



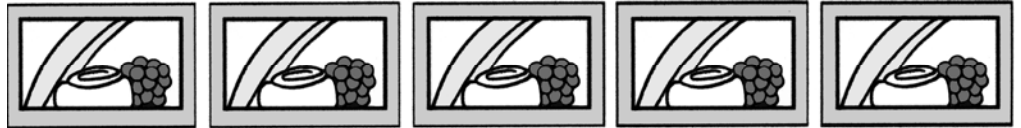
Lessons for Young Children

Core Curriculum for Spiritual Education®

Preschool

Strand: The Central Figures

Theme: 'Abdu'l-Bahá



Learning Objectives

These lessons about 'Abdu'l-Bahá are designed to assist your young children to achieve the following objectives:

Knowledge

- To know the meaning of the phrases "Alláh-u-Abhá" and "Yá Bahá'u'l-Abhá"
- To know a Bahá'í quotation about good speech
- To recognize the name of 'Abdu'l-Bahá and associate it with His picture

Wisdom

- To begin to appreciate diversity
- To begin to understand the importance of happiness and honesty

Spiritual Perception

- To reflect on stories of the life of 'Abdu'l-Bahá and begin to connect them with our own lives
- To reflect on ways to show happiness and honesty in our own lives

Eloquent Speech

- To be able to say the phrases "Alláh-u-Abhá" and "Yá Bahá'u'l-Abhá"
- To be able to greet people in several languages
- To be able to show ways to bring happiness to ourselves and others
- To be able to recite a short quotation about good speech

'Abdu'l-Bahá and Happiness

Welcome and Introductions

None

Activity 1

Resource Page 220

Recorded version of the prayer "Alláh-u-Abhá, Yá Bahá'u'l-Abhá" (optional, first verse only), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 248

Recorded version of the song "Look at Me" (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 249, or *Stories of 'Abdu'l-Bahá*, by Jacqueline Mehrabi, p. 29

Activity 4

Resource Page 250

Plain white paper for each child

Resource Pages 251–52* cut apart, or pictures cut from magazines of diverse styles of homes (apartment, hut, house, igloo)

Crayons or markers

Glitter

Glue sticks or individual cups of glue with cotton swabs

Newspaper (to cover work area)

Activity 5

Resource Page 253 or other picture of 'Abdu'l-Bahá

Blank chart paper or poster board, markers

Activity 6

Fruit juice and cups, enough for each child

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

Activity 7

Resource Page 254

Recorded version of the song "If You're Happy and You Know It" (optional)

You can find the lyrics and music online at <http://kids.niehs.nih.gov/lyrics/happyand.htm>

Activity 8

Resource Page 220

Recorded version of the prayer "Alláh-u-Abhá, Yá Bahá'u'l-Abhá" (optional, first verse only), available on the Core Curriculum website, www.core-curriculum.org

*These pages may be downloaded in color from the Core Curriculum website, www.core-curriculum.org

Welcome and Introductions

Time: 5 minutes

- 1 Warmly welcome the children. Show your genuine happiness to see each one.
- 2 Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other in a friendly way.
- 3 Explain that during next few weeks we will be learning about ‘Abdu’l-Bahá. We will also learn that serving others brings happiness both to them and to our own hearts.



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá,
Yá Bahá’u’l-Abhá” (optional,
first verse only)

Activity 1

Opening Prayer: Alláh-u-Abhá

Time: 10 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Explain that this phrase is a prayer that means “God, the All-Glorious.” Practice saying it several times together as a group. If children remember this prayer from the first lesson in this book, applaud all!
- 2 Explain that this prayer has a beautiful melody. Invite children to listen as you sing the first half of this prayer or play a recorded version. Invite the children to sing along with you, and continue practicing together until they know it well. Congratulate all. Explain that we will sing another part of this prayer in the next class.
- 3 Then explain that “Alláh-u-Abhá” is a special prayer that can also be used as a greeting. “Alláh-u-Abhá” means “God, the All-Glorious.”
- 4 Encourage children to show how they greet their parents or friends. Do they use a hug, handshake, or high-five? Do they say hello, hi, good morning, or something else? Invite each child to share in turn. Applaud all.



Materials Needed

Resource Page 248

Recorded version of the song
“Look at Me” (optional)

Activity 2 Music: Look at Me

Time: 10 minutes

- 1** Explain that ‘Abdu’l-Bahá served Bahá’u’lláh by serving people everywhere. We also strive to serve others. Explain that we will be learning a new song to remind us that ‘Abdu’l-Bahá shows us how to serve others. He is our example.
- 2** Sing the first verse of the song twice or play a recorded version.
- 3** Sing the first line of the verse again, inviting them to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 4** Practice singing the first verse in its entirety several times. Applaud all. Explain that we will continue practicing this song in the coming weeks.



