

# FATIMA NOOR

Wednesday, 23 September 2026 · LGS Multan · Prep Orange

Asia/Karachi · all times local

WAKE  
~7:05 AM

LEAVE  
~7:55 AM

SCHOOL  
LGS Prep

AFTER  
~3:00 PM

BED  
~8:20 PM

## ☀ Day highlights

- Letters & sounds — gentle Prep Orange school day
- Kindness: soft words, share, please & thank you
- Clean hands before snacks
- Learn: [fatimanoor.pages.dev/learn/today/](https://fatimanoor.pages.dev/learn/today/)

## 💌 Boo Mama wishes

Wednesday glow — soft Noor light. Prep Orange pink, warm and bright. Letters dance and kindness grows. Share a smile wherever you go. Boo Mama's love is soft and near. Boo Baba's hug holds you dear.

💖 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 اللَّهِ

In the name of Allah.  
*Bismillāh*

### 2 😊 After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

All praise is for Allah Who fed us, gave us drink, and made us Muslims.  
*Alḥamdu lillāhīl-ladhī aṭ' amanā wa saqānā wa ja' alanā minal-muslimin*

### 3 😴 Before sleeping

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

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

### 4 🌅 After waking

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Praise be to Allah Who gave us life after death; to Him is the return.  
*Alḥamdu lillāhīl-ladhī ahyānā ba' da mā amātanā wa ilayhin-nushūr*

### 5 🏠 Entering the home

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى اللَّهِ 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 'alallāhi rabbīnā tawakkalnā*

### 6 🚗 Leaving / traveling (safir)

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

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