



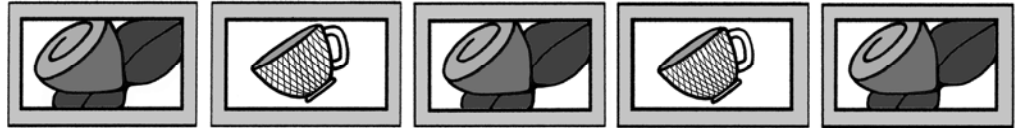
Lessons for Young Children

Core Curriculum for Spiritual Education®

Preschool

Strand: The Central Figures

Theme: Bahá'u'lláh



Learning Objectives

These lessons about Bahá'u'lláh are designed to assist your young children to achieve the following objectives:

Knowledge

- To know that kindness is a spiritual quality
- To know what it is like to plant flowers
- To know that Bahá'u'lláh loved and showed kindness to children

Wisdom

- To gain a deeper understanding of 'Abdu'l-Bahá's love for His Father as shown by His making a Garden for Bahá'u'lláh
- Reflect on and process what we learn in class

Spiritual Perception

- To reflect on stories about Bahá'u'lláh and connect them with our own lives
- To reflect on the spiritual quality of kindness and ways that we can show this quality to others

Eloquent Speech

- To recite a Hidden Word about love
- To be able to show kindness to others
- To begin to practice calling ourselves to account

Bahá'u'lláh's Loving Kindness

Welcome and Introductions

None

Activity 1

Resource Page 240

Recorded version of the prayer “God Is Sufficient” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 241

Recorded version of the song “Shine Your Light on Me, Bahá'u'lláh” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 242, or *The Love of Bahá'u'lláh*, by Jacqueline Mehrabi, pp. 14–15

Cloth or blanket for the floor

Activity 4

Copy of Resource Page 243 on cardstock or heavy paper for each child

3" x 8" strip of cardstock for each child

Glue or stapler

Hole punch

Yarn

Scissors

Crayons, markers, glitter and glue, or other art supplies

Recorded birdsong, if available

Advance Preparation:

Cut out cardstock stars and strip from Resource Page 243 for each child

Activity 5

None

Activity 6

Copies of Spiritual Quality Chart, Resource Page 219, 1 for each child

6 stickers for each child

Special sticker for each child

Activity 7

Poster of the Hidden Word, Arabic no. 4, printed in large letters

Copies of Resource Page 244, cut apart

Activity 8

None

Welcome and Introductions

Time: 5 minutes

- 1** Warmly welcome the children. Show genuine love for the children as you welcome each in turn.
- 2** Introduce yourself. Invite children and other adults to do the same.
- 3** Explain that next few weeks we will be learning about Bahá'u'lláh. Bahá'u'lláh is the Manifestation of God for this Day. Bahá'u'lláh teaches us about God's love for all people.



Materials Needed

Resource Page 240

Recorded version of the prayer
"God Is Sufficient" (optional)

Activity 1

Opening Prayer: God Is Sufficient

Time: 10 minutes

- 1** Remind the children that we begin and end every class with prayer. Sing the prayer twice or play a recorded version. Explain that Bahá'u'lláh Himself taught His loved ones to sing this prayer. Discuss: What does it mean to say that God is sufficient unto us? Acknowledge all responses. Affirm that God gives us everything we need.
- 2** Sing the first line again, inviting children to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 3** Teach the rest of the prayer in this manner, repeating each line several times.
- 4** Then practice singing the prayer in its entirety. Applaud all. Explain that we will continue learning this prayer over the coming weeks.



Materials Needed

Resource Page 241

Recorded version of the song
“Shine Your Light on Me,
Bahá’u’lláh.” (optional)

Activity 2

Music: Shine Your Light on Me

Time: 10 minutes

- 1** Explain that we will be learning a new song over the coming lessons. This song is about our love for Bahá’u’lláh. Bahá’u’lláh shows us God’s love. Sing the first verse of the song twice or play a recorded version.
- 2** Sing the first line of the verse again, inviting the children to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 3** Continue in this manner to teach the remaining lines of the first verse, repeating each line several times.
- 4** Then practice singing the first verse in its entirety. Insert each child’s name in the verse in turn, so that you sing, “Shine Your light on [child’s name], Bahá’u’lláh.” Complete the circle and applaud all.



