

Friday School for Little Zarathushtis

ACTIVITY BOOK 1

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 for free distribution with funding from the Informal Religious Meetings (IRM) Trust Fund. Please preserve the original source when photocopying.



KHSHNAOTHRA

AHURAHAE

MAZDAO

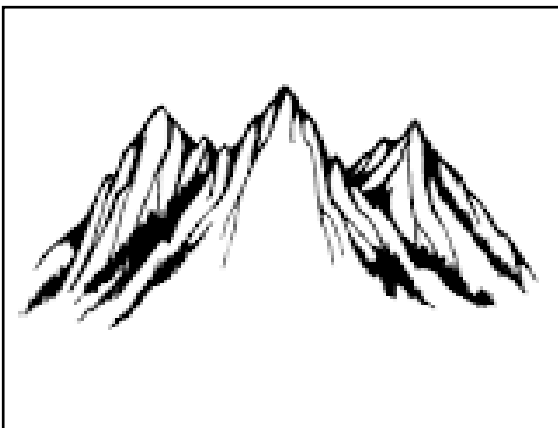
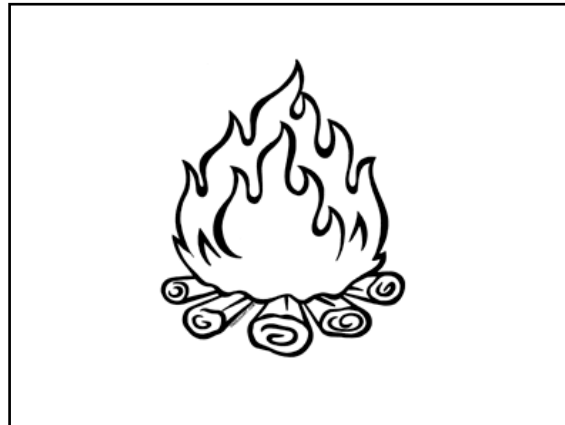
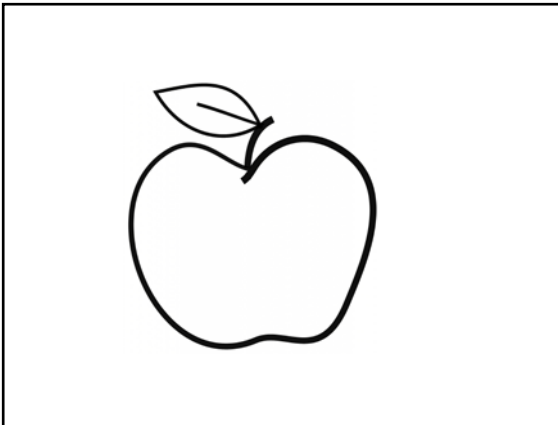
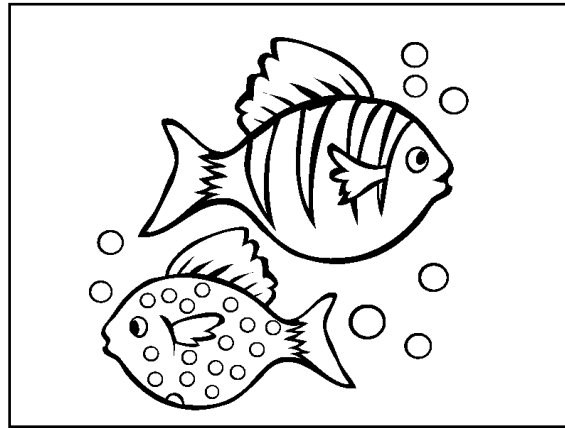
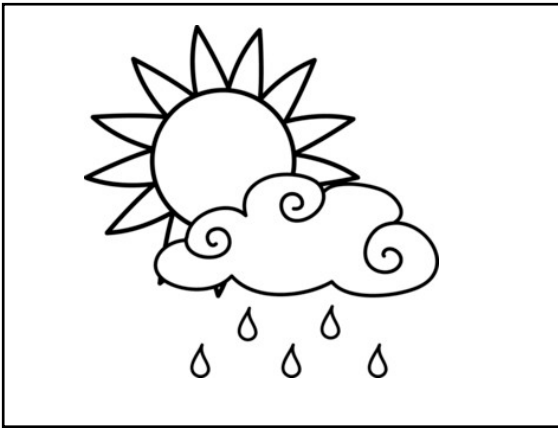
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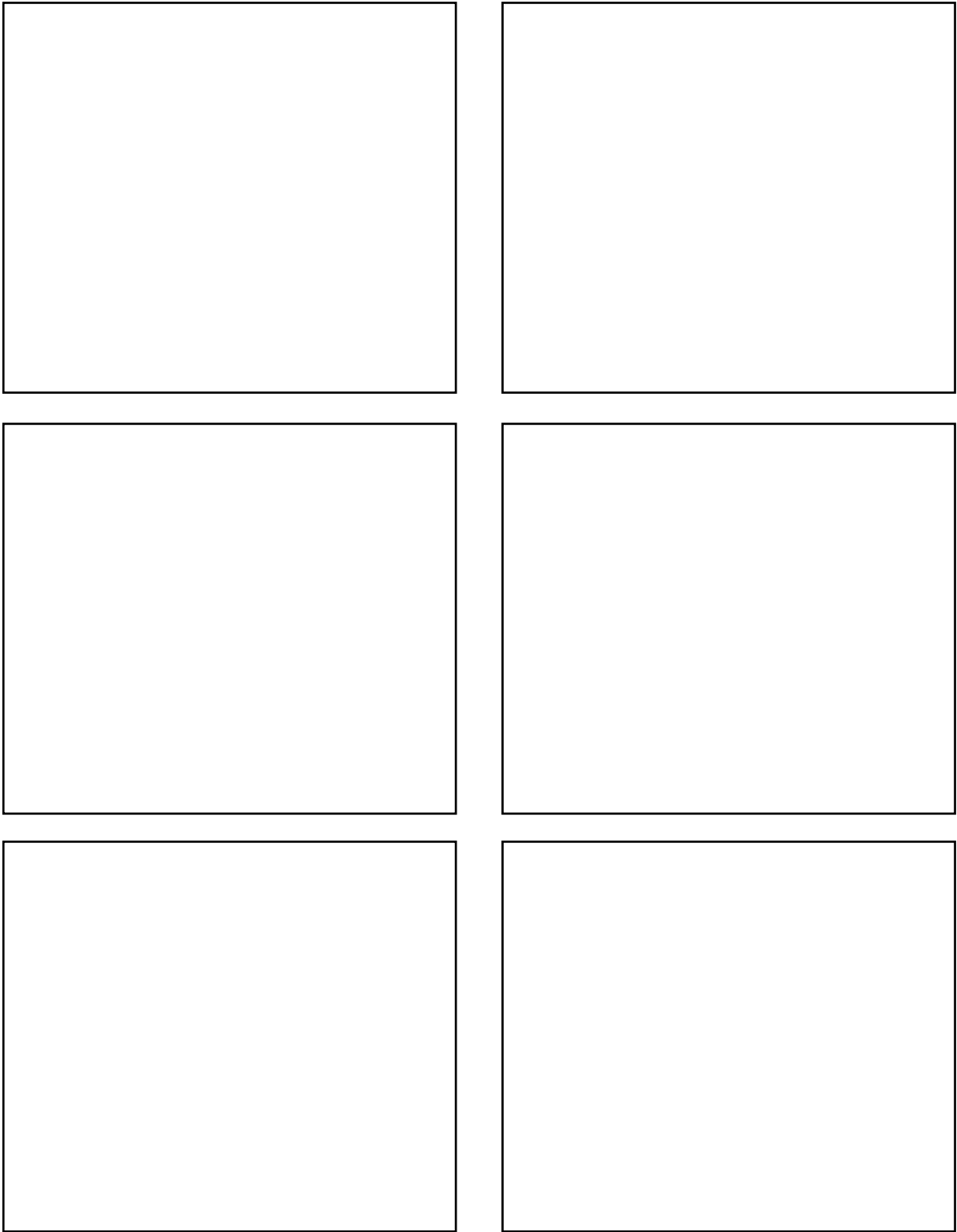
To please Ahura Mazda



