



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:

Read the following paragraph(s) to the class:

The golden rule is that "We are all responsible for our choices". When children are younger, they don't get to choose for themselves because they haven't learned about consequences for each choice and action. Simple tasks like what to eat, how to dress, when to sleep and how to behave need to be guided by a parent. Slowly one is given more freedom to choose because in the process of growing up, learning and experiencing is a constant occurrence that equips you with needed tools to be able to make right choices. Later with years of academic education and social interactions one gains the ability and confidence to make easy and hard decisions that have positive or negative impacts in one's life.

Our choices determine the outcome. Prosperity is achieved if we make the right decisions and adversity is the result of poor choices. So, it's extremely important to remember that we are mainly responsible for all the joy and suffering that comes our way.

Activity for Students:

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

1. At your age who is responsible for your academic success or failure and why?
2. Who is responsible for your happiness and how?
3. What decision have you made that caused you sadness or anguish?
What did you learn from it?
4. What is your goal in life? How do you plan on achieving it? Would it bring you happiness?

Take away lesson:

Living a Zoroastrian life, one must take full responsibility for his/her actions in everyday life. Every choice should be made in accordance with good thinking otherwise the consequences will not be ideal. Also, one must remember that learning from our mistakes is another responsibility that should be taken seriously.



Sources:

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

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Date: 12/2021