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Qalb's Colouring & Dua Pack

Colour Qalb in and learn your everyday duas



What's inside

4 **Colouring pages**
Assalamu alaykum · Bismillah · I love making dua · Alhamdulillah

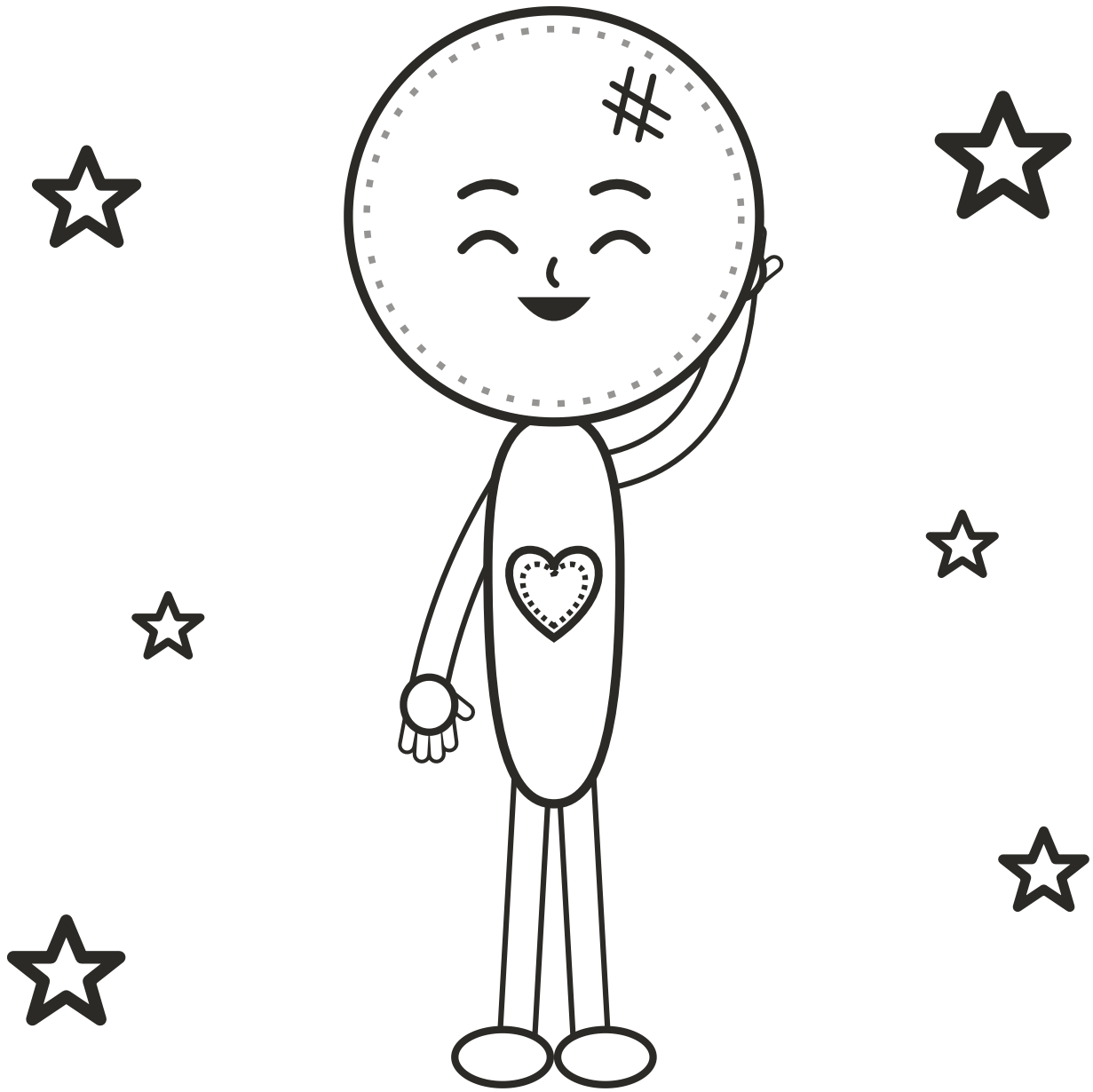
9 **Dua colouring pages**
Waking up · Before eating · After eating · Leaving home · Coming home · Going to the toilet · Leaving the toilet · Sneezing · Before sleeping

1 **My Daily Duas chart**
Colour a heart each day you say a dua

1 **Tips for parents**
How to use the pack at home

Name: _____

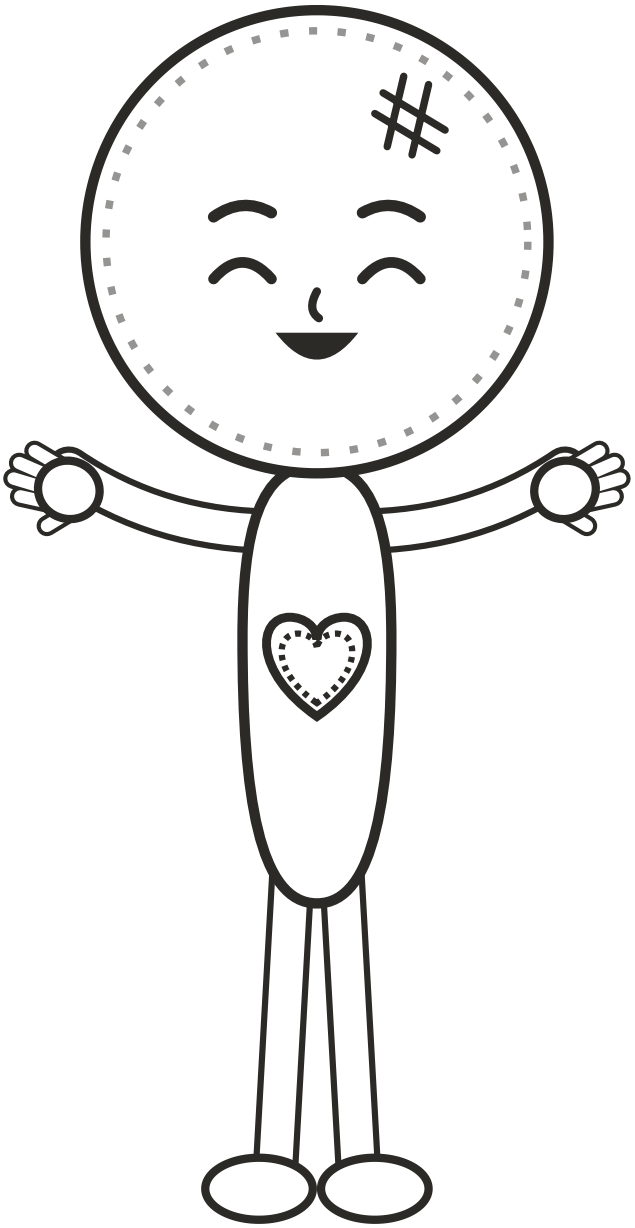
Assalamu alaykum!