Materials Needed

Resource Page 249, or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 29

Activity 3 Storytelling: ‘Abdu’l-Bahá’s Children

Time: 10 minutes

- 1** Invite children to come close to you to listen to a story about ‘Abdu’l-Bahá. Eloquently read aloud or retell the story, explaining any words as necessary.
- 2** Discuss together: How did ‘Abdu’l-Bahá show love to the children in the story? How do we think the children felt to be with ‘Abdu’l-Bahá? Remind children that ‘Abdu’l-Bahá loves us too. He loves ____, ____, ____ (name each child in turn).



Activity 4

Home of Peace

Time: 10 minutes

Materials Needed

Resource Page 250

Plain white paper (enough for each child)

Resource Pages 251–52, cut apart, or pictures cut from magazines of diverse styles of homes (apartment, hut, house, igloo)

Crayons or markers

Glitter

Glue sticks or individual cups of glue with cotton swabs

Newspaper (to cover work area)

- 1 Read aloud the quotation from ‘Abdu’l-Bahá on Resource Page 250. Discuss: What are some examples of happiness and peace in our homes?
- 2 Explain that we can make people happy when they come to our homes, just like ‘Abdu’l-Bahá brought happiness to everybody. We can also bring happiness to our families. Discuss: What are some ways that we make our families happy? How can we also bring happiness to guests?
- 3 Pass around the pictures of homes from Resource Page 251–52 or other sources. Explain that people live in all types of homes.
- 4 Distribute plain paper and invite children to draw a happy or peaceful home, using the materials provided.
- 5 As children complete their artwork, write all or part of the quotation from ‘Abdu’l-Bahá on their pictures, wherever space permits.



Activity 5

‘Abdu’l-Bahá

Time: 10 minutes

Materials Needed

Resource Page 253 or other picture of ‘Abdu’l-Bahá

Blank chart paper or poster board, markers

- 1 Display a photograph of ‘Abdu’l-Bahá for children to identify. Ask: Who recognizes this photograph?
- 2 Explain that ‘Abdu’l-Bahá is the eldest son of Bahá’u’lláh. We all strive to follow ‘Abdu’l-Bahá’s example in our words and in our actions.
- 3 Write the first letter of ‘Abdu’l-Bahá’s name (‘A’) on a piece of poster board and invite children to name that letter.
- 4 Then continue to write neatly the remaining letters of His name. Invite the class to name the letters as you write them. Add accent marks as indicated.
- 5 When you have completed writing the name of ‘Abdu’l-Bahá, explain that they have just spelled ‘Abdu’l-Bahá’s name! Practice pronouncing ‘Abdu’l-Bahá’s name together. Keep the poster for future use.



Activity 6

Spiritual Quality: Happiness

Time: 10 minutes

Materials Needed

Fruit juice and cups, enough for each child

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

- 1 Remind children that 'Abdu'l-Bahá was always happy and that He wants us to be happy too. 'Abdu'l-Bahá says: "Be happy and joyous. . . ."¹
- 2 Discuss: What makes us happy? Invite each child to give an example of a happy time. Applaud all answers. Affirm that we are happy when: we follow the example of 'Abdu'l-Bahá; we serve God by serving others; we show our love and kindness to others; we feel like we are doing the right thing when we call ourselves to account each day. We know we are developing our spiritual qualities, little by little, day by day.
- 3 Invite children to take turns and work together to practice serving juice to the class.
- 4 Discuss: What is something we can do to bring even more happiness to our homes? What are some ways that we can bring happiness to our families?
- 5 Explain that they will have a Spiritual Quality Chart to help them practice happiness all week.
- 6 Show the Chart and explain that their parents or another adult may place a sticker on the Chart every day that they show happiness or bring happiness to others.
- 7 Explain that when they bring their chart back to class, you will give them a special sticker.
- 8 Give each child a Spiritual Quality Chart and stickers to take home.

¹ 'Abdu'l-Bahá, *The Promulgation of Universal Peace*, p. 214



Materials Needed

Resource Page 254

Recorded version of the song
“If You’re Happy and You
Know It” (optional)

Activity 7

We’re Happy and We Know It

Time: 5 minutes

- 1 Remind children that ‘Abdu’l-Bahá wants us to be happy and invite them to learn a song about happiness. Sing the song twice or play a recorded version, inviting children to clap, stomp, and shout “hooray” as indicated.
- 2 Sing the first line of the verse again, inviting them to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together. Teach the remaining lines of the first and second verses in the same way.
- 3 Practice singing the first 3 verses in their entirety several times. Applaud all.
- 4 Explain that we will sing this song again in the next class.



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá, Yá Bahá’u’l-
Abhá” (optional, first verse
only)

Activity 8

Closing Prayer

Time: 5 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Remind them that this phrase is a prayer that means “God, the All-Glorious.” Practice saying it several times together as a group.
- 2 If children are learning this prayer for the first time, remind them that we are learning a melody to this prayer. Invite children to listen as you sing the first half of this prayer or play a recorded version. Encourage them to join in when they are ready. If children already know this melody, invite them to sing it with you several times.
- 3 Remind them that this special prayer can also be used as a greeting. Encourage children to share this greeting with their families and to bring them happiness serving them, just like ‘Abdu’l-Bahá.

