

# 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.

### Martin Luther King Jr. Day



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Martin Luther King Jr. Day has been a tradition since 1983. This special day is celebrated in the United States to honor the life and achievements of Dr. Martin Luther King Jr., a leader in the Civil Rights Movement who fought for equality and justice for all people.

On this day, people across the country participate in various activities to remember Dr. King's work. Many schools and communities hold events like parades, marches, and speeches. People also engage in community service to help others, reflecting Dr. King's message of helping and loving one another. While there isn't any specific food associated with Martin Luther King Jr. Day, people often celebrate with potluck dinners and community meals. These gatherings are a way for people to come together, share food, and discuss how they can continue Dr. King's legacy.

Similar tradition days include Nelson Mandela Day in South Africa, celebrated on July 18th, and Gandhi Jayanti in India, celebrated on October 2nd. These days also honor leaders who fought for peace, justice, and equality in their countries.

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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**

Martin Luther King Jr. Day

**Since when is this day a tradition?**

Since 1983

**Where is the day being celebrated?**

United States

**Which traditions are related to it?**

Parades, marches, speeches, community service

**Which food is eaten on this day?**

Potluck dinners, community meals

**Similar traditional holidays**

Nelson Mandela Day, Gandhi Jayanti

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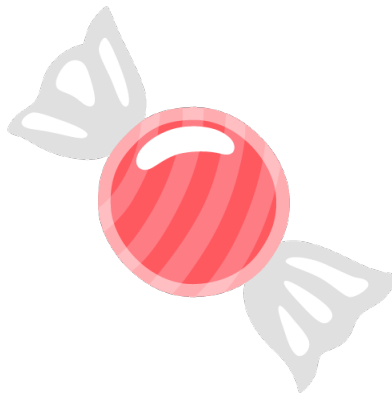


## Memory game for traditional holidays

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.

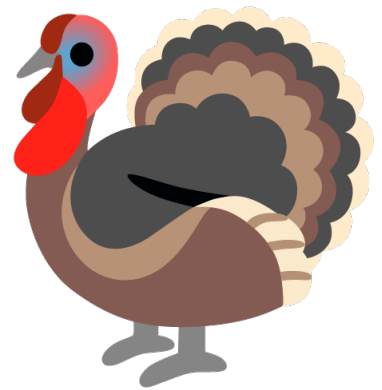
**Sugar  
Feast**



**New  
Year's  
Eve**



**Thanksgiving**



**Christmas**



**Halloween**



**Easter**

