

Islam



LO: 3

## Can I explore Muslim prayer?

How to get a green: 

- Discuss the effect of calming music
- Find out about Muslim prayer.

(5Ws) who, what, where, when why

Let's recap what we learned last week.

Can you remember what we learned last week?

We looked at the positions of prayer.



Let's start by calming our mind.

You are going to listen to a calming piece of music or look at a calm picture. As you do this think about how it is helping you to concentrate (focus) on just one main thing.

<https://www.youtube.com/watch?v=9Q634rbsypE>



How did it feel ?

What did you focus on ?



This week we will learn about the 5 Ws of Muslim prayer.

Can you think what the 5 Ws are?

**Who** prays?

**When** do they pray?

**Where** do they pray?

**What** are they doing and saying and what do they use ?

Why are they praying?

Let's watch the video from last week again.

 <https://www.bbc.co.uk/education/clips/z74wmp3>

What are they doing?

Why are they doing it ?

praying: this is talking to God(Allah)

How does praying like this focus people on God?

**Think about Muslim prayer:**

**When** do they pray?

**Where** do they pray?

Where do they face?

why ?



## Why do Muslims pray?

Because God wants them to and it says this in the Holy book, the Qur'an.



## How can praying help Muslims to focus?

- It allows people to think about God
- Praying is a peaceful and thoughtful time
- There are regular, repeated actions
- The words are meaningful and repeated
- Praying happens five times a day

**Task:** Fill in the boxes with pictures or writing to answer the questions.

How did the relaxing picture and music make you feel?



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How does praying help Muslims to focus?

Praying helps Muslims to focus because...

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R A G