Scared of the Dark? Islamic Bedtime Story for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: **Bismillah** **Feeling** **night**

1. Allah is always with us, day and _____
2. _____ scared is normal, and we can turn to Allah
3. A calm bedtime routine: say _____ and make a short dua

2 Let's talk

1. What feels different when the lights are off?

2. Who is always with us?

3. What helps you feel calm at bedtime?

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.

Scared of the Dark? Islamic Bedtime Story for Kids

1 Fill in the missing word

1. Allah is always with us, day and **night**
2. **Feeling** scared is normal, and we can turn to Allah
3. A calm bedtime routine: say **Bismillah** and make a short dua

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:

- Allah is always with us, day and night
- Feeling scared is normal, and we can turn to Allah
- A calm bedtime routine: say Bismillah and make a short 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

Ask your child what feels different when the room is dark. Listen without teasing, talk about the story and remind them they can tell a trusted grown-up when they feel worried.

Free for home, school and weekend school · © 2026 BriskNest US LLC dba Nest Kids Islamic