

LESSON 6: Daily Routine and Schedule for Kids

1. Morning Routine

- **Wake Up:** Start the day early.
- **Fajr Prayer:** Perform the Fajr prayer.
- **Breakfast:** Eat a healthy breakfast.
- **School Time:** Attend school and focus on studies.

2. Afternoon Routine

- **Lunch:** Eat a nutritious lunch.
- **Asr Prayer:** Perform the Asr prayer.
- **Homework/Study Time:** Complete homework and study.

3. Evening Routine

- **Maghrib Prayer:** Perform the Maghrib prayer.
- **Family Time:** Spend quality time with family.
- **Dinner:** Eat a light dinner.
- **Isha Prayer:** Perform the Isha prayer.

4. Bedtime Routine

- **Reading Time:** Read Islamic books or stories.
- **Dua Before Sleep:** Recite the dua (prayer) before sleeping.
- **Sleep:** Go to bed early for a good night's rest.