

How to pray salah

Eleven steps for children: a two-rak'ah prayer from start to finish



1 Face the qibla and make your intention

Face the qibla. Intend in your heart.



2 Raise your hands and say Allahu akbar

Allahu akbar



3 Right hand over left, recite al-Fatiha

Al-Fatiha, then a short surah



4 Bow and say Subhana rabbiyal-azim

Subhana rabbiyal-azim (3 times)



5 Stand up straight again

Sami'allahu liman hamidah ...
Rabbana wa lakal-hamd



6 Go down into sujood

Subhana rabbiyal-a'la (3 times)



7 Sit up and say Rabbighfir li

Rabbighfir li



8 Go down for the second sujood

Subhana rabbiyal-a'la (3 times)



9 Stand up for the second rak'ah

Do steps 3 to 8 again



10 Sit and say the tashahhud

At-tahiyyatu lillah ... and the blessings on the Prophet



11 Turn right, then left: the salam

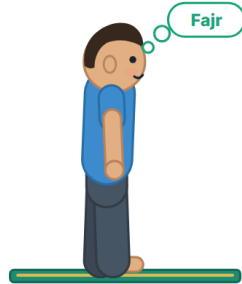
As-salamu alaykum wa rahmatullah

How many rak'ahs?

Fajr	2
Dhuhr	4
Asr	4
Maghrib	3
Isha	4

1

Face the qibla and make your intention



In your heart: which prayer?

face the qibla

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2

Raise your hands and say Allahu akbar



اللَّهُ أَكْبَرُ

Allahu akbar

hands up to shoulders or ears

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3

Right hand over left, recite al-Fatiha



الفاتحة

Al-Fatiha, then a short surah

right hand over left

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4

Bow and say Subhana rabbiyal-azim



سُبْحَانَ رَبِّيَ الْعَظِيمِ

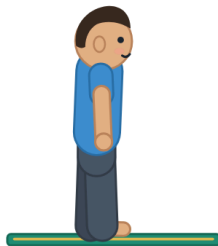
Subhana rabbiyal-azim

say it 3 times

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5

Stand up straight again



سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ
رَبَّنَا وَلَكَ الْحَمْدُ

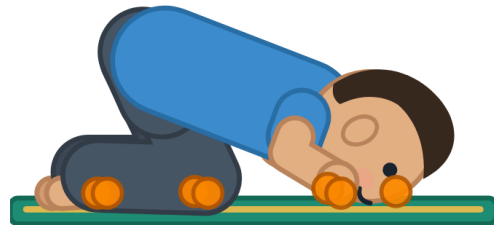
Sami'allahu liman hamidah, Rabbana wa lakal-hamd

stand still

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6

Go down into sujood



سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhana rabbiyal-a'la

say it 3 times

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7 Sit up and say Rabbighfir li



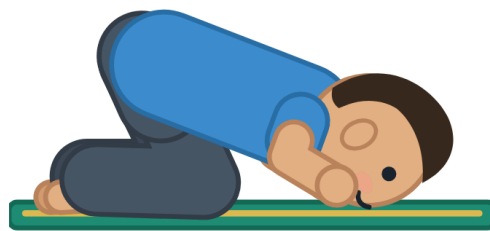
رَبِّ اغْفِرْ لِي

Rabbighfir li

sit still

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8 Go down for the second sujud



سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhana rabbiyal-a'la

say it 3 times

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9 Stand up for the second rak'ah



الْفَاتِحَةُ

Al-Fatiha, then a short surah again

repeat steps 3 to 8

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10 Sit and say the tashahhud



التَّحِيَّاتُ لِلَّهِ ...

