Bottom of Form

[**How to Perform Wudu**](http://www.wikihow.com/Perform-Wudu)

Wudu, or ablution, is both a traditional ritual and a practical means by which Muslims seek to maintain good physical and spiritual hygiene. Traditionally, Wudu refers to the mental preparation and physical cleanliness of Muslims for the Salat (prayer), one of the Five Pillars of Islam.

**Steps**

**Look at the pictures below. Cut them out and put them in the order of the WUDU then look at the sentences below. Match them up with the pictures in the correct order.**









Tak**e water into your mouth.**

**Wash your face.**

**[Inhale water into your nose.s Part of Your Life](http://www.wikihow.com/Make-Islam-Part-of-Your-Life)**

 **Wash each of your feet.**

 **Wash your lower arms from wrists to elbows**

[How to](http://www.wikihow.com/Perform-Salah)

**[Wipe your ears inside and out.](http://www.wikihow.com/Perform-Salah)****[Perform Salah](http://www.wikihow.com/Perform-Salah)**

 **Make niyyah (Intention) to perform washing.**

**Wash your hands**

**While pointing the right index finger to the sky, recite a brief prayer of witness.**

**Clean your head.**

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Meet [Lois](http://www.wikihow.com/User%3ALoiswade42), a wikiHowian from California who has been active in the community for over 9 years. She enjoys [reviewing new edits](http://www.wikihow.com/Special%3ARCPatrol), welcoming new editors, and [starting new articles](http://www.wikihow.com/Special%3ACreatePage) on crafts or activities she’s learned. She is proud of helping lots of people; she has started 223 articles and reached over 24 million readers with her advice. She enjoys the fun of editing and how helpful it allows her to be, and she says she is constantly learning new things there. She appreciates how people in the wikiHow community are friendly, offering to [help](http://www.wikihow.com/wikiHow_talk%3AHelp-Team) before judging or criticizing you. To new editors, she suggests, “Check out the [Community Dashboard](http://www.wikihow.com/Community-Dashboard) and pick something easy... like [Spellchecking](http://www.wikihow.com/Special%3ASpellchecker) or [Tips Patrol](http://www.wikihow.com/Tips-Patrol)… and try it!”

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