



**ISLAMIC LIFE &
EDUCATION**
— ONLINE ISLAMIC ACADEMY —

وَأَقِيمُوا الصَّلَاةَ

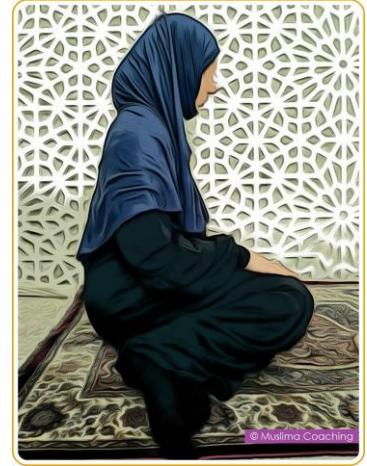
“And establish the prayer.” — Al-Baqarah 2:43

PRACTICAL NAMAZ LESSON FOR GIRLS



An Illustrated Step-by-Step Guide to Performing Salah

According to the Hanafi Method • For Girls and Young Learners



ISLAMIC LIFE & EDUCATION

Online Islamic Academy • Lahore, Pakistan • Learn to Lead

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How to Use This Book

Read one part at a time. In **Part 2**, every step has a picture, clear instructions, the Arabic words to recite in a golden frame, and their meaning in English right below.

Practise each position in front of a parent or teacher until it becomes easy and natural. Then join the steps together into a complete Salah.

A Note for Parents and Teachers

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا

Meaning: And command your family to pray, and be steadfast in it.

Surah Tā-Hā, 20:132

Salah is the most important act of worship after faith. The Prophet Muhammad (peace be upon him) taught that it is the **first deed** a person will be asked about on the Day of Judgement (Sunan at-Tirmidhi, Sunan an-Nasa'i). Teaching a girl to pray correctly, calmly and with love is one of the greatest gifts we can give her.

This lesson book teaches the complete practical method of Salah for girls and women according to the **Hanafi school**, as explained in classical works such as Bahishti Zewar. A girl's Salah is performed with extra **modesty (haya)**: the body is kept gathered and covered, the movements are gentle, and all recitation is done softly.

SUGGESTED WAY TO TEACH

1. Begin with Part 1 so the learner knows how to prepare: wudu, clean clothes, a covered body and facing the Qibla.
2. Teach one or two steps of Part 2 in each lesson. Let her copy the picture, then correct her position gently.
3. Help her memorise the Arabic slowly, a few words at a time, and always explain the meaning so her heart is present.
4. Pray a full two-rak'ah Salah together once all steps are learnt, then move on to three and four rak'ahs in Part 3.
5. Use the revision chart, the review questions and the weekly prayer tracker in Parts 5–7 to build a lasting habit.

Remember

Children learn best through encouragement. Praise every effort, keep lessons short and happy, and let her see you praying on time.

PART 1

Getting Ready for Salah

Before you stand for prayer, make sure your body, clothes, place and heart are ready.



Conditions of Salah

These conditions must be fulfilled before you begin. If any one of them is missing, the Salah will not be valid.

#	Condition	What it means for you
1	Purity of the body	You must have wudu. If ghusl is due, take a bath first. There must be no impurity (najasah) on the body.
2	Purity of the clothes	Your clothes, including your dupatta or scarf, must be clean and free from any impurity.
3	Purity of the place	The place where you stand, put your hands and knees, and place your forehead must be clean. A clean prayer mat is best.
4	Covering the body (sitr)	The whole body must be covered except the face, the hands and the feet. See the dress guide below.
5	The correct time	Each Salah must be prayed within its own time. A Salah prayed before its time has started is not valid.
6	Facing the Qibla	Face the Ka'bah in Makkah. In Pakistan, the Qibla is towards the west (slightly towards the south-west).
7	Intention (niyyah)	Know in your heart which Salah you are praying, for example "two rak'ahs Fard of Fajr".