Decorate and colour.

The world **Ahura Mazda** made is good and beautiful.





Colour and draw pictures of things Ahura Mazda has made for us.

Ahura Mazda

made me

... and my family.

Draw a picture of your family or paste photographs.

Farohtar

Ahura in me
and you...



...and in all living things.



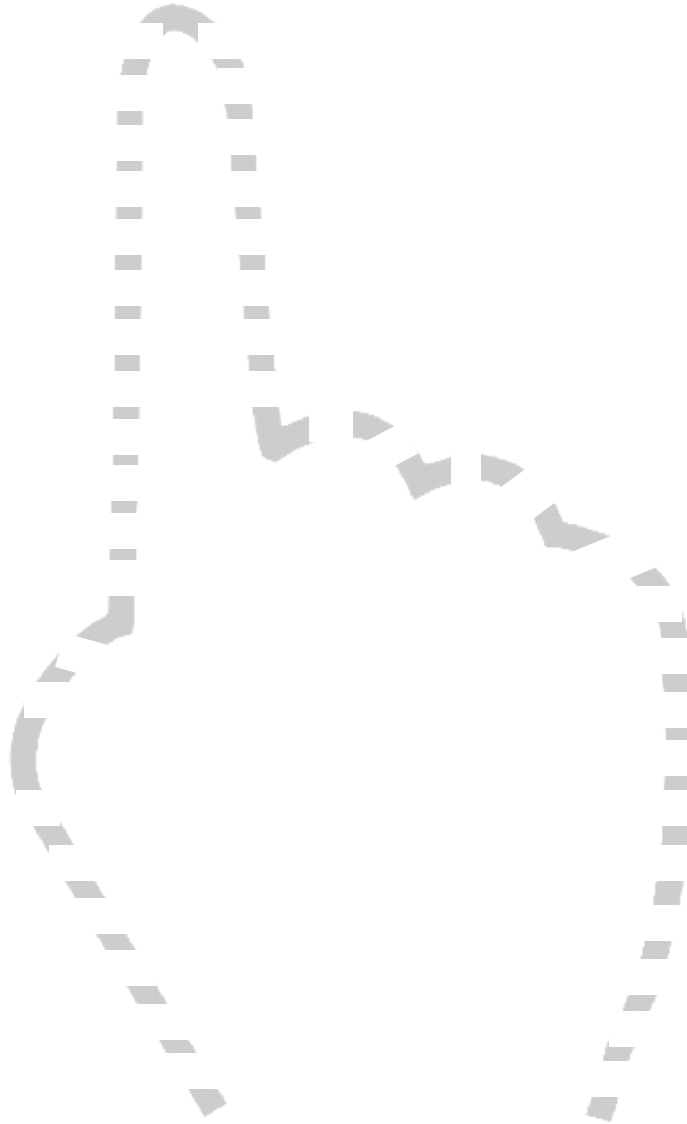
Circle all the things that have a farohar.

Asho Zarathushtra is our teacher.

Stick a picture of
Asho Zarathushtra here
and draw a garland
of flowers around it.

I follow Asho Zarathushtra's teachings.
I am a **Zarathushti**.

Asho Zarathushtra said:
There is **ONE God**. His name is
Ahura Mazda.



ONE Ahura Mazda everywhere.

Join the dashes.

Asho Zarathushtra said:

**All human beings are our
friends. Ahura Mazda made
them all.**

Go through magazines and cut out pictures of men, women and children. Stick as many as you can on these two pages.

Asho Zarathushtra said:

All animals are our friends.

Ahura Mazda made them all.

Go through magazines and cut out pictures of animals. Stick as many as you can on these two pages.

Atar

Fire

Ahura Mazda is everywhere, but we cannot see Ahura Mazda with our eyes.

Fire and light reminds us of Ahura Mazda.

This is why we face the fire and light when we pray to Ahura Mazda.

Rub your hands together. Can you feel Ahura Mazda's warmth?



Draw the flames and colour the picture.

