

Grade: 1

Lesson Number: 19

Unit Name: Mūl Mantr

Course: Bolī

Title: Mūl Mantr (Part II)

Standards

Standard 7: Recitation of Mūl Mantr

- Students recite Mūl Mantr.

Objectives

1. Students learn what the Mūl Mantr is.
2. Students learn pronunciation of each word/phrase in Mūl Mantr over three classes.
3. Students learn what Kartā Purakh (ਕਰਤਾ ਪੁਰਖੁ), Nirbhaū (ਨਿਰਭਾਉ), Nirvairu (ਨਿਰਵੈਰੁ) and Akāl Mūrati (ਅਕਾਲ ਮੂਰਤਿ) mean.

Prerequisites

- Mūl Mantr-class I.

Materials

- Construction paper
- Markers/crayons/colored pencils
- Paints/Brushes
- Water bowls for paint brushes
- Mūl Mantr Audio (Track 1)

Advanced Preparation

- Write one Mūl Mantr word per construction sheet so that you can hold up one word at a time for children.
- Chart Sheet with the entire Mūl Mantr written out in one column and meanings in the other (from class I).

Engagement/ Exploration (40-45 minutes)

- Review what Mūl Mantr is. Who wrote it?
- Have children repeat the entire Mūl Mantr after you twice.
- Then continue to talk about:
 - Kartā Purakh (ਕਰਤਾ ਪੁਰਖੁ) — The creator exists in creation; is a part of everything
 - Nirbhaū (ਨਿਰਭਾਉ) — Without Fear
 - Nirvairu (ਨਿਰਵੈਰੁ) — Inimical to none (not anyone's enemy)
 - Akāl Mūrati (ਅਕਾਲ ਮੂਰਤਿ) — Never dies (is timeless)
- Have children continue on with their books.
- While children are working on their books put on the Mūl Mantr audio.
- After they are done, have one of the students lead the Mūl Mantr and have the other children repeat it. Remind children to sit up straight, keep their hands in an

appropriate place, and use their voice strongly – such that they can hear themselves say the Mūl Mantr words.

- Ask if any of the children can recite it without help.
- Have one or two children do that if need be.

Explanation/Extension (5-10 minutes)

- Ask children what they think all these words mean to a Sikh and why Gurū Nānak wrote it in the very beginning. Have children give a response if they know or if they think they have an idea. Encourage them to share, but don't let them go on too long if they are off track. Otherwise tell them to think about it until the next class and discuss it then.

Evaluation (Ongoing)

- Have children think about the above question until the next class and observe answers. See if they can explain the words out loud.