Hindus pray at home.

In the morning when the family have washed, they go to their shrine and sit on the floor. Their worship is called puja. During worship, Hindus use many items, which are kept on a puja tray. The items include a bell, a pot of water, a diva lamp, (a small oil or wax lamp), an incense burner, a pot of kum kum powder (red powder for making the tika mark), and a spoon. There will also be some food and some flowers.

The bell will be rung to bring a protective shield around those praying The mother of the family will ask for a blessing on the family and their day. She will sprinkle some water on the pictures or statues and ask a child to light the lamp with its five little wicks, another child may light the incense stick. The mother will touch the pictures with red powder and put a dot on the forehead of each person. Usually she will offer a little food too. The family will usually sing some songs or say some prayers from the Hindu holy books. Some families say or chant the word aum to help them meditate.When the family have breakfast, they will each have a taste of the holy food from puja ceremony.

Hindus often use prayer beads called mala which means garland to help them pray, they recite prayers or mantra as they touch the beads.