



## FEZANA Age-Appropriate Lesson Plan

**Subject Category** (circle one): Parsi Religion/Ceremony History Prayer Gathas  
Comparative Religion Shahnameh

**Age Group** (circle one): PreK-K Grades 1-3 Grades 4-5 Grades 6-8 Grades 9-12

**Subject of the Lesson:** Amesha Spentas

### Background Knowledge for the Teacher:

The Amesha Spentas are theological concepts of Zoroastrianism and mean ‘Bountiful Immortal’. The Amesha Spentas are considered to be the attributes of Ahura Mazda that form the principles or the ethical structure that every Zoroastrian should live their life by.

According to the creation story, Ahura Mazda made the 7 creations/ Amesha Spentas. He created:

1. The sky - Khshathra Vairya (‘best power and strength/ good dominion’ - teaches us to use our power the right way with courage and strength)
2. The waters - Haurvatat (‘perfection’ - the pursuit of excellence in all that we do)
3. The earth – Spenta Armaiti (‘holy devotion’ – to be hardworking, passionate, and devoted to all that we do)
4. The plant kingdom – Ameretat (‘immortality’ - always doing our best so that the good lives on)
5. The animal kingdom - Vohu Manah (the ‘good mind’ - teaches us to use our good mind/ wisdom/ knowledge)
6. Human beings - Spenta Mainyu (the ‘holy spirit’ – teaches us to be a good Zoroastrian)
7. Fire - Asha Vehishta (‘truth’- teaches us to live with truth and order )

As per the Creation Story, the Bundahishn, the first 6 creations were static, until Fire gave life to them all.

The importance of the Amesha Spentas is recognized in the Gathas, in specific prayers in the Khordeh Avesta and in all our ceremonies and festivals such as the Jashan ceremony, Gahambar, Muktdas and others. The first 7 days of the calendar are also dedicated to the 7 Amesha Spentas.

Taking care of the environment or the 7 creations (Amesha Spentas) is what is known as ‘Ecology’ in present times.

And these seven Amesha Spentas can be used and internalized in our present everyday lives in the following way:

1. Spenta Mainyu – You are a human being



2. You have Vohu Manah – good mind to think – have a vision, or a project
3. Using Asha Vehishta – truth and order. You research, get facts and organize your findings
4. With Spenta Armaiti – devotion. You have passion and work with devotion
5. Khshathra Vairya – power and strength. Enables you to fight and have courage to defend your work.
6. With Haurvatat – perfection. You work till you reach perfection.
7. Ameretat – immortal. Once the work/project is perfect it becomes immortal. Libraries are full of books and work of people long gone, but their names remain alive even today.

### **Suggested Material:**

1. Teacher made materials/ visual aids (pictorial representation of 7 Amesha Spentas and their symbols – handmade/ power point slides) (Also see Attachments #1 to #7)
2. Amesha Spentas masks

### **Vocabulary:**

Amesha Spenta (Holy Immortals); sky, water, earth, plant, animal, human beings, fire; Names of 7 Amesha Spentas (Khshathra Vairya, Haurvatat, Spenta Armaiti, Ameretat, Vohu Manah, Spenta Mainyu, Asha Vahishta); Attributes; Ecology; Ethics/ Morals;

### **Lesson for students:**

1. Introduction (Amesha Spentas means holy immortals; helpers of Ahura Mazda/ Ahura Mazda's army). Be sure to focus on the “self” as part of the Amesha Spentas. Ask students what they think are the qualities of a good and righteous soldier/assistant to Ahura Mazda might be. What do they need to do to be worthy of being considered an Amesha Spenta? Ask students to draw a picture of themselves doing something that shows how they might use the principles of Amesha Spentas in everyday life.
2. Physical representation of Amesha Spentas (sky, water, earth, plant, animal, man, fire). Ask students to find a physical symbol to represent each of the seven creations and create a collage with it.
3. Recognition and Recollection: Teach children the names of the Amesha Spentas (use pictures)
4. Introduce Avestan names (Khshathra Vairya, Haurvatat, Spenta Armaiti, Ameretat, Vohu Manah, Spenta Mainyu, Asha Vahishta) and meanings (see above in Introduction)
5. Link of Amesha Spentas to the first 7 days of calendar (Hormuz, Bahman, Ardibehsht, Shehrevan, Aspandarmad, Khordad, Amardad). Show students the calendar with the images representing each day and discuss how they connect to each Amesha Spenta.
6. Connect to Ecology – taking care of environment and creations (Earth Day/ Recycling). Have students do planting, garden clean-up, or other hands-on activities related to conservation and preservation.



### Activity for Students:

1. What is your favorite Amesha Spenta and why
2. Logical thinking skills - Discussion on how to use your Amesha Spentas
3. Matching Activity 1 – identification of Amesha Spentas (names/representations)
4. Matching Activity 2- Match the Avestan names of the Amesha Spentas with their English translations
5. Make masks of 7 creations;
6. Make Amesha Spentas toran (banner for door)  
(See Attachment - Amesha Spenta Toran Activity)
7. Connect Amesha Spentas with Earth Day (ex: planting trees, seeds, flowers; clean up park/streams; conservation of water; save planet; don't pollute; care of animals)
8. Connect to Ava roj/ Ava Mah; Adar roj/ Adar Mah; Spendarmad Roj/ Spendarmad Mah
9. Dramatic play - pretend to be an Amesha Spenta
10. Games: Charades; Amesha Spenta & their Yazatas Game and Instructions (See attachment)
11. My Amesha Spenta Pop Up Card
  - a. Use the images from "Matching Activity."
  - b. Instructions on how to make a Pop-Up Card can be found on the internet.  
Example: <https://www.wikihow.com/Make-a-Pop-Up-Card>

### Source:

**The Good Life Book, ZAGNY:** <https://zagny.org/shop/books/the-good-life-book-4th-ed/>

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