

BRIGHT QURAN ONLINE

Essential Daily Duas for Muslim Children

A Simple Daily Dua Guide for Kids

22 authentic everyday duas —
with Arabic, transliteration,
and simple English meanings.

For Muslim children and families.

UK · USA · CANADA · AUSTRALIA

How to Use This Guide

This is a **daily dua practice book** for Muslim children. It contains 22 short, authentic duas for everyday moments.

How to use it:

- Learn **one dua at a time**. Do not rush.
- Read the Arabic **aloud** — first with a parent or tutor, then by yourself.
- Use the **transliteration** to help you pronounce, and read the **meaning** so you understand what you are saying.
- Tick the boxes when you can say a dua **from memory**.
- Use the **weekly tracker** to build a daily habit.

What you need: The ability to read Arabic letters. If you are still learning, ask a parent or tutor to read each dua to you first.

What is Dua?

Dua means asking Allah for what you need — and thanking Him for what He gives you. It is like talking to your best friend, except Allah hears you everywhere, all the time.

Allah loves when we ask Him. The Prophet Muhammad ﷺ said that dua is the heart of worship.

You can make dua in any language, at any time. But the duas in this book are special: they are the exact words taught by the Prophet ﷺ or given in the Quran. When you say them, you are following his beautiful example.

Three Golden Rules

1. Say each dua at its right time.
2. Understand what you are saying — read the meaning.
3. Say it with your heart, not just your tongue.

Contents

Dua	Title	When to say it
1	Before Eating	Before you start eating
2	After Eating	After you finish eating
3	Before Sleeping	When you lie down to sleep
4	Upon Waking Up	When you wake up
5	Entering the Bathroom	Before you enter
6	Leaving the Bathroom	When you come out
7	Before Wudu	Before you start wudu
8	After Wudu	After you finish wudu
9	Entering the Home	When you come home
10	Leaving the Home	When you go out
11	Entering the Masjid	When you enter the masjid
12	Leaving the Masjid	When you leave the masjid
13	Before Starting a Journey	When you begin a journey
14	Dua for Knowledge	When you want to learn
15	Dua for Parents	Anytime, for your parents
16	When Greeting Muslims	When you meet a Muslim
17	Before Studying	Before you start studying
18	When Something Good Happens	When you hear good news
19	Seeking Allah's Forgiveness	When you make a mistake
20	Drinking Milk	Before you drink milk
21	Looking in the Mirror	When you see your reflection
22	Going Up and Down the Stairs	On the stairs
	Memorization Checklist	Tick off every dua
	Weekly Practice Tracker	Build the habit
	Parent / Tutor Checklist	Where are we now?
	Final Revision	Test yourself
	Completion Certificate	Celebrate!

Duas Before and After Eating

Thanking Allah for Food

DUA 1 — Before Eating

Say it: Before you start eating.

بِسْمِ اللَّهِ

Bismillah

Meaning: In the name of Allah.

Source: Jami' at-Tirmidhi

☐ I can say it ☐ I memorized it

DUA 2 — After Eating

Say it: After you finish eating.

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

Alhamdu lillahil-ladhi at'amana wa saqana wa ja'alana minal-muslimeen.

Meaning: All praise belongs to Allah, who fed us, gave us drink, and made us among the Muslims.

Source: Sunan Abi Dawud

☐ I can say it ☐ I memorized it

Remember

Eat with your right hand, and do not waste food. Allah loves those who are thankful.

Duas for Sleeping and Waking Up

Ending and Starting Your Day with Allah

DUA 3 — Before Sleeping

Say it: When you lie down to sleep.

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Allahumma bismika amootu wa ahya.

Meaning: O Allah, in Your name I die (sleep) and I live (wake up).

Source: Sahih al-Bukhari

☐ I can say it ☐ I memorized it

DUA 4 — Upon Waking Up

Say it: As soon as you wake up.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushoor.

Meaning: All praise belongs to Allah, who gave us life after sleep, and to Him we will return.

Source: Sahih al-Bukhari

☐ I can say it ☐ I memorized it

Remember

Sleep is like a small death — that is why we thank Allah for waking us up. Try to sleep on your right side.

Duas for the Bathroom

Before Entering and After Leaving

DUA 5 — Entering the Bathroom

Say it: Before you step into the bathroom.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith.

Meaning: O Allah, I ask You to protect me from all evil.

