

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!**