How a Girl Should Dress for Salah

DO

- Wear loose clothes that do not show the shape of the body.
- Use a thick dupatta or scarf that covers **all the hair**, the ears and the neck.
- Make sure the **wrists, forearms and ankles** stay covered in every position.
- Keep the hands inside the dupatta or sleeves when raising them for Takbir.

AVOID

- Thin or see-through fabric through which hair or skin can be seen.
- Short sleeves or a dupatta that slips back during Ruku and Sajdah.
- Tight clothes, or clothes with pictures of living things on them.
- Loose hair showing from the front or back of the scarf.

Important

If a quarter of any part of the body that must be covered (for example the hair, an arm or a shin) becomes uncovered for as long as it takes to say “Subhana Rabbiyal-‘Azim” three times, the Salah breaks. Cover it at once and keep your dupatta secure.

The Five Daily Prayers

Every Muslim who has reached maturity must pray five times a day. Younger kids should be taught and encouraged from the age of seven so that the habit is firm.

Prayer	Time	Before Fard	Fard	After Fard
Fajr	From true dawn until sunrise	2 Sunnah	2	—
Zuhr	After midday until the time of ‘Asr	4 Sunnah	4	2 Sunnah, 2 Nafil
‘Asr	Late afternoon until sunset	4 Sunnah*	4	—
Maghrib	Just after sunset until the twilight fades	—	3	2 Sunnah, 2 Nafil
‘Isha	Night, after twilight disappears	4 Sunnah*	4	2 Sunnah, 2 Nafil, 3 Witr , 2 Nafil

** Sunnah ghair-mu’akkadah (recommended). Witr is wajib (necessary) and must not be missed. It is disliked to pray at the exact moments of sunrise, zenith (midday) and sunset.*

Where to Look in Salah

Keeping the eyes in the right place helps you concentrate and avoid looking around. Here is a simple guide:

Position	Keep your eyes on...
Standing (Qiyam, Qawmah)	The place where your forehead will rest in Sajdah
Bowing (Ruku)	The tops of your feet
Prostration (Sajdah)	The tip of your nose
Sitting (Jalsah, Qa’dah)	Your lap
Salam	Your right shoulder, then your left shoulder

The Obligatory Acts (Fara’id) of Salah

Inside the Salah there are six fard acts. If any one of them is left out, the Salah is not valid and must be prayed again:

Takbir Tahrimah — the opening “Allahu Akbar” Qiyam — standing Qira’ah — reciting the Qur’an	Ruku — bowing Sajdah — both prostrations in every rak’ah Qa’dah Akhirah — the final sitting (for the length of Tashahhud)
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PART 2

Performing Salah Step by Step

A complete two-rak'ah Salah — for example the Fard of Fajr

STEP

1

Stand and Make Your Intention

Niyyah — standing ready, facing the Qibla

نية



HOW TO DO IT

- Stand upright on your prayer mat, facing the **Qibla**.
- Keep your **feet close together**, with the ankles near each other.
- Let your arms rest gently at your sides.
- Make the **intention in your heart** for the Salah you are about to pray.
- Clear your mind of worldly thoughts. Remember that Allah is watching you.

🕒 **Eyes:** the place where your forehead will rest in Sajdah.

Example of the Intention

"I intend to pray **two rak'ahs Fard of Fajr** for the sake of Allah, facing the Qibla."

The intention is made in the heart. You may also say it in your own language, but that is not required.

STEP

2

Opening Takbir

Takbir Tahrimah — beginning the prayer

تَكْبِيرَةُ التَّحْرِيمَةِ



HOW TO DO IT

- Raise both hands up to the **level of the shoulders**.
- Keep the hands **inside the dupatta or sleeves** — do not bring them out.
- The **palms face the Qibla** and the fingers are held naturally, neither spread wide nor pressed tightly.
- Make sure the **wrists and forearms remain covered**.
- Say “**Allahu Akbar**” softly, so that you can hear yourself.

