



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

Lesson # (if applicable):

Subject of the Lesson:

Yasna 30.11- Result of Our Choices

Background Knowledge for the Teacher:

Yasna 30.11

Transliterated Text:

*hyat tâ urvâtâ sashathâ
yâ mazdâ dadât mashyânghô
xvîticâ êneitî
hyatcâ daregêm dregvôdebyô rashô
savacâ ashavabyô
at aipî tâish anghaitî ushtâ.*

(The Gathas: Yasna 30.11)

Translated Text:

By Dr. Jafarey

If you understand the two principles
of prosperity and adversity
established by the Wise One,
which are a long suffering for the wrongful
and a lasting good for the righteous;
you shall, then, enjoy radiant happiness.

By Dinshaw J. Irani

O ye mortals, mark these commandments, The commandments the Wise Lord has given for happiness and for pain: Long suffering for the doer of Evil, and bliss for the follower of Truth, The illumination of salvation for the Righteous ever after.



Learning target

Life is a journey and throughout this path we are faced with prosperity and adversities, if done right the destination is happiness. This is a very simple but profound concept that's very attainable by everyone through hard work and good choices.

Lesson for students:

Share the following scenario with the class:

Vesta has her finals in two weeks. As she starts preparing, she remembers her talk with her good friend Elisa who suggested different ways to cheat. Elisa was proud that she got good grades in the past two tests without studying and by cheating.

Activity for Students:

Encourage students to share out loud their thoughts on the following question:

Why should Vesta continue preparing for the test instead of listening to Elisa?

Share the following perspective:

You may luck out and not get caught once or twice when cheating on a test or lying or any action which is not righteous, but the end social result will be negative.

Watch this video:

https://www.youtube.com/watch?v=3RG_nkabAfg

Take away lesson:

You reap what you sow means you get what you deserve, whatever you put your time, talent, and energy into is what you get back. You reap what you sow means you must eventually face the consequences of your actions.

The consequence of wrongdoing is suffering and for a righteous act, happiness.

Sources:

1. The Gathas Our Guide Translated by AA Jafarey
2. Hymns of Zarathusthra Translated by DJ Irani

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