

Friday School for Little Zarathushtis

ACTIVITY BOOK 2

This activity book was developed by Arnavaz Murzban Dinshaw for the *Friday School for Little Zarathushtis*, Karachi, Pakistan, to teach children the fundamentals of Asho Zarathushtra's message. It was initially published in 1981 for free distribution with funding from the Informal Religious Meetings (IRM) Trust Fund. Please preserve the original source when photocopying. This e-edition prepared in 2017.

May Ahura Mazda be pleased.

Write "Khsnaothra Ahurahe Mazdao" in your best handwriting. Decorate the box.

Ahura Mazda's Creation

Ahura Mazda has given you eyes to see and enjoy the beautiful colours and designs in Nature.

Look around carefully, and you will discover some beautiful surprises. You will find pretty designs on stones, leaves, butterflies, squirrels, birds and on all Ahura Mazda's creation.

On the facing page, see if you can copy some of the designs on Ahura Mazda's creation.

- You may make a leaf rubbing or a rubbing of a bark of a tree.
- Place a rock under the page and try rubbing crayons over it to trace its pattern.
- Look at the eggshell with a magnifying glass. Can you copy the pattern?
- Copy a feather.
- Or copy any other pattern from on Ahura Mazda's creation

Oh, Ahura Mazda when I see all your
wonders around me I am filled with

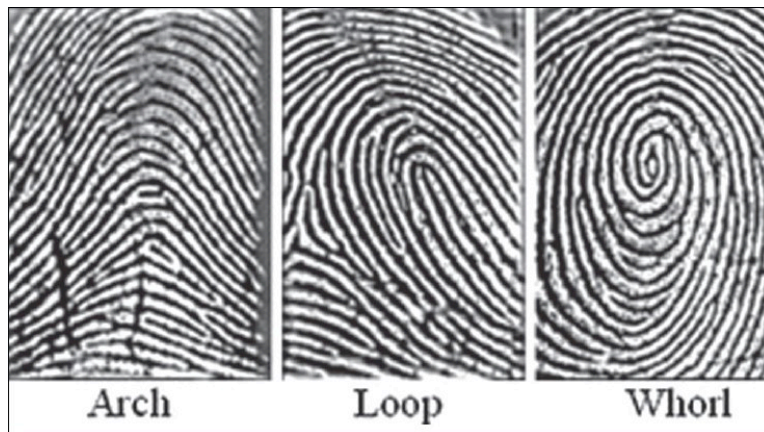
_____ and _____ .

I am special

Ahura Mazda has made such a beautiful world full of colours and patterns.

Hold up your finger and look at it closely. It is marked with a pattern of lines.

Ahura Mazda has made millions of people on this earth. Each of us have our own special pattern on our fingertips.



Ahura Mazda has made this special pattern for me.

Rub your fingertips on a stamp pad. Then press it on this page.

The story of a boy called

Zarathushtra

Long, long ago, in the country of Iran, lived a little boy called Zarathushtra. He lived a simple life and spent his days helping the poor, the sick and the needy. He was especially kind to animals.

He prayed every day to Ahura Mazda for strength.

All the boys and the girls loved Zarathushtra. They asked him, “Why are you always smiling and happy?”

Zarathushtra said, “You can be happy too, if you try to think and do all that is good, and share what you have with others, and be kind to everyone.”



Asho Zarathushtra
looked after the sick.



Asho Zarathushtra
helped the needy.



Asho Zarathushtra
was kind to animals.



Asho Zarathushtra
prayed for strength.

Colour. (Remember Asho Zarathushtra wore white clothes).

At one time there was a shortage of food in Iran. Zarathushtra and his parents gave away all the food they had to the poor and hungry people. They became poor, but were glad that so many people were made happy by their deeds.

Many years passed, and this little boy Zarathushtra became the great *paigambar* [messenger of God] of Iran.

Asho Zarathushtra taught the people not to be afraid or unhappy, but to understand Ahura Mazda by seeing the goodness in everything. He taught them to have worthy thoughts about everyone, to be kind to all and to help others to be happy.*

Source: “Zarathushtra - The Golden Star” by Pareen Lalkaka. Bombay (India). Kutub Popular. 1965.



Colour. (Remember Asho Zarathushtra wore white clothes).

Dregubyo

is an Avesta word.
It means **the needy**.

Asho Zarathushtra said: “We must take care of those who are less fortunate than us.”

Who are the people who need our help? Do you know any person who helps the needy and helpless?

Some of the things we can do are:

- Share our knowledge and skills.
- Share our pocket money.
- Share our belongings such as toys and books.
- Cheer a sad person.
- Nurse a sick person.