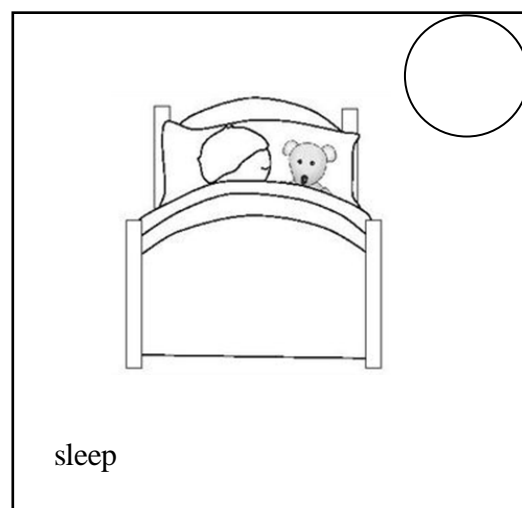
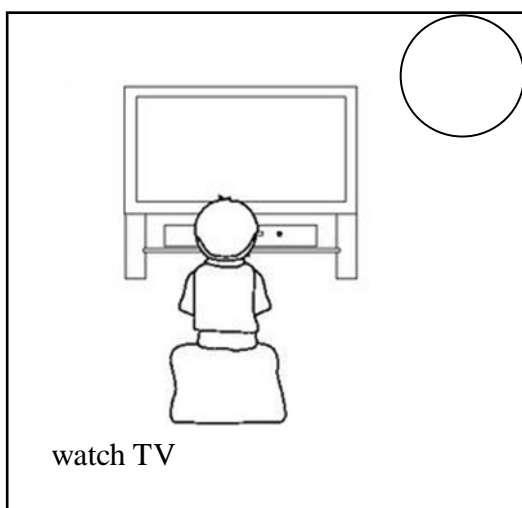
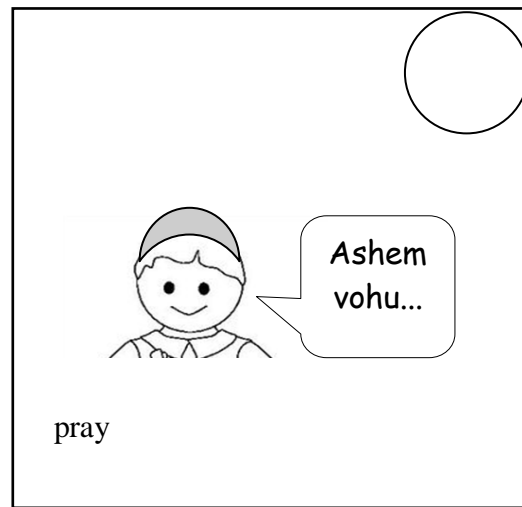
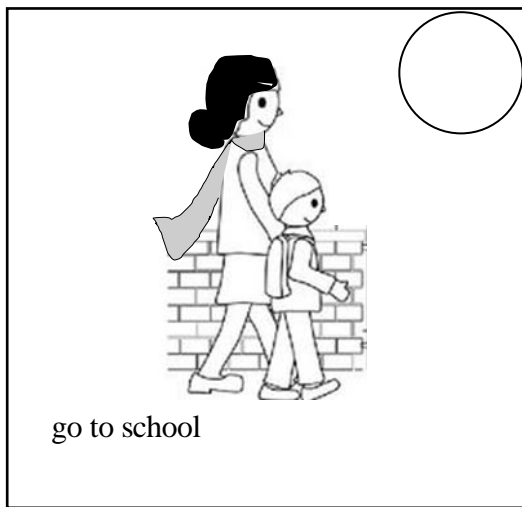
The prayers we say every day are in a book called **Khordeh Avesta**. It means “smaller Avesta”.

