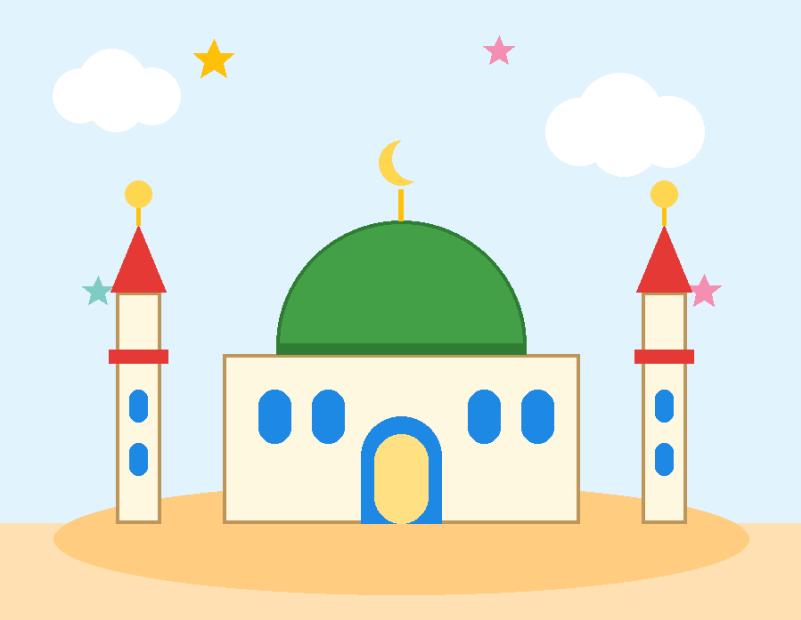
At-Turath Academy of Qur'an

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SUNNAH FOR KIDS

100 Beautiful Sunnahs

of Our Prophet ﷺ for Muslim Children



Ages 8–12 | Beginner-Friendly | Islamic Studies

Name: _____ Class: _____

Welcome, Young Learner!

What We Will Learn

Part 1	Waking Up, Wudu and Cleanliness	(Q1–10)
Part 2	Dress and Appearance	(Q11–20)
Part 3	Eating and Drinking	(Q21–30)
Part 4	Prayer and the Masjid	(Q31–40)
Part 5	Home, Greetings and Visiting	(Q41–50)
Part 6	Speech and Good Manners	(Q51–60)
Part 7	Bedtime Sunnahs	(Q61–70)
Part 8	Fasting, Eid and Charity	(Q71–80)
Part 9	Travel, Du'as and Special Times	(Q81–90)
Part 10	Kindness and Character	(Q91–100)

PART 1

Waking Up, Wudu and Cleanliness

Questions 1 – 10

1

What should we say when we wake up?

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur.

Meaning: *"All praise is for Allah who gave us life after He made us sleep, and to Him we will return."*

Source: *Bukhari*

2

What did the Prophet ﷺ do as soon as he woke up?

He sat up and wiped the sleep from his face with his hands.

Source: *Muslim*

3

How do we clean our mouth after waking up?

We use a miswak or brush our teeth. When the Prophet ﷺ woke up at night, he cleaned his mouth with a miswak.

Source: *Bukhari, Muslim*

4

What should we do with our hands after waking up?

The Prophet ﷺ said to wash our hands three times before putting them into a bowl of water.

Source: *Bukhari, Muslim*

5

What do we say when we come out of the toilet?

غُفْرَانَكَ

Ghufranak.

Meaning: *"O Allah, I ask for Your forgiveness."*

Source: *Abu Dawud, Tirmidhi*

Part 1 – continued

6

What do we say before starting wudu?

We say Bismillah. Wudu is a beautiful act of worship, so we begin it with Allah's name.

Source: *Abu Dawud, Ibn Majah*

7

How many times do we wash each part in wudu?

Three times. The Prophet ﷺ washed his hands, face, and arms three times each.

Source: *Bukhari, Muslim*

8

What do we say after finishing wudu?

