



# Du'a When I Wake Up

Good morning! The first thing I say is "thank You, Allah!"



When I wake up, I say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا  
أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alḥamdu lillāhil-ladhī aḥyānā ba'da mā  
amātanā wa ilayhin-nushūr*

**Meaning:** All praise is for Allah, who gave us  
life again after sleep. To Him we all return.

Al-Bukhari 6312 · Hisn al-Muslim 1

## My good-morning habits

1



### Smile!

A smile is a little gift for  
everyone.

2



### Say salaam

السَّلَامُ عَلَيْكُمْ  
"Assalamu 'alaikum!" to  
my family.

3



### Brush my teeth

Like the Prophet (peace  
be upon him) did when  
he woke.



Every morning is a new gift. Say it together until you know it by heart!