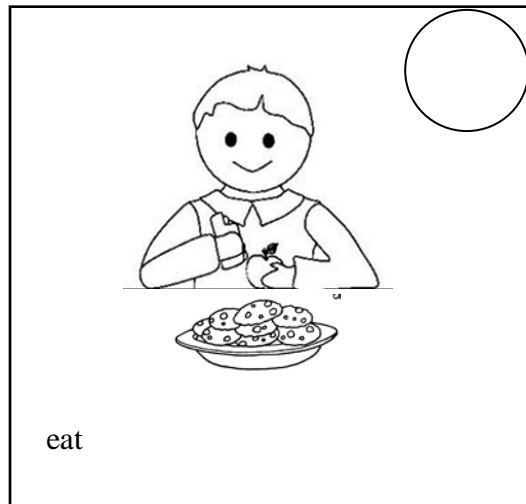
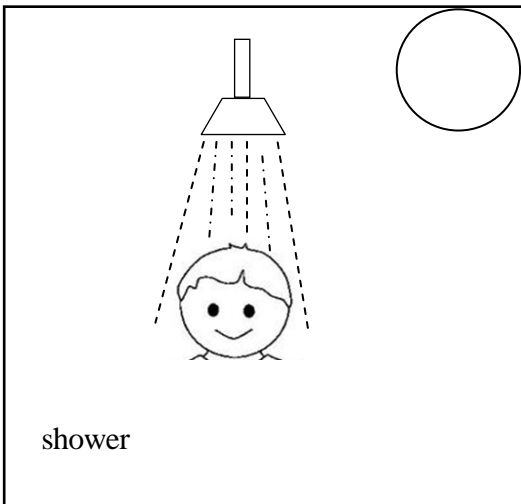
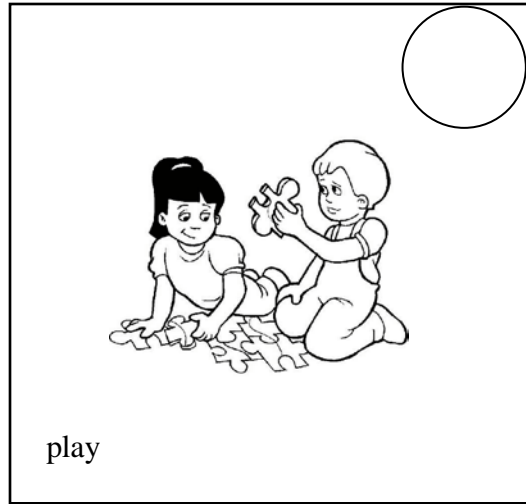
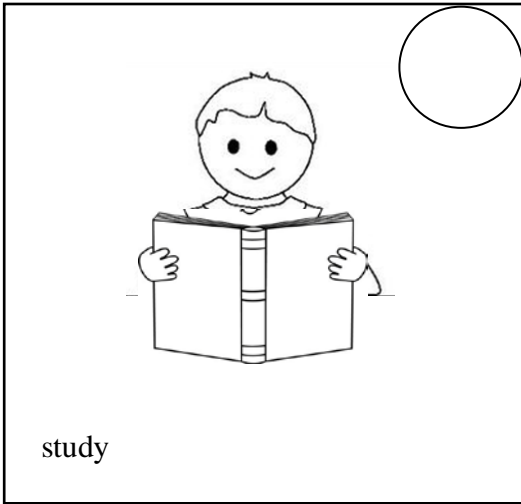
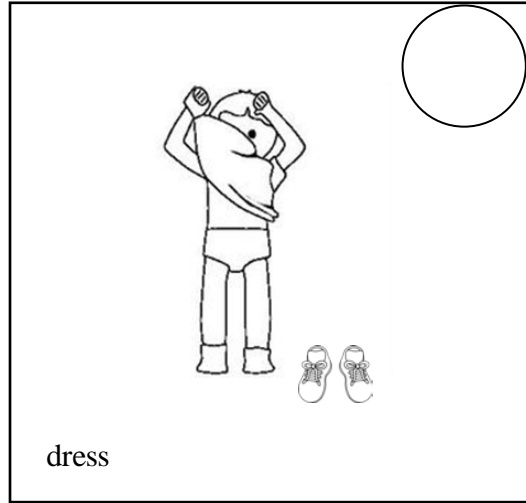
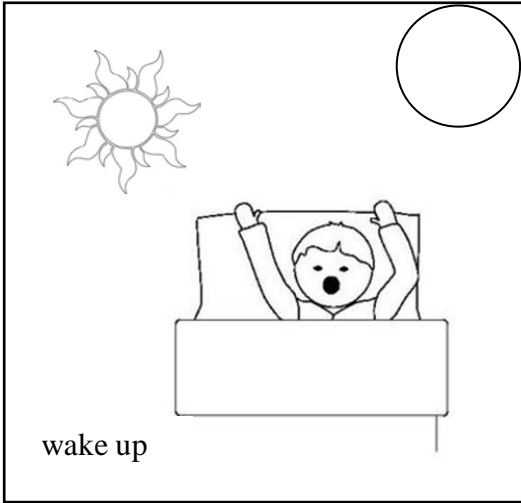


Write the name of our prayer book on the cover and decorate.

Ashem is an Avesta word.

