰنِ الرَّحِيمِ

Oh Allah! Grant me Jannah Al-Firdous

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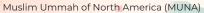
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Dua for Protection

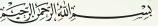
أَعُوذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I take refuge in Allah from the devil.

If you ever get angry then say this.

It really does help to calm you down.

If you are still a bit upset then keep saying it! If you have a bad dream say this and it will make you feel better.



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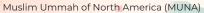
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Dua Before Sleep & After Waking Up

اللُّهُمَّ بِاسْمِكَ اَمُوْثُ وَاحْيَا

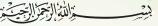
In Your Name, O Allah, I die and I live.

If you want to be protected by Allah when you sleep, be sure to say this dua!

اَلْحَمْدُ لِلهِ الَّذِيْ اَحْيَانَا بَعْدَ مَا اَمَاتَنَا وَالَيْهِ النُّشُوْرِ

All praise is for Allah who gave us life after causing us to die, and unto Him is the resurrection.

Say this dua when you wake up and you will have the best start to the day!



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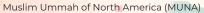
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Dua For the Bathroom

(بِسْمِ اللهِ) اَللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

(Before entering) [In the Name of Allah]. (Then) O Allah, I seek protection in You from the male and female unclean spirits.

Remember to say this every time before you go into the bathroom and you will be protected by Allah.

غُفْرَ انَكَ

I seek Your forgiveness!

Remember to say this every time you leave the bathroom! And do your best not to use too much water!



My Daily Chart

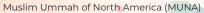
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Dua Before & After Eating

(بِسْمِ اللهِ) اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ

(Before eating) [In the Name of Allah].

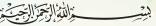
O Allah, bless it for us and feed us
better than it.

Say this & get blessings when you eat.

الحُمْدُ للهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلاَ قُوَّةٍ

All praise is for Allah who fed me this and provided for me without any might nor power from myself.

Say this to tell Allah how happy you were with all your yummy food!



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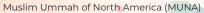
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Dua For Leaving & Leaving & Leaving Your Home

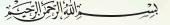
بِسْمِ اللهِ ، تَوَكَّلْتُ عَلَى اللهِ وَلاَ حَوْلَ وَلاَ قُوَّةَ إِلَّا بِاللهِ

In the name of Allah, I place my trust in Allah and there is no might nor power except with Allah.

If you go out and you want Allah to look after all your toys and your bed, say this!

بِسْمِ اللهِ وَلَجْنَا، وَبِسْمِ اللهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

In the name of Allah we enter nd in the name of Allah we leave, and upon our Lord we place our trust.



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Dua fro Protecting Yourself When You Feel Happy

مَا شَاءَ اللهُ ، لاَ قُوَّةَ إِلَّا بِاللهِ

(This is) what Allah has willed, there is no power except with Allah.

If you ever feel a bit scared or worried or happy, say this!





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Dua for When You Sneeze

When one of you sneezes he should say:

اَلْحَمْدُ لِلهِ يَرْحَمُكَ الله يَهْدِيكُمُ اللهُ وَيُصْلِحُ بَالَكُمْ

"All praise is for Allah."

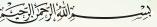
...and his brother or companion should say to him:

"May Allah have mercy upon you."

...and he (i.e. the one who sneezed) should reply back to him:

"May Allah guide you and rectify your condition."





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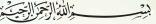


Dua for Your Parents

رَبَّنَا اغْفِرْلِيْ وَلِوَالِدَيَّ وَلِلْمُؤْمِنِيْنَ يَوْمَ يَقُوْمُ الْحِسَابُ

Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established.

This is a great dua to use when you want the best for mum and dad, it's the best way to be really kind to them!



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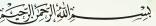


Dua for Forgiveness

أَسْتَغْفِرُ اللهَ ، أَسْتَغْفِرُ اللهَ ، أَسْتَغْفِرُ اللهَ ،

I ask Allah for forgiveness, I ask Allah for forgiveness, I ask Allah for forgiveness.

Any Muslim who commits a sin and as a result, performs ablution, prays two units of prayer (i.e. two rakat) and seeks Allah's forgiveness, Allah will forgive him.



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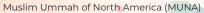
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Dua for Goodness

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَّفِي الْآخِرَةِ حَسَنَةً وَبِي الْآخِرَةِ حَسَنَةً وَبِيَا النَّارِ وَقِنَا عَذَابَ النَّارِ

Our Lord! Give us in this world good & in the Hereafter good, & save us from the torment of the Fire.

This dua asks for the best of everything for ever, now and in the future.

