



## 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 masyânghô  
xvîtîcâ 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:

Asha is a structural engineer who works for a company. He managed to graduate by receiving the required minimum grades and never really was that good in the field of his study. He partied through most of his college years and had fun. He really didn't want to become an engineer but had the social pressure from his family to do it. He was clever and made friends with smart people and somehow got through the difficult subjects he didn't like or understand by copying his buddies' school projects. He is now responsible for drawing the plans for an office building.

## **Activity for Students:**

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

What are the consequences of his actions as an engineer? What will happen if he makes a mistake in his calculations? Who will it affect?

## **Take away lesson:**

We must always know that we don't live in a vacuum; all of our thoughts when put into action affect someone: family, friends, coworkers, clients, etc. At each stage of our life, we must think beyond immediate satisfaction or happiness. We must be forward thinking and picture the domino effect our actions have on everything and everyone around us.

## **Sources:**

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

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