

Grade: 1

Lesson Number: 18

Unit Name: Mūl Mantr

Course: Bolī

Title: Mūl Mantr (Part I)

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 ‘Ik Oaṅkāṛ’ (ੴ) and “Sati nāmu’ (ਸਤਿ ਨਾਮੁ) mean.

Prerequisites

- None.

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.
- Write the entire Mūl Mantr on a chart sheet in one column and meanings in the other.

Engagement (15-20 minutes)

Day 1

- Begin by asking children if they know what the Mūl Mantr is.
- Ask them who wrote it.
- Give them the answers to the two questions if they are unaware. Before you give them the answer say the Mūl Mantr for them. They may not know it is called Mūl Mantr, but they might have heard it.
- Ask if they know what any of the words in Mūl Mantr mean.
- Do not go into detail on this one, as you will be covering it later.
- Ask if anyone can recite it and if a student can, have them recite it right away.
- If the child does not end at Gur Prasādi, then make sure you (very briefly) address the issue that some people think that Mūl Mantr goes beyond Gur Prasādi, but mostly everyone agrees that it ends there.

- Then tell the children that they will each make a Mūl Mantr book using any materials that they want, but they will do only one or two pages per class in order to learn and recite it together.
- Tell them that the most important thing about the making the book is to help them understand and remember Mūl Mantr better.
- Make sure children understand that since Mūl Mantr is Bāṇī, they need to be respectful.

Exploration (35 minutes)

- Go over the first word in Mūl Mantr - Ik Oaṅkār. Ask children if they know what it means.
- If they do, praise them. If they don't know, then ask them if they know what 'ik' is. After the discussion tell them that it means One Vāhigurū and emphasize that Sikhs believe in One Vāhigurū.
- Then move on to Satināmu explaining that Truth is Vāhigurū's name (way).
- Further explain to the children that Mūl Mantr talks about the qualities that Vāhigurū has.
- Ask them then what they think it means when we say Truth is Vāhigurū's name. Probe them to come to the answer that truthfulness is a quality of Vāhigurū.
- Then have children repeat the Mūl Mantr after you twice. You saying one word and the children repeating it. Tell them to pay special attention to the pronunciation and help them pronounce clearly.
- After that tell them that they will begin making their Mūl Mantr Book.
- Review with them what 'Ik Oaṅkār' (ੴ) and 'Sati nāmu' (ਸਤਿ ਨਾਮੁ) mean and tell them that for their book you will like them to create a picture.
- They can use any medium that they like to. While children are working on their books put on the Mūl Mantr audio.

Explanation/Extension (5-10 minutes)

- Go over the recitation of Mūl Mantr two more times before children end the class.

Evaluation (Ongoing)

- Begin the next class by asking children what they remember about the Mūl Mantr and the meanings that they learnt.