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ashhadu an la ilaha illallahu wahdahu la sharika lah, wa ashhadu anna Muhammadan 'abduhu wa rasuluh.

Meaning: *"I bear witness that there is no god but Allah alone, with no partner, and I bear witness that Muhammad is His servant and Messenger."*

The Prophet ﷺ said that the eight doors of Paradise are opened for the one who says this.

Source: *Muslim*

9

Should we waste water during wudu?

No. The Prophet ﷺ did wudu with about one mudd of water, which is as much as two hands can hold. We should use water carefully.

Source: *Bukhari, Muslim*

10

How should we keep our nails?

We keep them short and clean. The Prophet ﷺ said that clipping the nails is one of the acts of fitrah (the natural, clean way of a Muslim).

Source: *Bukhari, Muslim*

PART 2

Dress and Appearance

Questions 11 - 20

11

What do we say when we wear new clothes?

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ مَا صُنِعَ لَهُ وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

Allahumma lakal-hamdu anta kasawtanihi, as'aluka min khayrihi wa khayri ma suni'a lah, wa a'udhu bika min sharrihi wa sharri ma suni'a lah.

Meaning: *"O Allah, all praise is Yours. You have clothed me with this. I ask You for its good, and the good it was made for. I seek Your protection from its harm, and the harm it was made for."*

Source: *Abu Dawud, Tirmidhi*

12

Which side do we start with when getting dressed?

We start with the right side. The Prophet ﷺ said: "When you get dressed, begin with your right side."

Source: *Abu Dawud*

13

Which colour of clothes did the Prophet ﷺ recommend?

He said: "Wear white clothes, for they are among your best clothes."

Source: *Abu Dawud, Tirmidhi*

14

How should men wear their trousers and robes?

Above the ankles. The Prophet ﷺ taught us not to let our clothes drag on the ground.

Source: *Bukhari*

15

Is it Sunnah to use nice-smelling perfume?

Yes. Anas رضي الله عنه said that the Prophet ﷺ never refused perfume. Muslims like to smell clean and pleasant.

Source: *Bukhari*

Part 2 – continued

16

What did the Prophet ﷺ wear on his head?

On the day he entered Makkah, he wore a black turban. Many Muslims follow this Sunnah by wearing a cap or a turban.

Source: *Muslim*

17

Why do many Muslim men keep a beard?

Because the Prophet ﷺ said: "Trim the moustache and let the beard grow."

Source: *Bukhari, Muslim*

18

Can we walk with only one shoe on?

No. The Prophet ﷺ said: "None of you should walk in one shoe. Wear both or take off both."

Source: *Bukhari, Muslim*

19

What do we say when we look in the mirror?

اللَّهُمَّ أَنْتَ حَسَّنْتَ خَلْقِي فَحَسِّنْ خُلُقِي

Allahumma anta hassanta khalqi fa hassin khuluqi.

Meaning: *"O Allah, You made my body beautiful, so make my character beautiful too."*

Source: *Musnad Ahmad*

20

What is the Sunnah on Friday morning?

We take a bath, clean our teeth, wear clean clothes, and put on perfume before going to the Jumu'ah prayer.

Source: *Bukhari, Muslim*

PART 3

Eating and Drinking

Questions 21 – 30

21 **What do we say if we forget Bismillah at the start of a meal?**

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa akhirah.

Meaning: *"In the name of Allah, at the beginning and at the end."*

Source: *Abu Dawud, Tirmidhi*

22 **Which hand do we eat and drink with?**

The right hand. The Prophet ﷺ said that Shaytan eats and drinks with his left hand.

Source: *Muslim*

23 **From which part of the plate do we eat?**

We eat from the part of the plate that is near us.

Source: *Bukhari, Muslim*

24 **Did the Prophet ﷺ say bad things about food?**

Never. If he liked a food he ate it, and if he did not like it he simply left it.

Source: *Bukhari, Muslim*

25 **How full should we fill our stomach?**

The Prophet ﷺ said: a third for food, a third for drink, and a third for breath. We should not eat too much.