Source: Sahih al-Bukhari, Sahih Muslim

☐ I can say it ☐ I memorized it

DUA 6 — Leaving the Bathroom

Say it: When you come out of the bathroom.

غُفْرَانَكَ

Ghufranak.

Meaning: I ask for Your forgiveness.

Source: Sunan Abi Dawud, Jami' at-Tirmidhi

☐ I can say it ☐ I memorized it

Remember

Step in with your left foot and step out with your right foot. Do not talk inside the bathroom.

Duas for Wudu

Before and After Wudu

DUA 7 — Before Wudu

Say it: Before you start your wudu.

بِسْمِ اللَّهِ

Bismillah

Meaning: In the name of Allah.

Source: Sunan Abi Dawud

☐ I can say it ☐ I memorized it

DUA 8 — After Wudu

Say it: After you finish your wudu.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ashhadu an la ilaha illallah, wahdahu la sharika lah, wa ashhadu anna Muhammadan
'abduhu wa rasuluh.

Meaning: I bear witness that there is no god but Allah alone, with no partner, and I bear witness that Muhammad is His servant and Messenger.

Source: Sahih Muslim

★ The Prophet ﷺ promised: whoever says this dua after wudu, the eight gates of Paradise will open for them.

☐ I can say it ☐ I memorized it

Dua for Entering the Home

Coming Home with Allah's Name

DUA 9 — Entering the Home

Say it: When you walk into your home.

بِسْمِ اللَّهِ وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَعَلَى رَبِّنَا تَوَكَّلْنَا

Bismillahi walajna, wa bismillahi kharajna, wa 'ala rabbina tawakkalna.

Meaning: In the name of Allah we enter, in the name of Allah we leave, and upon our Lord we trust.

Source: Sunan Abi Dawud

☐ I can say it ☐ I memorized it

My Practice

Say this dua the next **three times** you come home. Tick each time:

☐ Day 1 ☐ Day 2 ☐ Day 3

Remember

When you enter your home, greet your family with "Assalamu 'alaykum". It brings blessings into the house.

Dua for Leaving the Home

Going Out with Trust in Allah

DUA 10 — Leaving the Home

Say it: When you step out of your home.

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah.

Meaning: In the name of Allah, I trust in Allah. There is no power except with Allah.

Source: Sunan Abi Dawud, Jami' at-Tirmidhi

☐ I can say it ☐ I memorized it

My Practice

Say this dua every time you leave home **this week**. Ask a parent to remind you at the door:

☐ I said it without being reminded

Remember

When you say this dua, Allah protects you on your way. That is why we say it before school, shopping, or any trip.

Dua for Entering the Masjid

Entering Allah's House

DUA 11 — Entering the Masjid

Say it: When you enter the masjid (step in with your right foot).

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ
لِي أَبْوَابَ رَحْمَتِكَ

Bismillahi was-salatu was-salamu 'ala rasulillah. Allahummaftah li abwaba rahmatik.

Meaning: In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, open for me the doors of Your mercy.

Source: Sahih Muslim

☐ I can say it ☐ I memorized it

My Practice

Break it into two parts and learn one part each day:

☐ Part 1: Bismillahi was-salatu was-salamu 'ala rasulillah ☐ Part 2: Allahummaftah li abwaba rahmatik

Remember

The masjid is Allah's house. Enter quietly, keep it clean, and pray two rak'ahs when you arrive.

Dua for Leaving the Masjid

Asking for Allah's Bounty

DUA 12 — Leaving the Masjid

Say it: When you leave the masjid (step out with your left foot).

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ إِنِّي
أَسْأَلُكَ مِنْ فَضْلِكَ

Bismillahi was-salatu was-salamu 'ala rasulillah. Allahumma inni as'aluka min fadlik.

Meaning: In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, I ask You from Your bounty.

Source: Sahih Muslim

☐ I can say it ☐ I memorized it

My Practice

These two masjid duas are twins — only the last part is different. Learn them together:

☐ Entering: "...iftah li abwaba rahmatik" ☐ Leaving: "...inni as'aluka min fadlik"

Remember

Entering, we ask for Allah's **mercy**. Leaving, we ask for His **bounty** as we go back to the world.

Dua Before Starting a Journey

Travelling with Allah's Protection

DUA 13 — Before Starting a Journey

Say it: When you sit in the car, bus, or plane before a journey.