At-tahiyyatu lillah ...

right finger pointing

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11 Turn right, then left: the salam



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

As-salamu alaykum wa rahmatullah

right, then left

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What to say in each position

When	Arabic	Say it	Meaning
Starting the prayer, and every move	اللَّهُ أَكْبَرُ	Allahu akbar	Allah is the Greatest
In the bow (ruku)	سُبْحَانَ رَبِّيَ الْعَظِيمِ	Subhana rabbiyal-azim	Glory be to my Lord, the Most Great
Rising from the bow	سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ	Sami'allahu liman hamidah	Allah hears the one who praises Him
Standing straight again	رَبَّنَا وَلَكَ الْحَمْدُ	Rabbana wa lakal-hamd	Our Lord, and all praise is Yours
In sujood	سُبْحَانَ رَبِّيَ الْأَعْلَى	Subhana rabbiyal-a'la	Glory be to my Lord, the Most High
Sitting between the two sujood	رَبِّ اغْفِرْ لِي	Rabbighfir li	My Lord, forgive me
Turning right, then left	السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ	As-salamu alaykum wa rahmatullah	Peace be on you, and the mercy of Allah

The tashahhud (sitting)

التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

At-tahiyyatu lillahi was-salawatu wat-tayyibat. As-salamu alayka ayyuhan-nabiyyu wa rahmatullahi wa barakatuh. As-salamu alayna wa ala ibadillahis-salihin. Ash-hadu an la ilaha illallah, wa ash-hadu anna Muhammadan abduhu wa rasuluh.

All greetings, prayers and good words are for Allah. Peace be on you, O Prophet, and the mercy of Allah and His blessings. Peace be on us and on the righteous servants of Allah. I bear witness that there is no god but Allah, and I bear witness that Muhammad is His servant and His Messenger.

Sahih al-Bukhari 831

In the last sitting: the blessings on the Prophet

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allahumma salli ala Muhammadin wa ala ali Muhammad, kama sallayta ala Ibrahima wa ala ali Ibrahim, innaka hamidun majid. Allahumma barik ala Muhammadin wa ala ali Muhammad, kama barakta ala Ibrahima wa ala ali Ibrahim, innaka hamidun majid.

Sahih al-Bukhari 3370

Al-Fatiha and al-Ikhlās

Surah Al-Fatihah (The Opener)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ	Bismillahir-rahmanir-rahim	In the name of Allāh, the Entirely Merciful, the Especially Merciful.
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ	Al-hamdu lillahi rabbil-alamīn	[All] praise is [due] to Allāh, Lord of the worlds -
الرَّحْمَنِ الرَّحِيمِ	Ar-rahmanir-rahim	The Entirely Merciful, the Especially Merciful,
مَالِكِ يَوْمِ الدِّينِ	Maliki yawmid-din	Sovereign of the Day of Recompense.
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ	Iyyaka na'budu wa iyyaka nasta'in	It is You we worship and You we ask for help.
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ	Ihdinas-siratal-mustaqīm	Guide us to the straight path -
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ	Siratal-ladhina an'amta alayhim, ghayril-maghdubi alayhim wa lad-dallin	The path of those upon whom You have bestowed favor, not of those who have earned [Your] anger or of those who are astray.

Surah Al-Ikhlās (The Sincerity)

قُلْ هُوَ اللَّهُ أَحَدٌ	Qul huwallahu ahad	Say, "He is Allāh, [who is] One,
اللَّهُ الصَّمَدُ	Allahus-samad	Allāh, the Eternal Refuge.
لَمْ يَلِدْ وَلَمْ يُولَدْ	Lam yalid wa lam yulad	He neither begets nor is born,
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ	Wa lam yakun lahu kufuwan ahad	Nor is there to Him any equivalent."

Arabic text from Quran.com (api.quran.com); meaning from Sahih International.

My salah week

Colour in a mat each time you pray

Name:

	Fajr 2 rak'ahs	Dhuhr 4 rak'ahs	Asr 4 rak'ahs	Maghrib 3 rak'ahs	Isha 4 rak'ahs
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Start with one prayer a day, the same one each day, and add another when that one is easy. Seven is the age to aim for all five.