Source: *Tirmidhi, Ibn Majah*

26 **How do we drink water in the Sunnah way?**

We sit, say Bismillah, and drink in three sips. We do not breathe into the cup.

Source: *Bukhari, Muslim*

27 **What do we do with food left on our fingers?**

The Prophet ﷺ told us to lick our fingers clean, so that no blessing in the food is wasted.

Source: *Bukhari, Muslim*

28 **What if a piece of food falls down?**

The Prophet ﷺ said to pick it up, clean off any dirt, and eat it. We do not leave it for Shaytan.

Source: *Muslim*

29 **What did the Prophet ﷺ eat to break his fast?**

He broke his fast with fresh dates. If there were none, he used dry dates, and if there were none, he drank some water.

Source: *Abu Dawud, Tirmidhi*

30 **Is it Sunnah to eat together?**

Yes. The Prophet ﷺ said: "Eat together and mention Allah's name, and Allah will bless your food."

Source: *Abu Dawud, Ibn Majah*

PART 4

Prayer and the Masjid

Questions 31 – 40

31

What do we do when we hear the adhan?

We listen and repeat what the muadhdhin says. After "Hayya 'alas-salah" and "Hayya 'alal-falah" we say "La hawla wa la quwwata illa billah".

Source: *Bukhari, Muslim*

32

What do we say after the adhan?

We first send blessings on the Prophet ﷺ, and then we make this du'a: اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ

Allahumma rabba hadhihid-da'watit-tammah, was-salatil-qa'imah, ati Muhammadanil-wasilata wal-fadilah.

Meaning: *"O Allah, Lord of this perfect call and this prayer that will be established, give Muhammad ﷺ the highest place in Paradise and the great honour."*

Source: *Muslim, Bukhari*

33

Which two rak'ahs are better than the whole world?

The two Sunnah rak'ahs before the Fajr prayer. The Prophet ﷺ said they are better than the world and everything in it.

Source: *Muslim*

34

How many daily Sunnah rak'ahs bring a house in Paradise?

Twelve. The Prophet ﷺ said that whoever prays twelve Sunnah rak'ahs every day, Allah builds a house for him in Paradise.

Source: *Muslim, Tirmidhi*

35

How should we walk to the prayer?

We walk calmly and peacefully, and we do not run. The Prophet ﷺ said: "Whatever you catch, pray, and whatever you miss, complete."

Source: *Bukhari, Muslim*

36

What should we do when we enter the masjid?

We pray two rak'ahs before sitting down. This is called Tahiyyat al-Masjid, the greeting of the masjid.

Source: *Bukhari, Muslim*

37

Why do we stand in straight rows?

The Prophet ﷺ said: "Make your rows straight, for straight rows are part of a complete prayer."

Source: *Bukhari, Muslim*

38

What do we say after the fard prayer?

We say Subhanallah 33 times, Alhamdulillah 33 times, and Allahu Akbar 33 times.

Source: *Bukhari, Muslim*

39

What can we recite after every fard prayer to earn a great reward?

Ayat al-Kursi. The Prophet ﷺ said that nothing keeps such a person from Paradise except death.

Source: *Nasa'i*

40

Where is it better to pray our Sunnah prayers?

At home. The Prophet ﷺ said: "The best prayer of a person is in his house, except the obligatory prayer."

Source: *Bukhari, Muslim*

PART 5

Home, Greetings and Visiting

Questions 41 - 50

41

What do we do when we enter our home?

We say salam to our family and say Bismillah. The Prophet ﷺ said that this brings blessing to the home.

Source: *Muslim, Tirmidhi*

42

Who should say salam first?

The younger person greets the older person, the one who is walking greets the one sitting, and a small group greets a large group.

Source: *Bukhari, Muslim*

43

What is the Sunnah when Muslims meet each other?

They say salam and shake hands. The Prophet ﷺ said that Allah forgives them before they part.

Source: *Abu Dawud, Tirmidhi*

44

How many times do we ask permission before entering a house?