Lesson 2

Be Happy

Materials Needed

Welcome and Introductions

None

Activity 1

Resource Page 220

Recorded version of the prayer “Alláh-u-Abhá, Yá Bahá’u’l-Abhá” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 248

Recorded version of the song “Look at Me” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 249, or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 29

Activity 4

Copies of Resource Page 255

Colored construction paper

Glue and cotton swabs

Newspaper (to cover work area)

Other art supplies, as desired

Activity 5

Resource Page 253 or other picture of ‘Abdu’l-Bahá

Poster from Activity 5 of Lesson 1, if available

Activity 6

Art supplies such as paper, glue, yarn, crayons, markers

Hand mirror

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

“Special stickers” for Spiritual Quality Charts

Activity 7

Resource Page 254

Recorded version of the song “If You’re Happy and You Know It” (optional)

Activity 8

Resource Page 220

Recorded version of the prayer “Alláh-u-Abhá, Yá Bahá’u’l-Abhá” (optional), available on the Core Curriculum website, www.core-curriculum.org

Welcome and Introductions

Time: 5 minutes

- 1 Warmly welcome the children, showing your happiness to see each one.
- 2 Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other in a friendly way.
- 3 Explain that during next few weeks we will be learning about ‘Abdu’l-Bahá. We will learn from the example of ‘Abdu’l-Bahá that service brings happiness to us and to others.



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá, Yá Bahá’u’l-
Abhá” (optional)

Activity 1 Opening Prayer: Alláh-u-Abhá

Time: 10 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Explain that “Alláh-u-Abhá” means “God, the All-Glorious.” Practice saying it several times as a group.
- 2 Remind children that we are learning or already know a melody to this prayer. Invite children to listen as you sing this the first verse of this prayer or play a recorded version. Invite children to sing along with you, and continue practicing together until they know it well. Congratulate all.
- 3 Explain that we are going to add another phrase to this prayer. Explain that “Yá Bahá’u’l-Abhá” means “O Glory of the All-Glorious.” This phrase continues our prayer to God.
- 4 Display the phrase “Yá Bahá’u’l-Abhá” for the children to identify. Encourage them to practice saying this phrase several times as a group. Encourage them to practice in pairs, saying it to each other.
- 5 Sing this second half of the prayer for the class. Then invite the children to sing along with you, and continue practicing this second phrase until they know it well.
- 6 Then sing aloud the entire prayer while the children listen, inviting them to join in when ready.



Materials Needed

Resource Page 248

Recorded version of the song
“Look at Me” (optional)

Activity 2 Music: Look at Me

Time: 10 minutes

- 1 Explain that ‘Abdu’l-Bahá served Bahá’u’lláh by serving people everywhere. We can also strive to be of service to others. Remind children that we are learning a new song to remind us that ‘Abdu’l-Bahá is our example. Sing the first 2 verses of the song twice or play a recorded version.
- 2 Sing the first line of the verse again, inviting them to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together. Continue teaching the first 2 verses in this manner.
- 3 Practice singing the first 2 verses in their entirety several times. Applaud all.
- 4 Explain that we will continue practicing this song in the coming weeks.



Materials Needed

Resource Page 249 or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 29

Activity 3 Storytelling: ‘Abdu’l-Bahá’s Children

Time: 10 minutes

- 1 Explain to the class that we will be listening to a story about ‘Abdu’l-Bahá. Read aloud the story, explaining any words as necessary.
- 2 Discuss together: How did ‘Abdu’l-Bahá show love to the children in the story? How do we think the children felt to be with ‘Abdu’l-Bahá? Remind children that ‘Abdu’l-Bahá loves us too. He loves ____, ____, ____ (name each child in turn).



Activity 4

Quotation Cards

Time: 10 minutes

Materials Needed

Copies of Resource Page 255, with the photograph and quotation cut out for each child

Colored construction paper

Glue and cotton swabs

Newspaper (to cover work area)

Other art supplies, as desired

- 1 Show the picture and read aloud the quotation on Resource Page 225. Discuss: *Why should we be happy? Acknowledge all. Affirm that God wants us to be very happy and to make others happy too.*
- 2 Remind children that ‘Abdu’l-Bahá wants us all to be happy and joyous. Remind them that we are happy when we follow the example of ‘Abdu’l-Bahá. Service brings us joy. Discuss: *Can you think of a time when you felt happy because you served another person?*
- 3 Cover working area with newspaper and place the glue in a central location for children to share. Explain that we will make quotation cards to remind us that ‘Abdu’l-Bahá’s tells us to be happy.
- 4 Invite children to each select a piece of construction paper. Assist them to glue the quotation and picture from Resource Page 255 in the center of their construction paper. When dry, assist them to fold their papers in half to make a quotation card to take home. Explain that they will decorate the front cover later in this lesson.