🕒 **Eyes:** *the place of Sajdah.*

SAY SOFTLY

اللَّهُ أَكْبَرُ

Meaning: *Allah is the Greatest.*

Did You Know?

This first Takbir is called **Takbir Tahrimah** because, after saying it, talking, eating and every other action outside Salah become forbidden (haram) until the prayer ends.

STEP

3

Fold Your Hands and Recite

Qiyam — standing with folded hands

قيام



HOW TO DO IT

- Right after the Takbir, bring your hands down and place them **on your chest**.
- Put the **right palm over the back of the left hand**. Do not grip or clasp the wrist.
- Stand still and calm, with feet together.
- Recite **Thana**, then **Ta'awwudh**, then **Tasmiyah** softly, as shown below.

☉ **Eyes:** the place of Sajdah.

Recite in the First Rak'ah

1 • THANA (PRAISE)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Meaning: Glory be to You, O Allah, and all praise is Yours. Blessed is Your Name and high is Your Majesty, and there is no god except You.

2 • TA'AWUDH (SEEKING REFUGE)

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Meaning: I seek refuge in Allah from Shaytan, the rejected one.

3 • TASMIYAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Meaning: In the name of Allah, the Most Gracious, the Most Merciful.

STEP

4

Recite Surah al-Fatihah and a Surah

Qira'ah — reciting the Qur'an while standing

قِرَاءَةٌ

Still standing with folded hands, recite **Surah al-Fatihah**. At its end say “**Amin**” quietly. Then recite **another surah** or at least three short verses. Surah al-Ikhlās is given here as an example.

Surah al-Fatihah (The Opening)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (1) الرَّحْمَنُ الرَّحِيمُ (2) مَالِكِ يَوْمِ الدِّينِ (3)
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ (4) اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (5)
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ (6) غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ (7)
أَمِينَ

Meaning: All praise is for Allah, Lord of all the worlds, the Most Gracious, the Most Merciful, Master of the Day of Judgement. You alone we worship, and You alone we ask for help. Guide us to the straight path — the path of those You have blessed, not of those who earned Your anger, nor of those who went astray. (Amin: O Allah, accept our prayer.)

Surah al-Ikhlās (Sincerity)

قُلْ هُوَ اللَّهُ أَحَدٌ (1) اللَّهُ الصَّمَدُ (2)
لَمْ يَلِدْ وَلَمْ يُولَدْ (3) وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (4)

Meaning: Say: He is Allah, the One. Allah is the Self-Sufficient, on whom all depend. He has no children, nor was He born. And there is none equal to Him.

Remember

Girls always recite **softly** in every Salah — never aloud — even in Fajr, Maghrib and 'Isha.

Recite slowly and correctly. Reading the Qur'an with mistakes that change the meaning can spoil the Salah, so practise with your teacher.

STEP

5

Bow Down

Ruku — bowing with modesty

رُكُوع



HOW TO DO IT

- Say “**Allahu Akbar**” and bend forward.
- Bend **only a little** — just enough for the **hands to reach the knees**. Do not make the back completely flat.
- Place the **hands on the knees** with the **fingers together**. Do not grip the knees.
- Keep the **upper arms close to the sides** of the body.
- Keep the **knees slightly bent** and the ankles close together.
- Recite the tasbih of Ruku **three times** (or five or seven).

☉ **Eyes:** *the tops of your feet.*

TASBIH OF RUKU

سُبْحَانَ رَبِّيَ الْعَظِيمِ

— 3 times —

Meaning: *Glory be to my Lord, the Most Great.*

STEP

6

Rise from Ruku

Qawmah — standing up straight after bowing

قَوْمَة



HOW TO DO IT

- While rising from Ruku, say “**Sami’allahu liman hamidah**”.
- **Stand up completely straight**, with the arms resting at the sides.
- Once upright, say “**Rabbana lakal-hamd**”.
- Stay still for a moment — at least as long as it takes to say “Subhanallah” once — before going down to Sajdah.