Name: _____

بِسْمِ اللَّهِ

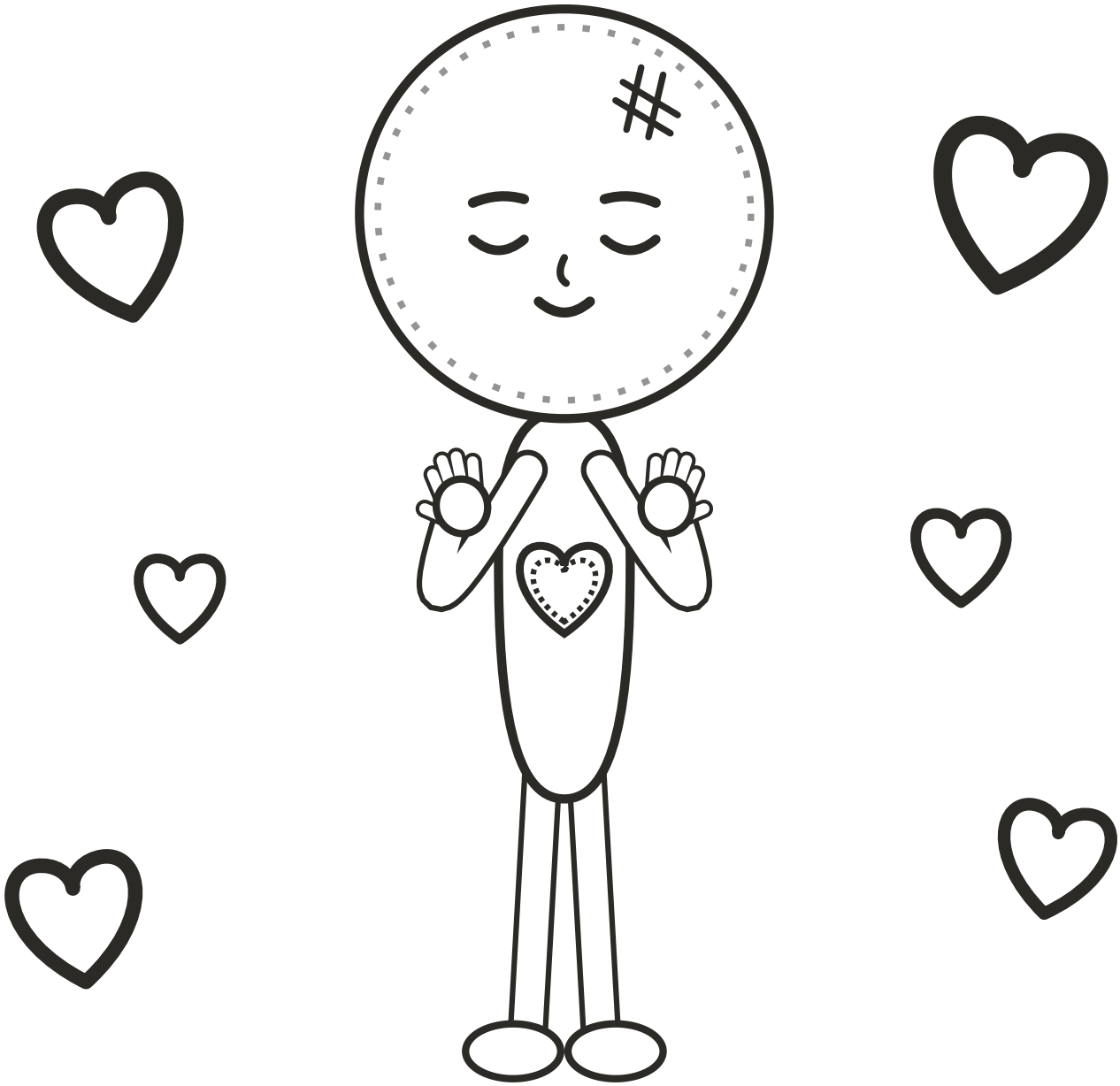
Bismillah



SAY BISMILLAH BEFORE EVERYTHING YOU DO

Name: _____

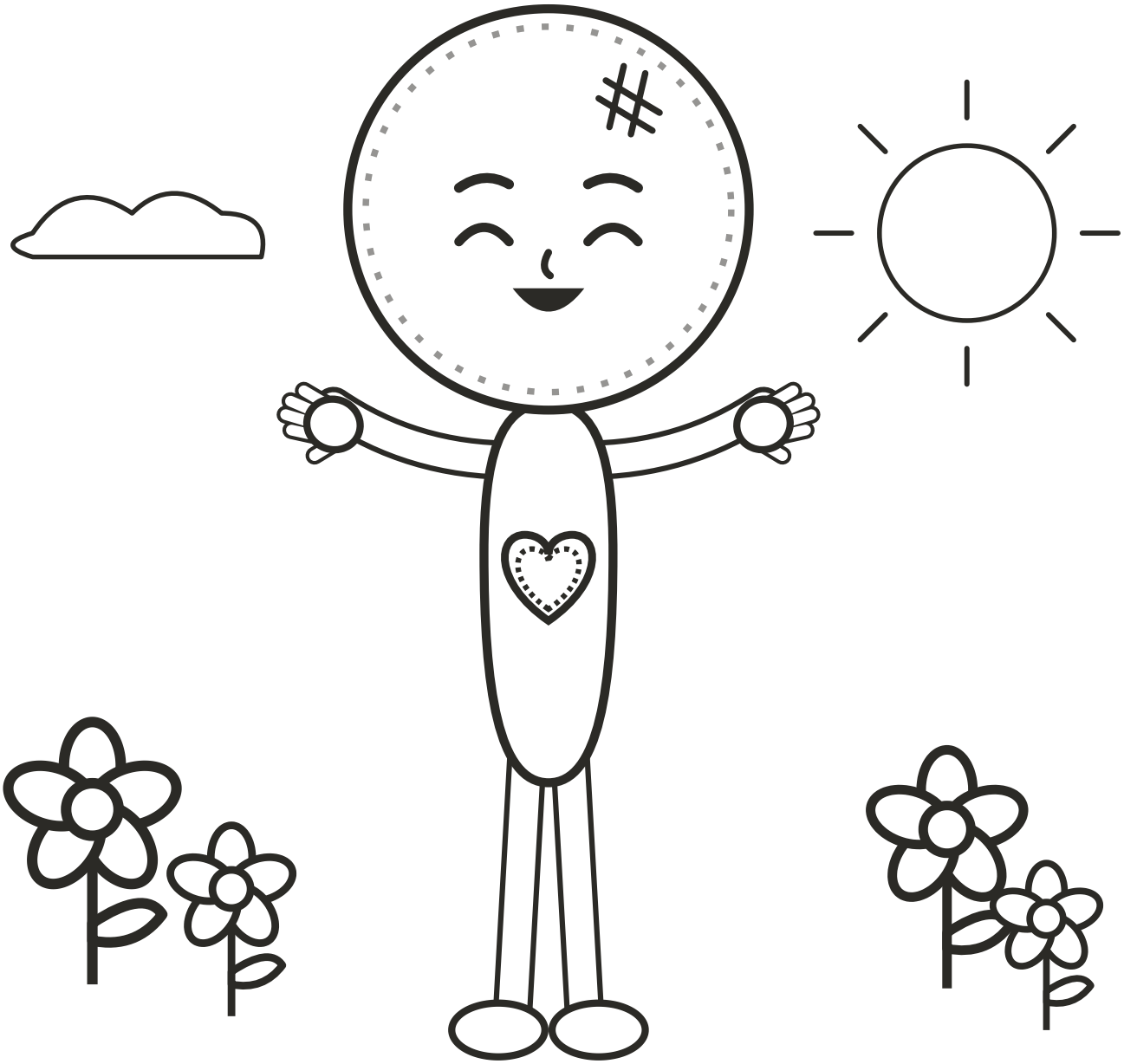