Activity 5

‘Abdu’l-Bahá

Time: 5 minutes

Materials Needed

Resource Page 253 or other picture of ‘Abdu’l-Bahá

Poster from Activity 5 of Lesson 1, if available

- 1 Display a photograph of ‘Abdu’l-Bahá for children to identify. Who recognizes this photograph?
- 2 Remind them that ‘Abdu’l-Bahá is the eldest son of Bahá’u’lláh. We all strive to follow ‘Abdu’l-Bahá’s example in our words and in our actions.
- 3 Using the poster from Lesson 1, point to each letter of ‘Abdu’l-Bahá’s name and invite the class to name that letter. Practicing pronouncing ‘Abdu’l-Bahá’s name together. Applaud all. Keep the poster for future use.



Activity 6

Spiritual Quality: Happiness

Time: 10 minutes

Materials Needed

Art supplies such as paper, glue, yarn, buttons, crayons, markers

Hand mirror

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

“Special stickers” for Spiritual Quality Charts

- 1** Remind children that ‘Abdu’l-Bahá was always happy and that He wants us to be happy too. ‘Abdu’l-Bahá says: “Be happy and joyous. . . .”¹
- 2** Discuss: How does it feel knowing that we are loved by our families or our friends and that we are loved by God? Does it make us happy? How do we show our happiness? Applaud all answers. Affirm that we are happy knowing that we are loved and we are happy when we show love to others. Smiling is one way we show our happiness.
- 3** Invite children to take turns watching themselves smile in a hand mirror.
- 4** Invite children to draw their smiling faces on the front cover of their quotation cards from Activity 4, using available art supplies. They may wish to use yarn for their smile or to add hair, or buttons for eyes.
- 5** Ask children each to say something that makes them happy. Write each child’s answer under the happy face.
- 6** Invite children to each share an example of showing happiness or bringing happiness to others from the previous week. Give a special sticker to each child who brought last week’s Spiritual Quality Chart to class. Affirm that all children can bring happiness to others and also can find ways to show their own happy faces.
- 7** Give each child a Spiritual Quality Chart for the week. Encourage them to practice making their families and friends happy during class and during the coming week. Remind them that we are always “happy and joyous” when we follow the example of ‘Abdu’l-Bahá.

¹ ‘Abdu’l-Bahá, *The Promulgation of Universal Peace*, p. 214



Materials Needed

Resource Page 254

Recorded version of the song
“If You’re Happy and You
Know It” (optional)

Activity 7 We’re Happy and We Know It

Time: 5 minutes

- 1 Explain that we will continue learning a song about happiness to remind us that ‘Abdu’l-Bahá wants us to be happy. Sing all verses of the song twice or play a recorded version, inviting children to clap, stomp, and shout “hooray” as indicated.
- 2 Sing the song again, inviting them to join in when they are ready. Practice singing all verses in their entirety several times. Applaud all.
- 3 Explain that we will enjoy singing this song in the coming weeks.



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá,
Yá Bahá’u’l-Abhá” (optional)

Activity 8 Closing Prayer

Time: 5 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Remind them that this phrase is a prayer that means “God, the All-Glorious.” Practice saying it several times together as a group.
- 2 Remind children that that we are learning a melody to this prayer. Invite children to listen as you sing the first verse of this prayer or play a recorded version. Encourage them to join in when they are ready.
- 3 Remind students that we can now add another phrase to this prayer. Explain that “Yá Bahá’u’l-Abhá” means “O Glory of the All-Glorious.”
- 4 Display the phrase “Yá Bahá’u’l-Abhá” for the children to identify. Encourage them to practice saying this phrase several times as a group.
- 5 Sing this second half of the prayer for the class. Then invite the children to sing along with you, and continue practicing together until they know it well.
- 6 Sing aloud the whole prayer while the children listen, inviting them to join in when ready.
- 7 Remind children that “Alláh-u-Abhá” can also be used as a greeting. Encourage them to share this greeting with their families and to bring them happiness by finding ways to offer service at home.

'Abdu'l-Bahá and Honesty

Welcome and Introductions

None

Activity 1

Resource Page 220

Recorded version of the prayer "Alláh-u-Abhá, Yá Bahá'u'l-Abhá" (optional), available on the Core Curriculum website, www.core-curriculum.org

Stuffed animal

Activity 2

Resource Page 248

Recorded version of the song "Look at Me" (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 256 or *Stories of 'Abdu'l-Bahá*, by Jacqueline Mehrabi, p. 37

Activity 4

Copies of Resource Page 257, with the flowers and leaves cut apart in fabric, felt, or colored paper, for each child

Assorted pipe cleaners, ribbons, or strips of paper

Pre-tied bows (suggest white)

Construction paper (no green)

Containers of glue with cotton swabs

Newspaper (to cover work area)

Activity 5

Resource Page 253 or other picture of 'Abdu'l-Bahá

Poster from Activity 5 of Lesson 1, if available

Activity 6

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

Activity 7

Chart paper and markers:

Before class begins, write out the following quotation:

The tongue is for mentioning what is good, defile it not with unseemly talk.