🕒 **Eyes:** the place of Sajdah.

WHILE RISING

سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ

Meaning: Allah hears the one who praises Him.

WHEN STANDING STRAIGHT

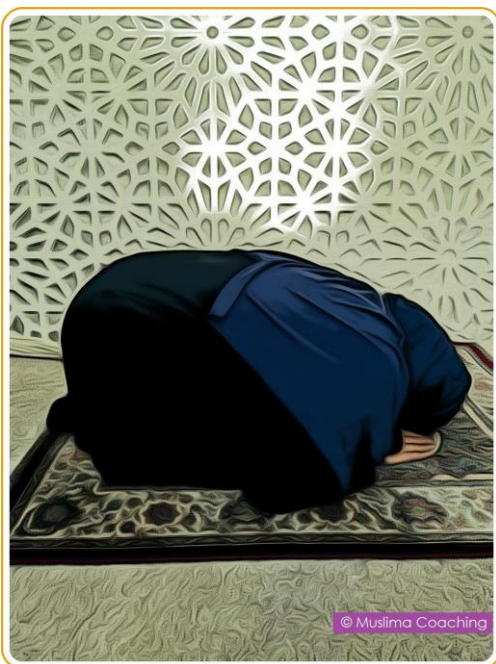
رَبَّنَا لَكَ الْحَمْدُ

Meaning: Our Lord, all praise belongs to You.

The First Prostration

Sajdah — the closest position to Allah

سَجْدَة



HOW TO DO IT

- Say “**Allahu Akbar**” and go down gently.
- Place on the floor, in this order: **knees, then hands, then nose, then forehead**.
- Keep the body **gathered and compact**: the **stomach touches the thighs**.
- Keep the **elbows close to the body** and the **forearms flat on the floor**.
- Put the **head between the hands**, with **fingers together** pointing towards the Qibla.
- Recite the tasbih of Sajdah **three times**.

🕒 **Eyes:** *the tip of your nose.*



POSITION OF THE FEET

In a girl's Sajdah the **toes are not raised**. Both feet are laid down and pushed out gently **towards the right side**. This keeps the body low, gathered and fully covered — which is the essence of modesty in prayer.

TASBIH OF SAJD AH

سُبْحَانَ رَبِّيَ الْأَعْلَى

— 3 times —

Meaning: *Glory be to my Lord, the Most High.*

STEP
8

Sit Between the Two Prostrations

Jalsah — a short, calm sitting

جلسة



HOW TO DO IT

- Say “**Allahu Akbar**” and raise your head and then your hands from the floor.
- Sit **completely upright** in the girls’ sitting position (**tawarruk**): sit on the left hip with **both feet drawn out to the right side**.
- Place the **hands on the thighs** with the **fingers together**, fingertips near the knees.
- Sit **calmly** for a moment — at least as long as saying “Subhanallah” once. Do not rush.

☉ **Eyes:** your lap.

YOU MAY QUIETLY SAY (OPTIONAL)

اللَّهُمَّ اغْفِرْ لِي

Meaning: O Allah, forgive me.

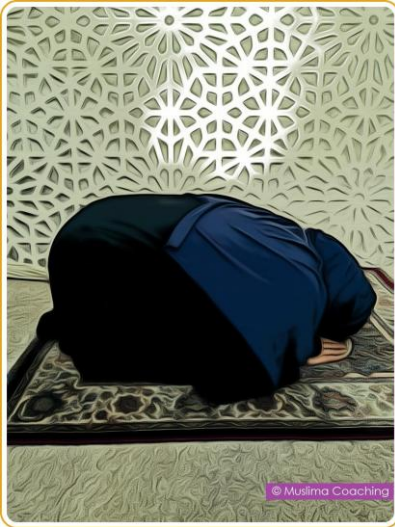
STEP

9

The Second Prostration

Completing the first rak'ah

السَّجْدَةُ الثَّانِيَّةُ



HOW TO DO IT

- Say **"Allahu Akbar"** and go into Sajdah **a second time**.
- Do it **exactly like the first Sajdah**: body gathered, stomach on thighs, forearms on the floor, feet out to the right.
- Recite **"Subhana Rabbiyal-A'la"** three times.
- Your **first rak'ah is now complete**.