I love making dua



"CALL UPON ME, I WILL RESPOND TO YOU." GHAFIR 40:60

Name: _____

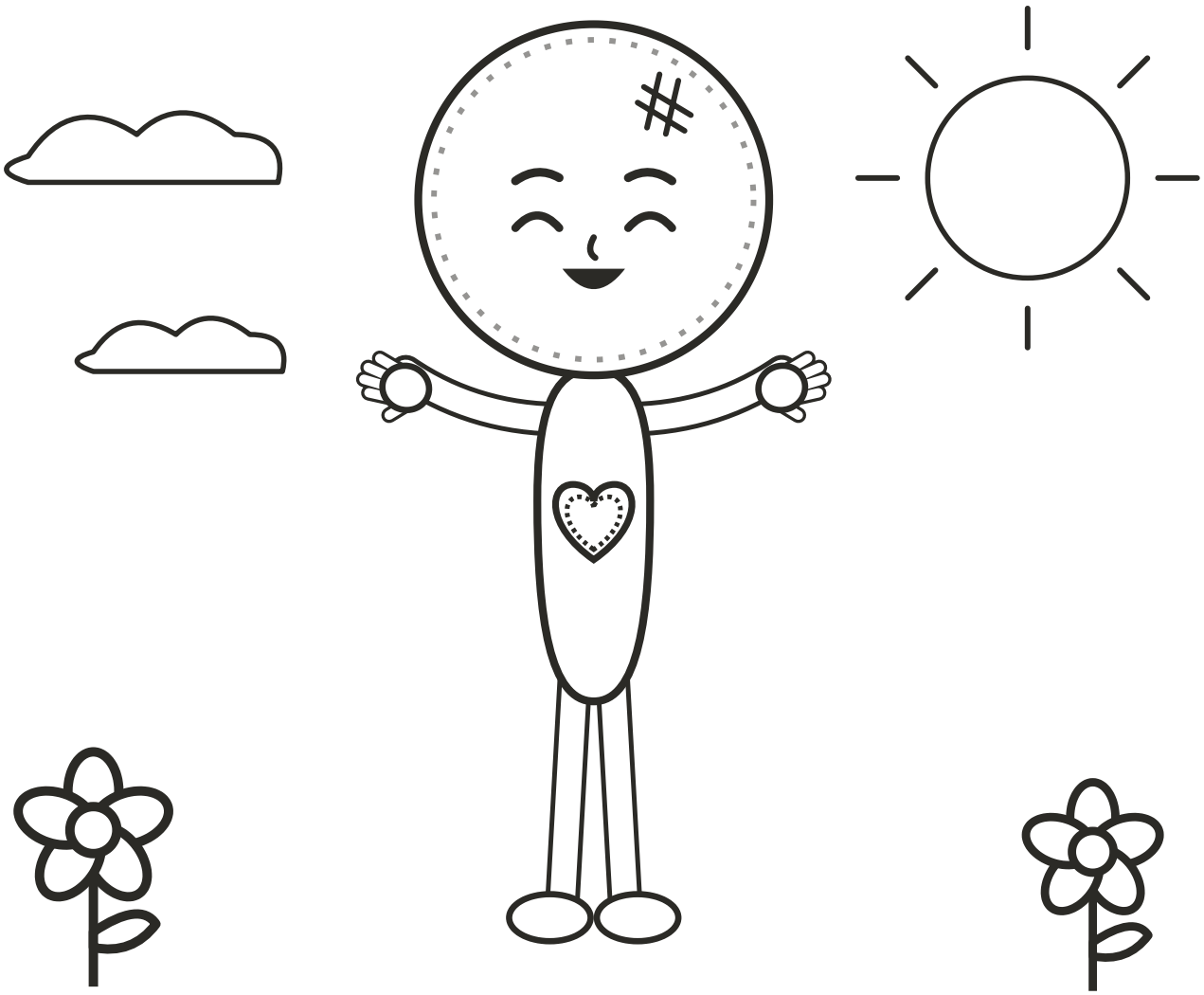
Alhamdulillah!