Materials Needed

Resource Page 242, or *The Love of Bahá’u’lláh*, by
Jacqueline Mehrabi, pp. 14–15

Cloth or blanket for the floor

Activity 3

Storytelling: The Throne

Time: 10 minutes

- 1** Spread a blanket or other cloth on the floor and invite the children to find a comfortable position to listen to a story about Bahá’u’lláh’s loving kindness. Read aloud with expression or retell the story, explaining any words as necessary.
- 2** Discuss together: *What was your favorite part of the story? What did Bahá’u’lláh do? And what happened after that? How does this story make you feel?*



Activity 4

Starry Night Mobile

Time: 20 minutes

Materials Needed

Copy of Resource Page 243 on cardstock for each child

3" x 8" strip of cardstock for each child

Glue or stapler

Hole punch

Yarn

Scissors

Crayons, markers, glitter, or other art supplies

Recorded birdsong, if available

Advance Preparation:

Cut out cardstock stars and strip from Resource Page 243 for each child

- 1** Remind that class that Bahá'u'lláh's children slept on the roof of the building that was like a throne. 'Abdu'l-Bahá was one of those children. He woke up in the night and saw the beautiful stars in the sky and heard the wonderful sound of many birds singing. Ask: Can we imagine the beauty of that night? How many of us have seen the beautiful stars at night?
- 2** Invite children to make mobiles to remember the beauty of the stars and of Bahá'u'lláh's loving kindness on that night. Give each child 3 stars to decorate with available art supplies, as desired. If available, play recorded birdsong while the children work
- 3** While children decorate their stars, glue or staple the ends of each cardstock strip together to make individual rings. Punch 3 holes in each ring, spread evenly around the ring. Cut 3 short lengths of yarn for each ring and tie these through the holes so that the ends dangle freely. Then punch the 2 holes on the other side of the ring and tie a length of yarn between these 2 holes to make a hanger for the mobile.
- 4** Help children to tie their decorated stars to the end of each strand of yarn to create mobiles. Encourage children take home their mobile to hang over their bed as a reminder of the story of Bahá'u'lláh and the children sleeping beneath the starry sky.



Activity 5

Spiritual Practices: Bring Thyself to Account

Time: 5 minutes

Materials Needed

None

- 1** Ask the children to close their eyes and think about all they learned today. Remind children that Bahá'u'lláh asks us to think about our words and our actions every day. We think about the things we do well and the things we can do better next time. Ask them to think about the day.
- 2** Encourage children to silently nod their heads when they think of the answers to some questions: Read the questions slowly and pause to allow time for reflection between the questions: What was a time we showed love or kindness to another person? What was a time we showed reverence during our prayers? Can we think of a time we helped someone in our family or a friend? What else is good about today? And what can we do better next time?
- 3** After a brief period of silence invite children to open their eyes. Remind them that Bahá'u'lláh asks us to think about our actions every day so that we can become better and better, little by little, day by day.



Activity 6

Spiritual Quality: Kindness

Time: 10 minutes

Materials Needed

Copies of Resource Page 219,
Spiritual Quality Chart, 1 for
each child

Special sticker for each child

6 stickers for each child

Story

- 1** Explain that we will be learning about a new spiritual quality over the coming weeks: kindness. Ask the class: Can you say “kindness”?
- 2** Explain that we are kind when we show our love to other people and when we strive to make them happy. Discuss: How did Bahá’u’lláh show kindness to the children in the story about the starry night?
- 3** Continue the discussion: What are some other examples of kindness? Listen carefully. Acknowledge all. Then you may wish to suggest some examples such as: Kindness is remembering when it is time for the kitty’s dinner; kindness is helping someone who can’t do something as well as you; it is sharing your candy and letting someone else have the biggest piece; kindness is letting Little Brother or Sister help, even when the job would be easier to do yourself; it is making someone small feel big; kindness is helping to pick up around the house; it is sharing; it is being thoughtful; it is being friendly; kindness is a way of showing love.
- 4** Be sure to allow children to think about and share their own examples of kindness. Applaud all!
- 5** Ask the children to share examples of times they were able to show kindness to others or examples of other people showing kindness to them. Then invite them to share ideas for showing kindness during the coming week.
- 6** Explain that they will have a Spiritual Quality Chart to help them practice kindness all week.
- 7** Show the Chart and explain that their parents or another adult may place a sticker on the Chart every day that they practice kindness.
- 8** Explain that when they bring their chart back to class, you will give them a special sticker.
- 9** Give each child a Spiritual Quality Chart and stickers to take home.