One Rak'ah =

Qiyam (standing and reciting) → Ruku (bowing) → Qawmah (rising) → Sajdah → Jalsah (sitting) → Sajdah.

Every rak'ah has **one Ruku** and **two Sajdahs**.

STEP
10

Stand Up for the Second Rak'ah

Repeating the rak'ah — without Thana

الرُّكْعَةُ الثَّانِيَّةُ

Say “**Allahu Akbar**” and stand up from the second Sajdah. Rise on the front of your feet, pressing on your knees, without sitting down first. **Do not raise your hands** this time. Fold your hands on your chest as before.

IN THE SECOND RAK'AH

1. Recite **Bismillah** (do **not** recite Thana or Ta'awwudh again).
2. Recite **Surah al-Fatihah** and say “**Amin**” softly.
3. Recite **another surah** — for example Surah al-Kawthar below.
4. Then perform **Ruku, Qawmah, two Sajdahs and Jalsah** exactly as in Steps 5 to 9.

Surah al-Kawthar (Abundance)

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ⁽¹⁾ فَصَلِّ لِرَبِّكَ وَانْحَرْ⁽²⁾

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ⁽³⁾

Meaning: *Indeed, We have given you al-Kawthar (abundant good). So pray to your Lord and offer sacrifice. Surely, the one who hates you is the one cut off (from all good).*

Tip

It is better to recite a **different surah** in the second rak'ah from the one recited in the first, and to follow the order of the Qur'an (for example, al-Kawthar in the first rak'ah and al-Ikhlās in the second).

STEP

11

Sit for the Qa'dah

The sitting after two rak'ahs

قعدة



HOW TO DO IT

- After the second Sajdah of the second rak'ah, say **"Allahu Akbar"** and sit up.
- Sit in **tawarruk**: sit on the **left hip** and draw **both legs out to the right side**.
- Keep the **thighs close together** and the body gathered.
- Place both **hands on the thighs**, fingertips reaching towards the knees, **fingers together**.
- Sit calmly with humility and begin the Tashahhud.

☉ **Eyes:** *your lap.*

Why Tawarruk?

This sitting keeps a girl's body **low, gathered and covered**. It is the Sunnah way of sitting for women in **every** sitting of Salah — the Jalsah, the first Qa'dah and the final Qa'dah.

Recite the Tashahhud

At-Tahiyyat — with the pointing finger

تَشَهُّد



THE POINTING FINGER

- When you reach “**Ashhadu an la ilaha**”, form a **circle** with the **thumb and middle finger** of the right hand.
- Fold the **ring and little fingers** closed, and **raise the index finger** towards the Qibla.
- When you say “**illallah**”, **lower the finger**.
- Keep the hand in this shape until the end of the sitting.

☉ **Eyes:** your lap (or the raised finger).

Tashahhud (At-Tahiyyat)

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ،

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،

السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ،

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Meaning: All greetings, prayers and pure words are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god except Allah, and I bear witness that Muhammad is His servant and His Messenger.

STEP

13

Send Blessings on the Prophet

Durood Ibrahimi — recited in the final sitting

الصَّلَاةُ الْإِبْرَاهِيمِيَّةُ

In the **final sitting** of every Salah, after the Tashahhud, stay seated and recite the **Durood Ibrahimi** softly.

Durood Ibrahimi

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ،

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Meaning: O Allah, send Your mercy upon Muhammad and upon the family of Muhammad, as You sent Your mercy upon Ibrahim and upon the family of Ibrahim. Surely You are Praiseworthy, Glorious. O Allah, send Your blessings upon Muhammad and upon the family of Muhammad, as You sent Your blessings upon Ibrahim and upon the family of Ibrahim. Surely You are Praiseworthy, Glorious.

