



FEZANA Age-Appropriate Lesson Plan

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

Comparative Shahnameh

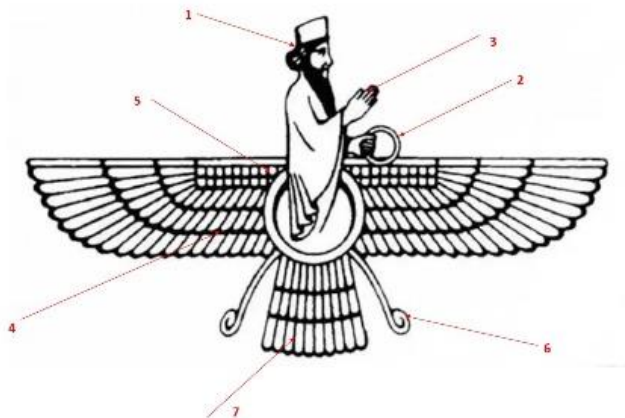
Age Group (circle one): Pre-K Grades 1-3 Grades 4-5 Grades 6-8 Grades 9-12

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) “Fra” = 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 adapted 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.

Material

- Pictures or slides of Fravahar from Persepolis
- Hand out about Fravahar and references

Lesson for students:

Option 1:

- Have children look at Fravahar picture and point out what they notice and what they wonder
- Have the children color each section of Fravahar picture in different colors, meanwhile point to each section and explain what it means while children are coloring.
(Fravahar-Activity 2-PreK-Grade 12)
- Ask the children explain to the class or to their partner how one or more of the sections can relate to their own life.
- Refer to the Power Point: Fravahar-Grade 1-3

Activity for Students:

- Color the different sections of Fravahar
(Fravahar-Activity 1-PreK-Grade 3)





Option 2:

Lesson Title: "Exploring Fravahar: A Symbol of Goodness"

Lesson Objectives / Learning Targets:

- Students will learn about the Fravahar, a significant symbol in Zoroastrianism.
- Students will comprehend the different parts of the Fravahar and what they represent.
- Students will create a personal artwork featuring the Fravahar and themselves.
- Students will connect the historical usage of the Fravahar to its present-day significance.

Essential Questions:

1. What is a symbol, and why are symbols important in religions?
2. How can the different parts of the Fravahar remind us to be good?
3. How is the Fravahar used today, and what does it mean to people?

Materials Needed:

- Pictures of the Fravahar symbol
- Craft materials: construction paper, crayons, markers, glue, scissors

Introduction / Anticipatory Set:

Present a picture of the Fravahar symbol and ask the students if they recognize it. Briefly explain that it's an important symbol in Zoroastrianism that encourages goodness. Connect with symbols from other religions they might be familiar with.

Vocabulary:

1. Fravahar
2. Zoroastrianism
3. Symbol
4. Spenta Mainyu and Angra Mainyu

Lesson Procedure:

Direct Instruction (10 minutes):

- Introduce the Fravahar Symbol: In this step, the teacher explicitly shows and tells the students about the Fravahar symbol. This involves teacher-led direction and the sharing of specific knowledge.
- Discuss Religious Symbols: The teacher is providing direct information about symbols from different religions, creating a broader context for understanding the Fravahar.



- Tell the Story of Farzad and the Fravahar: This step involves the teacher narrating a story to illustrate the different parts of the Fravahar.

Story Reading (10 minutes):

Read a story about a young Zoroastrian child named Farzad who receives a Fravahar pendant from his grandmother. As Farzad wears the pendant, he learns about each part of the Fravahar symbol and what it stands for. He uses this knowledge to navigate various situations at school, applying good thoughts, words, and deeds, and understanding the idea of the eternal soul and the two forces.

The Story: “Farzad and the Fravahar” (Source: AI Generated), you can use your own story if you have one.

Once upon a time, there was a young boy named Farzad. One day, Farzad's grandmother gave him a pendant in the shape of a peculiar symbol. This symbol, she explained, was the Fravahar, a special symbol in their Zoroastrian faith.

Farzad studied the pendant closely. "What does this symbol mean, grandma?" he asked. She smiled and began to explain each part of the Fravahar.

"The old man symbolizes wisdom, Farzad," she said. "His wings allow him to fly towards progress. The ring he holds is a promise that we should always keep our word. The hand pointing upward means we should always remember Ahura Mazda, the one God."

Farzad listened closely, his eyes wide with wonder. His grandmother continued, "The wings are divided into three parts, which signify good thoughts, good words, and good deeds. The circle at the man's waist symbolizes the eternal soul, and the two strings joined to the circle signify the existence of the two forces, Spenta Mainyu and Angra Mainyu."

Over the next few days, Farzad wore his Fravahar pendant to school. Each time he faced a challenge, he thought about the Fravahar and what it symbolized. When he was tempted to take a toy that belonged to his classmate, he remembered the promise ring and chose to respect his friend's belongings. When he saw a new student sitting alone at lunch, he thought about the good deeds part of the wings and invited the new boy to sit with his friends.

Over time, the Fravahar pendant became more than just a symbol to Farzad. It was a daily reminder of the values he wanted to embody: wisdom, honesty, kindness, and respect for the divine. Through the symbol of the Fravahar, Farzad learned more about his faith and how to be a good person.



Independent Practice (15 minutes):

Students will create an artwork featuring themselves and the Fravahar. Encourage them to depict a situation where they can apply the concepts of good thoughts, words, and deeds in their daily life.

Summary/closing activity (5 minutes):

Have students share their artwork and explain how they included the Fravahar and its teachings in their depicted situation. Emphasize the importance of symbols in helping us remember to be good.

Learning Extensions:

Students can explore other religious symbols at home and compare them with the Fravahar.

Assessment:

Evaluate students' understanding of the Fravahar, its elements, and symbolism through their art projects and participation in the discussion. Note any misconceptions or misunderstandings for future teaching.

Activity for Students:

Creating their own art depicting the Fravahar and themselves and participating in the discussion will provide hands-on, visual, and verbal interaction with the lesson content, fostering understanding and retention.

Sources:

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

Prepared by: Sousan Bakhtari

Lesson for student and activity option 1: Sousan Bakhtari

Lesson for student and activity option 2: Nilufar Kamdar

Edited by: Hilda Kasravi

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