



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 43.1- Ushta

Background Knowledge for the Teacher:

Yasna 43.1

ushtâ ahmâi ýahmâi ushtâ kahmâicît
vasê-xshayâs mazdâ dâyat ahurô
utayûitî tevîshîm gat tôi vasemî
ashem deryâyî tat môi dã ârmaitî
râyô ashîsh vanghêush gaêm mananghô

(Gathas: Song 43.1)

Translated Text:

By Dr. Jafarey

May the Wise, Ruling-at-will God
grant radiant happiness to the person
who radiates happiness to any other person at large.
I pray for steadfast strength and courage
in order to uphold righteousness.
Grant me through serenity
the blessings of a rich life of good mind.

By Dinshaw J. Irani

Happiness be the lot of him who works for the happiness of others. May the Lord grant him health and endurance. For the effort to uphold Truth, I beseech these very gifts from Thee! Mayest Thou, through Armaity, the Spirit of Right Mindedness, Bless me with the perfection of a life guided by the Good Mind!



Learning target

Ushta is defined as Radiant Happiness. In the Gathas those who can radiate happiness to others are praised and admired. If one lives a joyful life by righteous acts and deeds that impact others positively, that joy can be shared by others which is an accomplishment. So, one reason to do good deeds is to achieve happiness by bringing joy to others.

Lesson for students:

As a class read through the following article:

<https://www.cnn.com/2020/04/05/us/7-year-old-care-packages-elderly-iyw-trnd/index.html>

Then, discuss the following points:

Ushta means radiating happiness that is a result of doing a righteous act. For example, when you see a need and selflessly act on it, the feeling of satisfaction you get for knowing that others are benefiting from your action, is ushta.

To be able to do this you need a good mind to recognize what is the right action and you need courage to execute.

when you have good mind and courage, you can get a rich life with happiness.

During Covid pandemic, a young 7 year old boy realized his 74 year old grandma was in a high-risk age group for coronavirus.

He decided to help his grandma with grocery shopping, and when he looked at his grandmother's neighbors at her senior citizen home he talked to his mom and decided to make them care packages. When news spread of the first-grader's good deed, donations began to roll in and "the community care pantry" was created.

"It makes me feel beautiful inside because I like giving back." the little boy said

Activity for Students:

spread kindness -

- Have students use their good mind to think of practical ways one can spread kindness.
- Have students come up with step-by-step procedure to do this
- Encourage students to think about the following:
 - Do you have the courage to act on this and make it happen?
 - How do you feel when you see the results of your actions?

Take away lesson:

Good mind and courage is needed to realize righteousness and to act on it. This is a precursor for a rich life filled with happiness that is shared by all.



Source:

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

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