STEP

14

Make the Closing Du'a

A supplication before ending the prayer

الدُّعَاءُ الْمَأْتُورُ

After the Durood, recite a du'a from the Qur'an or Sunnah. The well-known **Du'a Ma'thurah** taught by the Prophet (peace be upon him) to Abu Bakr (may Allah be pleased with him) is given below (Sahih al-Bukhari).

Du'a Ma'thurah

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءً ۝ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ

يَقُومُ الْحِسَابُ

Meaning: My Lord, make me steadfast in prayer, and my children too. Our Lord, accept my prayer. Our Lord, forgive me, my parents and all the believers on the Day when the Reckoning takes place.

STEP

15

End the Prayer with Salam

Turning the face to the right, then to the left

سَلَام



1 • First to the right



2 • Then to the left

- Turn your face to the **right**, enough that a person behind you could see your **right cheek**, and say the Salam.
- Then turn your face to the **left** in the same way and say the Salam again.
- Keep your **eyes on your shoulder** each time, and intend to greet the **angels** (and any people praying beside you).

SAY ON EACH SIDE

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Meaning: Peace be upon you, and the mercy of Allah.

After Salah

Your Salah is now complete — **Alhamdulillah!** Do not jump up straight away. Remain seated for a little while, remember Allah, and raise your hands to make du'a for yourself, your parents and all Muslims. The Prophet (peace be upon him) would say the following after Salah (Sahih Muslim):

Remembrance After Salah

أَسْتَغْفِرُ اللَّهَ

— 3 times —

Meaning: I seek forgiveness from Allah.

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ

تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Meaning: O Allah, You are Peace, and from You comes peace. Blessed are You, O Owner of Majesty and Honour.

Well Done!

You have learnt a complete two-rak'ah Salah. Practise it every day until every step feels natural. Next, learn how to pray three and four rak'ahs in Part 3.

PART 3

Three and Four Rak'ahs, and Witr

How the same steps are extended for Maghrib, Zuhr, 'Asr, 'Isha and Witr.



The First Qa'dah (Middle Sitting)

In a Salah of three or four rak'ahs, you sit after the second rak'ah just as in Step 11. But in this **first sitting** you recite **only the Tashahhud** — up to “‘abduhu wa rasuluh”. Then say “**Allahu Akbar**” and stand up for the third rak'ah without raising your hands.

Careful!

Do not recite the Durood or the Du'a in the first Qa'dah of a Fard, Sunnah Mu'akkadah or Witr prayer. If you delay standing up by mistake, Sajdah Sahw (the prostration of forgetfulness) becomes necessary — ask your teacher how to perform it.

What to Recite in Each Rak'ah

Rak'ah	Fajr (2 Fard)	Maghrib (3 Fard)	Zuhr, 'Asr, 'Isha (4 Fard)
1st	Thana, Ta'awwudh, Bismillah, Fatihah + Surah	Thana, Ta'awwudh, Bismillah, Fatihah + Surah	Thana, Ta'awwudh, Bismillah, Fatihah + Surah
2nd	Bismillah, Fatihah + Surah	Bismillah, Fatihah + Surah	Bismillah, Fatihah + Surah
Sitting	Final Qa'dah: Tashahhud, Durood, Du'a, Salam	First Qa'dah: Tashahhud only, then stand	First Qa'dah: Tashahhud only, then stand
3rd	—	Bismillah, Fatihah only	Bismillah, Fatihah only
Sitting	—	Final Qa'dah: Tashahhud, Durood, Du'a, Salam	—
4th	—	—	Bismillah, Fatihah only
Sitting	—	—	Final Qa'dah: Tashahhud, Durood, Du'a, Salam

Sunnah and Nafil Prayers

In **Sunnah and Nafil** prayers, recite **Fatihah and a surah in every rak'ah** — including the third and fourth.

