



FEZANA Age-Appropriate Lesson Plan

Subject Category (circle one): Religion/Celebration History Prayer Gathas

Comparative Shahnameh

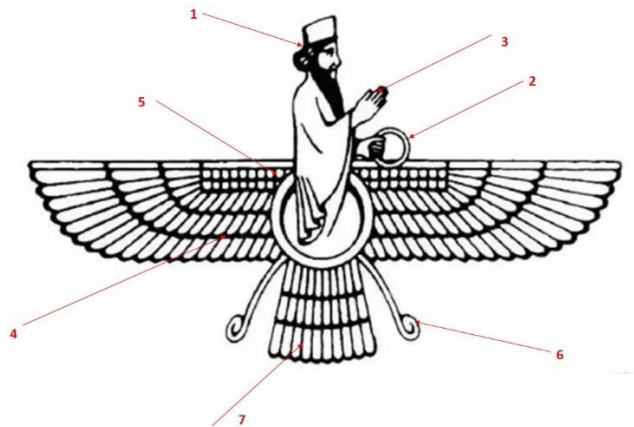
Age Group (circle one): PreK-K Grades 1-3 Grades 4-5 Grades 6-8 Grades 9-12

Lesson # (if applicable):

Subject of the Lesson: Fravahar

Background Knowledge for the Teacher:

- Fravahar is a symbol reminding us to be a good Zoroastrian. The many parts of the fravahar hold deeper symbols:
 1. Fravahar is shown as an old man (wise) with wings as a symbol of its flight up toward progress
 2. The ring in its hand signifies the ring of promise. A person should always keep his/her promise
 3. The hand pointing upward signifies that there is only one God, and we should always remember Ahura Mazda
 4. The three parts of the wings signify good thoughts, good words, and good deeds
 5. The circle at the waist symbolizes that the soul is eternal
 6. The two strings joined to the circle signify the existence of the two forces for Spenta Mainyu and Angra Mainyu
 7. The lower three parts represent bad thoughts, bad words and bad deeds



- Fravahar is one of Zoroastrian religion symbols (like Cross, Star of David, etc.)



- Fravahar is made of two words: 1) “Far” = ahead, forward 2) “Vahar” = pulling force
“Fravahar” = Forward pulling force.
- Fravahar lives with us when we are born and goes back to its source when we are no longer alive
- Fravahar is motivating force and help us to progress
- Fravahar was depicted on the tombs of Achaemenid kings, such as Darius the Great (r. 522–486 BC) and Artaxerxes III (r. 358–338 BC).[10] The symbol was also used on some of the coin mints of the frataraka (ancient Persian title interpreted variously as “governor, leader, or forerunner”) of Persis in the late 3rd and early 2nd BC centuries.
- This symbol was adopted by the Pahlavi dynasty to represent the Iranian nation.
- Fravahar is one of the best-known pre-Islamic symbols of Iran and is often worn as a pendant among the various Iranian peoples throughout Western and Southern Asia. Despite its traditionally religious nature, it has become a secular and cultural symbol, often representing a pan-Iranian nationalist identity.

Lesson for students:

Option 1:

- Have children look at picture of Fravahar and point out what they notice and what they wonder
 - o Pass out Fravahar hand out (Fravahar-Activity 2-PreK-Grade 12)
 - Describe different parts of Fravahar and their meanings. Since all these parts may not be understood by this age group, just go over the meaning of the wings (good thoughts, good words, good deeds)
- Have the children repeat the word “Fravahar” a few times to learn the pronunciation
- Describe the shape of Fravahar while they are coloring the picture
 - o Fravahar is a symbol reminding us to be a good Zoroastrian

Material:

- Pictures or slides from Persepolis
- Hand out about Faravahar and references

Activity for Students:

- Color a Fravahar picture to take home (Fravahar-Activity 1-PreK-Grade 3)



Option 2:

Lesson Title: "Exploring the Fravahar: The Symbol of Being Good"

Lesson Objectives / Learning Targets:

- Students will learn about the Fravahar, an important symbol in Zoroastrianism.
- Students will understand the different parts of the Fravahar and what they symbolize.
- Students will create their own Fravahar with the help of craft materials.

Essential Questions:

1. What is a symbol and why do we use symbols?
2. How does the Fravahar symbol guide us to be good?

Materials Needed:

- Pictures of the Fravahar symbol
- Cardboard or construction paper
- Crayons, markers, or colored pencils
- Glue and scissors

Introduction / Anticipatory Set:

Show a picture of the Fravahar symbol and ask students if they recognize it. Briefly explain that it's a symbol from a very old religion called Zoroastrianism, used to remind people to be good.

Vocabulary:

1. Fravahar
2. Zoroastrianism
3. Symbol

Lesson Procedure:

Direct Instruction (10 minutes):

Explain the different parts of the Fravahar symbol, using a large picture and pointing to each part as you explain what it represents. Use simple language suitable for 4-5 year olds (for example, "The wings mean doing good things and saying nice words").

Independent Practice (20 minutes):

Provide students with craft materials. Guide them to draw and color their own Fravahar, reminding them of the meanings of each part. Encourage them to think about what each part means to them and to be creative.



Summary/closing activity (10 minutes):

Have a sharing circle where each student presents their Fravahar and talks about what being good means to them. Remind them that just like the Fravahar symbol, they can always remember to do good things, say nice words, and think good thoughts.

Learning Extensions:

At home, students can show their Fravahar to their family members and share what they've learned about the symbol and being good.

Assessment:

Assess the students' understanding of the Fravahar and its symbolism through their craft projects and their explanations during the sharing circle. Note any misconceptions to be addressed in future lessons.

Activity for Students:

The craft project of creating their own Fravahar is a hands-on activity that will help reinforce the lesson and make it more memorable for the students.

Sources:

- Message of Zarathustra - Mobed Bahram Shahzadi
- The Zarthusti Religion – Mobed Fariborz Shahzadi
- Wikipedia
- <https://www.iranicaonline.org/articles/frataraka>

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