Al Wird Institute

Family · 06

Daily Adhkar for Children

Short adhkar for the child in the morning, evening, at meals and at bedtime, with the meaning in your language.

Al Wird Institute
Qur'an and Arabic teaching

Print on A4 at normal quality, single-sided where possible.

BEFORE YOU START

How to use this file

A child keeps what is repeated in front of him, not what is explained to him.

1. **Hang it at the child's eye level**

   What is not seen is not remembered.

2. **Read it together twice**

   Once in the morning and once before sleep, at the same time each day.

3. **The child ticks the mark**

   A mark he makes with his own hand becomes his.

Tips from our teachers

- Two minutes a day beats twenty minutes a week.
- Let the child lead the repetition, even if he errs.
- Reward consistency, not speed.

THE ADHKAR

Morning and evening

Read them with your child, then let him read alone.

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ

We have entered the morning and all dominion belongs to Allah

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ

We have entered the evening and all dominion belongs to Allah

بِسْمِ اللَّهِ

Before eating: in the name of Allah

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Before sleep: in Your name, O Allah, I die and I live

THE CHILD'S WEEK

Weekly record

Tick each box your child reads. Seven days are enough to judge.

Day	Morning	Evening	Bedtime
١			
٢			
٣			
٤			
٥			
٦			
٧			

About this file

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