# FATIMA NOOR

**Tuesday, 22 September 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

- Letters and sounds — listen carefully and try each one
- Kindness: soft words, share with friends, please & thank you
- Clean hands before snacks and after play
- Learn: fatimanoor.pages.dev/learn/today/

## 💌 Boo Mama wishes

> **Tuesday light — soft as Noor's name. Prep Orange sparkles; play the game.**
> **Letters, numbers, friends so dear. Be gentle, brave, and full of cheer.**
> **Boo Mama's love is pink and true. Boo Baba's smile stays close to you.**

- 💕 Be kind — little hearts grow big.
- 💕 Try your best; Boo Mama is proud.
- 💕 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 اللهِ

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 اللهِ وَلَجْنَا، وَبِسْمِ اللهِ خَرَجْنَا، وَعَلَى اللهِ 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*