



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 30.9-Purpose of Life

Background Knowledge for the Teacher:

Yasna 30.9

Transliterated Text:

*atcâ tôi vaêm xyâmâ
yôî îm ferashêm kerenâun ahûm,
mzdâscâ ahurânghô
â môyastrâ baranâ ashâcâ
hyat hathrâ manâ bavat
yathrâ cistish anghat maêthâ.*

(The Gathas: Yasna 30.9)

By Dr. Jafarey

And may we be among those
who make this life fresh!
You, lords of wisdom,
who bring happiness through righteousness,
come, let us be single-minded
in the realm of inner intellect.

By Dinshaw J. Irani

So may we be like those making the world progress towards perfection; May the Lord and His Divine spirits help us and guide our efforts through Truth; For a thinking man is where Wisdom is at home.

Vocabulary:

ferashêm kerenâun- making this life fresh, renewing this existence.



Learning target

The master question has always been: Why are we here and what is the purpose of this life? Civilizations have come and gone, empires have shaped numerous cultures and human history for as long as there's been humanity. For millions of years mankind has thrived to be better and stronger. This innate desire to advance has always existed from discovery of fire to discovery of space continuum. We as humans have the potential to promote this existence and it's been done constantly. However sometimes we forget that existence includes our environment, our planet, and other beings. We should be reminded that part of our mission is while advancing and renovating our existence we should also be in harmony with our surroundings and to be successful in this path using acquired knowledge and wisdom is the key.

Lesson for students:

Frashokereti (renewing this existence) should start from our immediate surroundings. It can be as simple as an act of kindness toward others.

When you are kind to people around you it makes them happy. This happiness improves one's being even if it's momentarily it's a small step toward refreshing one's life.

To do this we should be mindful and pay attention to the world outside of ourselves. We should practice empathy and love. Watch “ <https://youtu.be/ltp21tly8nM>” to learn more about empathy.

In school we have all had at least one classmate who has been left out of groups and not included in activities. Have you asked yourself why? What characteristics are causing people not to socialize with them. Is there anything you could do to make it easier for them?

Activity for Students:

Teacher: Put the name of all students in a bag. Students: Draw a name from the bag. Each student put yourself in place of the student you drew. Think of a complement you think they want to hear.

Teacher: ask students to write the complement on a paper. start the sentence with the name of the student you picked. Teacher: Collect the papers and give it to students it is addressed to.

Teacher: ask each student how they felt when they did the task? Is this something they can do occasionally? Why or why not?

Take away lesson:

An act of kindness makes others happy and can motivate them to do the same for someone else. This chain reaction spreads the loving behavior to all, making the community around you renew their faith in human kindness.



Sources:

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

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