WHAT ARE YOU THANKFUL FOR TODAY?

Name: _____

When I wake up



الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

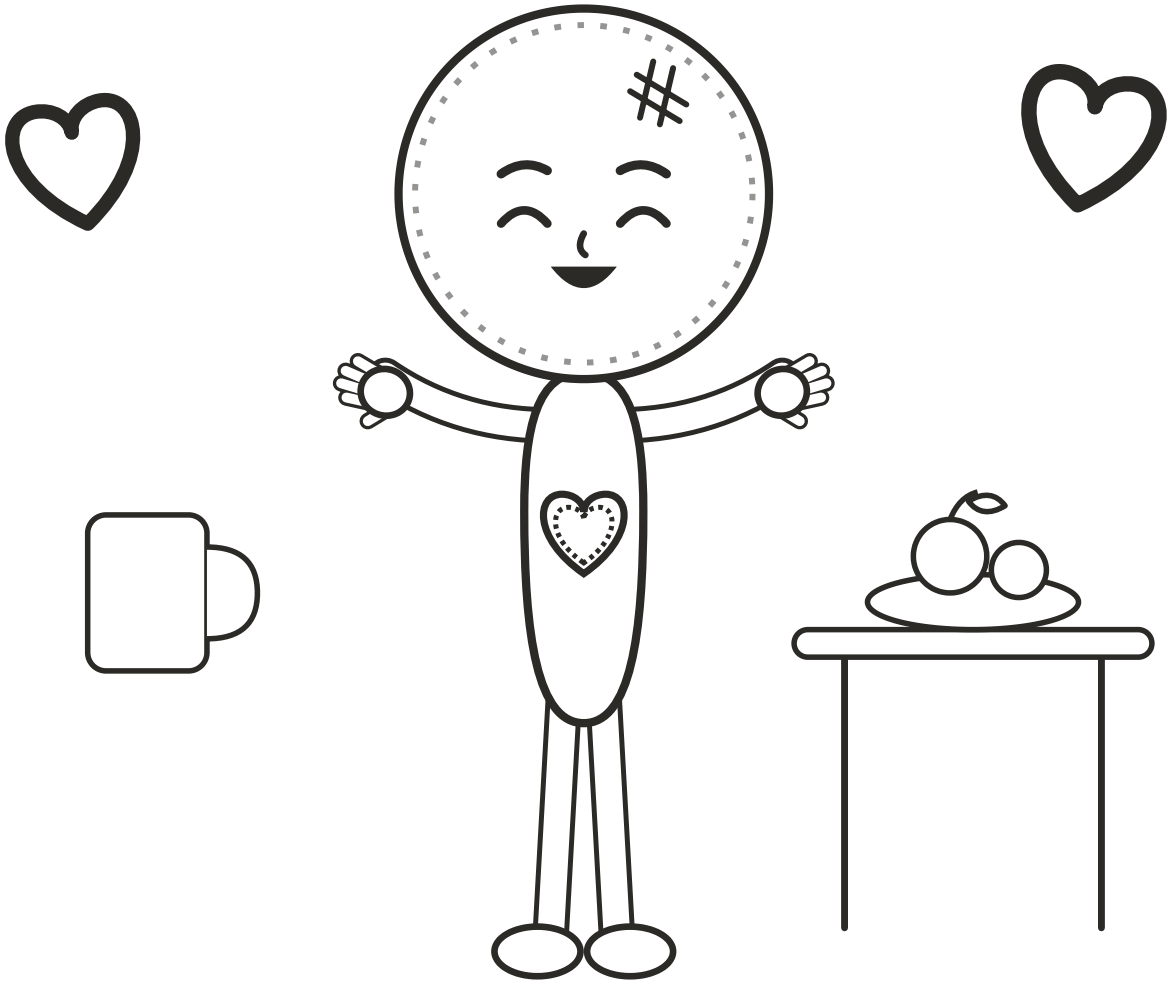
Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur

All praise is for Allah who gave us life after He made us sleep, and to Him we will return.

