

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.

Activity – Match the memory

1. Pick a topic such as 'Favourite foods'
2. Go around to each student (without any order) and ask them their favourite food and write it on the board
3. Give each student a post it note to write down their name
4. Collect the post it notes
5. Call on a student (or groups of 2), give them the post it notes and ask them to match the name of the student to the favourite food
6. Continue until they are all matched correctly
7. Repeat the game several times with a different topic

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.