When I'm Sad, I Pray – Feelings & Dua for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: anything | grown-up | including

1. All feelings are okay, _____ sadness.
2. We can talk to Allah about _____, in any language, at any time.
3. Telling a trusted _____ also helps.

2 Tick what we learned

- ☐ All feelings are okay, including sadness.
- ☐ We can talk to Allah about anything, in any language, at any time.
- ☐ Telling a trusted grown-up also helps.

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. All feelings are okay, **including** sadness.
2. We can talk to Allah about **anything**, in any language, at any time.
3. Telling a trusted **grown-up** also helps.

2 Tick what we learned

Read each line together and tick it when your child can tell you about it.

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.

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