SAHIH AL-BUKHARI 6312

Name: _____

Before I eat



بِسْمِ اللَّهِ

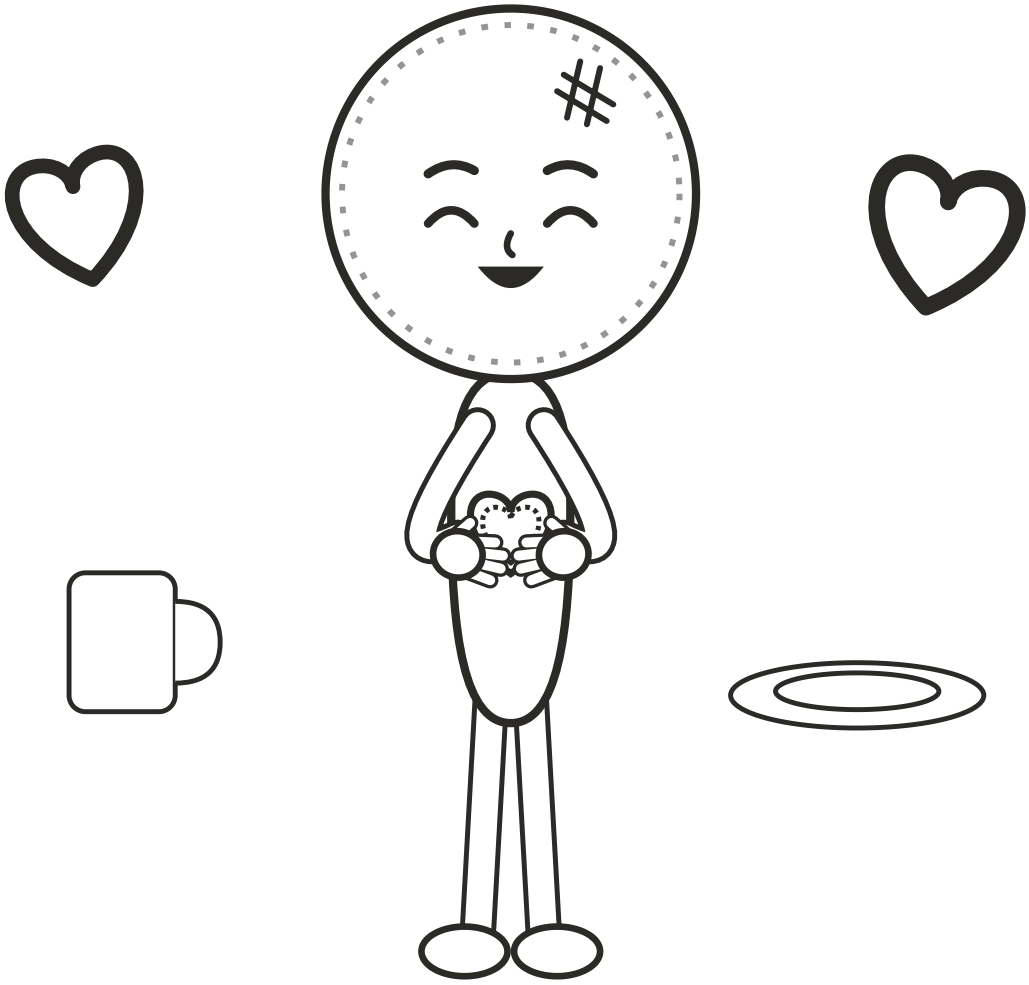
Bismillah

In the name of Allah.

SUNAN ABI DAWUD 3767

Name: _____

After I eat



الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

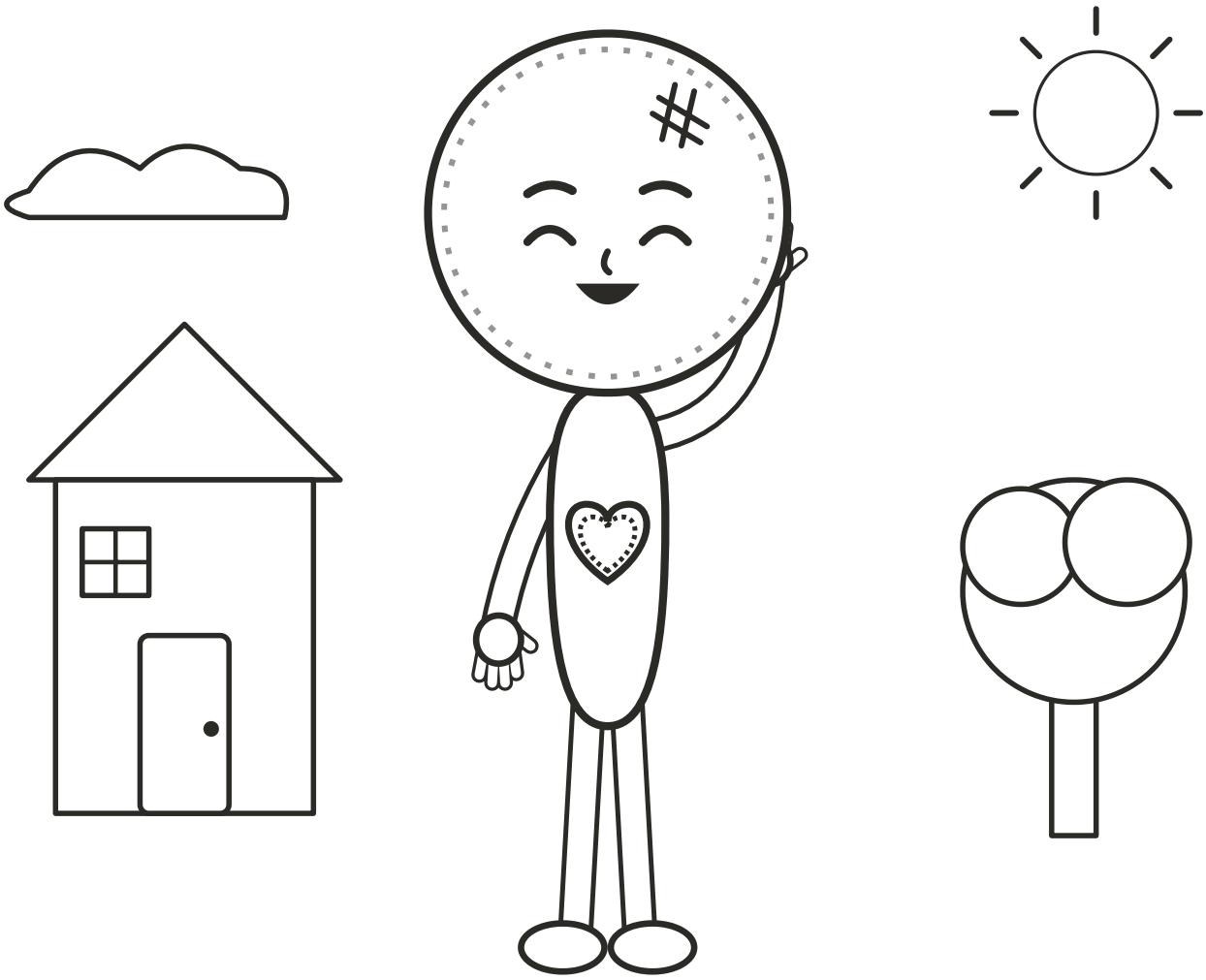
Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah

All praise is for Allah who fed me this and gave it to me, without any power or strength from me.