Activity 7

The Hidden Words: God's Love

Time: 10 minutes

Materials Needed

Poster of the Hidden Word, Arabic no. 4, printed in large letters

Copies of Resource Page 244, cut apart, one for each child

- 1** Remind students that God loves us all very much. God created us because He loves us and He fills our souls with the spirit of life. This spirit lets us share our love and kindness with others.
- 2** Invite children to listen as you read or recite the Hidden Word. Call the children's attention to the poster. Then read the Hidden Word once slowly, pointing to each word on the poster as you read. Encourage the class to join in as you read together the first half of the Hidden Word 3–4 times. Acknowledge all.
- 3** Explain that we will be learning this Hidden Word together for the next few weeks.
- 4** Give each child a printed copy of the Hidden Word to say at home. Encourage them to share this card with the grown-ups in their family.



Activity 8

Closing Prayer

Time: 5 minutes

Materials Needed

None

- 1** Remind children that we end every class with prayers. This week, the teachers will recite closing prayers. Children may also recite their favorite prayers.
- 2** Eloquently recite one or more memorized prayers and invite children to recite also. If desired, sing a favorite song together.
- 3** As you say goodbye, remember to show your genuine loving-kindness to each child.

Kindness to All

Welcome and Introductions

None

Activity 1

Resource Page 240

Recorded version of the prayer “God Is Sufficient” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 241

Recorded version of the song “Shine Your Light on Me, Bahá’u’lláh” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 242, or *The Love of Bahá’u’lláh*, by Jacqueline Mehrabi, pp. 14–15

Activity 4

Access to a garden, or create an indoor garden area

Paper teacups

Cookies or light snack

Herbal tea, juice, or water

Floor cloth

Resource Page 242, or *The Love of Bahá’u’lláh*, by Jacqueline Mehrabi, pp. 14–15

Activity 5

Glass or other clear container filled with clean water

Clean sand

Fine strainer or coffee filter

Activity 6

Copies of Spiritual Quality Chart, Resource Page 219, 1 for each child

6 stickers for each child

Special sticker for each child

Activity 7

Poster of the Hidden Word, Arabic no. 4, printed in large letters

Activity 8

None

Welcome and Introductions

Time: 5 minutes

- 1** Warmly welcome the children, showing a special measure of love to each one.
- 2** Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other with kindness.
- 3** Explain that during the next few weeks we will be learning more about Bahá'u'lláh. Bahá'u'lláh means “the Glory of God.” God is All-Glorious. All honor and glory are God’s. Bahá'u'lláh shows us God’s glory.



Materials Needed

Resource Page 240

Recorded version of the prayer
“God Is Sufficient” (optional)

Activity 1 Opening Prayer

Time: 10 minutes

- 1** Remind the children that we begin and end every class with prayer and that we’re learning a prayer to remind us that God is the Creator of all things. All good things are from God. God is sufficient unto us and we trust in God’s gifts. Sing the prayer twice or play a recorded version.
- 2** Sing the first line again, inviting children to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 3** Teach the rest of the prayer in this manner, repeating each line several times. Then practice singing the prayer in its entirety. Applaud all. Explain that we will continue learning this prayer over the coming weeks.



Activity 2

Music: Shine Your Light on Me

Time: 10 minutes

Materials Needed

Resource Page 241

Recorded version of the song
“Shine Your Light on Me,
Bahá’u’lláh” (optional)

- 1 Remind children that we’re also learning a song about Bahá’u’lláh’s love for us. Have we noticed that God’s love feels like light shining on all of us? Sing the first verse 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.
- 3 Continue in this manner to teach the remaining lines of the first verse, repeating each line several times.
- 4 Then practice singing the first verse in its entirety. Sing the verse again, inserting each child’s name in turn. Applaud all. Add additional verses if desired.



Activity 3

Storytelling: The Throne

Time: 10 minutes

Materials Needed

Resource Page 242, or *The Love of Bahá’u’lláh*, by
Jacqueline Mehrabi, pp. 14–15

- 1 Invite children to listen carefully as you read aloud or retell the story about Bahá’u’lláh and the throne. Discuss: Who remembers the throne? What is the throne in this story really—is it a building or is it a special chair? Encourage children to listen carefully for a new detail in the story. Read aloud or retell the story, explaining any words as necessary.
- 2 Discuss: How does this story make you feel? What was your favorite part? What did Bahá’u’lláh do in the story? And what happened after that? What new detail did you notice this time?