I resolve to help the following people this week.

When I grow up I will help the needy in the following ways:

When we help others, it shows that we love Ahura Mazda.

Asho Zarathushtra said:
animals help us

bees

camel

cow

earthworm

sheep

Draw or write a sentence to show how these animals help us.

Draw or paste a picture that shows love for, or care of animals. Under it write the resolution in your best hand writing: "I will love and look after the animals. I will never hurt them."

Atar

is an Avesta word.
It means **fire**.

The various forms of light and fire represent the radiance or brightness and warmth of Ahura Mazda. This shining brilliance of Ahura Mazda is called **khvareh**.

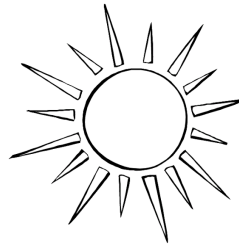
We cannot see Ahura Mazda's radiance so the fire is a symbol of Ahura Mazda's khvareh.

This is the reason Zarathushtris face light or fire when we pray to Ahura Mazda.



ATAR FARANBAGH GUSHNASP

The fire or warmth in all living things. It is also called Adar Khordad



ATAR BURZINMEHER

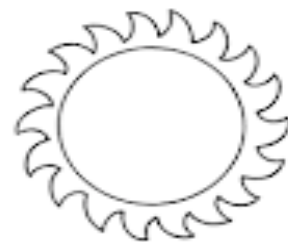
The fire in the sun. This fire burns without fuel. It burns without smoke. It gives light and warmth.



ATAR

This is the fire in the altar.

1. Atash Behram
2. Atasha Adaran
3. Atash Dadgah



List the different types of light and fire that remind you of Ahura Mazda.
Ask your friends to make similar lists and share them with you. Was any one thing common on many lists? What was it?

Gatha

is an Avesta word.
It means **Holy Song**.

Gathas are the words of Asho Zarathushtra.
They are in the form of poems.

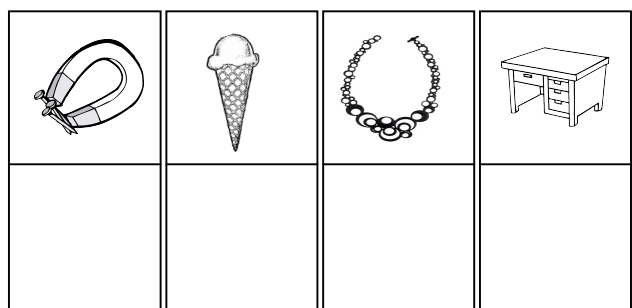
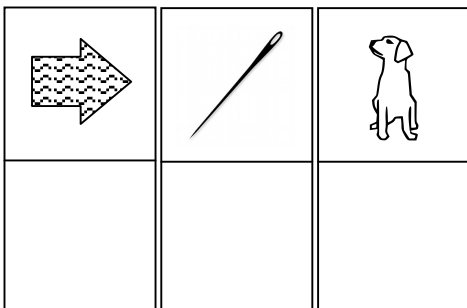
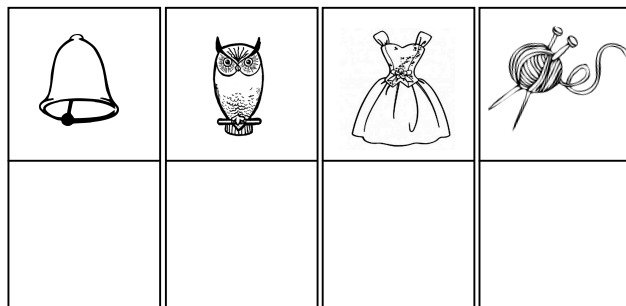
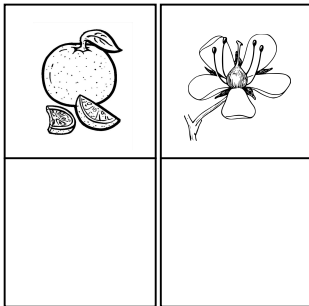
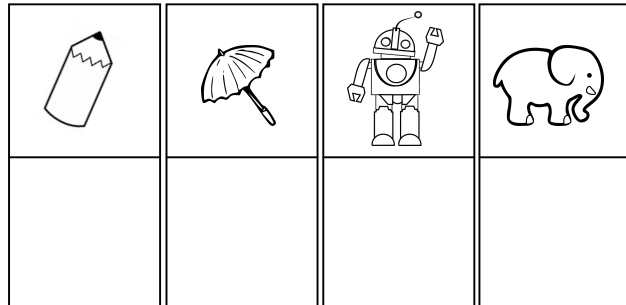
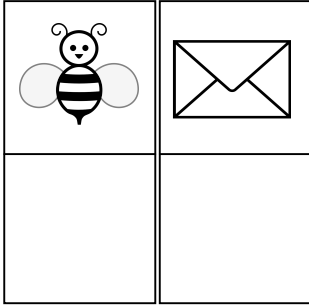
The Gathas are in Avesta language.