SUNAN ABI DAWUD 4023

Name: _____

Leaving home



بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

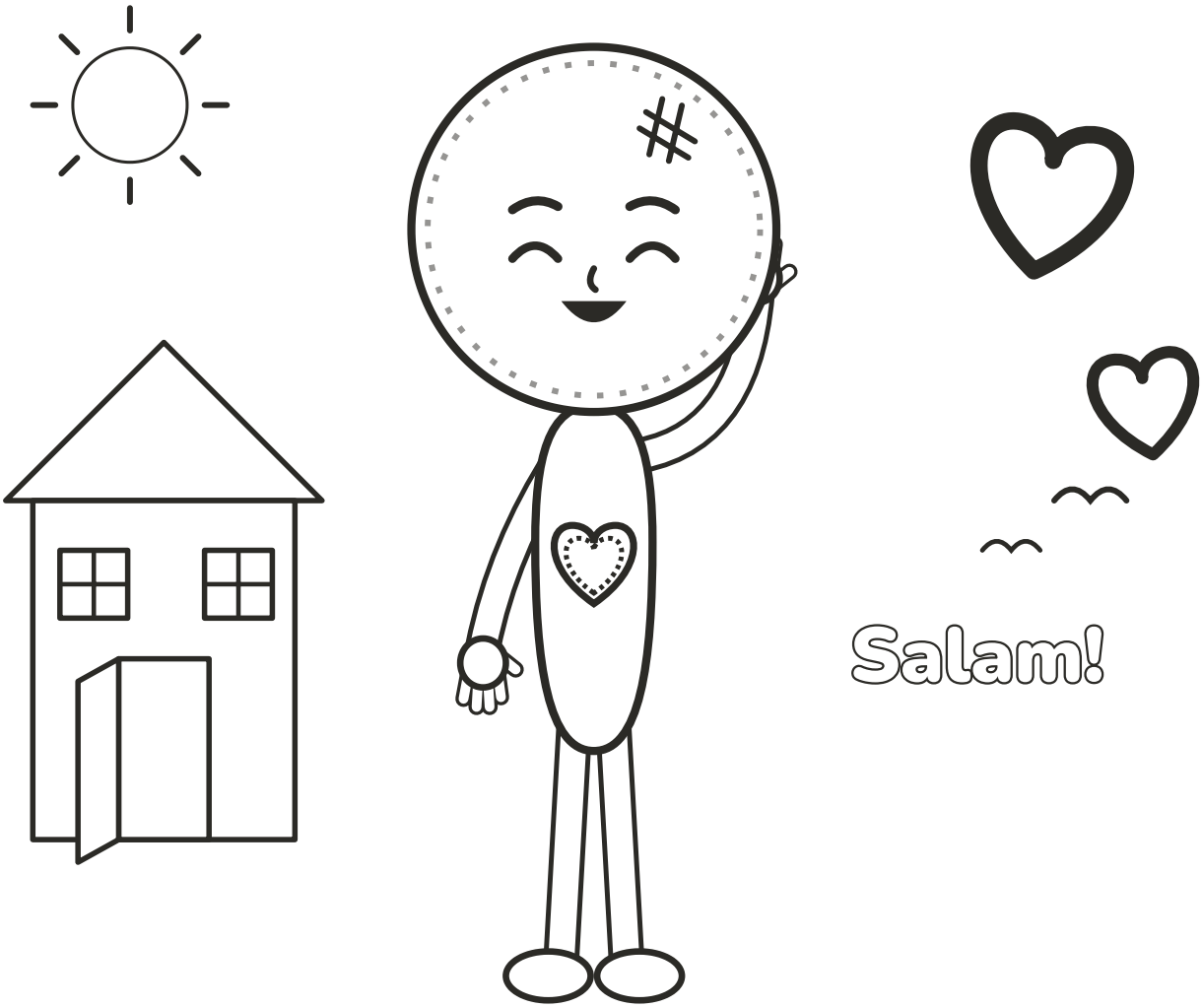
Bismillah, tawakkaltu 'alallah, la hawla wa la quwwata illa billah

In the name of Allah, I trust in Allah. There is no power and no strength except with Allah.

SUNAN ABI DAWUD 5095

Name: _____

Coming home



بِسْمِ اللَّهِ · السَّلَامُ عَلَيْكُمْ

Bismillah · Assalamu alaykum

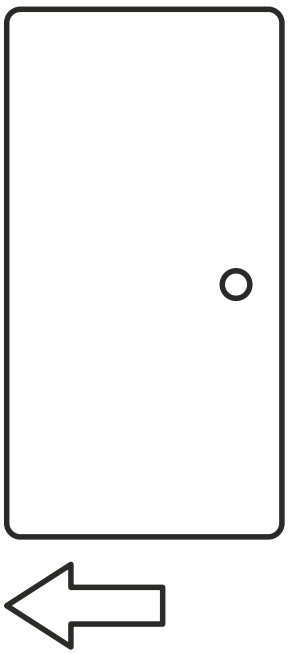
In the name of Allah. Peace be upon you. (Say Bismillah as you come in, then greet your family with salam.)