Three times. If nobody replies, we go back politely.

Source: *Bukhari, Muslim*

45

What do we say when we visit a sick person?

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

La ba'sa tahurun insha'Allah.

Meaning: *"Do not worry, it is a cleansing, if Allah wills." Visiting the sick is also a Sunnah.*

Source: *Bukhari*

Part 5 – continued

46

What do we say at the end of a gathering?

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Subhanakal-lahumma wa bihamdika, ashhadu an la ilaha illa ant, astaghfiruka wa atubu ilayk.

Meaning: *"Glory and praise to You, O Allah. I bear witness that there is no god but You. I seek Your forgiveness and turn to You."*

Source: *Tirmidhi, Abu Dawud*

47

How did the Prophet ﷺ speak?

He spoke clearly and calmly, so that everyone could understand. Sometimes he repeated important words three times.

Source: *Abu Dawud, Bukhari*

48

Did the Prophet ﷺ help at home?

Yes. Aisha رضي الله عنها said that he helped his family with the housework, and when the prayer time came he went out for prayer.

Source: *Bukhari*

49

Did the Prophet ﷺ smile?

Yes! A Companion said: "I never saw anyone smile more than the Messenger of Allah ﷺ."

Source: *Tirmidhi*

50

What is the Sunnah about gifts and invitations?

The Prophet ﷺ said: "Give gifts to each other, and you will love each other." He also told us to accept a Muslim's invitation.

Source: *Adab al-Mufrad, Bukhari*

PART 6

Speech and Good Manners

Questions 51 – 60

51

What do we say when we promise to do something in the future?

We say "Insha'Allah", which means "if Allah wills". Allah taught us this in the Qur'an.

Source: *Qur'an 18:23–24*

52

What do we say to someone who is kind to us?

جَزَاكَ اللَّهُ خَيْرًا

Jazakallahu khayran.

Meaning: *"May Allah reward you with goodness." The Prophet ﷺ said this is the best way of thanking someone.*

Source: *Tirmidhi*

53

What should we do when we yawn?

We try to stop the yawn and cover our mouth with our hand. The Prophet ﷺ said that yawning is from Shaytan.

Source: *Muslim*

54

How should we sneeze politely?

We cover our face with a hand or cloth and keep our voice low. Then we say Alhamdulillah.

Source: *Abu Dawud, Tirmidhi*

55

What do we do when we join a gathering and when we leave it?

We say salam when we arrive, and we say salam again when we leave.

Source: *Abu Dawud, Tirmidhi*

56

How should we treat a guest?

We should welcome him with a smile and serve him well. The Prophet ﷺ said that whoever believes in Allah and the Last Day should honour his guest.

Source: *Bukhari, Muslim*

57

What did the Prophet ﷺ say about being gentle?

He said: "Allah is gentle, and He loves gentleness in all matters."

Source: *Bukhari, Muslim*

58

Can we insult other people?

No. The Prophet ﷺ said that insulting a Muslim is wrongdoing. We should speak politely to everyone.

Source: *Bukhari, Muslim*

59

Which names did the Prophet ﷺ like?

He said that the names most loved by Allah are Abdullah and Abdur-Rahman. He also changed bad names into good ones.

Source: *Muslim*

60

How often did the Prophet ﷺ ask Allah for forgiveness?

More than seventy times a day. We also say "Astaghfirullah" often.

Source: *Bukhari*

PART 7

Bedtime Sunnahs

Questions 61 – 70

61

What do we do before going to bed?

We do wudu, as we do for prayer, and then lie down on our right side.

Source: *Bukhari, Muslim*

62

What do we do to our bed before lying down?

We shake out the bedding, because we do not know what may have come onto it.

Source: *Bukhari, Muslim*

63

How did the Prophet ﷺ lie down to sleep?

He lay on his right side and put his right hand under his right cheek.

Source: *Abu Dawud, Tirmidhi*

64

Which surahs did the Prophet ﷺ recite every night?

