Dua Before Sleeping for Kids: Bedtime Dua

Name: _____ Date: _____

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Say: Bismika Allahumma amutu wa ahya

Meaning: In Your name, O Allah, I die and I live.

1 Fill in the missing word

Word bank: **feeling** **morning** **remember**

1. Muslims _____ Allah before they sleep, just as the Prophet ﷺ did.
2. Sleep is a little like a rest from life, and Allah wakes us up again each _____.
3. We fall asleep _____ safe, because Allah is always with us.

2 Let's talk

1. What is the last thing we say before we sleep?

2. Who looks after us all night while we are asleep?

3. What was the best thing that happened today? Let's say Alhamdulillah for it.

3 I practised it this week

Colour a star each day you remember to do it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆

4 Draw it!

Draw what you learned today.

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1 Fill in the missing word

1. Muslims **remember** Allah before they sleep, just as the Prophet ﷺ did.
2. Sleep is a little like a rest from life, and Allah wakes us up again each **morning**.
3. We fall asleep **feeling** safe, because Allah is always with us.

2 Let's talk: what to listen for

Every child's answer will be a little different. Praise any answer in their own words that shows these ideas:

- Muslims remember Allah before they sleep, just as the Prophet ﷺ did.
- Sleep is a little like a rest from life, and Allah wakes us up again each morning.
- We fall asleep feeling safe, because Allah is always with us.
- A good bedtime habit: make wudu, lie on the right side and say the dua.

3 I practised it this week

No right or wrong answers. Colour the stars together at bedtime and praise the effort, not just the result.

4 Draw it!

Any picture is a good answer. Ask your child to tell you about it, and write their words under the drawing.

Try this at home

Say the dua together tonight, slowly, one word at a time. Let your child say the last word on their own. By the end of the week, see if they can say the whole dua before you do.

Source

- Sahih al-Bukhari 6312: when the Prophet ﷺ went to bed he said, "Bismika Allahumma amutu wa ahya."
- Sahih al-Bukhari 6311: the Prophet ﷺ taught making wudu before bed and lying on the right side.

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