How to Drink Water the Sunnah Way: A Lesson for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: Bismillah | breath | right

1. Say _____ before the first sip.
2. Sit down when you can and hold the cup in your _____ hand.
3. Drink in small sips and take a _____ away from the cup, about three times.

2 Let's talk

1. What do we say before we drink?

2. Which hand do we hold the cup with?

3. Who gives us water, and how can we say thank you?

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. Say **Bismillah** before the first sip.
2. Sit down when you can and hold the cup in your **right** hand.
3. Drink in small sips and take a **breath** away from the cup, about three times.

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:

- Say **Bismillah** before the first sip.
- Sit down when you can and hold the cup in your right hand.
- Drink in small sips and take a breath away from the cup, about three times (Sahih Muslim 2028).
- Finish with **Alhamdulillah** to thank Allah for clean water.

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

Watch the demonstration together, then practice calmly with a small cup of water. Ask your child to describe the steps they remember. Watch at your own pace and pause whenever you want to talk. This companion activity is an idea to try together, rather than a transcript of the video.

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