—Bahá'u'lláh*

Activity 8

Resource Page 220

Recorded version of the prayer "Alláh-u-Abhá, Yá Bahá'u'l-Abhá" (optional), available on the Core Curriculum website, www.core-curriculum.org

* *The Kitáb-i-Aqdas*, p. 182

Welcome and Introductions

Time: 5 minutes

- 1 Warmly welcome the children with a special word of greeting for each one.
- 2 Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other in a friendly way.
- 3 Explain that today we will continue learning about ‘Abdu’l-Bahá. ‘Abdu’l-Bahá shows us how to be happy by serving others.



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá, Yá Bahá’u’l-
Abhá” (optional)

Stuffed animal

Activity 1

Opening Prayer: Alláh-u-Abhá

Time: 10 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Explain that “Alláh-u-Abhá” means “God, the All-Glorious.” Practice saying it several times as a group.
- 2 Remind children that this special prayer is also a greeting. Introduce the stuffed animal as the class friend. Can we greet our new class friend using this Bahá’í greeting?
- 3 After greeting the class friend, invite students to take turns introducing themselves in the same way. You may wish to pass the class friend around the room to indicate whose turn it is to speak. Invite the class to respond to each introduction by saying “Alláh-u-Abhá, _____.”
- 4 After everyone has been greeted, discuss: What are other greetings do we use at home or at school? Do we use any greetings in other languages?
- 5 Affirm all answers. Offer greetings such as “jambo” (Swahili), “bonjour” (French), “oi” (Portuguese), “hola” (Spanish), “ni hao” (Chinese), or other examples to the class. Be sure to include greetings in all the languages spoken by the families of children in your class. Practice saying some of these greetings together as a class. Explain that one of the ways we can show love is to greet others in their own language. We also use the greeting “Alláh-u-Abhá” to show our love for all people.
- 6 Remind the class that this special greeting is also a prayer and that we are learning a melody to this prayer. Invite children to listen as you sing this prayer or play a recorded version. Invite children to join in when ready, and continue practicing together until they know it well. Applaud all.



Activity 2

Music: Look at Me

Time: 10 minutes

Materials Needed

Resource Page 248

Recorded version of the song
“Look at Me” (optional)

- 1** Explain that ‘Abdu’l-Bahá served Bahá’u’lláh by serving people everywhere. We can also serve others. Explain that we will continue learning a song to remind us that ‘Abdu’l-Bahá is our example. Practice singing the first 2 verses of the song as a class. Applaud all for learning the first half of the song!
- 2** Then teach the final 2 verses: Sing the first line of the 3rd verse, inviting them to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together. Continue teaching the 3rd and 4th verses in this manner.
- 3** Practice singing these 2 verses in their entirety several times. Applaud all.
- 4** Explain that we will continue practicing this song next week.



Activity 3

Storytelling: Violets

Time: 10 minutes

Materials Needed

Resource Page 256 or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 37

- 1** Invite the children to listen carefully as you eloquently read or retell a new story about ‘Abdu’l-Bahá. Read aloud or retell the story, explaining any words as necessary.
- 2** Discuss together: What did the children sell to ‘Abdu’l-Bahá? What happened after that? What was ‘Abdu’l-Bahá’s response? How did ‘Abdu’l-Bahá show that He loves each one?
- 3** Affirm that ‘Abdu’l-Bahá loves us too!



Activity 4 Paper Flowers

Time: 10 minutes

Materials Needed

Copies of Resource Page 257, with the flowers and leaves cut apart in fabric, felt, or colored paper, for each child

Assorted pipe cleaners, ribbons, or strips of paper

Pre-tied bows (suggest white)

Construction paper (no green)

Containers of glue with cotton swabs

Newspaper (to cover work area)

- 1 Invite children to create an art project to help us remember the story about 'Abdu'l-Bahá and the children selling violets (see Activity 3).
- 2 Cover the work area with newspaper. Give children the prepared bows as well as pre-cut flowers and leaves from Resource Page 257. Invite them to also each select a sheet of construction paper and at least 2 pipe cleaners.
- 3 Show them how to position their construction paper vertically and glue the pipe cleaners to the paper to represent stems.
- 4 Then help them to glue the flowers and leaves to their stems as appropriate.
- 5 Demonstrate how to glue the bow so that it covers all of their stems. Write the children's names on their projects and invite them to display them at home as a remembrance of this wonderful story about 'Abdu'l-Bahá.