How to Pray Witr

Witr is **three rak'ahs**, prayed after the 'Isha prayer. It is **wajib** and is prayed like Maghrib, with these differences:

1. Recite **Fatihah and a surah in all three rak'ahs**.
2. In the **third rak'ah**, after the surah, say "**Allahu Akbar**" and raise the hands to the shoulders as in the opening Takbir.
3. Fold the hands on the chest again and recite **Du'a al-Qunut** softly.
4. Then say "Allahu Akbar", go into Ruku, and complete the prayer as usual.

Du'a al-Qunut (recited in Witr)

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ
وَنُثْنِي عَلَيْكَ الْحَيِّرَ وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنُخْلَعُ وَنَتَرُكَ مَنْ يَفْجُرُكَ،
اللَّهُمَّ إِنَّاكَ نَعْبُدُ وَلَكَ نُصَلِّي وَنَسْجُدُ وَإِلَيْكَ نَسْعَى وَنَحْفِدُ
وَنَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

Meaning: O Allah, we ask You for help and seek Your forgiveness; we believe in You and put our trust in You; we praise You in the best way; we thank You and are not ungrateful to You; and we leave and turn away from whoever disobeys You. O Allah, You alone we worship; to You we pray and prostrate; towards You we hurry and strive to serve. We hope for Your mercy and we fear Your punishment. Surely Your punishment will reach the disbelievers.

Not Memorised Yet?

Until you learn Du'a al-Qunut, you may recite "**Rabbana atina fid-dunya hasanah, wa fil-akhirati hasanah, wa qina 'adhaban-nar**" or say "**Allahummaghfir li**" three times — but keep trying to memorise the Qunut.



PART 4

The Girls' Method at a Glance

How a girl's Salah is performed with extra modesty and covering.



The Salah of girls and women is the same in its words and its order. The differences below are all in the **manner of the positions**, and every one of them serves the same purpose: keeping the body **gathered, covered and modest**.

Position	Girls and women	Boys and men
Takbir	Raise hands to the shoulders , keeping them inside the dupatta	Raise hands to the ears, taking them out of the shawl
Folding hands	On the chest , right palm on the back of the left hand, no grip	Below the navel, gripping the left wrist
Ruku	Slight bend , hands just reach the knees, fingers together, arms close to the body, knees slightly bent	Back and head fully level, knees gripped with fingers spread, arms apart from the sides
Sajdah	Body gathered : stomach on thighs, forearms on the floor, feet laid out to the right	Stomach away from thighs, forearms raised, feet upright on the toes
Sitting	Tawarruk : sit on the left hip, both feet out to the right	Sit on the left foot, right foot upright
Recitation	Always softly , in every prayer	Aloud in some prayers when leading or alone
Movements	Gentle and gathered , keeping everything covered	Limbs held apart from the body

Keep in Mind

These features come from the teachings of the Hanafi scholars, based on narrations that a woman should keep herself gathered and covered in prayer. What matters most is that every Salah is prayed **on time, calmly and with a present heart**.

PART 5

Quick Revision Chart

The whole Salah on one page — ideal for printing and keeping near your prayer mat.



#	Position	What to say	Eyes on
1	Niyyah (standing)	Intention in the heart	Place of Sajdah
2	Takbir Tahrimah	Allahu Akbar	Place of Sajdah
3	Qiyam	Thana, Ta'awwudh, Bismillah	Place of Sajdah
4	Qira'ah	Surah al-Fatihah, Amin, another surah	Place of Sajdah
5	Ruku	Subhana Rabbiyal-'Azim (×3)	Tops of the feet
6	Qawmah	Sami'allahu liman hamidah — Rabbana lakal-hamd	Place of Sajdah
7	First Sajdah	Subhana Rabbiyal-A'la (×3)	Tip of the nose
8	Jalsah	Allahu Akbar (optional: Allahummaghfir li)	Lap
9	Second Sajdah	Subhana Rabbiyal-A'la (×3)	Tip of the nose
10	Second rak'ah	Bismillah, Fatihah, Amin, surah — then Ruku to Sajdah	As above
11	Qa'dah	Sit in tawarruk	Lap
12	Tashahhud	At-Tahiyyat (raise the finger at "la ilaha")	Lap
13	Durood	Durood Ibrahimi (final sitting only)	Lap
14	Du'a	Du'a Ma'thurah	Lap
15	Salam	As-salamu 'alaykum wa rahmatullah (right, then left)	Right, then left shoulder

