

Traditional Holidays

Name:

Date:



Holidays and Traditions



Traditional holidays - an overview

Traditional holidays are special times when people **celebrate their culture and history**. These days are filled with **fun activities, colorful clothes, music**, and delicious **food**. Different cultures have different Tradition Days, and each one is unique.

For example, in the United States, people celebrate the **Fourth of July** with fireworks and barbecues to remember their independence. In Mexico, **Día de los Muertos** (Day of the Dead) is a time to honor and remember loved ones who have passed away. People build altars, decorate with marigolds, and share special foods like sugar skulls.

In China, the **Lunar New Year** is a big celebration that lasts for 15 days! Families gather to eat dumplings, give red envelopes with money, and watch dragon dances. In India, **Diwali**, the Festival of Lights, is celebrated by lighting oil lamps, exchanging sweets, and enjoying fireworks.

Tradition Days help us learn about different cultures and understand our own **heritage** better. They bring families and communities together, creating happy memories and a sense of belonging. So, the next time you hear about a Tradition Day, remember it's a chance to celebrate and learn something new!

Traditional holidays

Think about the following questions:

- Do you know any other traditional holidays?
- Which ones do you like to celebrate most, and why?

Traditional holidays

Take notes, then share your ideas with the rest of the class.

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Profile of a traditional holiday

Read through the following info text. Then use the information to fill out the profile on the following page.

Nowruz



Source: Katzenfee50, File:Haft-sin, Nowruz, Still-life-3205068.jpg, CC0

Nowruz, also known as the Persian New Year, has been celebrated for over 3,000 years. It began as a tradition in ancient Persia and is now observed by people in many countries, including Iran, Afghanistan, Azerbaijan, and parts of Central Asia. Nowruz marks the first day of spring and the beginning of the new year in the Iranian calendar.

People celebrate Nowruz with many traditions. One of the most important is the setting up of a table called Haft-sin, which includes seven items that start with the Persian letter "S", such as apples, garlic, and vinegar. Families also clean their homes, buy new clothes, and visit friends and relatives. Jumping over bonfires and lighting fireworks are common customs to symbolize purification and the arrival of spring.

Special foods are prepared for Nowruz, including Samanu, a sweet pudding made from wheat germ, and Sabzi Polo Mahi, which is rice with herbs served with fish. Sweets like baklava and nuts are also enjoyed. Similar tradition days include the Chinese New Year and the Jewish festival of Passover, which also celebrate renewal and the arrival of spring.

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Name of the traditional holiday

Since when is this day a tradition?

Where is the day being celebrated?

Which traditions are related to it?

Which food is eaten on this day?

Similar traditional holidays

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Additional information for teachers



Name of the traditional holiday

Nowruz

Since when is this day a tradition?

Over 3,000 years

Where is the day being celebrated?

Iran, Afghanistan, Azerbaijan, parts of Central Asia

Which traditions are related to it?

Setting up Haft-sin table, cleaning homes, buying new clothes, visiting friends and relatives, jumping over bonfires, lighting fireworks

Which food is eaten on this day?

Samanu, Sabzi Polo Mahi, baklava, nuts

Similar traditional holidays

Chinese New Year, Passover

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Memory game for traditional holidays

Can you match all the pictures to the corresponding traditional holidays?

Note: For a memory game in printed form, you must first cut out all the cards and place them face down. Then you and your seat neighbor take turns uncovering two cards at a time until you find a pair. Whoever finds a pair gets another turn; the person with the most pairs found wins.

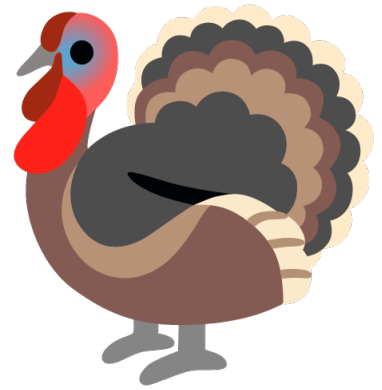
**Sugar
Feast**



**New
Year's
Eve**



Thanksgiving



Christmas



Halloween



Easter