The Gathas show us the way to lead a good
and happy life.



Draw a pretty frame around the picture of Asho Zarathushtra.

Asho Zarathushtra's Message



Write down the first letter of the picture clues. Then read the message.

Good and Bad

We must always try to be good and avoid being bad. Sometimes this may be difficult, but if we want to be happy we must be good.

Asho Zarathushtra said: “The choice is yours. Choose to be good and be satisfied and happy or choose to be bad and be sad and angry.”

Fravashi (the Ahura in us) acts like our guide. It helps us to choose what is right and good.



One day, a Zarathushti boy went to his aunt's house. He was [grumpy – cheerful]. His clothes were [dirty – clean].

His aunt was planting flowers in the garden. He decided to [help – watch TV].

When they both finished, they went to the market to buy fruit. His aunt asked him to carry the basket. He was [mad – glad] to help. He [smiled – frowned] all the way back.

When they reached home, the aunt said, “Thank you. May Ahura Mazda bless you.”

The boy was [happy – sad].

Read the story. Pretend you are the Zarathushti boy. Choose one option from each bracket and strike out the other one.

Asho Zarathushtra's Message

I am a **Mazdayasni** (Avesta word)
because I believe in one God,

-----.

I am a **Zarathushtri** (Avesta word)
because I follow the religion of Asho

-----.

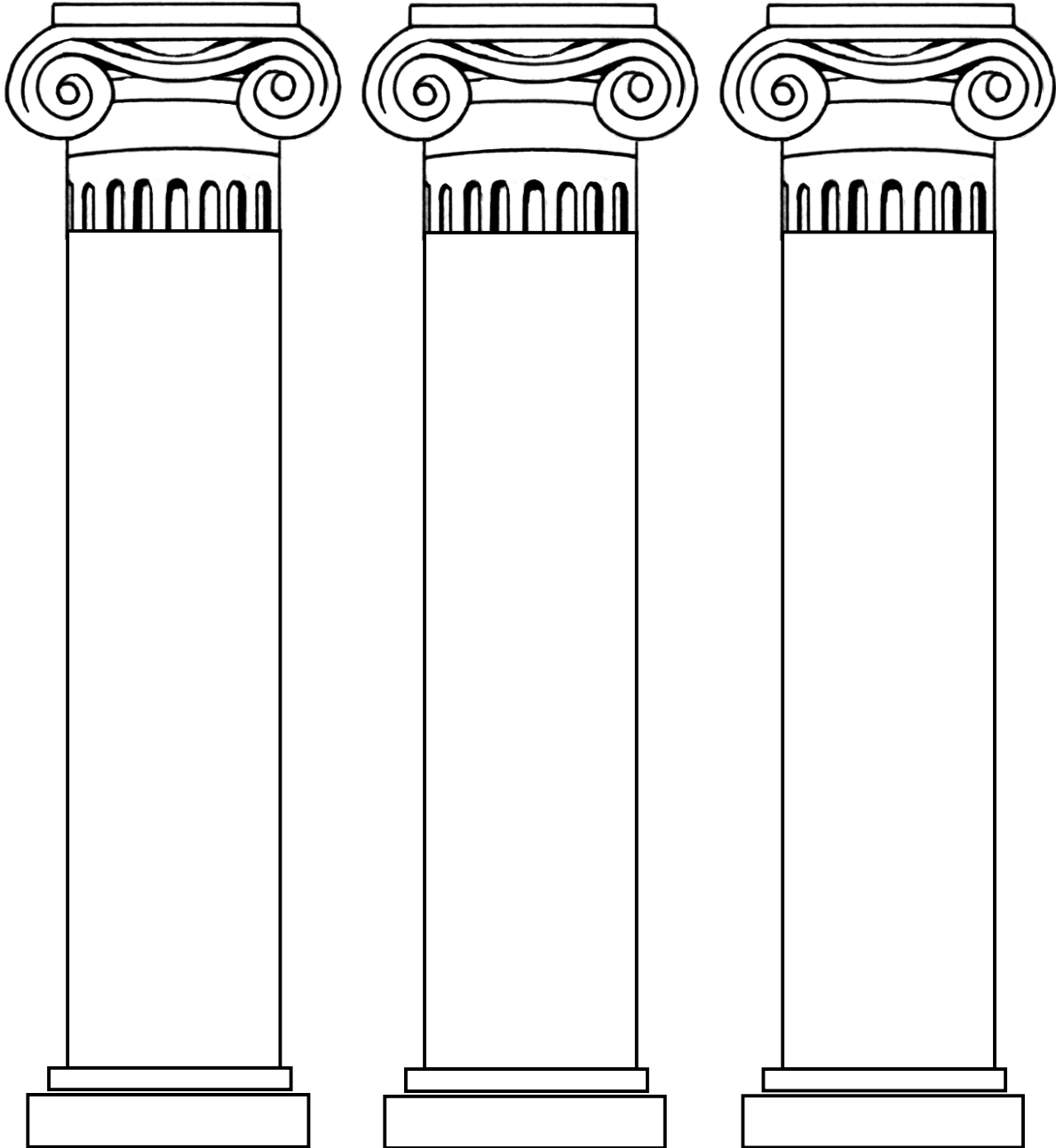
The message of Asho Zarathushtra is built
on three strong pillars:

Humata means **good thoughts**.

Hukhta means **good words**.

Hvarashta means **good deeds**.

Asho Zarathushtra's



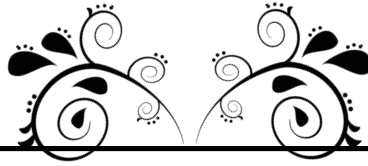
Write the three Avesta words that mean good thoughts, good words, and good deeds on the pillars and decorate them. Make them as strong as you can.

Avesta Words

| Avesta words | English meanings |
|---------------------|-------------------------|
| | |
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List all the Avesta words you remember with their English meanings.

A Prayer



Ashem vohu
Va asti;
Ushta asti;
Ushta ahmai
Hyat ashai
Vahistai

With a bright coloured pencil neatly go over the words.



Ashem vohu, Vahistem asti;

means:

**Ashem is good,
It is best;**

Do you remember the meaning of Ashem
(See Activity Book 1, page 18)

Explain the meaning of these two lines in your own words.

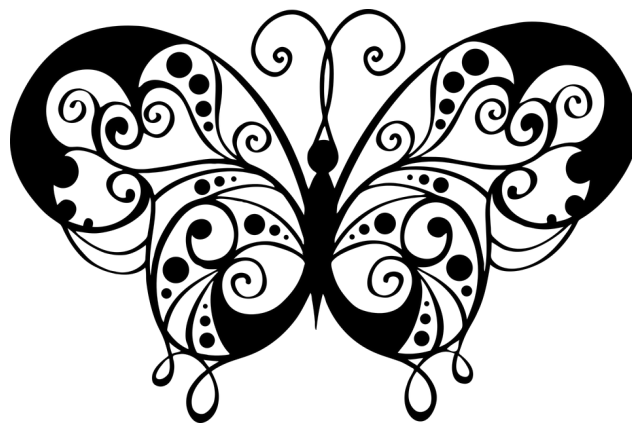
Ushta asti;



means:

It is happiness;

Explain the meaning of this line in your own words.