Activity 4 Tea Party

Time: 20 minutes

Materials Needed

Access to a garden, or create an indoor garden area

Paper teacups

Cookies or light snack

Herbal tea

Floor cloth

Resource Page 242, or *The Love of Bahá'ú'lláh*, by Jacqueline Mehrabi, pp. 14–15

- 1** Lead the children to an outside flower garden and invite them to sit together on a blanket spread on the ground. Take a moment to admire the beauty of nature. If necessary, create a garden environment inside.
- 2** Working as a group, assist children to recall and retell the story from Activity 3. Use gestures and point out different parts of your garden that you imagine might be like things in Bahá'ú'lláh's garden. Call to mind the trees, flowers, paths, birds, and the building like a throne. Remember that the children slept on the roof of the throne and Bahá'ú'lláh served them tea early in the morning.
- 3** Serve the tea and snacks, and remind them of the children in the garden with Bahá'ú'lláh. Ask: Who remembers the part of the story about the starry night? How many of us remember making our own stars last week? Can we feel the light of God's love shining in our hearts?
- 4** After enjoying the tea party, return inside and discuss: Did you enjoy the tea party? What was your favorite part? Can you imagine how wonderful it would be to sit in a garden with Bahá'ú'lláh?



Activity 5

Spiritual Practices: Bring Thyself to Account

Time: 10 minutes

Materials Needed

Glass or other clear container filled with clean water,

Clean sand

Fine strainer or coffee filter

- 1** Conduct a simple experiment: Explain that when we are born, our souls are as clean and pure as fresh water. Hold up the container of water. Show the sand and explain that the sand represents things that make our pure hearts and souls dirty. Invite each child to think of an example of these things and add a pinch of sand to the water. Answers may include: not sharing, fighting, saying unkind words, being disobedient, and so on. Tell the children that you know they don't often do these things!
- 2** Explain that Bahá'u'lláh knows all our efforts to keep our hearts and souls pure. Ask: How do we feel when we know that our hearts are pure? Then ask: What can we do to cleanse our hearts and souls from any bits of "dirt"? Answers may include: praying, offering service to others, being kind, patient, forgiving. As children give answers, pour the dirty water through the strainer into another glass to show how it purifies the water. Explain that the strainer is like our prayers and kind actions that help keep our hearts clean and pure.
- 3** Remind them that Bahá'u'lláh asks us to call ourselves to account each day. When we think about what we did well and what we can do better we learn ways to make our hearts and our actions more and more pure, little by little, day by day.
- 4** Invite children to close their eyes and think silently about the day: What did we do well? What could we improve?
- 5** Set the example by closing your eyes and reflecting on your own day. After a short period of silence, invite children to open their eyes for the next activity.



Materials Needed

Copies of Resource Page 219,
Spiritual Quality Chart, 1 for
each child

6 stickers for each child

Special sticker for each child

Activity 6 Spiritual Quality: Kindness

Time: 5 minutes

- 1 Remind the children that we are practicing kindness. We are kind when we show our love to others and strive to make them happy. Ask the class: Can you say “kindness”? Did you enjoy practicing kindness at home this past week?
- 2 Ask all children to share one thing they did during the past week to show kindness. After each example, place a sticker on that child’s Chart from the previous week. Teachers may share also. Acknowledge all. If children have not practiced or if they are new to the class, affirm that you know they can practice kindness because you see their kindness in class.
- 3 Remind children that during the coming week, we will continue practicing kindness. Return each child’s Spiritual Quality Chart to take home and remind them to bring it back next week .



Materials Needed

Poster of the Hidden Word,
Arabic no. 4, printed in large
letters

Activity 7 The Hidden Words: God’s Love

Time: 5 minutes

- 1 Invite children to listen as you eloquently read or recite the Hidden Word. Call children’s attention to the poster. Then read the Hidden Word once slowly, pointing to each word on the poster as you read. Encourage the class to join in as you read again the first half of the Hidden Word 3–4 times.
- 2 Then practice reading and reciting the second half of the Hidden Word in the same way. Explain that we will practice saying the entire Hidden Word in the coming weeks.



Materials Needed

None

Activity 8 Closing Prayer

Time: 5 minutes

- 1 Remind the children that we begin and end every class with prayers. Encourage them to practice reverence during prayer to show their love for God.
- 2 Invite some of the children to recite favorite prayers. Teachers may also wish to recite. If desired, conclude by singing a favorite prayer together.

