

BOOK
7/7

Du'a & Manners

Little Words. Big Hearts.



Daily Du'as • Beautiful Manners • English + Urdu Transliteration

Modern Day Syllabus • Nursery Class • Book 7 of 7



As-salamu alaikum!

Welcome to a special book.

Inside, you'll learn 8 little du'as —
tiny prayers for daily moments.



And 8 beautiful manners —
the gentle ways we treat others.

Read together. Practice every day.
Manners are the music of a happy home.

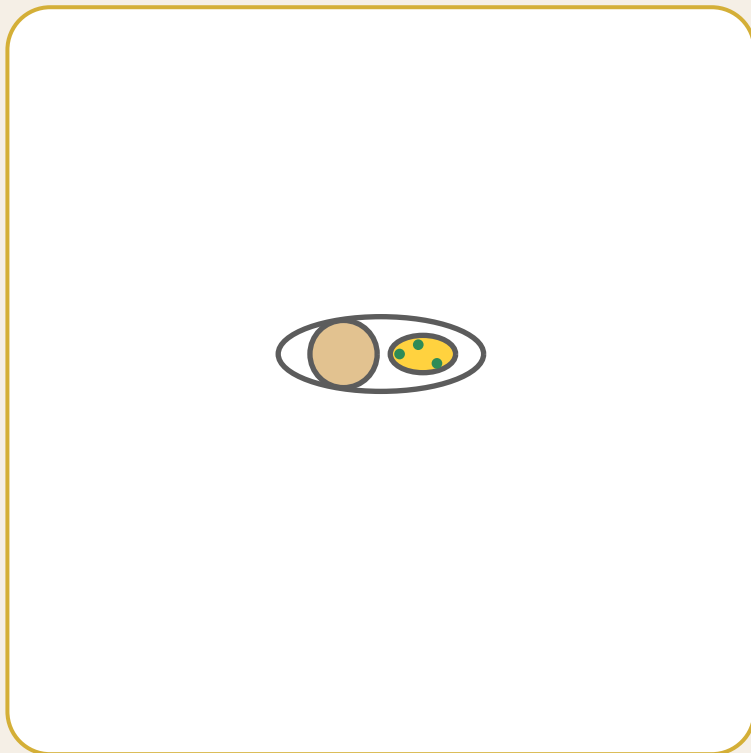


How to use this book



1. Open a du'a page. Read the moment first ('Before Eating').
2. Read the du'a in transliteration. Say it slowly. Twice.
3. Read the meaning. Hands gently raised, palms-up.
4. Use the du'a in real life that very day.
5. On manners pages, ROLEPLAY: 'show me your kindest voice.'
6. Praise effort gently. Never shame a missed du'a.
7. Repeat the same du'a many days — that's how it lives in the heart.

Before Eating



Say:

Bismillah

Meaning:

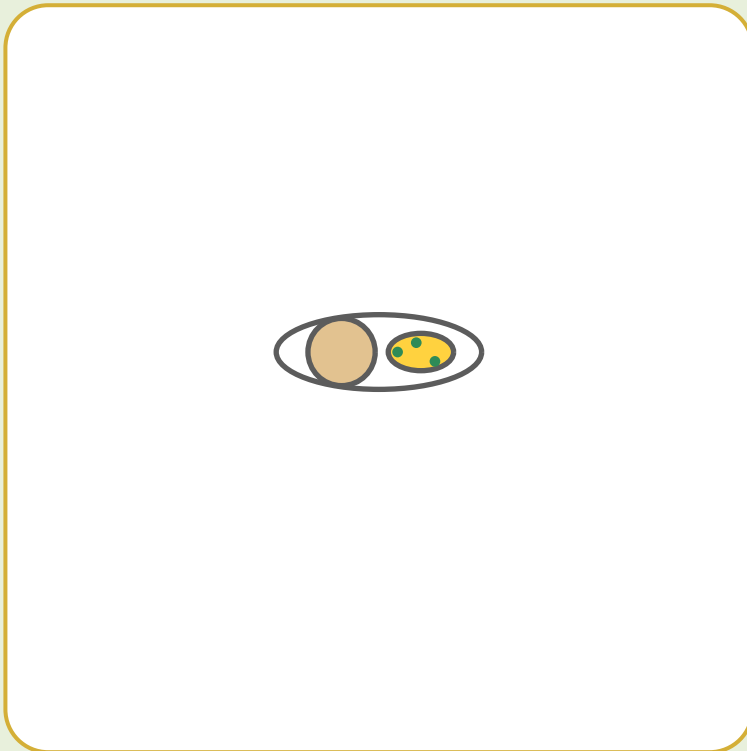
"In the name of Allah."