It means: **good, clean and pure of body and mind.**

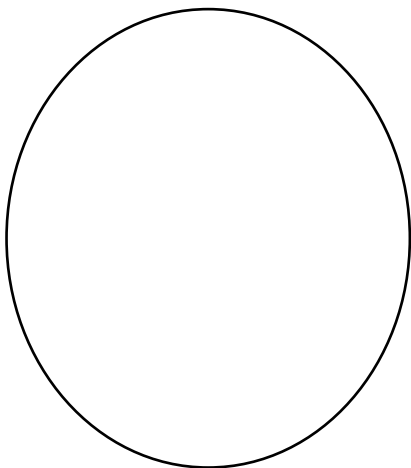
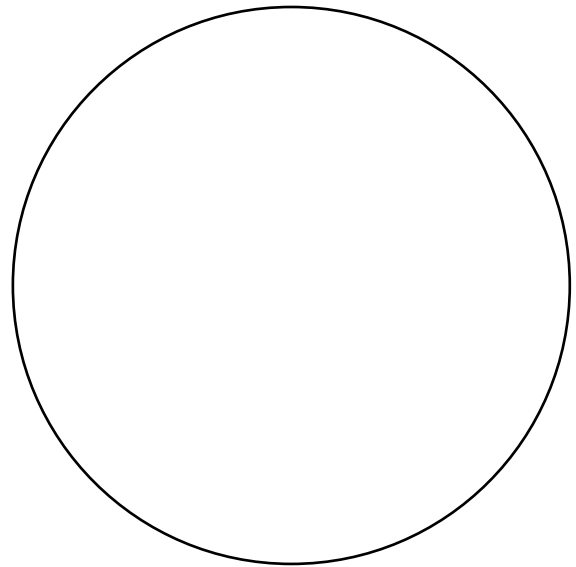
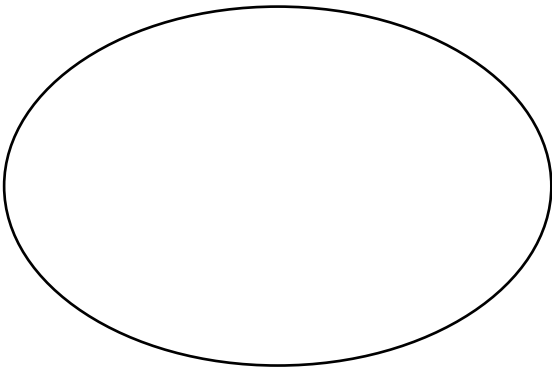




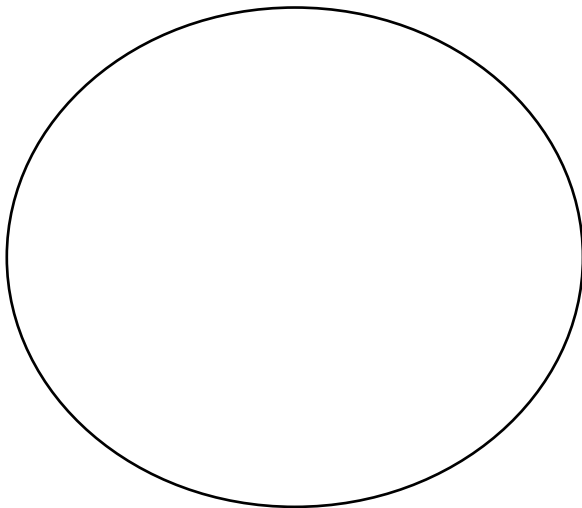
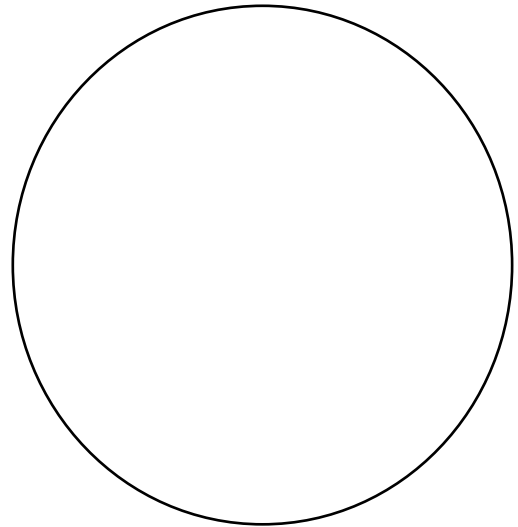
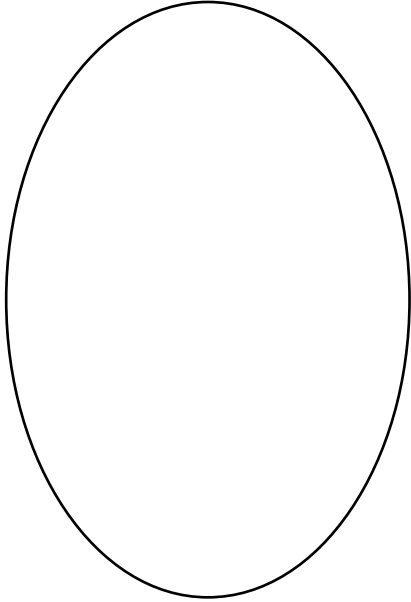
Number the pictures in order to show how the boy spent his day.

