

Grade: 1

Lesson Number: 20

Unit Name: Mūl Mantr

Course: Bolī

Title: Mūl Mantr (Part III)

Standards

Standard 7: Recitation of Mūl Mantr

- Students recite Mūl Mantr.

Objectives

1. Students learn what the Mūl Mantr is0
2. Students learn pronunciation of each word/phrase in Mūl Mantr over three classes.
3. Students learn the meaning of:
 - Ajūnī (ਅਜੂਨੀ)
 - Saibhañ (ਸੈਭੰ)
 - Gur Prāsadi (ਗੁਰ ਪ੍ਰਸਾਦਿ)

Prerequisites

- Mūl Mantr- classes I and II.

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.
- Mūl Mantr chart from last class.

Engagement (15-20 minutes)

- Review with children what Mūl Mantr is.
- Ask them if they remember some of the meanings of the words and then begin a discussion about what these words mean to a Sikh.
- Explain to children that all these words in the Mūl Mantr describe Vāhgurū's qualities. It is also a way of explaining what kind of qualities we should have as Sikhs.

Exploration (35 minutes)

- Have a child lead the Mūl Mantr and all others repeat after him or her twice.
- Then continue on with the translation of the last three words.
 - Ajūnī (ਅਜੂਨੀ) – Unborn (does not take birth or die)

- Saibhañ (ਸੈਭੰ) – Self-illuminated (no one knows more than Vāhigurū)
- Gur Prāsadi (ਗੁਰ ਪ੍ਰਸਾਦਿ) – By Gurū's Grace (Vāhigurū is realized by Gurū's blessing)
- After the translation, have children finish their books. While children are working on their books put on the Mūl Mantr audio.
- While children are finishing up their books, go around the room and see if each child now knows the Mūl Mantr.
- You may come across some who know it well and some who may be struggling with particular words. Spend extra time with those children to help them improve their pronunciations. Once children have finished, have them repeat the Mūl Mantr with the entire group again.

Explanation/Extension (5-10 minutes)

- Again discuss all aspects of Mūl Mantr, specifying that it was written by Gurū Nānak; it talks about the qualities of Vāhigurū, what qualities we should have, and its location as the starting place for a Sikh.

Evaluation (On-going)

- Primary evaluation should be if each child can recite the Mūl Mantr. Secondly, they should be able to verbalize some aspects of the discussion.