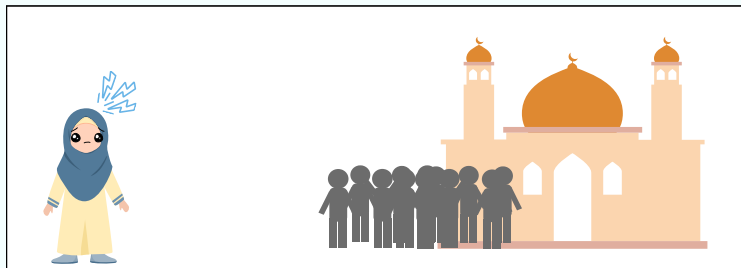
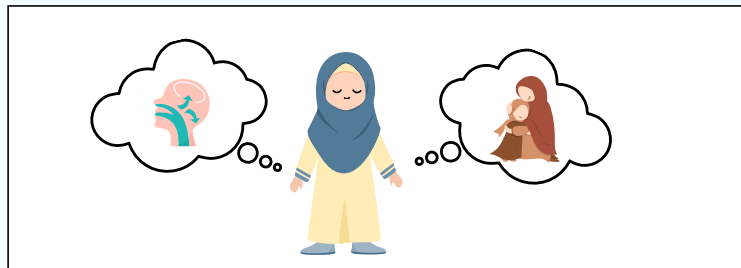


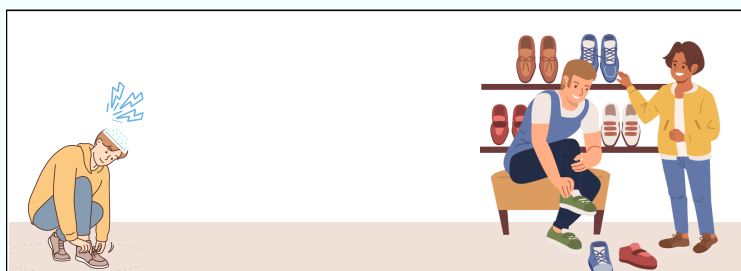
Going to the Mosque



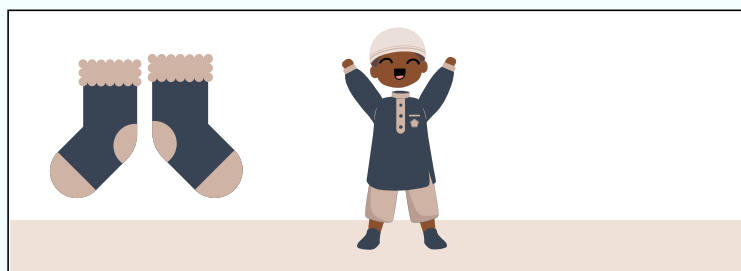
Today I am going to the Mosque. Going to the Mosque is sometimes scary because there are lots of noises and people, and lots of steps to follow



To help me prepare and feel calm, I do deep breathing, or mum and dad give me tight hugs and squeezes. Deep breathing and squeezes help me feel ready to go to the Mosque.



Once I get to the Mosque, I have to take off my shoes. I don't like taking off my shoes because the carpet feels rough on my feet



To help me, I wear my extra fluffy and thick socks. These are now my special Mosque socks so that I no longer have to feel the rough carpet.



Next it is time to do Wudhu. My parents have told me that this means I have to pour water on my hands, face, and feet



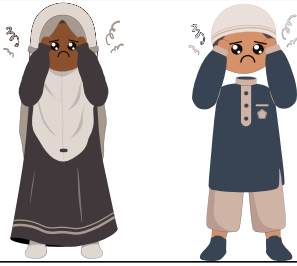
I find this difficult because there are so many steps to remember. I also don't like how the water feels sometimes



My parents made me a book to remember all the steps. Before I pour water, I give myself tight squeezes to help me prepare. I also use warm water because it feels nicer



I have now completed all the steps to wudhu



Next I put on my Hijab or Topi to get ready for prayer. Sometimes I do not like how it feels on my head because it can feel too tight



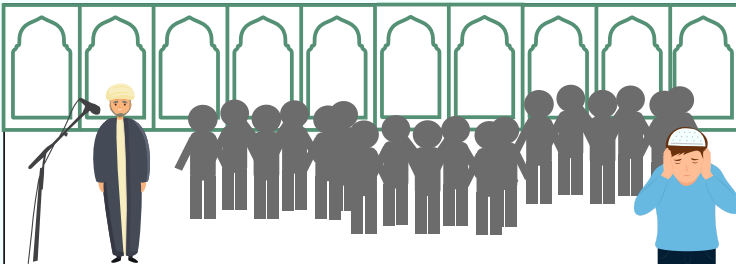
Sometimes mum and dad help to massage my head to help me prepare to put on my Hijab or Topi



I have gone shopping with mum and dad to pick a Hijab or Topi which feels comfortable on my head



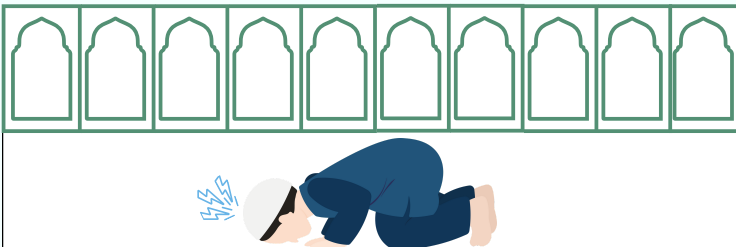
My hijab or Topi now feels comfortable and I feel ready to pray.