Ushta is an Avesta word.

It means: **happiness**.



This is how we look when we are happy.



Draw happy boys and girls.

Shyaothananam is an
Avesta word.

It means: **work hard.**

Everyone works.

The ant works.

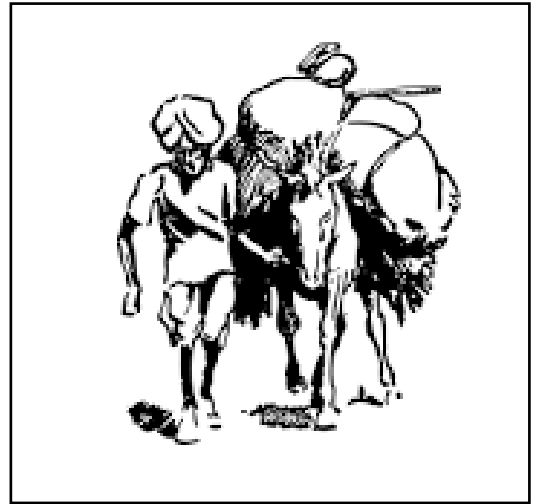
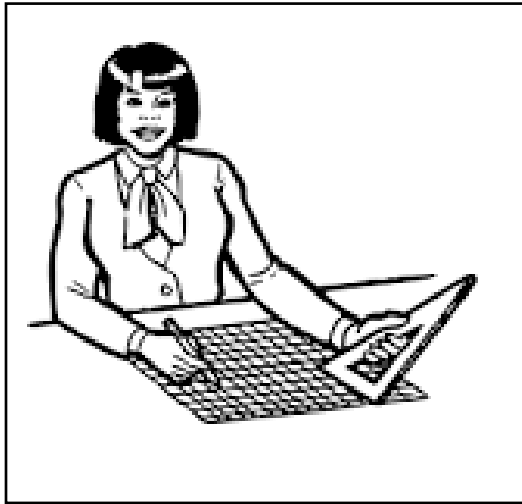
The bird works.

The farmer works.

Grandfather works.

Mummy works.

Write these sentences under the correct pictures on the opposite page.
You may add to this list of others who works hard.



Vastarem is an Avesta word.

It means: **helper.**

We help others.

We help one another.

These are some people who help us.

Mummy

nurse

Daddy

bus driver

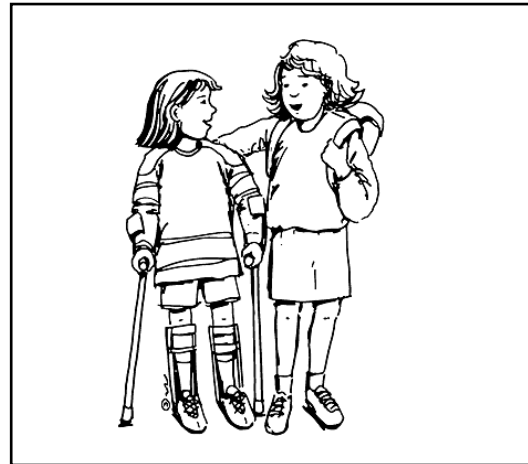
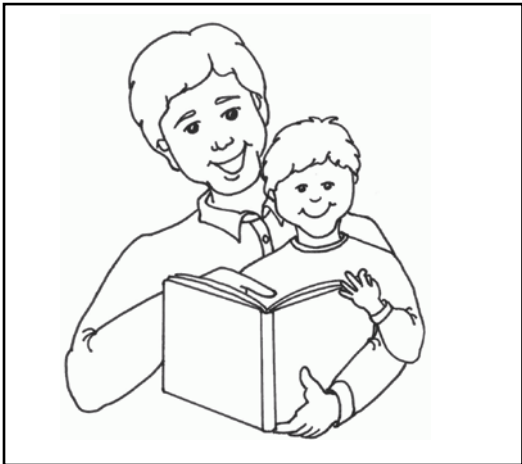
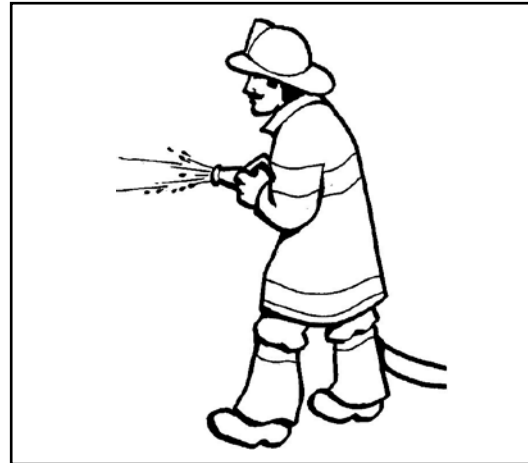
teacher