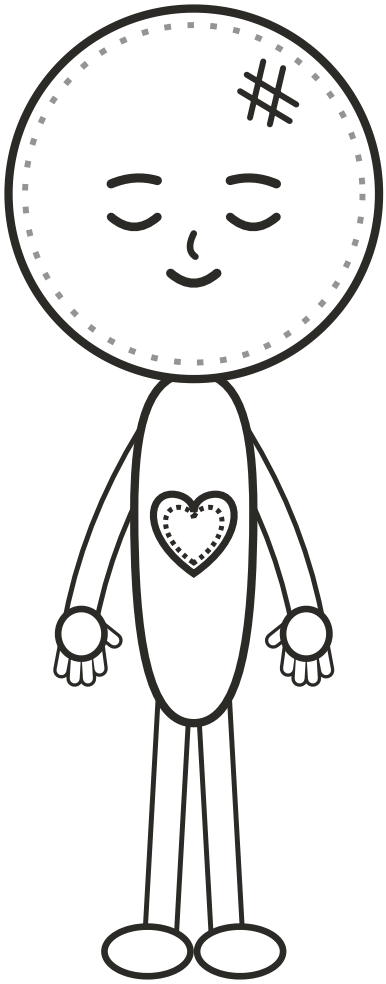
SAHIH MUSLIM 2018 · AN-NUR 24:61

Name: _____

Going to the toilet

Left foot in







اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

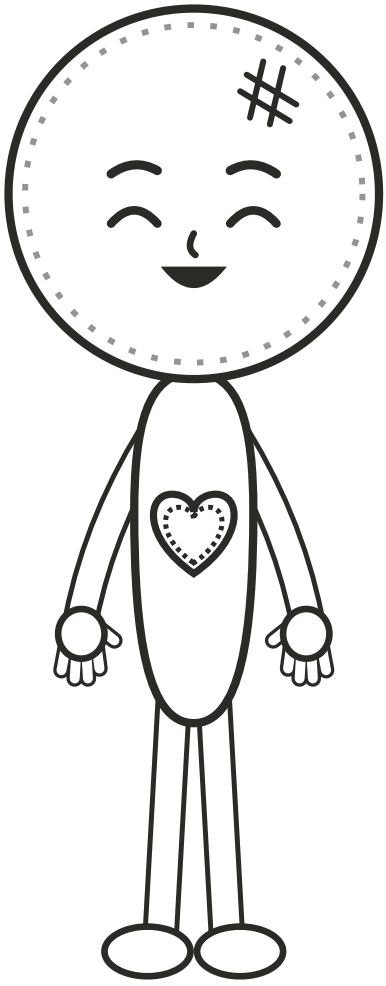
Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

O Allah, I ask You to keep me safe from all bad and evil things.

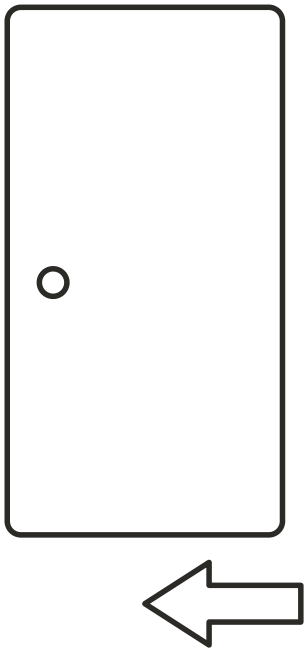
SAHIH AL-BUKHARI 142

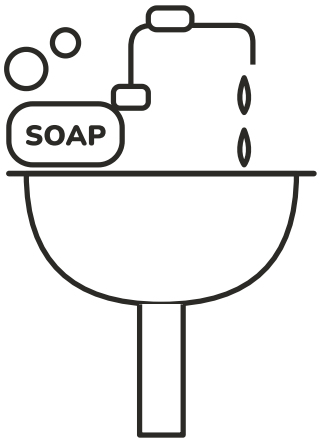
Name: _____

Leaving the toilet



Right foot out





غُفْرَانَكَ

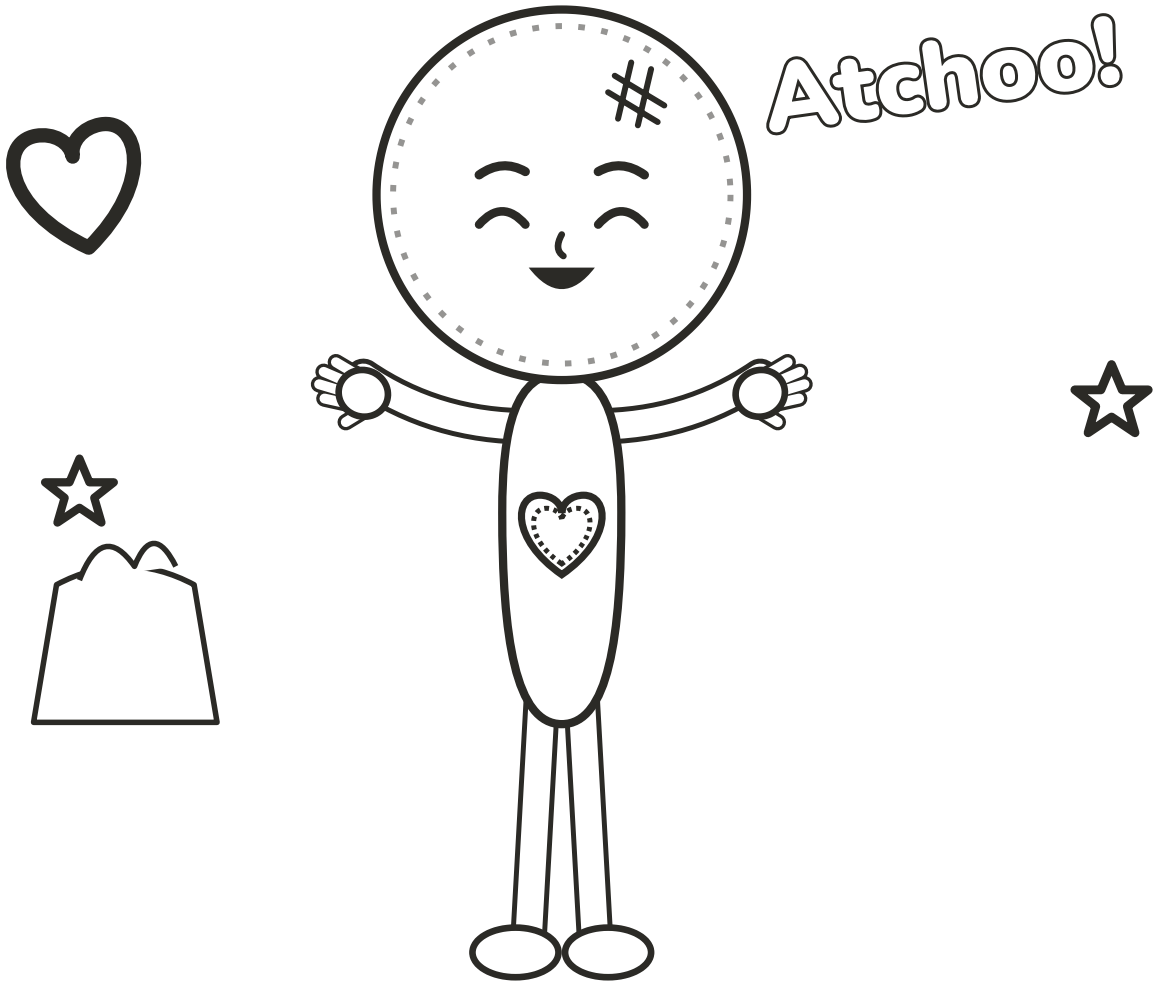
Ghufranak

I ask You for Your forgiveness.