Takbir Reminder

Say **"Allahu Akbar"** every time you move from one position to another — except when rising from Ruku (say "Sami'allahu liman hamidah") and when ending with Salam.

PART 6

Mistakes to Avoid

Small mistakes can spoil the beauty of Salah — and some can break it.



Common Mistakes

Mistake	The correct way
Hair, ears, wrists or ankles showing	Wear a thick dupatta and long sleeves, and check them before you begin.
Rushing through Ruku and Sajdah	Be still and calm in every position before moving on.
Reciting only in the mind	Move the lips and tongue softly so you can hear yourself.
Taking the hands out of the dupatta for Takbir	Raise the hands to the shoulders inside the dupatta.
Standing up the toes in Sajdah	Lay both feet down and push them out to the right .
Spreading the arms wide in Sajdah	Keep the elbows close and the forearms on the floor .
Looking around or fidgeting	Keep the eyes on the correct place for each position.
Forgetting how many rak'ahs were prayed	Concentrate, and learn the rules of Sajdah Sahw from your teacher.

Things That Break Salah

If any of the following happens, the Salah breaks and must be prayed again from the beginning:

- Talking, even a few words
- Eating or drinking anything
- Laughing aloud
- Turning the chest away from the Qibla
- Anything that breaks wudu
- Leaving out a fard act of Salah
- A large part of the satr becoming uncovered (see Part 1)
- Many actions that make a person look as if she is not praying

A Gentle Reminder

Allah loves the one who tries. If you make a mistake, learn from it and pray better next time. Ask Allah to help you — He is the Most Merciful.

PART 7

Review and Practice

Check what you have learnt, then build the habit day by day.



Review Questions

1. Name the seven conditions that must be fulfilled before Salah.
2. Which parts of a girl's body may remain uncovered in Salah?
3. Up to which level does a girl raise her hands for the opening Takbir?
4. Where does a girl place her hands after the Takbir, and how?
5. What do you recite in Ruku, and how many times?
6. Describe how a girl keeps her feet in Sajdah.
7. What is tawarruk, and in which sittings is it used?
8. When is the index finger raised in the Tashahhud, and when is it lowered?
9. What is recited in the first Qa'dah of a four-rak'ah Fard prayer?
10. What is recited in the third and fourth rak'ahs of a Fard prayer?
11. In which rak'ah of Witr is Du'a al-Qunut recited, and when?
12. Name four things that break Salah.

My Practical Checklist

Ask your teacher or parent to tick each box when you can do it correctly on your own.

☐ I can make wudu correctly	☐ I dress fully covered for Salah
☐ I can find the Qibla	☐ I know the Takbir position
☐ I can fold my hands correctly	☐ I have memorised Thanā
☐ I have memorised Surah al-Fatihah	☐ I have memorised two short surahs
☐ I can perform Ruku and Qawmah	☐ I can perform Sajdah correctly
☐ I can sit in tawarruk	☐ I have memorised the Tashahhud
☐ I have memorised the Durood Ibrahimi	☐ I have memorised the Du'a Ma'thurah
☐ I can end the prayer with Salam	☐ I can pray 2, 3 and 4 rak'ahs

My Weekly Prayer Tracker

Tick each prayer as soon as you pray it on time. Print a fresh copy every week and see your progress grow!

Day	Fajr	Zuhr	'Asr	Maghrib	'Isha	Witr
Monday	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐

Name: _____

Week of: _____

Teacher / Parent signature:
