**Mrs Halim** (Level 2 – AT2)

**How does praying five times a day help a Muslim to focus?**

We will take part in a stilling exercise and focus on a relaxing picture of nature and listen to some calming music.

Think about how calming your mind can help you to focus and still your busy thoughts.

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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