



HEROES OF THE DEEN

30-Day Salah Challenge

A story-led journey to help your child
fall in love with prayer, one day at a time

وَأَقِمِ الصَّلَاةَ لِذِكْرِي

"...and establish prayer for My remembrance." (Qur'an 20:14)

AGES 6 TO 10

STORIES • HABITS • HEROES

How the journey works

Over 30 gentle days, your child meets a hero of Islam, learns why we pray, and builds the habit of salah one small step at a time. No telling off, no pressure, just stories that inspire. Each day takes about five minutes, and the loop stays the same:

1

Read the story. A short, authentic moment from the life of a Prophet or Sahabi that brings the day's lesson to life.

2

Do the mini-goal. One small, doable action for the day, like making wudu on your own, plus a "try it & talk" chat.

3

Tick & colour. Mark the prayers prayed and colour the day's star, then watch the journey map fill up.

إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

"Indeed, prayer has been decreed upon the believers at specified times."

Qur'an, An-Nisa 4:103

A gentle word on the deen. This pack keeps to the practice all Muslims share. Salah becomes obligatory at puberty; for younger children it is loving practice and encouragement, never pressure or fear. Every verse and hadith inside is authentic and referenced (see the references under each Arabic line). Where scholars differ on a small detail, we keep it general so your family can follow your own teacher. No music, no faces, just stories and hearts.



The Call of Bilal

الأذان : the adhan, our call to prayer

* TODAY'S HERO STORY

In Madinah, when it was time to pray, the Prophet ﷺ chose **Bilal ibn Rabah** (may Allah be pleased with him) to call everyone to salah. Bilal had once been a slave, treated unkindly. Yet Allah raised him high because of his faith.

He would call out in his beautiful voice: "*Hayya 'alas-salah!*" "*Come to prayer!*" When people heard Bilal, they hurried to stand before Allah. Salah is your own call from Allah, five times a day.

حَيِّ عَلَى الصَّلَاةِ

"Come to prayer." (from the adhan)

The adhan (call to prayer)

TODAY'S MINI-GOAL

Listen closely to one adhan today, then answer it by getting ready to pray.

TRY IT & TALK

Ask a grown-up: which prayer is the adhan calling us to right now?

My 5 prayers today: tick each one you prayed

Fajr
الفجر

Dhuhr
الظهر

Asr
العصر

Maghrib
المغرب

Isha
العشاء

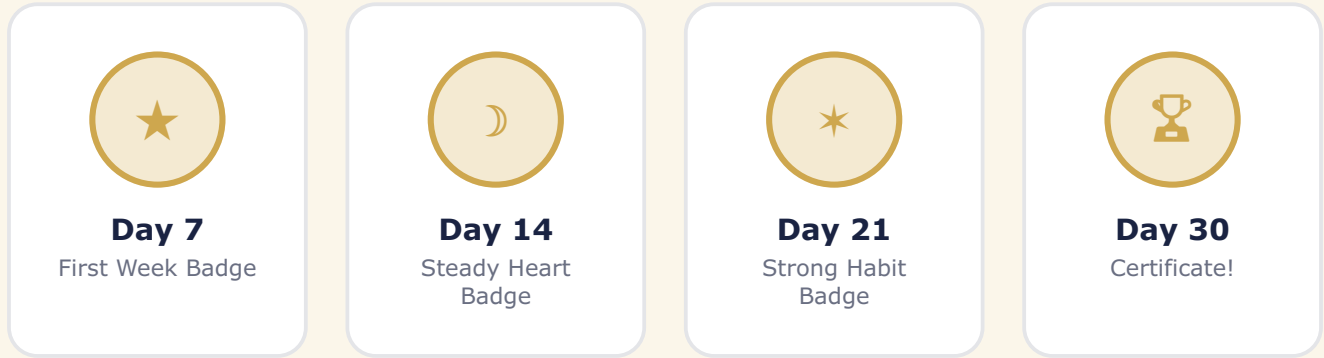


Colour in your Day 1 star when you've finished today, then find it on your journey map and watch your path to Day 30 light up!

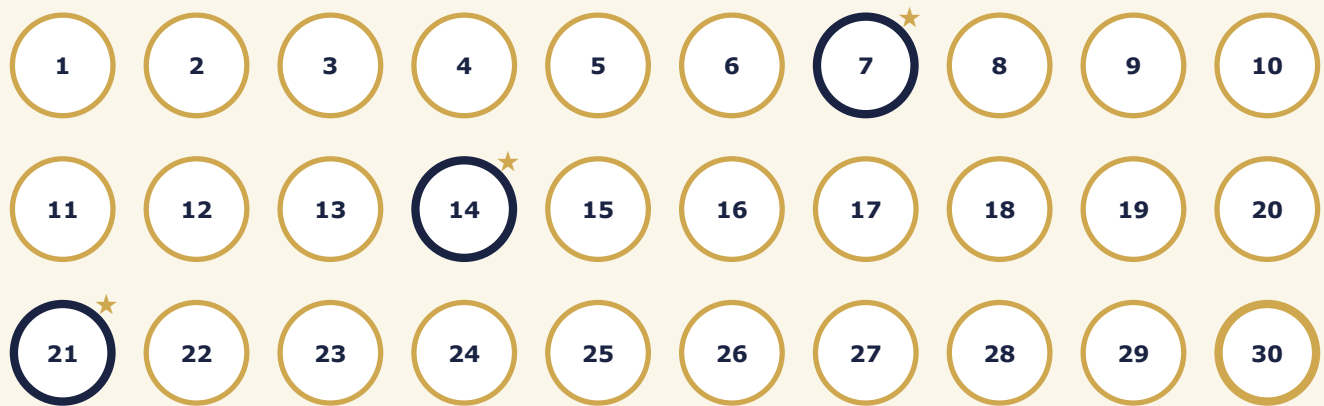
MY JOURNEY

The road to Day 30

Colour a star for every day you complete. Reach a **milestone** at Day 7, 14 and 21 and earn your badge. Cross the finish line at Day 30 to receive your certificate, in shaa Allah.



My 30-day star map



○ day star to colour ★ milestone badge 🏆 certificate

إِنَّ مَعَ الْعُسْرِ يُسْرًا

"Indeed, with hardship comes ease." (Qur'an 94:6) • Keep going, one prayer at a time.