Right Hand First: Eating the Sunnah Way for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: following putting

1. The Prophet ﷺ liked to start with the right: _____ on shoes, combing hair, washing and in all his affairs.
2. Small habits like these are sunnah, and Allah rewards us for _____ them.

2 Let's talk

1. Which hand do we eat and drink with?

2. What else do we start with the right? (Shoes, sleeves, stepping into the masjid.)

3. Why is it nice to eat from the part of the plate near 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. The Prophet ﷺ liked to start with the right: **putting** on shoes, combing hair, washing and in all his affairs.
2. Small habits like these are sunnah, and Allah rewards us for **following** them.

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:

- The Prophet ﷺ taught a young boy three things at the table: say Bismillah, eat with your right hand, and eat from what is in front of you.
- The Prophet ﷺ liked to start with the right: putting on shoes, combing hair, washing and in all his affairs.
- Small habits like these are sunnah, and Allah rewards us for following them.

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

At the next meal, play "spot the sunnah". Can your child remember all three: say Bismillah, eat with the right hand and eat from the part of the plate nearest to them? Give a thumbs-up for each one.

Source

- Sahih al-Bukhari 5376: "Mention the name of Allah, eat with your right hand, and eat from what is in front of you."
- Sahih al-Bukhari 168: the Prophet ﷺ liked to start with the right in putting on his shoes, combing his hair, purifying himself and in all his affairs.

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