

FEZANA Age-Appropriate Lesson Plan

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

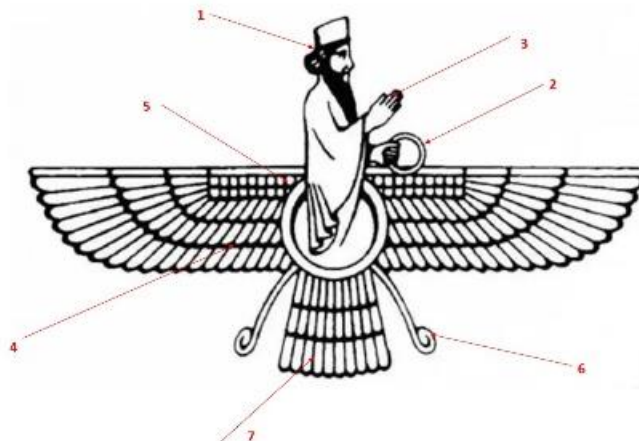
Age Group (circle one): PreK-K Grades 1-3 Grades 4-5 **Grades 6-8** Grades 9-12

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) “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.
- Faravahar 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 from Persepolis
- Hand out about Fravahar and references

Lesson for students:

Option 1:

- Be prepared to answer basic questions regarding Fravahar.
- Hand out about Fravahar and references (Fravahar-Activity 2-PreK-Grade 12)

Activity for Students:

- Prepare and participate in Q&A
- Word Puzzle (Fravahar-Activity-Grades 6-8)

Option 2:

Lesson Plan: Understanding and Applying the Farvahar

Lesson Objectives / Learning Targets:

- Understand the history, origin, and significance of the Fravahar in Zoroastrianism.
- Interpret and discuss the different elements of the Fravahar and their symbolism.
- Connect the teachings of the Fravahar to personal life and community.

Essential Questions:

- What is the Fravahar and what does it symbolize in Zoroastrianism?
- How can we interpret the different elements of the Fravahar?



- How can the principles symbolized by the Fravahar guide our everyday actions and decisions?

Materials Needed:

- Images of the Fravahar symbol for reference
- Paper and writing materials for notetaking and the activity
- Whiteboard/Blackboard

Introduction / Anticipatory Set (10 minutes):

Introduce the concept of symbols in religions, specifically the Farvahar as a significant symbol in Zoroastrianism. Explain its origin and significance in a context that relates to the student's lives and their understanding of their religion.

Vocabulary:

- Farvahar
- Good Thoughts, Good Words, Good Deeds
- Guardian Spirit
- Zoroastrianism

Lesson Procedure (35 minutes):

Direct Instruction (15 minutes):

- Describe the Fravahar symbol, its origin, and its historical significance.
 - It's historical significance (Source: <https://www.worldhistory.org/Faravahar/>)
 - The Farvahar, also known as Fravahr or Fravashi, is one of the best-known symbols of Zoroastrianism, the state religion of ancient Iran. This religious-cultural symbol was adapted from ancient Iranian/Persian symbology. The exact origins of this symbol are shrouded in mystery, as it predates Zoroastrianism and has been found in ancient archaeological sites as far back as 3000 BC.
 - The Farvahar symbol is a depiction of a human figure, assumed to be Ahura Mazda (the highest spirit of worship in Zoroastrianism), within a winged disc, surrounded by a pair of large, open wings. The figure is shown as facing the right direction, which signifies moving toward the good and the positive.
- Explain each component of the Fravahar symbol and its symbolic meaning, relating each part to Zoroastrian principles.

Independent Practice (10 minutes):

- Have students draw and annotate their interpretation of the Farvahar, explaining how each part of the symbol reflects a principle of Zoroastrianism that they feel personally connected to.



Summary/closing activity (10 minutes)

- Students share their interpretation of the Fravahar symbol and how its principles can be applied in their personal life.

Learning Extensions (Homework, not timed)

- Have students observe and write about a situation where they or someone else demonstrated one of the principles represented by the Fravahar (e.g., good thoughts, good words, good deeds).

Assessment:

- Monitor student engagement during the discussion, check the accuracy of their annotated Fravahar drawings, and listen to their sharing about how they can apply the Fravahar's teachings in their personal life.

Activity for Students (Included in Lesson Procedure):

- Drawing and annotating their personal interpretation of the Fravahar.
- Sharing their interpretations and personal connections with the Fravahar's teachings.

Sources:

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

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