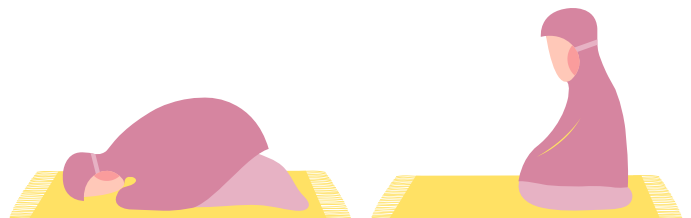
I enter the prayer room. I can find the prayer room scary because there are lots of people talking and a microphone is used to announce the adhaan which is very loud



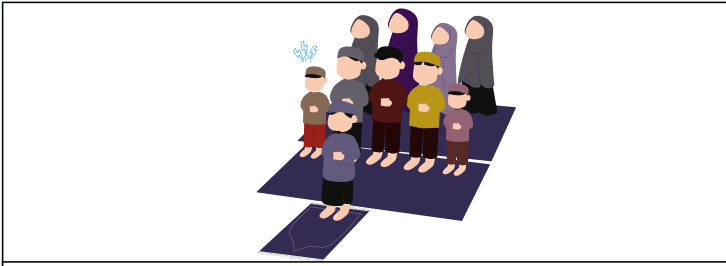
I sometimes use my earplugs so it feels less loud. I can also bring a little toy to play with to help me calm down. I put my toy away before prayer begins



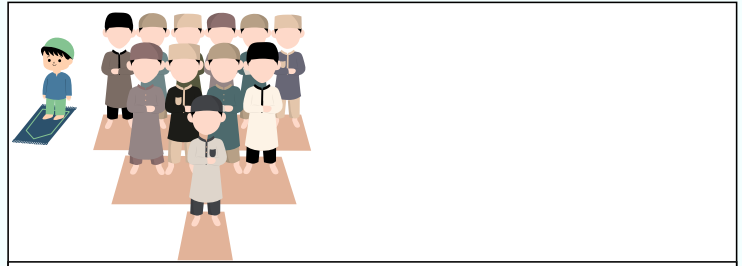
Now I find a space and begin praying. While praying, I have to put my forehead on the carpet. This feels itchy and rough on my skin which makes me feel upset



I bring my own prayer mat or blanket from home. I am able to finish my prayer because my prayer mat is soft and comfortable



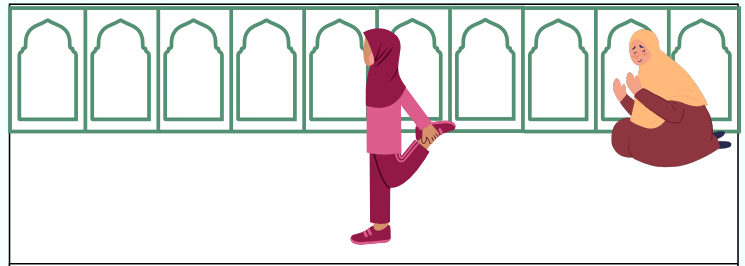
During prayer, I might also need to stand next to other friends coming to mosque. Sometimes I can find it scary to be so close to people I don't know



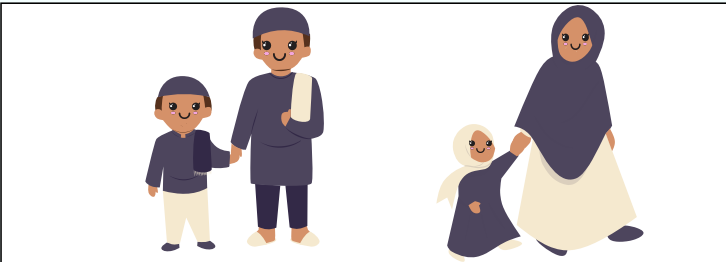
Mum and dad remind they are just other friends who have also come to the mosque to pray. If i'm too scared, I will find a place near the wall so I am only next to mum or dad. It makes me happy to pray with other people



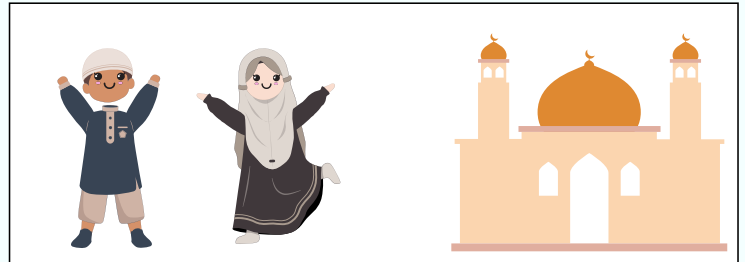
Prayer can be very long sometimes, and I can find it difficult to concentrate.



After one prayer is finished, I sometimes stretch my legs or do a quick walk near where mum or dad can see me so I am ready before I start the next prayer.



Mum and dad now tell me we are finished and it is time to go home. I feel happy and proud because I was able to go to the Mosque with my family and do my prayers.



Next time I go to the Mosque, I know what I need to do to help me feel calm and happy. I can't wait to go to the Mosque again so I can see and pray with all my friends!