The Ridván Garden

Welcome and Introductions

None

Activity 1

Resource Page 240

Recorded version of the prayer “God Is Sufficient” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 245

Recorded version of the song “Love of Bahá’u’lláh” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 246, or *The Love of Bahá’u’lláh*, by Jacqueline Mehrabi, pp. 44–45

Activity 4

Empty small plastic pots or milk cartons with holes punched through the bottom

Plastic tray or plate to catch water from the pots

Soil in one or more small buckets for children to scoop

Diverse flowers ready to be planted, such as annual seedlings, wildflowers, or dandelions dug from the yard, one per child

Water

Newspaper or table cover (to reduce mess)

Small shovel or large spoon

Activity 5

None

Activity 6

Copies of Spiritual Quality Chart, Resource Page 219, 1 for each child

6 stickers for each child

Special sticker for each child

Poster of the word “kindness” with its definition printed in large letters

Copies of Resource Page 245 for each child

Crayons or markers

Extra stickers

Activity 7

Poster of the Hidden Word, Arabic no. 4, printed in large letters

Activity 8

None

Welcome and Introductions

Time: 5 minutes

- 1** Warmly welcome the children. Show your genuine love as you greet each child in turn.
- 2** Introduce yourself and invite children and other adults to do the same. Encourage children to greet each other with kindness.
- 3** Remind children that we are learning about Bahá'ú'lláh and the loving kindness that Bahá'ú'lláh shows to all people. Bahá'ú'lláh shows us God's love.



Materials Needed

Resource Page 240

Recorded version of the prayer
“God Is Sufficient” (optional)

Activity 1 Opening Prayer

Time: 10 minutes

- 1** Remind the children that we begin and end every class with prayer. Ask: How many of us remember the prayer “God Is Sufficient”? We know that God is sufficient unto us because God gives us all things. God loves us and created all things. God is sufficient unto us.
- 2** Sing the prayer twice or play a recorded version.
- 3** Sing the first line again, inviting children to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 4** Teach the rest of the prayer in this manner, repeating each line several times. Then practice singing the prayer in its entirety. Applaud all.



Materials Needed

Resource Page 245

Recorded version of the song
“Love of Bahá’u’lláh” (optional)

Activity 2 Music: Love for Bahá’u’lláh

Time: 5 minutes

- 1 Invite children to learn a new song about Bahá’u’lláh’s love for us. Sing the entire song twice using Resource Page 245 or play a recorded version. Consider adding hand motions to represent each line.
- 2 Sing the first line of the verse again, inviting children to join in when they are ready. Teach the second line in the same way, and then practice singing the 2 lines together.
- 3 Continue in this manner to teach the remaining lines of the first verse.
- 4 Then practice singing the first verse in its entirety. Applaud all.



Materials Needed

Resource Page 246, or
The Love of Bahá’u’lláh, by
Jacqueline Mehrabi, pp. 44–45

Activity 3 Storytelling: The Ridván Garden

Time: 10 minutes

- 1 Invite children to listen carefully to a story about Bahá’u’lláh. Read the story in an inviting and dynamic way, drawing the children into the story. Explain any difficult words or ideas as they arise in the story.
- 2 When finished reading, discuss: What happened in the story? How did the story make us feel? What are our favorite parts? When have we visited gardens?
- 3 Remind children of the story in lessons 1 and 2 about Bahá’u’lláh’s taking His own children to the garden. ‘Abdu’l-Bahá was a little boy in that first story. When ‘Abdu’l-Bahá grew up He made another garden for Bahá’u’lláh. Then Bahá’u’lláh took His grandchildren, ‘Abdu’l-Bahá’s children, to this new garden. Can we see the ways that Bahá’u’lláh shows His loving kindness to children?
- 4 Explain that we will enjoy this story again in the next class.



Activity 4

Planting Our Own Little Garden

Time: 10 minutes

Materials Needed

Empty small plastic pots or milk cartons with holes punched through the bottom

Plastic tray or plate to catch water from the pots

Soil in one or more small buckets for children to scoop

Diverse flowers ready to be planted, such as annual seedlings or wildflowers, one per child

Water

Newspaper or table cover (to reduce mess)

Small shovel or large spoon

- 1 Invite the children to plant flowers to remind us of Bahá'u'lláh's love for all children—including us!—and of the gift of a garden that Bahá'u'lláh received from His son, 'Abdu'l-Bahá.
- 2 Remind the children that nature is one of the most wonderful gifts from God. Plants, trees, and flowers give us food, shelter, fragrance, and beauty. And we can give the plants our care.
- 3 Give each child a small pot and a flower to plant. Show children how to fill their pots 1/3 full with soil using a small shovel or a spoon.
- 4 Then assist children to place their flowers into their pots. Show them how to hold the flower upright as they add more soil to fully cover the roots. Help as needed to ensure that the roots are well buried but not the rest of the flower.
- 5 When all have finished planting, invite them to place their flowers on the tray. Water the flowers so that the soil is moist but not drenched.
- 6 Call attention to the beauty and diversity of the newly planted flowers. Explain that humanity is beautiful because of its diversity, just like the flowers.
- 7 When the children take their flowers home, explain that they should touch the soil every day. When it feels dry, they should add a small amount of water until it is lightly moist again.