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subhanalladhi sakhkhara lana hadha wa ma kunna lahu muqrineen, wa inna ila rabbina lamunqaliboon.

Meaning: Glory be to Allah, who made this ride easy for us — we could never do it ourselves. And to our Lord we will return.

Source: Quran (43:13-14)

☐ I can say it ☐ I memorized it

My Practice

Say this dua on your **next three journeys** — even a short car ride counts:

☐ Journey 1 ☐ Journey 2 ☐ Journey 3

Remember

This dua is from the Quran itself. It reminds us that cars, planes, and buses are all gifts from Allah.

Dua for Knowledge and Before Studying

Asking Allah to Help You Learn

DUA 14 — Dua for Knowledge

Say it: Anytime you want Allah to increase your knowledge.

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma.

Meaning: My Lord, increase me in knowledge.

Source: Quran (20:114)

☐ I can say it ☐ I memorized it

DUA 17 — Before Studying

Say it: Before you open your books to study.

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Rabbish-rah li sadri wa yassir li amri.

Meaning: My Lord, open my heart and make my work easy for me.

Source: Quran (20:25-26)

☐ I can say it ☐ I memorized it

Remember

Both duas are from the Quran. Say Dua 17 before homework, and Dua 14 whenever you learn something new.

Dua for Parents and Greeting Muslims

Love for Parents, Peace for Everyone

DUA 15 — Dua for Parents

Say it: Anytime — especially after salah — for your mother and father.

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir-hamhuma kama rabbayani sagheera.

Meaning: My Lord, have mercy on my parents, just as they raised me when I was little.

Source: Quran (17:24)

☐ I can say it ☐ I memorized it

DUA 16 — When Greeting Muslims

Say it: When you meet a Muslim brother or sister.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Assalamu 'alaykum wa rahmatullahi wa barakatuh.

Meaning: Peace be upon you, and the mercy of Allah and His blessings.

Source: Quran (24:61), Sunan Abi Dawud

☐ I can say it ☐ I memorized it

My Practice

This week, greet **three people** with the full salam and make dua for your parents **every day**:

☐ Salam 1 ☐ Salam 2 ☐ Salam 3 ☐ Dua for parents daily

Duas for Good News and Forgiveness

Thanking Allah and Saying Sorry

DUA 18 — When Something Good Happens

Say it: When you hear good news or something nice happens.

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

Alhamdu lillahil-ladhi bi ni'matihi tatimmus-salihah.

Meaning: All praise belongs to Allah — by His blessing, good things are completed.

Source: Sunan Ibn Majah

☐ I can say it ☐ I memorized it

DUA 19 — Seeking Allah's Forgiveness

Say it: When you make a mistake and want to say sorry to Allah.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullah wa atoobu ilayh.

Meaning: I ask Allah for forgiveness, and I turn back to Him.

Source: Sahih al-Bukhari, Sahih Muslim

☐ I can say it ☐ I memorized it

Remember

Allah loves when we thank Him for good things **and** when we say sorry for mistakes. Both duas bring you closer to Him.

More Everyday Duas

DUA 20 — Drinking Milk

Say it: Before you drink milk.

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Allahumma barik lana fihi wa zidna minhu.

Meaning: O Allah, bless it for us and give us more of it.

Source: Jami' at-Tirmidhi

☐ I can say it ☐ I memorized it

DUA 21 — Looking in the Mirror

Say it: When you look at yourself in the mirror.

اللَّهُمَّ أَنْتَ حَسَنْتَ خَلْقِي فَحَسِّنْ خَلْقِي

Allahumma anta hassanta khalqi fa hassin khuluqi.

Meaning: O Allah, You have made me look beautiful, so make my character beautiful too.

Source: Musnad Ahmad

☐ I can say it ☐ I memorized it

DUA 22 — Going Up and Down the Stairs

Say it: When you climb up or walk down the stairs.

Going up

اللَّهُ أَكْبَرُ

"Allahu Akbar."

Going down

سُبْحَانَ اللَّهِ

"SubhanAllah."

Meaning: Allah is the Greatest. Glory be to Allah.

Source: Sahih al-Bukhari

☐ I can say it ☐ I memorized it

Dua Memorization Checklist

Tick Off Every Dua

Say each dua from memory to a parent or tutor. Tick the box when you can say it without looking!

