



FEZANA Age-Appropriate Lesson Plan

Subject Category (circle one): 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:

Freedom to choose- Yasna 30.2

Background Knowledge for the Teacher:

Yasna 30.2

Transliterated Text:

*sraotâ gêushâish vahishtâ
avaênatâ sûcâ mananghâ
âvarenâ vicithahyâ
narêm narem xvaxyâi tanuyê
parâ mazê ýanghō
ahmâi nê sazdyâi baodañtō paitî.*

(The Gathas: Yasna 30.2)

Translated Text:

By Dr. Jafarey

Hear the best with your ears
and ponder with a bright mind.
Then each man and woman, for his or her self,
select either of the [following] two.
Awaken to this Doctrine of ours
before the Great Event of Choice ushers in.

By Dinshaw J. Irani

Hearken with your ears to these Best Counsels,
Reflect upon them with illumined judgement. Let each choose his creed, with that freedom of choice
each must have at Great Events,
Oh ye, be awake to these my announcements



Vocabulary:

sûcâ mananghâ

- clear mind, Bright intellect

narêm narem

- man and woman, for each one

vîcithahyâ

- Choice

Learning target

Students will learn:

Everyone is born with a Manah (mind) which can be used in either a good or bad way or a combination of both

The ability to decide what is good and what is evil, is the function of understanding. The better the understanding, the greater is the person's ability to recognize right from wrong; and wisdom can be defined as the ability to distinguish between good and evil. Every person must use reason, intuition, and logic to make the right choices.

Zoroastrianism is a religion of choice.

Lesson for students:

You are in 7th grade and have just changed schools from elementary to middle school. It is a big change as this is a big school with many older kids. So, you are now in a spot to be one of the youngest rather than the oldest age group as you were in elementary school. You notice a big change in the friend groups around you. You especially notice that everyone tries to act cool and not hang out with the previous friends they had before to impress the older kids. You have had 3 years of amazing friendships in a scouting group you had joined. You had formed friendships, performed kind acts, and bonded over camping trips. Now the same scout group has changed from 14 kids down to 4. 10 of those kids have dropped out and no longer want to be associated with this group because they don't want to be labeled as dorky.



Activity for Students:

1. What should you do? How do you make a decision if you should stay in this after school activity or drop out?
2. What's your decision based on? Who would you like to please?
3. What are the pros and cons of your choice?
4. Should you consult anyone about your decision and why?

Take away lesson:

Every decision we make at any age should be made with wisdom and knowledge, especially when faced with peer pressure. Do I start or stop an activity because I want to impress those around me, or do I do so because it makes me a better person and I get something out of it? Do I know enough to make a rational decision, or am I making a decision based on emotion? Our duty as an intelligent being is to learn how to choose wisely and that's done through knowledge and experience.

Sources:

5. The Gathas Our Guide Translated by AA Jafarey
6. Hymns of Zarathusthra Translated by DJ Irani

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