Activity 5

Spiritual Practices: Bring Thyself to Account

Time: 5 minutes

Materials Needed

None

- 1** Remind children that Bahá'u'lláh asks us to call ourselves to account each day. Ask the children to close their eyes and think about all that they learned today.
- 2** Remind them that every day we think about what we did throughout the day, what we did well and what we could do even better next time. Ask them to think silently about the day. What did they do well? What could they improve?
- 3** Invite them to silently think of what they might do again and what they might do differently next week. Maintain a short period of silence.
- 4** Before concluding, invite children to think about a specific time of day to bring themselves to account at home, such as each night at bedtime, or when they say morning or evening prayers.



Activity 6

Spiritual Quality: Kindness

Time: 10 minutes

Materials Needed

Copies of Resource Page 219,
Spiritual Quality Chart, 1 for
each child

6 stickers for each child

Special sticker for each child

Poster of the word “kindness”
printed in large letters

Copies of Resource Page 247
for each child

Crayons or markers

Extra stickers

- 1** Remind the children that we are practicing the spiritual quality of kindness. Ask: Who can tell us what “kindness” means?
- 2** Invite children to share one thing they did during the past week to show kindness. As they share examples, place a special sticker on each child’s Chart from the previous week. Teachers may share also. Applaud all. If children have not practiced or if they are new to the class, affirm that we will all have another opportunity to practice. If a child is not able to share memories of kind deeds, point out a kind action that you have observed from that child in class.
- 3** Display the poster of the word “kindness.” Explain that these letters spell the word “kindness.” Spell and pronounce “kindness” for the children. Share that ‘Abdu’l-Bahá said: “Let your heart burn with loving kindness for all who may cross your path.”
- 4** Distribute copies of Resource Page 247 and invite children to trace the letters that form the same word that we see on the poster. As they trace, invite them to think of ways to show kindness in class. Explain that you will hand out a “kindness” sticker each time you see them showing kindness to others during the remainder of class today. Children may also decorate their paper, as desired.
- 5** Return each child’s Spiritual Quality Chart to take home to chart their acts of kindness during the week.



Activity 7

The Hidden Words: God's Love

Time: 5 minutes

Materials Needed

Poster of the Hidden Word,
Arabic no. 4, printed in large
letters

- 1** Invite children to look at the poster and listen as you read or recite the Hidden Word. Then read the Hidden Word slowly, pointing to each word on the poster as you read. Encourage the class to join in as you read together the first half of the Hidden Word 3–4 times. Acknowledge all.
- 2** Read together the second half of the Hidden Word in the same way. Repeat several times.
- 3** Explain that it is important to know Who gave us these words, so at the end we can say: “Bahá’u’lláh, The Hidden Words, Arabic no. 4.” Practice saying this together, and then practice saying the entire Hidden Word with its citation.
- 4** Explain that they will be invited to say it again during next class.



Activity 8

Closing Prayer

Time: 5 minutes

Materials Needed

None

- 1** Remind the children that we begin and end every class with prayers. We show reverence during our prayers.
- 2** Invite some of the children to recite favorite prayers. Teachers may also wish to recite.
- 3** If desired, conclude by singing “God Is Sufficient” or another favorite prayer.

Sweets in the Garden

Welcome and Introductions

None

Activity 1

Resource Page 240

Recorded version of the prayer “God Is Sufficient” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 2

Resource Page 245

Recorded version of the song “Love of Bahá’u’lláh” (optional), available on the Core Curriculum website, www.core-curriculum.org

Activity 3

Resource Page 246, or *The Love of Bahá’u’lláh*, by Jacqueline Mehrabi, pp. 44–45

Activity 4

Means for washing hands

Recipe for making chocolate drops:

3/4 cup creamy peanut butter

1/2 cup butter

1/2 cup light corn syrup

1 teaspoon vanilla extract

3 1/2 cup sifted powdered sugar

1/2 cup baking cocoa

1/2 cup coarsely chopped nuts

8" square pan

Large mixing bowl and electric mixer or hand beater

Alternatively, you may provide a supply of dried fruits, nuts, popped corn, or other treats for the children to sample and to wrap as gifts for their family

Cellophane paper or tissue paper

Ribbon

Activity 5

None

Activity 6

Copies of Resource Page 219, 1 for each child

6 stickers for each child

Special sticker for each child

Access to a gentle live animal, such as a pet fish or cat, if available

Activity 7

Poster of the Hidden Word, Arabic no. 4, printed in large letters

Activity 8

None

Welcome and Introductions

Time: 5 minutes

- 1 Warmly welcome the children. Show your genuine happiness to see each one.
- 2 Introduce yourself. Invite children and other adults to do the same. Encourage children to greet each other with kindness.
- 3 Explain that we are continuing to learn about Bahá'ú'lláh. Bahá'ú'lláh means "the Glory of God." Bahá'ú'lláh teaches us about God's love for us and for all people. God gives us all things. God is sufficient unto us.



Materials Needed

Resource Page 240

Recorded version of the prayer
"God Is Sufficient" (optional)

Activity 1 Opening Prayer

Time: 5 minutes

- 1 Remind the children that we begin and end every class with prayer. Sing the prayer "God Is Sufficient" and invite the children to join in when they are ready.
- 2 Sing the prayer together in its entirety, repeating several times. Applaud all for learning this beautiful prayer.



Activity 2

Love for Bahá'u'lláh

Time: 5 minutes

Materials Needed

Resource Page 245

Recorded version of the song
“Love of Bahá'u'lláh” (optional)

- 1** Invite children to enjoy singing another song about Bahá'u'lláh's love for us. Sing the entire song twice on Resource Page 245 or play a recorded version. Consider adding hand motions to represent each line.
- 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.
- 3** Continue in this manner to teach the remaining lines of the first verse. Then practice singing the first verse in its entirety. Applaud all .
- 4** Teach the second verse in the same way, and then practice singing the entire song, congratulating all for their efforts! Explain that this beautiful song is from the country of South Africa. It helps us to remember Bahá'u'lláh's wonderful love!



Activity 3

Storytelling: The Ridván Garden

Time: 10 minutes

Materials Needed

Resource Page 246, or *The Love of Bahá'u'lláh*, by Jacqueline Mehrabi, pp. 14–15

- 1** Remind the children that they heard a beautiful story last week about Bahá'u'lláh taking His grandchildren to a special garden called the Ridván Garden. Invite them to listen carefully as you retell or read “The Ridván Garden” in an inviting and dynamic way to draw the children into the story. Explain any difficult words or ideas.
- 2** When you have finished reading, discuss together: What are some of Bahá'u'lláh's kind actions in this story? How does the story make us feel? What are our favorite parts? Why do we think that 'Abdu'l-Bahá wanted to show kindness to His Father? Why do we think Bahá'u'lláh shows so much kindness to the children?



Activity 4

Sweets in the Garden

Time: 15 minutes

Materials Needed

Means for washing hands

Recipe for making chocolate drops:

3/4 cup creamy peanut butter

1/2 cup butter

1/2 cup light corn syrup

1 teaspoon vanilla extract

3 1/2 cup sifted powdered sugar

1/2 cup baking cocoa

1/2 cup coarsely chopped nuts

8" square pan

Large mixing bowl and electric mixer or hand beater

Alternatively you may provide a supply of dried fruits, nuts, popped corn, or other treats for the children to sample and to wrap as gifts for their family

Cellophane paper or tissue paper

Ribbon

1 Explain that, inspired by the story of the Ridván garden, we are going to make treats to share with our family or friends.

2 Invite children to help by passing you ingredients as you follow these simple instructions:

- Wash and dry all hands carefully.
- Butter an 8-inch square baking pan and set aside.
- In a large mixing bowl, beat together peanut butter, butter, corn syrup, and vanilla. Gradually beat in half the powdered sugar and all the cocoa. Stir in remaining sugar.
- Knead mixture on a clean flat surface until well blended and smooth. Knead nuts into the candy.
- Press fudge into the buttered pan. Cut candy into squares and store in tightly covered container. Makes 2 pounds.

Alternatively, you may invite children to help you pour together and mix dried fruits and nuts, popped corn, or other goodies.