#	Dua	I memorized it
1	Before Eating	☐
2	After Eating	☐
3	Before Sleeping	☐
4	Upon Waking Up	☐
5	Entering the Bathroom	☐
6	Leaving the Bathroom	☐
7	Before Wudu	☐
8	After Wudu	☐
9	Entering the Home	☐
10	Leaving the Home	☐
11	Entering the Masjid	☐
12	Leaving the Masjid	☐
13	Before Starting a Journey	☐
14	Dua for Knowledge	☐
15	Dua for Parents	☐
16	When Greeting Muslims	☐
17	Before Studying	☐
18	When Something Good Happens	☐
19	Seeking Allah's Forgiveness	☐
20	Drinking Milk	☐
21	Looking in the Mirror	☐
22	Going Up and Down the Stairs	☐

Star Challenge ★ — For every 5 duas you memorize, draw a star here:

_____ When all 22 are ticked, celebrate!

Weekly Practice Tracker

Small Steps Every Day

Each day, tick the duas you remembered to say. Try to fill every box by the end of the week!

Day	Waking Up ☐	Meals ☐	Sleeping ☐	Any Other Dua ☐
Monday	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday	☐	☐	☐	☐
Saturday	☐	☐	☐	☐
Sunday	☐	☐	☐	☐

My favourite dua this week: _____

A dua I want to learn next: _____

Parent/Tutor note: Praise the effort, not just the result. A child who tries every day is building a lifelong habit.

Parent / Tutor Progress Checklist

Where Are We Now?

Tick what the child can do confidently.

- ☐ Says the eating duas (before and after) without reminders
- ☐ Says the sleeping and waking duas daily
- ☐ Says the bathroom duas at the right times
- ☐ Says the wudu duas (before and after)
- ☐ Says the home duas when entering and leaving
- ☐ Says the masjid duas when visiting the masjid
- ☐ Says the journey dua when travelling
- ☐ Says the duas for knowledge and studying
- ☐ Makes dua for parents regularly
- ☐ Greets Muslims with the full salam
- ☐ Says the good-news dua when something nice happens
- ☐ Seeks forgiveness when making a mistake
- ☐ Says the milk, mirror, and stairs duas at the right times
- ☐ Understands the meaning of the duas being said
- ☐ Has memorized at least 10 duas from this book
- ☐ Has memorized all 22 duas from this book

Tutor note: This checklist shows progress in learning daily duas. It does not certify religious scholarship — it celebrates a beautiful habit in progress.

Final Revision

Test Yourself!

Cover the answers and see how many you remember. Write the name of the dua (or its first words) on each line.

1. What do you say before eating? _____ ☐
2. What do you say after eating? _____ ☐
3. What do you say before sleeping? _____ ☐
4. What do you say when you wake up? _____ ☐
5. What do you say before entering the bathroom? _____ ☐
6. What do you say when leaving the bathroom? _____ ☐
7. What do you say before wudu? _____ ☐
8. What do you say after wudu? _____ ☐
9. What do you say when entering your home? _____ ☐
10. What do you say when leaving your home? _____ ☐
11. What do you say when entering the masjid? _____ ☐
12. What do you say when leaving the masjid? _____ ☐
13. What do you say before a journey? _____ ☐
14. Which dua asks Allah for more knowledge? _____ ☐
15. Which dua is for your parents? _____ ☐
16. What do you say when you meet a Muslim? _____ ☐
17. What do you say before studying? _____ ☐
18. What do you say at good news? _____ ☐
19. What do you say when you want Allah's forgiveness? _____ ☐
20. What do you say before drinking milk? _____ ☐
21. What do you say when you look in the mirror? _____ ☐
22. What do you say on the stairs, going up and down? _____ ☐

How did you do?

☐ 18-22 correct — Wonderful! ☐ 12-17 correct — Good, keep practising! ☐ Fewer than 12 — Go back and revise, you can do it!

Well done! Go back to any dua you missed and practise it again with a parent or tutor.

Essential Daily Duas for Muslim Children — Completion Certificate

This certificate is awarded to

for completing the **Essential Daily Duas for Muslim Children** practice guide and learning the beautiful everyday duas of a Muslim child.

This certificate celebrates the completion of this practice guide. It does not grant any formal religious certification.

Tutor Signature

Parent/Guardian Signature

Date

Bright Quran Online — brightquran.online