WHEN TO SAY IT

Say this before every meal or snack.

Hands gently raised. Voice soft. Heart warm.

After Eating



Say:

Alhamdulillah

Meaning:

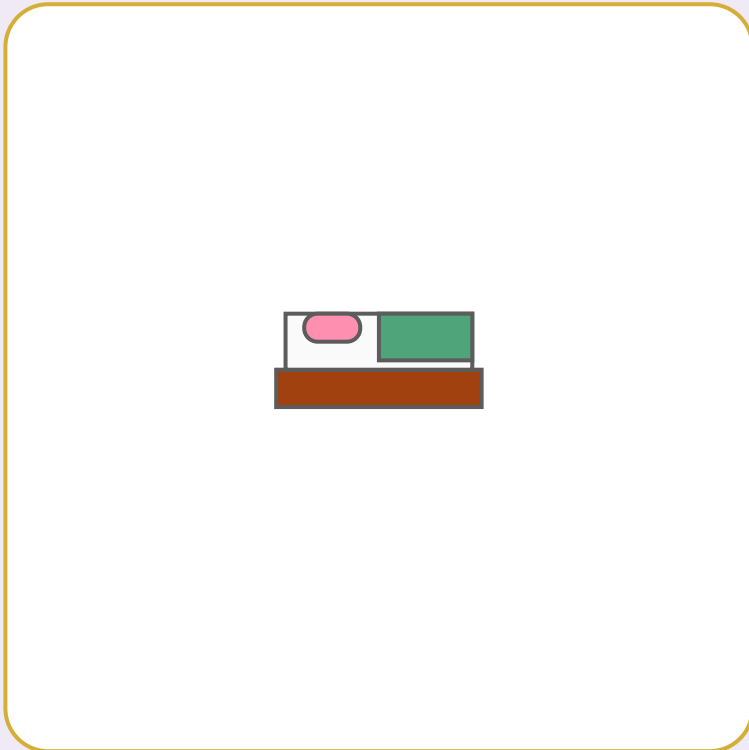
"All praise belongs to Allah."

WHEN TO SAY IT

Say this when you finish eating.

Hands gently raised. Voice soft. Heart warm.

Before Sleeping



Say:

Bismika Allahumma amootu wa ahya

Meaning:

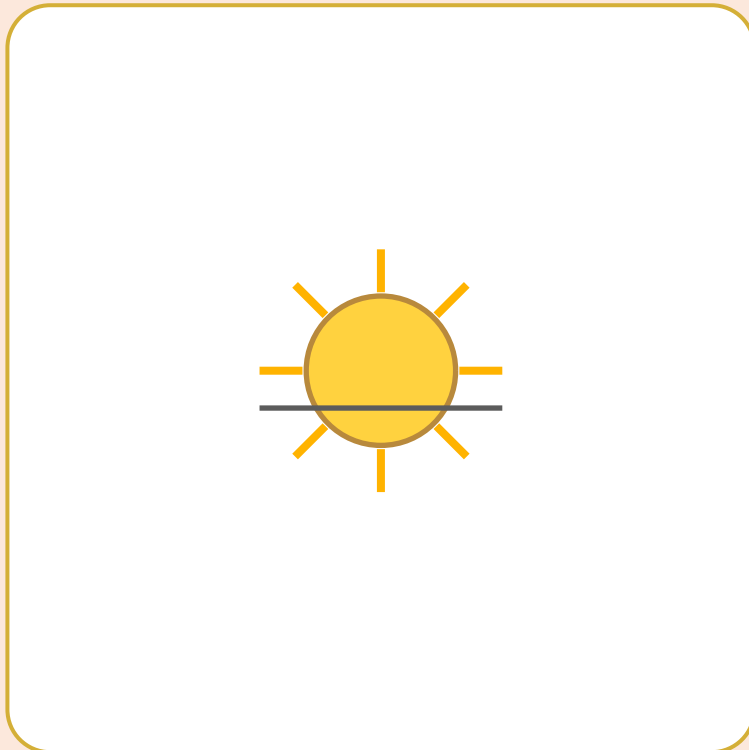
"In Your name, O Allah, I die and I live."

WHEN TO SAY IT

Say this in bed, just before you close your eyes.

Hands gently raised. Voice soft. Heart warm.

When Waking Up



Say:

Alhamdulillah-illadhi ahyana

Meaning:

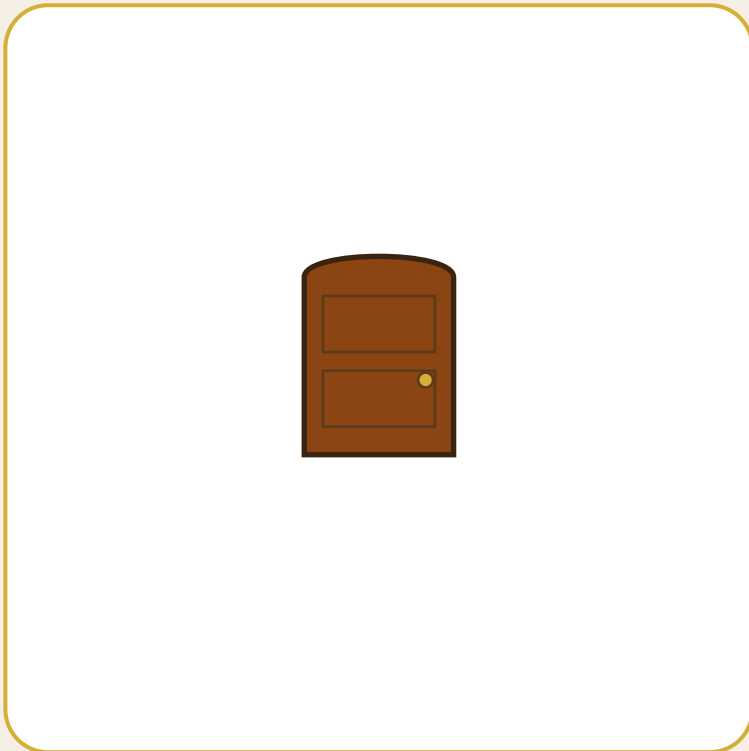
"Thanks be to Allah who gave us life again."

WHEN TO SAY IT

Say this the moment you open your eyes.

Hands gently raised. Voice soft. Heart warm.

Entering Home



Say:

Bismillahi walajna...

Meaning:

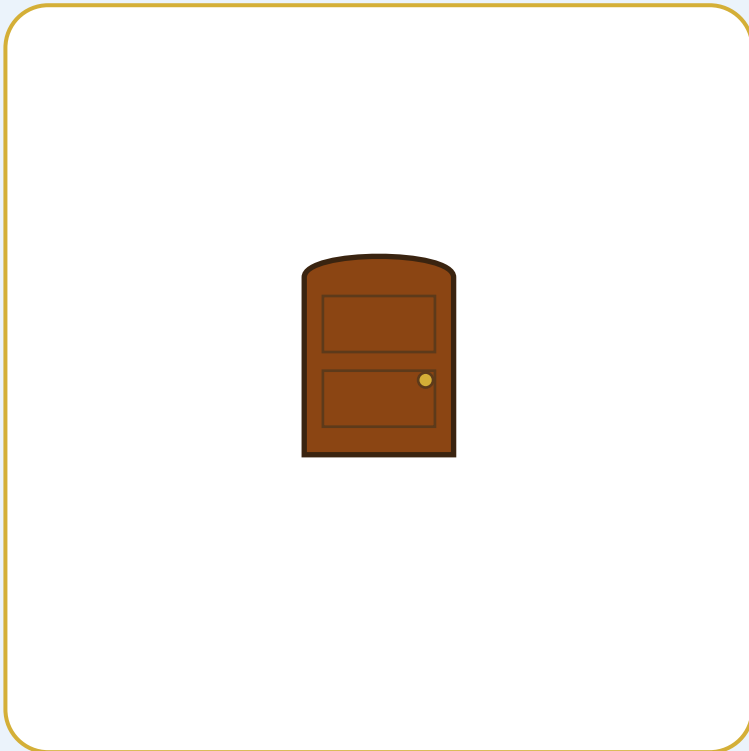
"In the name of Allah, we enter."

WHEN TO SAY IT

Say this as you step inside your home.

Hands gently raised. Voice soft. Heart warm.

Leaving Home



Say:

Bismillah, tawakkaltu 'ala Allah

Meaning:

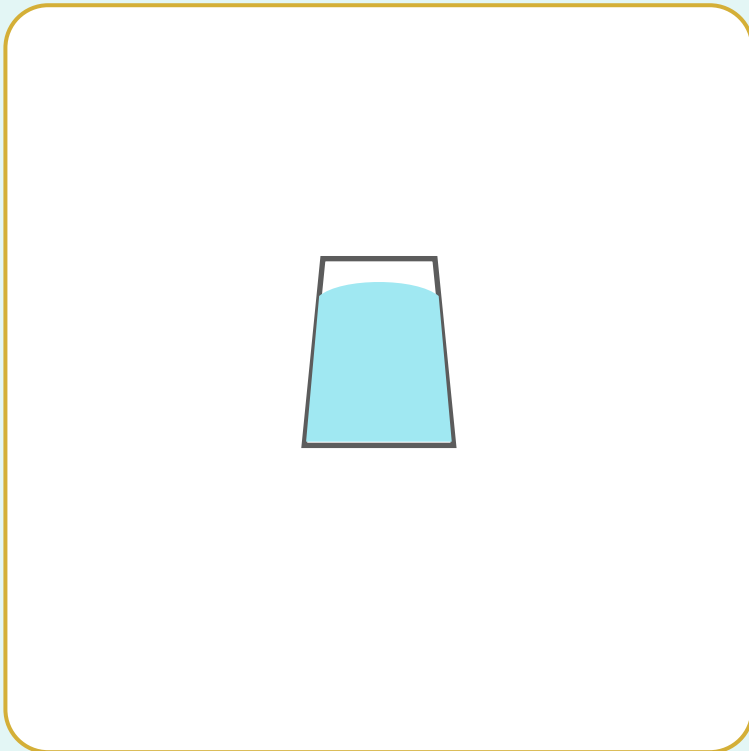
"In Allah's name, I trust in Allah."

WHEN TO SAY IT

Say this as you walk out the door.

Hands gently raised. Voice soft. Heart warm.

