FATIMA NOOR

Monday, 5 October 2026 · LGS Multan · Prep Orange

Asia/Karachi · all times local

WAKE	LEAVE	SCHOOL	AFTER	BED
~7:05 AM	~7:55 AM	LGS Prep	~3:00 PM	~8:20 PM

🌟 Day highlights

- Prep Orange Monday — new week of letters & kindness
- Soft Noor = light · kind words to friends
- Clean hands before snacks
- Learn: fatimanoor.pages.dev/learn/today/

💌 Boo Mama wishes

> **Monday rose — a fresh new start. Prep Orange letters, kind of heart. Kindness first, clean hands for snack. Shine like light — then smile right back.**
> **Boo Mama's love is soft and near. Boo Baba's hug holds you dear.**

- 💕 New week letters — little steps grow.
- 💕 Noor means light — shine softly today.
- 💕 Boo Mama watches with love.
- 💕 Boo Baba's hug waiting at home.

Love from Boo Mama & Boo Baba
Maria & Omer · always

🤲 6 Daily Duas

For Fatima · soft faith · say them slowly with love · yellow = Arabic

1 🍽️ Before eating

بِسْمِ اللّٰهِ

In the name of Allah.
Bismillāh

2 😋 After eating

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِيْنَ

All praise is for Allah Who fed us, gave us drink, and made us Muslims.
Alḥamdu lillāhil-ladhī aṭʿamanā wa saqānā wa jaʿalanā minal-muslimīn

3 😴 Before sleeping

بِاسْمِكَ اللّٰهُمَّ أَمُوْتُ وَأَحْيَا

In Your name, O Allah, I die and I live.
Bismika Allāhumma amūtu wa aḥyā

4 🌅 After waking

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُوْرُ

Praise be to Allah Who gave us life after death; to Him is the return.
Alḥamdu lillāhil-ladhī aḥyānā baʿda mā amātanā wa ilayhin-nushūr

5 🏠 Entering the home

بِسْمِ اللّٰهِ وَلَجْنَا، وَبِسْمِ اللّٰهِ خَرَجْنَا، وَعَلَى اللّٰهِ رَبِّنَا تَوَكَّلْنَا

In Allah's name we enter, in Allah's name we leave, and on Allah our Lord we rely.
Bismillāhi walajnā, wa bismillāhi kharajnā, wa ʿalallāhi rabbinā tawakkalnā

6 🚗 Leaving / traveling (safar)

سُبْحَانَ الَّذِيْ سَخَّرَ لَنَا هٰذَا وَمَا كُنَّا لَهُ مُقْرِنِيْنَ، وَإِنَّا إِلٰى رَبِّنَا لَمُنْقَلِبُوْنَ

Glory to Him Who made this for us; we could not have done it alone; to our Lord we return.
Subḥānal-ladhī sakhkhara lanā hādhā wa mā kunnā lahu muqrinīn, wa innā ilā rabbinā lamunqalibūn