

# 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 imparting 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.





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# 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 in the total box.
- In addition, each month memorize the given Dua.

# My Daily Chart

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## Some Ideas!

**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.

غُفْرَانَكَ

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 اللهُ ، 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:

أَلْحَمْدُ لِلَّهِ  
يَرْحَمُكَ اللَّهُ  
يَهْدِيكُمْ اللَّهُ  
وَيُصْلِحُ بِأَلْكُمْ

"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.

# NOTES

A series of horizontal dashed lines for writing notes, arranged in a central column on a white background.

# NOTES

