

Year 2 Robins

R.E.

Summer 1



Does praying at regular intervals help a Muslim in their everyday life?

Key Knowledge

The most important Muslim practices are the Five Pillars of Islam and salah the second pillar. Praying keeps Muslims in close contact with Allah. Praying helps Muslims remain committed to living a good and purposeful life. Prayer is very important to Muslims and it is part of their family life. Children are encouraged to join in with salah as much as they can.

Salah helps Muslims by acting as a spiritual rest throughout the day. It promotes routine and discipline, mindfulness and peace, gratitude and positivity, community and belonging and reminds Muslims of their moral guidance.

Key Vocabulary	Definition
Allah	The Arabic name that Muslims use for God.
mosque	Muslim place of worship.
Muslim	A follower of the Muslim religion.
salah	Muslim prayer.
The Qur'an	The holy book of Islam

Muslim Prayer Mats - Sajjada

A Muslim prayer mat (sajjada) is a special mat that Muslims use when they pray. It helps keep the place clean and nice for their prayer.

Prayer mats are often colourful with beautiful patterns on them. Some of them have pictures of special places like mosques, but they never have pictures of people or animals.

Before Muslims pray, they always make sure their prayer mat is clean, and they put it down facing a special direction called the

Rituals of movement throughout salah.

There are ritual movements during the salah. These are always performed in the same order.



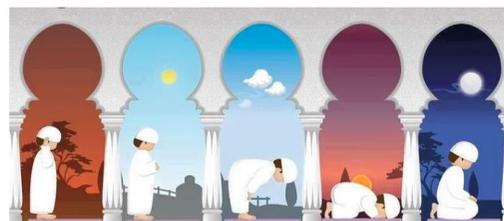
Mecca (Makkah)

It is the world's holiest city to Muslims.



Five different times of the day to pray

The five prayers happen at different times during the day – morning, midday, afternoon, evening, and night.



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