Activity 5 'Abdu'l-Bahá

Time: 10 minutes

Materials Needed

Resource Page 253 or other picture of 'Abdu'l-Bahá

Poster from Activity 5 of Lesson 1, if available

- 1 Display a photograph of 'Abdu'l-Bahá for children to identify. Who recognizes this photograph?
- 2 Remind them that 'Abdu'l-Bahá is the eldest son of Bahá'u'lláh and that we all strive to follow 'Abdu'l-Bahá's example in our words and actions.
- 3 Discuss: Who knows the meaning of the name: 'Abdu'l-Bahá? Affirm that 'Abdu'l-Bahá means the Servant of the Glory, or Servant of Bahá'u'lláh. We can serve Bahá'u'lláh too. We serve God by serving others.
- 4 Using the poster from Lesson 1, point to each letter of 'Abdu'l-Bahá's name and invite the class to name that letter. Practicing pronouncing 'Abdu'l-Bahá's name together. Applaud all. Keep the poster for future use.



Activity 6

Spiritual Quality: Honesty

Time: 5 minutes

Materials Needed

Spiritual Quality Chart
(Resource Page 219) for each
child with 6 stickers attached

- 1** Explain that we are honest when we tell the truth. Invite children to give examples of being honest. Add examples, as desired.
- 2** Discuss: Thinking again about the story of 'Abdu'l-Bahá and the children selling violets, would it be truthful for the children to say that 'Abdu'l-Bahá gave them money for their violets? Would it be truthful to say that 'Abdu'l-Bahá did not give them money for their violets?
- 3** Explain that this week at home, we can practice this new spiritual quality, honesty. Remind them that being honest makes us happy. Discuss: How can our truthfulness and honesty help us be happy?
- 4** Invite children to share examples of showing happiness from the previous week. Give a special sticker to each child who brought last week's Spiritual Quality Chart to class. Affirm all children for practicing happiness. Share examples of happiness that you have observed in each child.
- 5** Give each child a Spiritual Quality Chart for the week. Encourage them to practice honesty with their families, friends, and themselves. Remind them that when we are truthful we are following the example of 'Abdu'l-Bahá.



Activity 7

Spiritual Practice: Mention What Is Good

Time: 5 minutes

Materials Needed

Chart paper and markers:

Before class begins, write out the following quotation:

The tongue is for mentioning what is good, defile it not with unseemly talk.

—Bahá'u'lláh*

* *The Kitáb-i-Aqdas*, p. 182

- 1 Briefly discuss: How do we use our tongues? Affirm that in addition to helping us eat or lick lollipops, our tongues help us speak.
- 2 Explain that Bahá'u'lláh tells us that “the tongue is for mentioning what is good.” Discuss: What are some examples of good things that we can say? Affirm all.
- 3 Read aloud the quotation of Bahá'u'lláh printed on chart paper, pointing to each word. Explain that “defile” means to make dirty; we don’t want to make our tongues dirty by speaking badly about people or things.
- 4 Invite children to each say something good about the student sitting next to them. Applaud all. Explain that “mentioning what is good” includes being honest and truthful. Encourage children to practice saying good things and truthful things during the coming week. Save the printed quotation for the next class.



Activity 8

Closing Prayer

Time: 10 minutes

Materials Needed

Resource Page 220, the phrases “Alláh-u-Abhá” and “Yá Bahá'u'l-Abhá” printed in large letters

Recorded version of the prayer “Alláh-u-Abhá, Yá Bahá'u'l-Abhá” (optional)

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Remind them that this phrase is a prayer that means “God, the All-Glorious.” Practice saying it several times together as a group.
- 2 Remind children that that we are learning a melody to this prayer. Invite children to listen as you sing the first verse of this prayer or play a recorded version. Encourage them to join in when they are ready.
- 3 Remind students that we can now add another phrase to this prayer. Explain that “Yá Bahá'u'l-Abhá” means “O Glory of the All-Glorious.”
- 4 Display the phrase “Yá Bahá'u'l-Abhá” for the children to identify. Encourage them to practice saying this phrase several times as a group.
- 5 Sing this second half of the prayer for the class. Then invite the children to sing along with you, and continue practicing together until they know it well.
- 6 Sing aloud the whole prayer while the children listen, inviting them to join in when ready.
- 7 Remind children that “Alláh-u-Abhá” can also be used as a greeting. Encourage them to share this greeting and this prayer with their families during the coming week.

Lesson 4

Notice Everyone

Materials Needed

Welcome and Introductions

None

Activity 1

Resource Page 220

Recorded version of the prayer “Alláh-u-Abhá, Yá Bahá’u’l-Abhá” (optional), available on the Core Curriculum website, www.core-curriculum.org

Stuffed animal

Activity 2

Resource Page 248

Recorded version of the song “Look at Me” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 256, or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 37

Activity 4

Assorted stuffed animals or other objects if stuffed animals are not available

Activity 5

Resource Page 253 or other picture of ‘Abdu’l-Bahá

Poster from Activity 5 of Lesson 1, if available

Activity 6

Spiritual Quality Chart (Resource Page 219) for each child with 6 stickers attached

Activity 7

Chart paper and markers:

Before class begins, write out the following quotation:

The tongue is for mentioning what is good, defile it not with unseemly talk.