Drinking Water



Say:

Bismillah

Meaning:

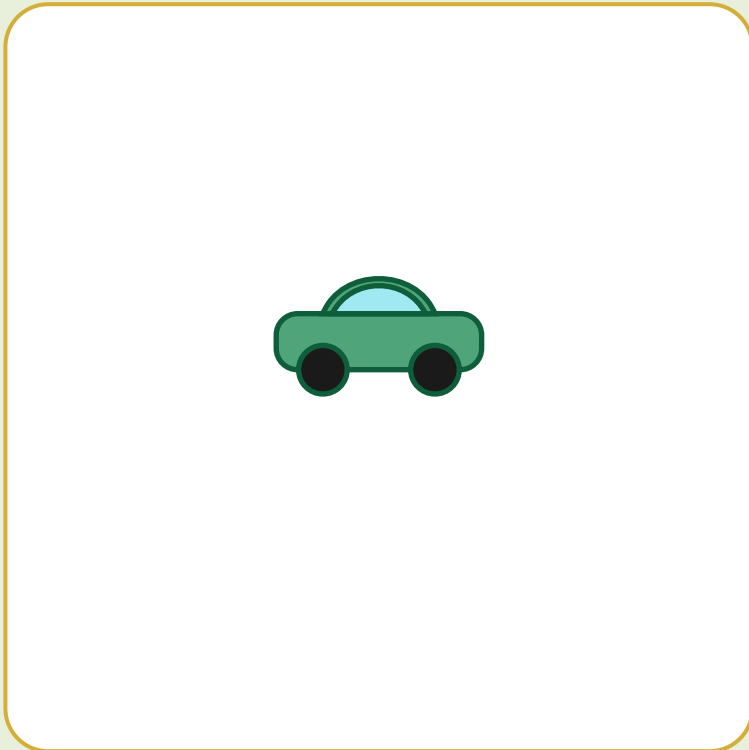
"In the name of Allah."

WHEN TO SAY IT

Say it before each sip — drink in three gulps.

Hands gently raised. Voice soft. Heart warm.

When Travelling



Say:

Subhan-alladhi sakhkhara lana hadha

Meaning:

"Glory be to Him who has made this for us."


WHEN TO SAY IT

Say this before a car or bus journey starts.

Hands gently raised. Voice soft. Heart warm.



Eight Beautiful Manners



The Prophet (peace be upon him) said:
"The best of you are the best in manners."





Manners — Part 1



1 Greet with Salam

Say 'As-salamu alaikum' to everyone you meet.

2 Eat with right hand

Always use your right hand for food and drink.

3 Don't waste food

Take only what you can eat. Allah loves the not-wasteful.

4 Listen to elders

Look at them. Be quiet. Wait your turn to speak.



Manners — Part 2

5 Be kind to small ones

Speak softly to babies and animals. They are gifts.

6 Say please & thank you

Magic words open hearts.

7 Don't hit, don't shout

Use gentle hands and a kind voice. Always.

8 Help at home

Tidy your toys. Put dishes in the sink. Help happily!

A Short Du'a for Knowledge

"Rabbi zidni ilma."

My Lord — increase me in knowledge.

Say this every day before opening any book.



Certificate of Achievement

I know my daily du'as and 8 beautiful manners!

This certificate is proudly presented to:

(write the child's name here)



Haris Naseer

Founder & CEO, Modern Day Syllabus

Modern Day Syllabus • Foundations Series

A short note for parents and teachers



What this book builds:

- 8 daily du'as anchored to real moments (eating, sleeping, waking, leaving, drinking)
- meaning + when-to-say-it, so the du'a becomes living habit, not memorisation
- 8 core manners drawn from the Sunnah, framed in child-friendly language
- reverence balanced with warmth — Islamic life as joyful and gentle

How to teach it well at home:

- YOU say the du'a first, every time. Children learn by watching.
- start with ONE du'a (e.g., Bismillah before food). Add the next when it's automatic.
- manners need DAILY rehearsal. Praise the act, name the manner: 'That was helping at home!'
- short, gentle, repeated. No long lectures — the moment IS the lesson.

Coming next — PREP class begins:

- My Reading Adventure — paragraph stories with comprehension
- My Writing Workbook — first words and sentences
- My Maths World — counting to 100, simple add/subtract to 20
- Plus 4 more Prep books to complete the foundation.

Modern Day Syllabus • job-ready, idea-ready, world-ready by Class 10.