He joined his hands, blew into them, and recited Surah al-Ikhlas, Surah al-Falaq, and Surah an-Nas. Then he wiped his hands over his body.

Source: *Bukhari*

65

Which ayah protects us while we sleep?

Ayat al-Kursi. The Prophet ﷺ said that Allah keeps a guardian over the one who recites it at night, and Shaytan cannot come near him until morning.

Source: *Bukhari*

66

What is the Tasbih of Fatimah?

Before sleeping we say Subhanallah 33 times, Alhamdulillah 33 times, and Allahu Akbar 34 times.

Source: *Bukhari, Muslim*

67

What do we do before sleeping to keep our home safe?

We say Bismillah, close the doors, cover food and drinks, and switch off lamps and fires.

Source: *Bukhari, Muslim*

68

Which two verses protect us at night?

The last two verses of Surah al-Baqarah. The Prophet ﷺ said that whoever recites them at night, they will be enough for him.

Source: *Bukhari, Muslim*

69

What do we do if we see a bad dream?

The Prophet ﷺ said: a good dream is from Allah. If someone sees a bad dream, he should spit lightly to his left three times, seek refuge in Allah from Shaytan, and not tell it to anyone. Then it will not harm him.

Source: *Bukhari, Muslim*

70

What did the Prophet ﷺ say about the night prayer?

He said: "The best prayer after the obligatory prayers is the night prayer." He also told us to make Witr our last prayer of the night.

Source: *Muslim, Bukhari*

PART 8

Fasting, Eid and Charity

Questions 71 – 80

71

What is the Sunnah before fasting?

Eating suhur, the meal before dawn. The Prophet ﷺ said: "Eat suhur, for there is blessing in suhur."

Source: *Bukhari, Muslim*

72

When should we break our fast?

As soon as the sun sets. The Prophet ﷺ said that people will remain in goodness as long as they hurry to break their fast.

Source: *Bukhari, Muslim*

73

What do we say when we break our fast?

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahaba az-zama'u wabtallatil-'uruqu wa thabatal-ajru insha'Allah.

Meaning: *"The thirst has gone, the veins are wet, and the reward is certain, if Allah wills."*

Source: *Abu Dawud*

74

What is the reward for feeding a fasting person?

The Prophet ﷺ said that the one who feeds a fasting person gets the same reward as the fasting person.

Source: *Tirmidhi*

75

On which days of the week did the Prophet ﷺ like to fast?

Mondays and Thursdays.

Source: *Muslim, Tirmidhi*

76

What is the Sunnah fast after Ramadan?

Fasting six days in the month of Shawwal. The Prophet ﷺ said it is like fasting for a whole year.

Source: *Muslim*

77

Which day in Muharram did the Prophet ﷺ fast?

The day of Ashura, the 10th of Muharram. He also wished to fast the 9th with it.

Source: *Bukhari, Muslim*

78

What is the Sunnah before Eid al-Fitr prayer?

We eat a few dates before going to the Eid prayer. The Prophet ﷺ did not go out for Eid al-Fitr until he had eaten some dates.

Source: *Bukhari*

79

Which road did the Prophet ﷺ take on Eid?

On the day of Eid, he used to go to the prayer by one road and return home by another.

Source: *Bukhari*

80

How should we give charity?

The Prophet ﷺ taught us to give every day, even a little. Every morning two angels pray that Allah gives more to the one who gives.

Source: *Bukhari, Muslim*

PART 9

Travel, Du'as and Special Times

Questions 81 – 90

81

What do we say when we start a journey?

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila Rabbina lamunqalibun.

Meaning: *"Glory to Him who made this vehicle work for us. We could not have done it ourselves. And we will return to our Lord."*

Source: *Muslim*

82

What do we say when going up and down on a journey?

When going up we say Allahu Akbar, and when going down we say Subhanallah.

Source: *Bukhari*

83

Is it better to travel alone or with others?

With others. The Prophet ﷺ said that if people knew how lonely travelling alone is, no one would travel alone at night.

