

Lesson Plan for Year 1, Lesson 21

- Aim**
- a. to improve family life
 - b. to develop artistic skills

Objectives

After fully participating in both the lesson and the homework, the student should be able to:

- a. be a better son/daughter and contribute to a happy family life,
- b. greet other Bahá'ís with “Alláh'u'Abhá”,
- c. use “Alláh'u'Abhá” several times privately as a calming device when needed,
- d. decorate things with artistic patterns

Materials

Things to drop (for section 1) and a board if floor is carpeted;
Worksheet

1. Game/News – Game: “Sound dropping”
Have a curtain or a desk or something the students can't see behind.
Have some objects in a bag. Take one out behind the curtain and drop it on the floor; students have to guess what it is by the sound they hear. [If floor has a carpet, you will need a board on which to drop things.]
E.g. coin, apple, tin cup, shoe, stick, keys on ring, etc.
2. Mark Homework
3. Virtue – Prayerfulness
Use ¼ of what is in The Virtues Guide.
4. New Topic – Family life
Ask if students have a baby brother or sister; if not, do they have a baby cousin or a baby in another family that they know?
Ask each student to say something that he/she can do which a baby cannot; write these on the board. Bahá'u'lláh tells us that even before we were born God had prepared for us: “eyes to watch over thee, and hearts to love thee.” (*Hidden Word #29*, From the Persian.) Ask who He meant by this... (parents). Parents must do things for the baby. Now you can do these things, but your parents go on looking after you. Ask what things parents do for students; write these on the board. Ask if students show parents how pleased they are to have them and do they thank them for all they do? Here are some ideas:
 - Remember them in your prayers.
 - Help with some work around the house.
 - Remember their birthdays and make something to give them.
 - Listen to them and do what they ask.
 - If we are happy and make our parents happy then our home will be like the one that ‘Abdu'l-Bahá wants us to have:
5. Writings
“My home is the home of peace. My home is the home of joy and delight. My home is the home of laughter and exaltation. Whosoever enters through the portals of this home must go out with gladsome heart.”

‘Abdu'l-Bahá.

6. New Topic – Artistic skills

If your students can manage it, give them a chisel point crayon and ask them to hold the chisel at 45° so that when they draw a ‘/’ it is a thin line, when they can manage that ask for a row of thin /’s. Keeping the angle of the crayon the same, draw a row of thick \’s. Then draw a row of V’s joined, alternate lines being thick and thin. If time, try several separate rows of three V’s along one horizontal line, then repeat with the tops rounded slightly.

Here is an example, taken from *In Home Study Programme*, p.238 (some of this is for section 11 below; more in p.239 and part of p.240 is in worksheet.)



7. Story – *Thoughts*, p.238

Howard Colby Ives recalled one meal provided by 'Abdu'l-Bahá, saying: “Abdu'l-Bahá served me with His own hands most bountifully, urging me to eat, eat, be happy. He Himself did not eat but paced regally around the table, talking, smiling, serving.”

Later he wrote that: “He has been known to go into the kitchen and prepare a meal for His guests. He never failed in such small attentions as seeing that the room where His visitors were entertained contained every possible comfort, though He paid no attention to His own comfort. His response when He was at one time asked to act as honorary chairman of a Bahá'í Assembly was simply, ' 'Abdu'l-Bahá is a servant.'”

8. Music – “Make me more like you” on “Loving Hands” tape
(With year N1 if teacher agrees.)

9. New Topic – *Daily 95 Alláh'u'Abhá* (law)

“Alláh'u'Abhá” is an Arabic phrase meaning “God the All-Glorious”. It is one form of the Greatest Name of God.

Other forms are “Yá Bahá'u'l-Abhá” meaning “O Thou Glory of Glories”, “Bahá'u'lláh”, and simply “Bahá”.

It is a law of Bahá'u'lláh that Bahá'ís over 15 years old say “Alláh'u'Abhá” 95 times after washing hands and face with clean water; this is to be done every day, at any convenient time.

At your age, you don't have to do it, but it may be a good idea to start with, say, 9 times a day, and wash before if you can. You may find it better to close your eyes while saying it, and think of something nice. If you find yourself getting angry or upset at any time, you might find that saying “Alláh'u'Abhá” a few times (as many as you feel necessary) helps to make you calm again.

“Alláh'u'Abhá” is also a greeting used between Bahá'ís. It is not essential to use it; in fact when other people are present who are not Bahá'í and are not familiar with this, it is better not to use it; but if anyone says it to you when you meet, then you must say it in reply – not to do so is thought rude.

10. Writings – Repeat the quotation in item 5.

11. Activity – Artistic skills continued

Another variation is several separate rows of three **u**'s along one horizontal line, using a chisel point at 45°. Then “loops down” and “loops up” in the same manner. Finally a row of **O**'s joined at the tops.

After that, the next step is to try actual letters, starting with lower case **a b c d** but note that **a** is to have a horizontal start, then a vertical down, then a ‘v’ upside-down; **b** is to be drawn in one movement – down and round; **c** is to have horizontal and vertical and a curve up; while **d** is made of two strokes – like **a** but take “pen” off paper to start last vertical line twice as high. [see above.]

12. Worksheet

Repeat quotation; few words at a time, after teacher, if not able to read it.

13. Revision of this lesson

Ask what they are to do for parents; if don't know, remind them of four things in worksheet, and take turns at repeating one of these.

14. Set Homework

Read; say, “Alláh'u' Abhá.”

Copy patterns