



ISLAMIC DAILY RHYTHM CHART

DAILY RHYTHM CHART



SALAH ANCHOR

ACTIVITY 1

ACTIVITY 2

ACTIVITY 3

FAJR

WAKE & DU'A

BREAKFAST + QUR'AN TIME

OUTDOOR PLAY

DHUHR

CREATIVE WORK

LUNCH & HELP CLEAN

QUIET/NAP TIME

ASR

READ-ALoud

SNACK & FREE PLAY

NATURE WALK

MAGHRIB

TIDY UP + DU'A

DINNER + STORY

FAMILY TIME

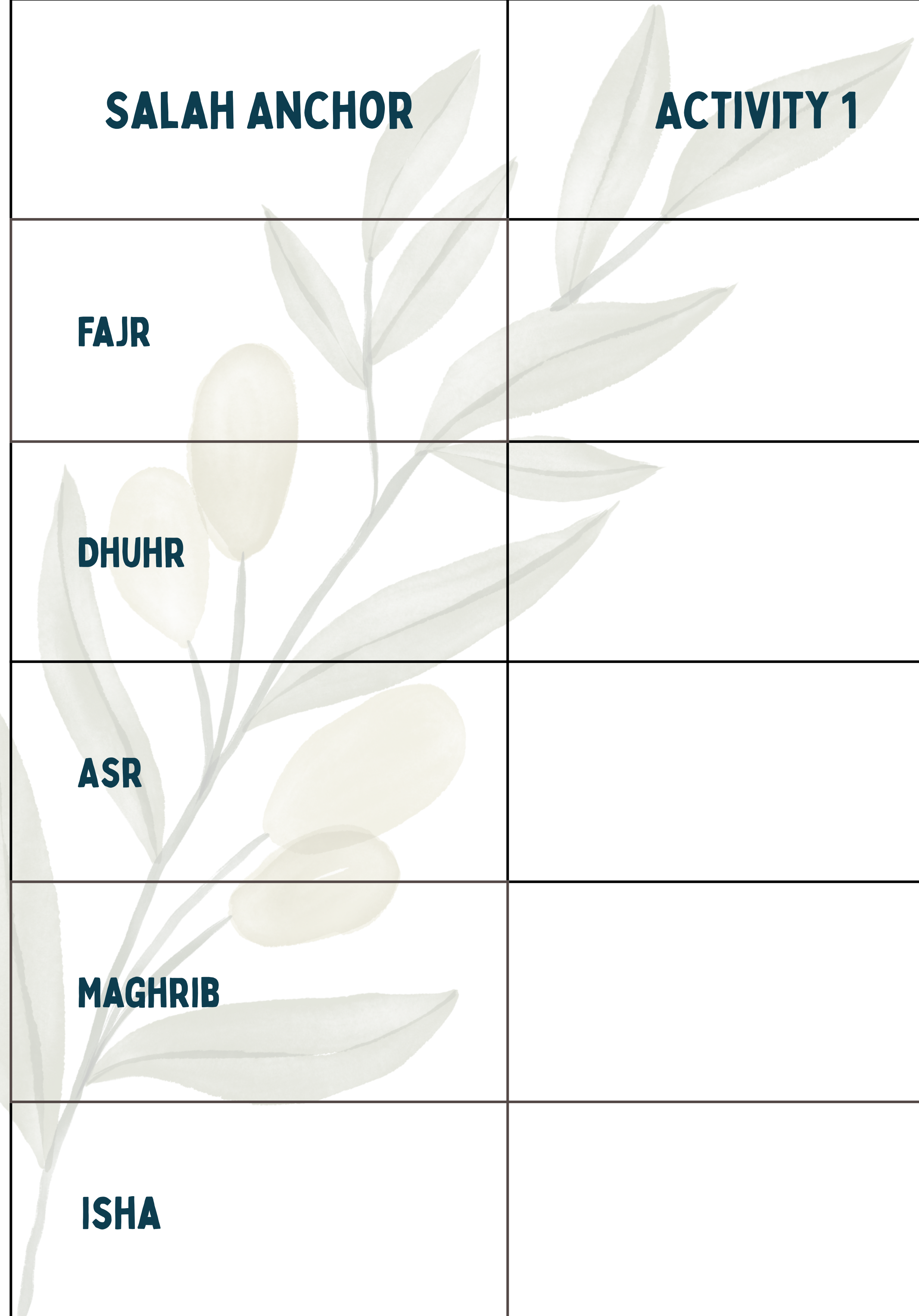
ISHA

BEDTIME ROUTINE

NIGHT DU'A

LIGHTS OUT

DAILY RHYTHM CHART



SALAH ANCHOR	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3
FAJR			
DHUHR			
ASR			
MAGRIB			
ISHA			

DAILY RHYTHM CHART

HOW TO USE THIS ISLAMIC-INSPIRED DAILY RHYTHM CHART

This rhythm chart is designed with love for Muslim families raising toddlers and preschoolers. It's not a strict schedule—it's a gentle guide to help you anchor your day around what matters most: prayer, connection, and calm.

WHAT IS A DAILY RHYTHM?

A rhythm is different from a schedule. It flows gently through the day like a song—predictable, comforting, and flexible. Rhythms help children feel safe and secure because they know what's coming next.

WHY ANCHOR WITH SALAH?

Salah times naturally divide our day into peaceful sections. Children begin to associate moments of prayer with meaningful activities, like creativity after Dhuhr, rest after lunch, or storytelling near Maghrib. This creates a home where spiritual time is woven into everyday life.

TIPS FOR USING THE CHART:

- Print and post it at child level (fridge, wall, or homeschool corner)
- Refer to it throughout the day with your child (“Now it's time for our Qur'an moment!”)
- Use icons or color blocks to help pre-readers follow along visually

Stay flexible—some days will look different, and that's okay

SAMPLE SCRIPT:

“Let's see what comes after lunch... oh! It's time to rest. That's when we recharge our bodies, just like our phones need to charge.”

OPTIONAL IDEAS:

- Laminate and use a dry-erase marker to check off activities
- Invite your child to help decorate or personalize it
- Create your custom rhythm using the blank version!

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