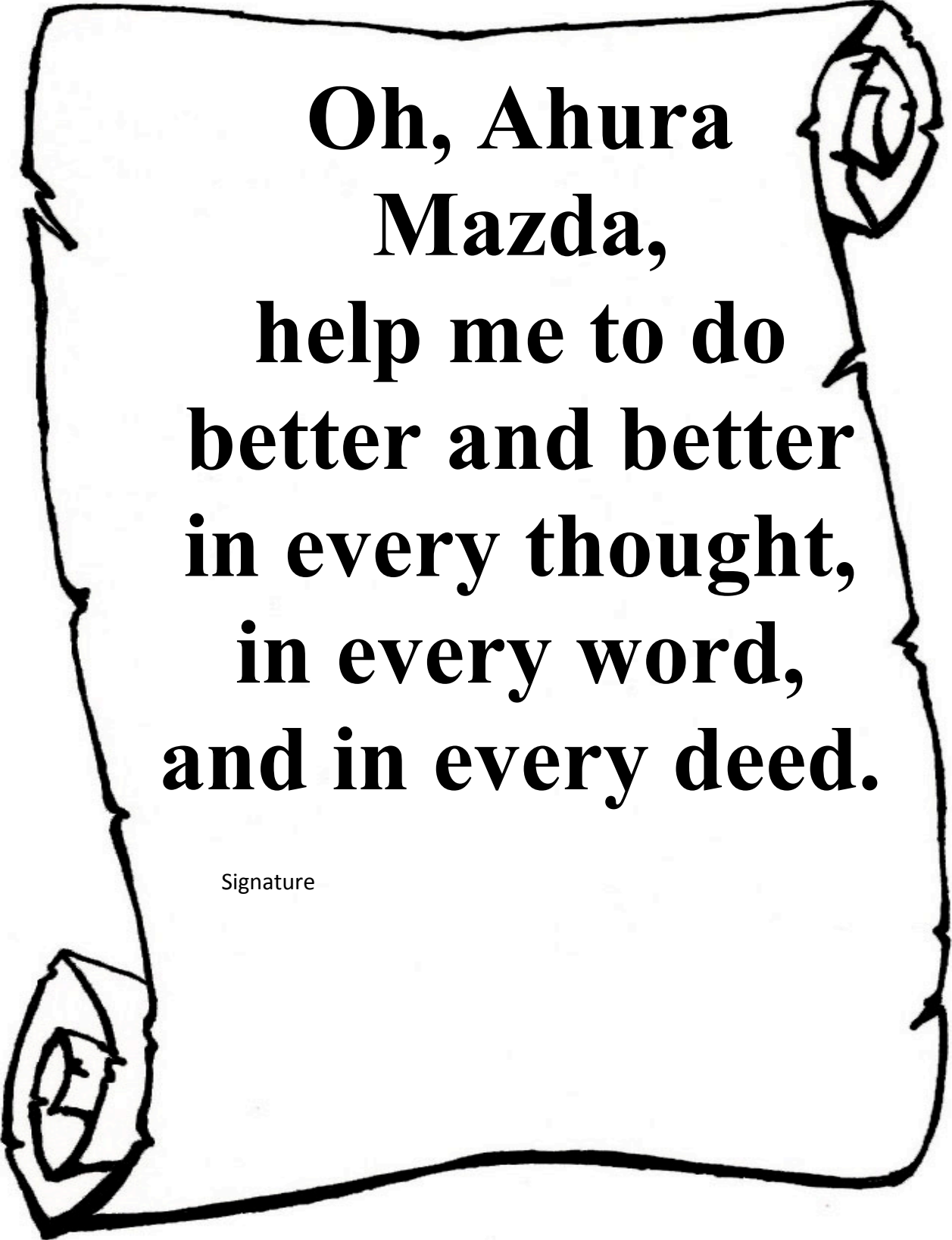
**Ushta ahmai
Hyat ashai 
Vahistai ashem.**

means:

**Happiness is to the person
who is good for the sake
of Ashem.**

Explain the meaning of these lines in your own words.

Draw or paste pictures to show the meaning of the Ashem Vohu prayer.



**Oh, Ahura
Mazda,
help me to do
better and better
in every thought,
in every word,
and in every deed.**

Signature

Two Stalwarts of the Faith

Arnavaz Murzban Dinshaw & Virasp Mehta

In the late 70's, Arnavaz Murzban Dinshaw was instrumental in starting weekly classes for children where they could learn about our religion through activities, songs and stories. Recognizing that Zarathushti children in private schools in Karachi, Pakistan, were inundated with Islamic or Catholic images and information, she spearheaded a movement to start religious classes for them. As she had her own Montessori school it was natural that the premises would be used for the classes. In those days, Friday was the weekly holiday in Pakistan so *Friday School for Little Zarathushtis* was born and continued to be part of the lives of Zarathushti children in Karachi for over twenty-five years.

She developed a series of four Activity Books and a series of history books to teach children religion through puzzles, stories and games. The Activity Books are used by Sunday School teachers and parents around the world. As an educator with experience teaching all ages from toddlers to adults, she understood that people learn best when they are having fun. She also recognized that being a Zarathushti was more than just knowing the facts so she instilled values like respect and fair play through activities. Over the years, *Friday School* students participated in concerts and plays, quizzes, treasure hunts and picnics to commemorate Jashan e Saadeh and Ardvisur no Parab. Her decreasing health and lack of volunteers forced her to end this innovative program in 2001.

Virasp Mehta was one of the dedicated teachers who diligently came to the classes every week, rain or shine, inspiring us all with his ready sense of humour and deep, melodious voice. He composed many songs for *Friday School* and singing became one of the most popular activities at the *School*. Besides being a song writer, he was a prolific playwright. He composed the songbooks for *Friday School*'s lavish musical performances open to all community members: "Song of Sanjan", which told the story of the Parsis' arrival in India, and "Shahnameh Cavalcade", which depicted stories of kings and warriors from the Shahnameh. **