

Children's Daily Chart



Muslim Ummah of North America (MUNA)



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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.





Muslim Ummah of North America (MUNA)

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.





Muslim Ummah of North America (MUNA)

Why do we need a Daily Report

One of the goals of the MUNA Children's Department to help our kids build healthy 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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Doing Good Deeds - Obeying elders, never telling lies, memorizing Quran, doing house chores, being good to siblings, taking care of the environment (masjid, outside, etc.)

Personal Care - toothbrush, hairbrush, shower, tying shoes, exercise, making the bed, going to bed on time, etc.

Daily Dua - morning/evening dua, before and after eating, dua before and after going bathroom, dua before leaving the house, seeking forgiveness, etc.

Limiting Screen Time - set by parents.





My Daily Chart



Dua for Jannah

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ

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!



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My Monthly Dua



Dua to Start Anything



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



Oh Allah!

Grant me Jannah Al-Firdous

We all want Jannah
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My Monthly Dua



Dua for Protection



أَعُوذُ بِاللَّهِ 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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My Monthly Dua

Dua Before Sleep & After Waking Up

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

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!

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

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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My Monthly Dua

Dua For the Bathroom

﴿بِسْمِ اللَّهِ﴾ اللَّهُمَّ إِنِّي أَعُوذُ 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.

غُفَرَ انِّكَ

I seek Your forgiveness!

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

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My Monthly Dua

Dua Before & After Eating

(بِسْمِ اللَّهِ) 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.

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ
حَوْلٍ مِنِّي وَلَا 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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My Monthly Dua





Dua For Leaving & Entering Your Home



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



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 اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

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



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My Monthly Dua



Dua fro Protecting Yourself When You Feel Happy



مَا شَاءَ اللَّهُ ، لَا قُوَّةَ إِلَّا بِاللَّهِ



(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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My Monthly Dua

Dua for When You Sneeze

When one of you sneezes he should say:

اَلْحَمْدُ لِلّٰهِ
يَرْحَمُكَ اللهُ
يَهْدِيْكَ اللهُ
وَيُصْلِحْ بِاَلْكُمْ

"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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My Monthly Dua



Dua for Your Parents



رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ
يَوْمَ يَقُومُ 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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My Monthly Dua



Dua for Forgiveness



أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ،



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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My Monthly Dua

Dua for Goodness

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
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.



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