

Being attentive in Salah

Being attentive and focusing takes practice, the more you do it the better you become. The following activity is one that helps your brain practice focus and concentration.

Memory Game – Going to the shops

1. Have one student begin the game by saying “I’m going to the shops to buy a banana”
2. The second student says “I’m going to the shops to buy a banana and milk”
3. The teacher should write down each item
4. Each student has a turn to add a new shopping item but they must name all the shopping items named previously in the correct sequence
5. Whoever makes a mistake is out of the game
6. Continue playing until there is a winner
7. Start the game all over again and play it a few times
8. The students will notice they get better at the game each time they play

Discussion

The more you played the game the better you became at it. In the same way, the more you practice concentrating in salah the better you will become at it and you won’t get distracted as much. Every time you pray your salah make a conscious effort that you will stay attentive, the first few times may be difficult but the more you practice the easier it will become.

<http://www.youthgroupgames.co.uk/mad-memory-games.html>