SUNAN ABI DAWUD 30

Name: _____

When I sneeze



الْحَمْدُ لِلَّهِ

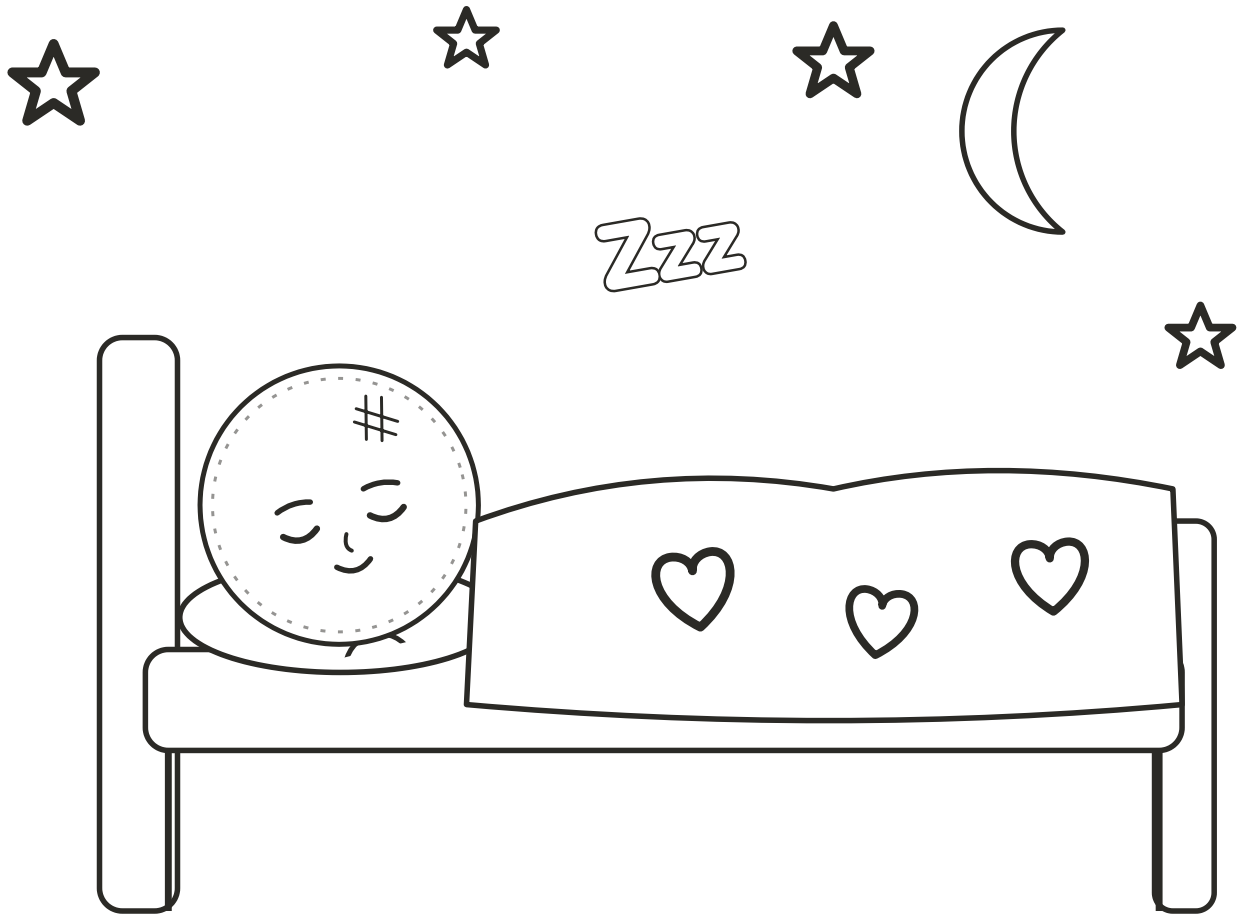
Alhamdulillah

All praise is for Allah. (Whoever hears it says: Yarhamuk-Allah, may Allah have mercy on you.)

SAHIH AL-BUKHARI 6224

Name: _____

Before I sleep



بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I sleep and I wake up.

SAHIH AL-BUKHARI 6324

My Daily Duas

Colour in a heart each day you say the dua.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
When I wake up الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ *Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur* BUKHARI 6312	♡	♡	♡	♡	♡	♡	♡
Before I eat بِسْمِ اللَّهِ *Bismillah* ABU DAWUD 3767	♡	♡	♡	♡	♡	♡	♡
After I eat الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ *Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah* ABU DAWUD 4023	♡	♡	♡	♡	♡	♡	♡
Going to the toilet اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ *Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith* BUKHARI 142	♡	♡	♡	♡	♡	♡	♡
Leaving the toilet غُفْرَانَكَ *Ghufranak* ABU DAWUD 30	♡	♡	♡	♡	♡	♡	♡
When I sneeze الْحَمْدُ لِلَّهِ *Alhamdulillah* BUKHARI 6224	♡	♡	♡	♡	♡	♡	♡
Before I sleep بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا *Bismika Allahumma amutu wa ahya* BUKHARI 6324	♡	♡	♡	♡	♡	♡	♡



For parents

- Print the colouring pages and let your little one give Qalb any colours they like.
- Stick the dua chart on the fridge or by their bed, and colour a heart together each time they say a dua.
- Start with the short ones, like Bismillah and Alhamdulillah, then add the longer ones.
- Praise the effort, not just the finished chart. Every dua counts.

Duas are from the Qur'an and authentic Sunnah, with references on the chart. Free from Remind Heart. Please share it, but don't sell it. © 2026 Remind Heart · remindheart.com