

My Wudu Checklist

8 simple steps to get ready for prayer

1



Make the Intention

Say in your heart: "I'm getting ready to pray."

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2



Wash Your Hands

Wash both hands up to the wrist, 3 times.

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3



Rinse Your Mouth

Swish water in your mouth and spit it out, 3 times.

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4



Clean Your Nose

Sniff water gently and blow it out, 3 times.

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5



Wash Your Face

Forehead to chin, ear to ear, 3 times.

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6



Wash Your Arms

Right arm, then left, up to the elbow, 3 times each.

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7



Wipe Head and Ears

Wet hands, wipe your head once, then both ears.

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8



Wash Your Feet

Right foot, then left, up to the ankle, 3 times each.

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