—Bahá’u’lláh*

Activity 8

Resource Page 220

Recorded version of the prayer “Alláh-u-Abhá, Yá Bahá’u’l-Abhá” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 9

None

* *The Kitáb-i-Aqdas*, p. 182

Welcome and Introductions

Time: 5 minutes

- 1 Warmly welcome the children, showing your genuine love to each.
- 2 Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other in a friendly way.
- 3 Explain that today we will continue learning about ‘Abdu’l-Bahá. ‘Abdu’l-Bahá shows us how to be happy by serving others. ‘Abdu’l-Bahá loves us all very much!



Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá, Yá Bahá’u’l-
Abhá” (optional)

Stuffed animal

Activity 1

Opening Prayer: Alláh-u-Abhá

Time: 10 minutes

- 1 Show the printed phrase “Alláh-u-Abhá” to the children. Explain that “Alláh-u-Abhá” means “God, the All-Glorious.” Practice saying it several times as a group.
- 2 Remind children that this special prayer is also a greeting. Introduce the stuffed animal as the class friend. Can we greet our new class friend using this Bahá’í greeting?
- 3 After greeting the class friend, invite students to take turns introducing themselves in the same way. You may wish to pass the class friend around the room to indicate whose turn it is. Invite the class to respond to each introduction by saying “Alláh-u-Abhá, _____.”
- 4 After everyone has been greeted, discuss: What are other greetings do we use at home or at school? Do we use any greetings in other languages?
- 5 Affirm all answers. Offer greetings such as “jambo” (Swahili), “bonjour” (French), “oi” (Portuguese), “hola” (Spanish), “ni hao” (Chinese), or other examples to the class. Practice saying some of these greetings together as a class. Be sure to include greetings in all the languages spoken by children in your class. Explain that one of the ways we can show love is to greet others in their own language. We also use the greeting “Alláh-u-Abhá” to show our love.
- 6 Remind the class that this special greeting is also a prayer and that we are learning a melody to this prayer. Invite children to listen as you sing this prayer or play a recorded version. Invite children to join in when ready, and continue practicing together until they know it well. Applaud all.



Activity 2

Music: Look at Me

Time: 5 minutes

Materials Needed

Resource Page 248

Recorded version of the song
“Look at Me” (optional)

- 1** Remind the children that ‘Abdu’l-Bahá served Bahá’u’lláh by serving people everywhere. We also strive to be of service to others. Explain that we will continue learning a song to remind us that ‘Abdu’l-Bahá is our example.
- 2** Practice singing the song in its entirety, inviting the children to join in when ready. Applaud all.



Activity 3

Storytelling: Violets

Time: 10 minutes

Materials Needed

Resource Page 256, or *Stories of ‘Abdu’l-Bahá*, by Jacqueline Mehrabi, p. 37

- 1** Invite the class to listen for new details in the story about ‘Abdu’l-Bahá and the children selling violets. Discuss: What do you remember about the story of ‘Abdu’l-Bahá and the children selling violets? Listen carefully and acknowledge all. Then invite the children to notice something new in the story as you eloquently retell or read aloud the story, explaining any words as necessary.
- 2** Discuss together: What did the children sell to ‘Abdu’l-Bahá? What happened after that? What was ‘Abdu’l-Bahá’s response? How can we know that ‘Abdu’l-Bahá noticed each and every child?



Activity 4

Notice All

Time: 10 minutes

Materials Needed

Assorted stuffed animals or other objects if stuffed animals are not available

- 1 Show a variety of stuffed animals to the class. Discuss: How are they different? How are they the same?
- 2 Invite each child to notice one unique characteristic about each stuffed animal. Affirm all.
- 3 Remind children that in today's story 'Abdu'l-Bahá was able to notice one child that was new to the group.
- 4 Then invite each child to say something unique and wonderful about each student in the class. Affirm that each is unique; each is wonderful. God created us all. We are all the same and we are each different. We have the best of Creators!



Activity 5

'Abdu'l-Bahá

Time: 5 minutes

Materials Needed

Resource Page 253 or other picture of 'Abdu'l-Bahá
Poster from Activity 5 of Lesson 1, if available

- 1 Display a photograph of 'Abdu'l-Bahá for children to identify. Ask: Who recognizes this photograph?
- 2 Remind them that 'Abdu'l-Bahá is the eldest son of Bahá'u'lláh and that we all strive to follow 'Abdu'l-Bahá's example in our words and actions.
- 3 Discuss: Who knows the meaning of the name: 'Abdu'l-Bahá? Affirm that 'Abdu'l-Bahá means the Servant of the Glory, or Servant of Bahá'u'lláh. Explain that another of His titles is the Master, a title given by Bahá'u'lláh. We can follow 'Abdu'l-Bahá's example by noticing something special about each person. When we love people we want to serve them, too.
- 4 Using the poster from Lesson 1, point to each letter of 'Abdu'l-Bahá's name and invite the class to name that letter. Practicing pronouncing 'Abdu'l-Bahá's name together. Applaud all.



