



## 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:** Life and Legends of Zarathushtra

### Background Knowledge for Teacher:

#### Who is Zarathushtra

Spitaman Zarathushtra is our prophet. His date of birth varies from 6000 BCE to 3000 BCE. He is believed to be born in the city of Rae, in present day Afghanistan.

Zarathushtra's father's name was Pourushaspa (Keeper of Camels) and Mother's name was Dughdova (milk maid).

There are several legends of Zarathushtra's birth. It is believed before he was born; a bright light appeared around his house. He was born with a smile on his face. Many attempts were made to kill him by evil men. He was thrown into fire, which turned into flowers; he was thrown into a herd of cattle, where a white bull saved him by standing guard over him.

When he grew up, Zarathushtra was deeply disturbed with what he witnessed around him: a degradation of the human spirit, harm to animals, and the destruction of the environment. The degradation of the human spirit was manifest in unprincipled living, greed and violence. It is believed around the age of 20, he went in search of a spiritual quest, to get answers to questions that he had. At the age of 30, Zarathushtra received a revelation from Ahura Mazda, through Vohu Manah (the Good Mind).

The approach that Zarathushtra used was unique for his times. Rather than seeking to bring about this change with the use of power, authority, and coercion, Zarathushtra sought to bring about change through reason, wisdom, and empowerment of the downtrodden. His precepts are found in the form of inquiries about the creator and the universe, and ethical concepts as code of conduct and moral values.

Teachings of Zarathushtra are found in the Gathas. Some of the key messages include:

- a. Concept of omniscient creator Ahura Mazda
- b. Concept of duality – Spenta Mainyu vs. Angra Mainyu. Zarathushtra emphasized the “enlightened mind” as a tool for the making the fundamental choice between the two spirits, one that takes us closer to Ahura Mazda's ideal through wisdom and following the path of Asha (righteousness) and the other destructive spirit that wishes to remain in ignorance and darkness.



c. Attributes of Ahura Mazda – The six Amesha Spentas help us best understand God’s connection with creation and are also ideals that all humans can aspire to. Possessing these qualities such as the good mind, ordered and righteous living, serenity and holistic living, leads one to be in harmony with God’s work.

Zarathushtra’s first disciple was his cousin Maidhyoimanha. His first *Royal Patronage* was Kai Vishtaspa (of Kiyanian Dynasty) and Hutaosha. It is said that one day when King Kai Vishtaspa was riding his horse, the horse suddenly collapsed as his legs buckled under him. Many eminent doctors were brought in, but no one cure him. When Zarathushtra and Maidhyoimanha heard about this, they went to the King and offered to cure the horse. The King was so desperate that he agreed. Zarathushtra is said to have recited four Ahunavars (Yatha Ahu Vairyo). During recital, with each *shyothananam* Zarathushtra pulled the leg out until all four legs were restored. The King became so happy that he inquired about Zarathushtra’s prayers and his message and accepted this religion. This story also has an allegorical representation. The name of the horse was Aspe-siha meaning the black horse. The story represents the awakening of King Vishtaspa’s mind through the power of prayers.

There are some special days associated with Zarathustra. Khordad Saal, celebrated on Khordad roj of Farvardin mah symbolizes the birth of Zarathushtra while Zarathosht-no-diso on Khorshed roj of Dae mah represents the passing away of the prophet from the material to the spiritual existence.

**Material for the teacher:**

Books on Zarathushtra’s life – See books mentioned under “Sources”.

**Suggested Teaching Aids:**

1. Globe/map to show placement of Iran/Central Asia
2. Story of Zarathushtra - See Reference section
3. Sequencing cards (Manipulatives)
4. Coloring sheet of Zarathushtra
5. Songs – Teacher may create songs to popular nursery rhyme tunes.

**Vocabulary:**

Spitaman Zarathushtra (Keeper of Camels); Asho Zarathushtra; Prophet; Zoroaster (Greek name); Father’s name - Pourushaspa and Mother’s name - Dughdova (milk maid); Maidhyoimanha (First disciple - his cousin); Kai (King) Vishtaspa and Queen Hutaosha (First royal patronage); Rae; Aral Sea; Ahura Mazda; Gathas; Spenta Mainyu; Vohu Manah;

**Lesson for students:**

1. Story of Zarathushtra - Tell students the story of Zarathushtra’s life. Ask them to identify instances of kindness, empathy, love, care, and grit as they hear the story. Ask each student to repeat one thing that happens in the story that they liked and one thing that they disliked. Can they connect these to something that might have happened in their own life (eg: standing up for a friend or animal who might be bullied)?



### Activity for Students:

1. Use the story sequencing cards to help children understand the story of Zarathushtra's life - Peer to peer learning - older children to teach younger children; have children put the cards in the right order.
2. Act out the story
3. Drawing/coloring of Zarathushtra's picture
4. Make a stained Glass Zarathushtra.
5. Create puppets - Spitaman family
6. Make your own Zarathushtra
7. Color a map of Persia
8. Show and tell - bring your own Zarathushtra/ Count the number of Zarathushtra portraits in your home (Virtual)

### Sources:

1. My First Zoroastrian Prayer Book - by Jamshed Rivetna
2. The Story of Our Religion - Zoroastrianism by Ava Mehta
3. Zarathushtra The Golden Star by Parveen Lalkaka
4. Zarathushtra - God's messenger from ancient Persia ([www.amarchithrakatha.com](http://www.amarchithrakatha.com))
5. Zoroastrianism by Jenny Rose
6. K.E. Edulji – <http://heritageinstitute.com/zoroastrianism/zarathushtra/index.htm>

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