Salat
Aim

To explain what Salat is and why it is important to Muslims.

Success Criteria

• I know what Salat is.
• I can talk about why Salat is important.
• I can use what I know about Salat to design a prayer mat.
• I can identify some of the poses in Salat.
What Are Ritual Prayers?

What is a ritual?

A ritual is similar to a ceremony. It is a series of things done in a special order. Rituals are sometimes done every week, or every day, or at special times.

Many religious people take part in special prayers. Often, these prayers are ritual prayers.

When people take part in some special prayers, they may use the same actions or the same words each time they pray.

Can you think of any prayers you know or take part in that are the same every time?

Is there anything you have seen people always do when they pray?
Ritual Prayer

Prayer (Salat or Salah) is one of the Five Pillars of Islam. These are the ‘rules’ Muslims follow. Salat should be performed five times a day. The times depend on the sun and so they change daily.

The five different times of day when Muslims must pray are:

2. Salat al-zuhr → Midday, after the sun has passed its highest point.
3. Salat al-’asr → Late in the afternoon.
4. Salat al-maghrib → After the sun has finished setting.
5. Salat al-’isha → In the dark of the night.
Ritual Prayer

Salat (prayer) is important to Muslims as it makes them feel connected to God (Allah).

Muslims usually go to a mosque to pray, but if they can’t go to the mosque, they can pray anywhere that is clean. Muslims may use a prayer mat when they pray in places other than the mosque, to be sure the floor is clean where they pray.

Prayer mats are quite often highly decorated with patterns and colours but they never have pictures of people or animals on them.

Muslims always face Mecca (a holy place) when they pray.
Ritual Prayer

When Muslims pray, they perform sets of movements and gestures. Click on each number to find out more.

Muslims then look over their left shoulder to the angel to record their bad deeds. They then say their personal prayers.
How much can you remember about the Muslim prayer ritual, Salat?

Show how much you have learnt by completing the Salat Activity Sheets.
True or False

Decide if each of the statements is true or false.

Salat means prayer and it is one of the Five Pillars of Islam.

True

False
True or False

Decide if each of the statements is true or false.

Muslims can only pray in a mosque.

Muslims usually go to a mosque to pray, but if they can’t go to the mosque, they can pray anywhere that is clean.

True

False
True or False

Decide if each of the statements is true or false.

Salat is important to Muslims as it makes them feel connected to God (Allah).

True  True  False
Muslims should pray five times each day.

True or False
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