

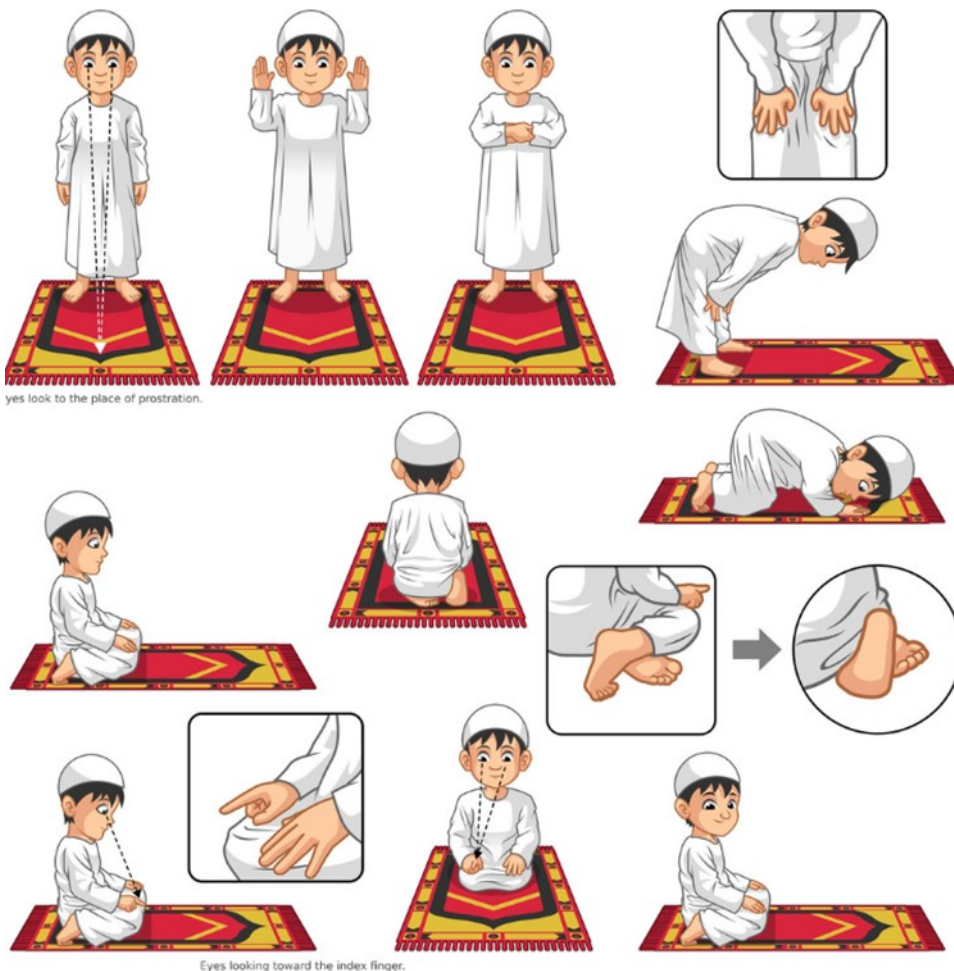
## Why is prayer so important to Muslims?

If possible watch this clip

<https://www.bbc.co.uk/bitesize/clips/z4gkq6f>

Prayer is an important part of a Muslim's life. Prayer takes place in a mosque but it can also take place in any clean place. Salat is one of the 5 pillars of Islam.

The Qur'an teaches that believers should offer salat five times a day; at dawn, noon, late afternoon, dusk and after dark. Prayer involves the whole body, and set movements called Rak'ah help focus on Allah.



### Key challenge:

Use the template to design your own prayer mat.

Share your designs with us at school!