Source: *Bukhari*

84

What do we say when it rains?

اللَّهُمَّ صَيِّبًا نَافِعًا

Allahumma sayyiban nafi'a.

Meaning: *"O Allah, make it a beneficial rain."*

Source: *Bukhari*

85

What do we say when we see the new moon?

اللَّهُمَّ أَهِلَّهُ عَلَيْنَا بِالْيُمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

Allahumma ahillahu 'alayna bil-yumni wal-iman, was-salamati wal-Islam, Rabbi wa Rabbukallah.

Meaning: *"O Allah, bring this moon over us with blessing, faith, safety, and Islam. My Lord and your Lord is Allah."*

Source: *Tirmidhi*

Part 9 – continued

86

What do we say when we feel angry?

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu billahi minash-shaytanir-rajim.

Meaning: *"I seek protection with Allah from the cursed Shaytan." The Prophet ﷺ said that this makes anger go away.*

Source: *Bukhari, Muslim*

87

What do we say when we feel afraid?

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni'mal-wakil.

Meaning: *"Allah is enough for us, and He is the best protector."*

Source: *Bukhari*

88

What do we say when we are sad or in trouble?

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ

Ya Hayyu ya Qayyum, bi-rahmatika astaghith.

Meaning: *"O Ever-Living, O Sustainer of all, I ask for Your help through Your mercy."*

Source: *Tirmidhi*

89

What do we recite every morning and evening?

Surah al-Ikhlas, Surah al-Falaq, and Surah an-Nas, three times each. The Prophet ﷺ said that they are enough to protect us.

Source: *Abu Dawud, Tirmidhi*

90

What do we do a lot on Fridays?

We send many blessings on the Prophet ﷺ. He said: "Send plenty of blessings upon me on Friday."

Source: *Abu Dawud, Ibn Majah*

PART 10

Kindness and Character

Questions 91 – 100

91

How should we treat animals?

With kindness. The Prophet ﷺ said that Allah has commanded excellence in everything, so even when an animal is slaughtered, the knife should be sharp and the animal should not suffer.

Source: *Muslim*

92

What did the Prophet ﷺ do when he passed by children?

He greeted them with salam, and he was always kind to them.

Source: *Bukhari, Muslim*

93

Did the Prophet ﷺ take revenge?

Aisha رضي الله عنها said that he never took revenge for himself. He forgave people and was gentle with them.

Source: *Bukhari, Muslim*

94

What do we say when we face a hardship or lose something?

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillahi wa inna ilayhi raji'un.

Meaning: *"We belong to Allah, and to Him we will return." We say this and ask Allah to reward us for our patience.*

Source: *Qur'an 2:156, Muslim*

95

How should we choose our friends?

The Prophet ﷺ said: "A person follows the way of his close friend, so look carefully at whom you take as a friend."

Source: *Abu Dawud, Tirmidhi*

96

Why should we read the Qur'an every day?

The Prophet ﷺ said: "Read the Qur'an, for on the Day of Judgement it will come as an intercessor for those who read it."

Source: *Muslim*

97

Why should we thank people?

The Prophet ﷺ said: "Whoever does not thank people does not thank Allah." So we say "Thank you" and "Jazakallahu khayran".

Source: *Abu Dawud, Tirmidhi*

98

What happens when we make du'a for another Muslim?

The Prophet ﷺ said that when we make du'a for a Muslim brother in his absence, an angel says "Ameen, and the same for you."

Source: *Muslim*

99

Which Sunnah prayer is done in the morning after sunrise?

The Duha prayer. The Prophet ﷺ said that two rak'ahs of Duha are enough as charity for all the joints of the body.

Source: *Muslim*

100

Who is our best example?

Prophet Muhammad ﷺ. Allah says in the Qur'an: "In the Messenger of Allah you have an excellent example." We try to follow his Sunnah every day, little by little.

Source: *Qur'an 33:21*



Well done!

May Allah help us follow the Sunnah of our beloved Prophet.

Keep learning, keep asking, keep smiling!