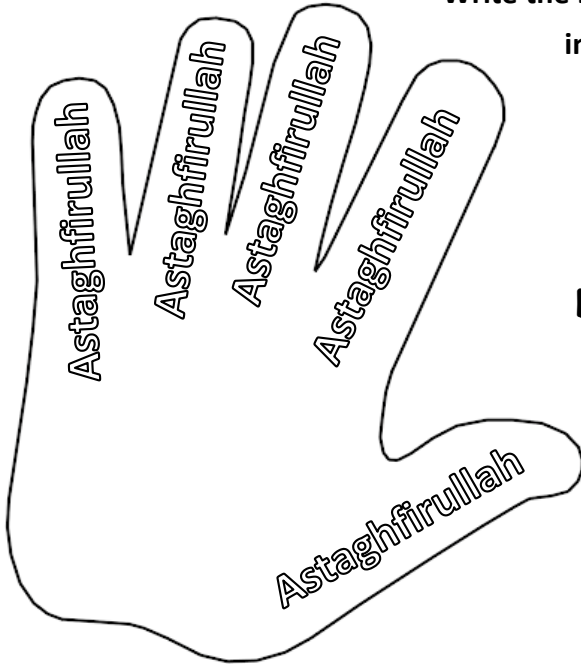


Years 1&2 - Term 2 - 2020 - Lesson 8  
Islam in practice - Night-Time Habits

- Try to learn this simple Dua to say before you go to sleep every night:

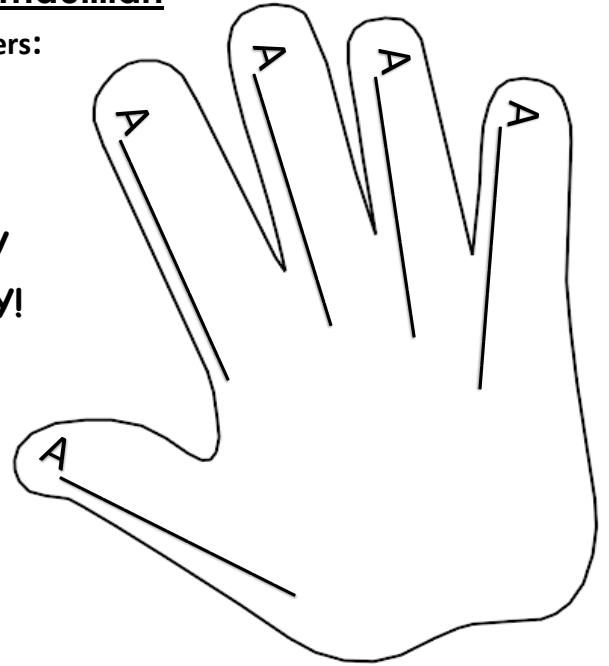
“Bismika- Allaahumma amootu wa-ahyaa”

- Write the Dhikr word Alhamdulillah inside the five fingers:



inside the five fingers:

TRY TO SAY  
DHIKR DAILY!



- Try to learn to say the 3 QULS before you go to sleep:

SURAT AL-NAAS

SURAT AL-IKHLAS

SURAT AL-FALAQ



Recite the “3 QULS”  
(Surat Al-Ikhlās, Al-Falaq, Al-Naas) three times each

