

My Salat

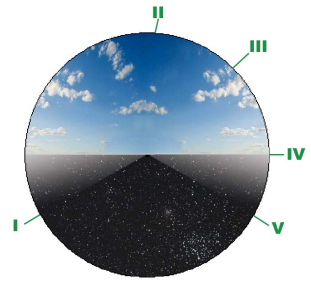
Salat is the second of the 5 Pillars of Islam and is a central part of Muslim worship. Salat literally translates as 'prayer'. Muslims are required to pray a 5 specified times throughout a day to thank God and remind themselves of His presence in their lives. See the back of this package for some of the prayers a Muslim may pray during the day.

To gain a better understanding of the power of Salat, you will create a short prayer or reminder for yourself of something you think is important or something you need to improve upon. You will then say it 5 times throughout a day and reflect on how it either worked or didn't work to help you achieve your goal.

Salat Times

Muslims perform salat at 5 specified times during the day. For your salat, follow the times below (very similar to the actual salat times):

1. When you wake up
2. During your lunch
3. After school
4. After dinner
5. Before bed



You may want to set a timer on your phone or watch to remind you to perform your *salat*!

Marking Scheme

<p>Part A: Thinking</p>	<ul style="list-style-type: none"> • appropriate topic chosen for reminder with description of why • prayer/reminder addresses topic chosen • thought evident in planning of prayer/reminder • prayer/reminder original • prayer/reminder easy to memorize 	<p>/10</p>
<p>Part B: Knowledge</p>	<ul style="list-style-type: none"> • all questions clearly and fully addressed in reflection • thought evident in planning of reflection 	<p>/15</p>
<p>Part A and B: Communication</p>	<ul style="list-style-type: none"> • all responses written in complete sentences • responses legible (if hand written) • sources listed (if necessary) 	<p>/5</p>

Teacher Comments:

Part A: Creating My Salat

1. What is something you would like to remind yourself of throughout the day? **Describe why you chose it.** The goal of your *salat* will be to try to improve on that thing.

Examples: Being thankful for what you have, gossiping less, talking behind people's back less, having more patience, using your phone less, paying more attention to others, paying more attention in school, etc...

2. Create a prayer or reminder or prayer that you will say 5 times throughout the day. It should remind you of what you discussed in Question 1. The prayer doesn't need to be very long but should be more than just a simple reminder. Feel free to incorporate famous quotes, song lyrics, poetry or other sources of inspiration into your salat. If you do this, make sure to cite your source!

Remember: You will have to memorize your prayer/reminder. Think about putting it to a melody or making it rhyme to make it easy to remember. Recall, the Qur'an was created to be sung in Arabic for that reason!

Sources listed (if necessary):