3 Thank your assistants and invite them to sample the treat.

4 Then show them how to wrap up a sweet treat to share at home by placing chocolates or other goodies in the center of a piece of tissue paper, gathering the edges together, and tying the package closed with a small piece of ribbon. Remind them to share the story of Bahá'u'lláh giving children treats in the garden when they give their gift.

5 Encourage children to practice giving their treats and telling about Bahá'u'lláh and the garden as they present their gift.



Activity 5

Spiritual Practices: Bring Thyself to Account

Time: 5 minutes

Materials Needed

None

- 1** Remind children that Bahá'u'lláh asks us to call ourselves to account each day. Ask: What does it mean to call ourselves to account? Acknowledge all responses.
- 2** Invite the children to close their eyes and think about all they learned today. While thinking silently about their day, ask them to consider: What did we do well? What could we improve? Set the example by silently reflecting about your own day.
- 3** Invite them to silently think of what they might do the same and what they might do differently next week. After a short period of silent reflection, invite children to open their eyes for the next activity.



Activity 6

Spiritual Quality: Kindness

Time: 10 minutes

Materials Needed

Copies of Resource Page 219, Spiritual Quality Chart, 1 for each child

6 stickers for each child

Special sticker for each child

Access to a gentle live animal, such as a pet fish or cat, if available

- 1** Remind the children that we are practicing kindness. Invite them to share one thing they did during the past week to show kindness. As they share examples, place a special sticker on each child's Chart from the previous week. Teachers may share also. Applaud all. If children have not practiced or if they are new to the class, affirm that we will all have another opportunity to practice this week. Affirm a kind action that you have observed from each child.
- 2** Ask the children: To what else, in addition to people, can we show kindness? Answers may include: animals, plants, trees, and so on.
- 3** Then ask: How can we show kindness to animals? Answers may include: feeding them, petting them, taking care of them, touching them gently, etc.
- 4** Show the live animal and discuss ways that we can show it kindness. Give children the opportunity to show kindness to the animal by touching it, holding it gently, or by taking care of its needs. Explain that 'Abdu'l-Bahá asks us to show kindness to animals.
- 5** After demonstrating kindness to the animal brought to class, discuss: What are some ways we can also show kindness to people? Encourage children each to say a kind deed that they plan to do for a person or an animal this week.
- 6** Give each child a new Spiritual Quality Chart to take home to chart their acts of kindness during the week.



Activity 7

The Hidden Words: God's Love

Time: 5 minutes

Materials Needed

Poster of the Hidden Word,
Arabic no. 4, printed in large
letters

- 1** Invite children to listen as you read or recite the Hidden Word. Then read the Hidden Word once slowly, pointing to each word on the poster as you read. Encourage the class to join in as you read together the first half of the Hidden Word 3–4 times. Acknowledge all.
- 2** Explain that they have now learned the entire Hidden Word. Invite any volunteers to recite the Hidden Word by themselves. Applaud all!



Activity 8

Closing Prayer

Time: 5 minutes

Materials Needed

None

- 1** Remind the children that we begin and end every class with prayers. We say our prayers with reverence to show our love for God.
- 2** Invite some of the children to recite favorite prayers. Teachers may also wish to recite.
- 3** Conclude by singing “God Is Sufficient” or other favorite prayers.

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

Blank heart cut-outs about 12" by 12"

Cut-out pictures from magazines of diverse people doing pure and goodly deeds like praying, helping others, caring for animals, tending a garden, serving, working, teaching, singing, and so on

Glue

Design a Pure Heart

Time: 20 minutes

- 1 Give one heart to each child and explain that we are going to fill our hearts with actions that can help us to keep our hearts and souls pure. Spread the selection of pictures on a floor or table where all can see.
- 2 Hand out the hearts and glue, inviting children to each select some pictures and glue them to fill their heart. Remind children that they can carry out most of these actions in their own lives to help keep their own hearts pure.
- 3 Invite them to share their hearts with the class and identify actions that they would like to carry out during the coming week.



Materials Needed

Consider possibilities for service during your class time. Gather supplies as appropriate for this activity.

Showing Kindness to Others

Time: 20 minutes

- 1 Explain that we can show kindness to all the people we meet. Ask: Who are some of the people that we meet in this house or next door? Acknowledge all.
- 2 Discuss: What are some kind actions that we can show these people? Acknowledge all. Some possibilities to consider include: put away toys, sing them a song, make a card, share a prayer, say "hello," wipe the table, water flowers, and so on.
- 3 Choose a kind action to complete in class for the host family, a neighbor, or another class in your Bahá'í school.