

M1-E6 - BookMark for
How to achieve
Concentration (khushu
and hudur al-qalb) in
my salah

**Note for the
Teacher:**

This is a -How to
achieve concentration
in salah bookmark,
children can cut, write
their names and draw
or write any additional
points they might like
to.

The bookmark can
then be laminated if
possible, that way it's
more durable and the
children can use it
often as a reminder

**HOW TO ACHIEVE
CONCENTRATION (KHUSHU AND
HUDUR AL-QALB) IN MY SALAH.**

**ZIKR OF SALAA
(ADHKAR)**

what am I
reciting?
(meaning)



POSITIONS

What does each
position in salaa
indicate/suggest



LOVE

Is my love for
material/worldly
things more
than my Love
of Allah



HEART

my sins are
like stains &
spots in my
heart? How do
i get rid of it
and make it
pure?



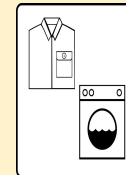
WUDHUU

concentration in
salah stems from
wudhuu
what do I recite and
think during each
step of wudhuu



CLOTHES

are my
clothes
ready for
salaa: taahir,
clean



BEAUTY

what else can I do to
prepare to focus
during salah?
azan/Iqama, perfume,
extra zikr in qunut and
sujud beautify my
salaa



TASBIH

What do I have to
do after finishing
my salaah?
Tasbih, Ta'qibat,
verses of Quran
and sajdah ash-
shukr help me get
spiritual benefits