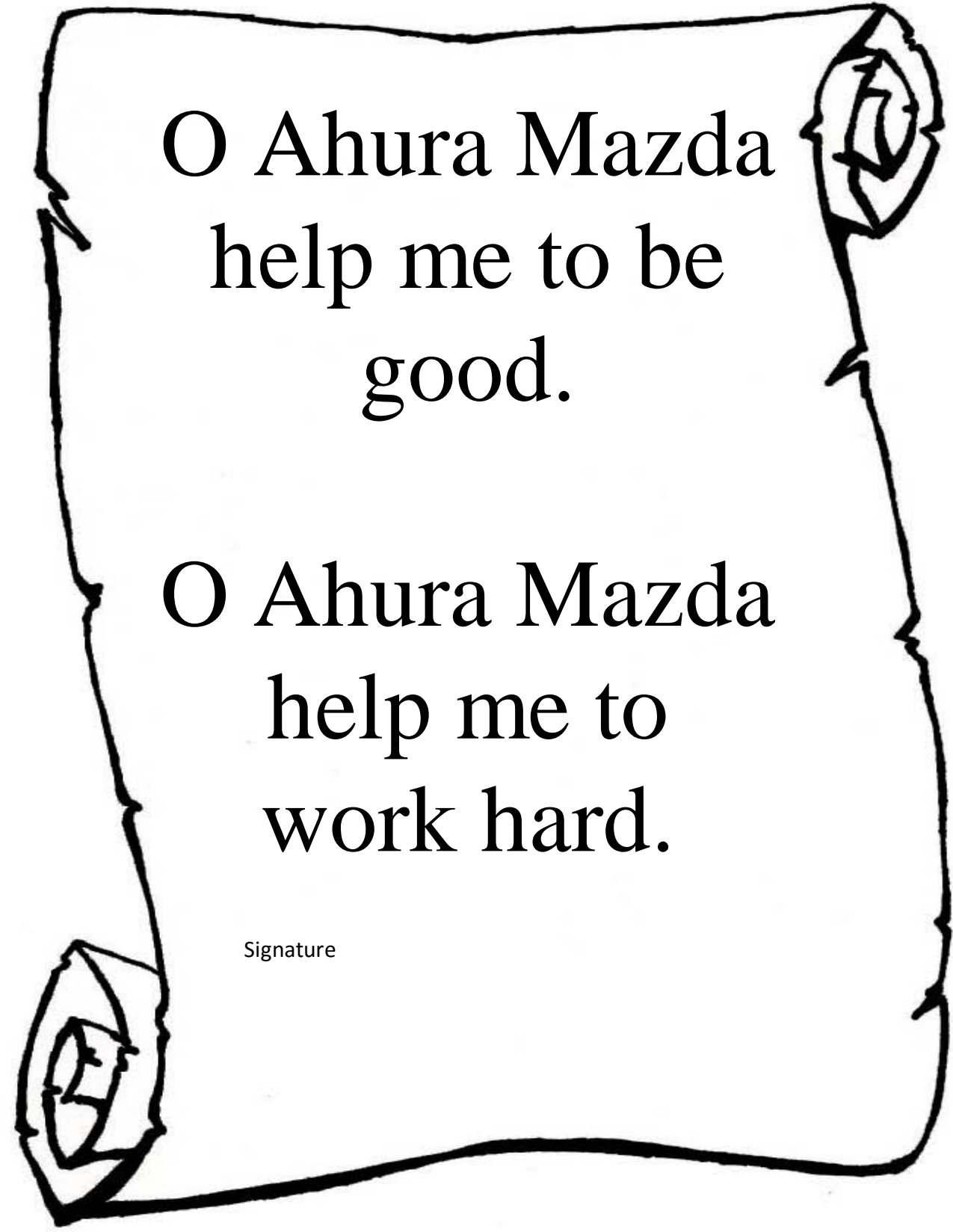
police officer

friend

firefighter

Select the words to write under the pictures on the opposite page.
You may add to this list.





O Ahura Mazda
help me to be
good.

O Ahura Mazda
help me to
work hard.

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. **