Activity 6

Spiritual Quality: Honesty

Time: 5 minutes

Materials Needed

Spiritual Quality Chart
(Resource Page 219) for each
child with 6 stickers attached

- 1** Explain that we are honest when we tell the truth. Invite children to share examples of being honest. Add examples, inviting children to raise their hand if the example illustrates honesty. Affirm correct answers, without telling children they are wrong if an incorrect answer is given.
- 2** Remind children about the story of ‘Abdu’l-Bahá and the children selling violets. Discuss: Would it be truthful for all the children to say that they had money from ‘Abdu’l-Bahá? Is it truthful to say that we practiced saying greetings in other languages today? Is it truthful to say that truthfulness and service to others can help us be happy?
- 3** Remind them that this week we can practice the spiritual quality of honesty. Remind them that truthfulness and honesty make us happy. Invite children to share examples of showing honesty from the previous week. Give a special sticker to each child who brought last week’s Spiritual Quality Chart to class. If any child cannot think of an example, draw on your own observations of the child to point out a time you saw the child showing truthfulness or honesty.
- 4** Give each child a Spiritual Quality Chart for the week. Encourage them to practice honesty with their families, friends, and themselves. Remind them that when we are truthful we are following the example of ‘Abdu’l-Bahá.



Activity 7

Spiritual Practice: Mention What Is Good

Time: 5 minutes

Materials Needed

Chart paper and markers:

Before class begins, write out
the following quotation:

*The tongue is for mentioning
what is good, defile it not with
unseemly talk.*

—Bahá’u’lláh*

- 1** Remind children Bahá’u’lláh tells us that “the tongue is for mentioning what is good.” Invite children to each share one good thing they mentioned over the past week. Make a list of their answers on chart paper. Applaud all.
- 2** Read aloud the quotation of Bahá’u’lláh printed on chart paper, pointing to each word. Remind them that “defile” means to make dirty; we don’t want to make our tongues dirty by speaking badly about people or things.
- 3** Explain that as they practice honesty and truthfulness during the coming week, we can do so while “mentioning what is good.” Encourage children to practice saying good things during the coming week.

* *The Kitáb-i-Aqdas*, p. 182



Activity 8

Closing Prayer

Time: 10 minutes

Materials Needed

Resource Page 220

Recorded version of the prayer
“Alláh-u-Abhá, Yá Bahá’u’l-
Abhá” (optional)

- 1** Invite the children to practice greetings in the languages used in Activity One. Encourage each to select a new greeting to use when they say hello to their families at the end of class.
- 2** Then show the printed phrase “Alláh-u-Abhá” to the children. Remind them that this phrase is a prayer that means “God, the All-Glorious.” Practice saying it several times together as a group. “Alláh-u-Abhá” is also a greeting.
- 3** Display the phrase “Yá Bahá’u’l-Abhá” for the children to identify. Encourage them to practice saying this phrase several times as a group.
- 4** Remind children that that we have learned a melody for this prayer. Sing aloud the whole prayer while the children listen, inviting them to join in when ready. Applaud all.

Suggested Activities for Additional Lessons

You may choose to add these activities to the lessons for this topic. You may also create new lessons by repeating some activities from the first four lessons and adding these new activities as desired.



Materials Needed

Stories of 'Abdu'l-Bahá, by Jacqueline Mehrabi, p. 36

Storytelling: The Party

Time: 10 minutes

- 1 Read the story from the book. If the book is not available simply explain that some of the friends wanted to give 'Abdu'l-Bahá a birthday party. They thought that 'Abdu'l-Bahá would rest and everyone else would do the work. But they had a big surprise! 'Abdu'l-Bahá go up early, earlier than everyone else. When they got up, 'Abdu'l-Bahá was already in the kitchen baking bread! At the party, 'Abdu'l-Bahá served everyone and they all had a great time together.
- 2 Explain to the children that this was Abdu'l-Bahá's birthday. Ask: What did Abdu'l-Bahá do at His party? How did He show His love for others?.



Materials Needed

Party decorations, if desired

Soothing music

Roll of plastic wrap

Platter or basket

Pre-cut pieces of ribbon (for each child)

Fruit, cut into sections

Freshly-baked rolls (If there aren't facilities for baking, use pre-packaged rolls)

Baking Party

Time: 10 minutes

- 1 Remind the children that Abdu'l-Bahá wanted everyone to be happy. Then put a piece of plastic wrap or wax paper in front of each child.
- 2 Invite each child to take 2 (or more) rolls to put on their paper.
- 3 Fold paper around the rolls. Tie ribbon to close the package. Explain that this is a gift for their families.
- 4 With the remaining rolls, invite the children to be seated and serve them rolls and fruit. Invite each to select a choice of roll, fruit, or both.
- 5 While they enjoy their treat, ask if they are happy. Ask if they think their gift will bring happiness to the other members of their families.