

# 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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# Traditional Holidays

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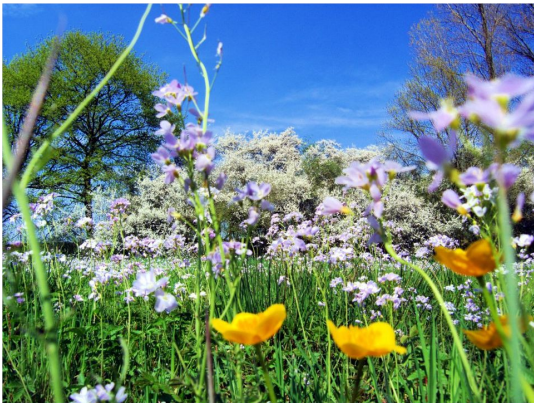
Date:



## Profile of a traditional holiday

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

### Beginning of Spring



[Guido Gerding File: XN Fruehjahrswiese 00.jpg CC BY-SA 3.0](#)

The beginning of spring, also known as the spring equinox, has been celebrated for centuries in various cultures around the world. This day marks the moment when day and night are almost equal in length, bringing a sense of balance and renewal. It is celebrated in places like China, Japan, India, and many European countries.

One of the main traditions associated with the beginning of spring is the celebration of new growth and rebirth. People often plant flowers and trees, clean their homes, and decorate with bright colors to welcome the warmer weather. In Japan, the cherry blossoms bloom, and people gather to have picnics under the beautiful pink trees, a tradition known as Hanami. In India, the festival of Holi is celebrated with colorful powders and water fights to mark the arrival of spring.

Foods eaten on this day vary by region. In China, people enjoy spring rolls, which symbolize prosperity and wealth. In India, sweets and snacks made from seasonal ingredients are shared among friends and family. In many European countries, fresh fruits and vegetables are enjoyed as they become available. Similar tradition days include the Persian New Year, Nowruz, which also celebrates the arrival of spring with feasts, dancing, and family gatherings. Another example is May Day in Europe, which involves dancing around a maypole and celebrating the fertility of the land.

Spring brings joy and excitement, reminding us of the beauty of nature and the importance of renewal.

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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** -----

Beginning of Spring

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

For centuries

**Where is the day being celebrated?** -----

China, Japan, India, many European countries

**Which traditions are related to it?** -----

Planting flowers and trees, cleaning homes, decorating with bright colors, picnics under cherry blossoms (Hanami in Japan), colorful powders and water fights (Holi in India)

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

Spring rolls in China, sweets and snacks in India, fresh fruits and vegetables in European countries

**Similar traditional holidays** -----

Persian New Year (Nowruz), May Day in Europe

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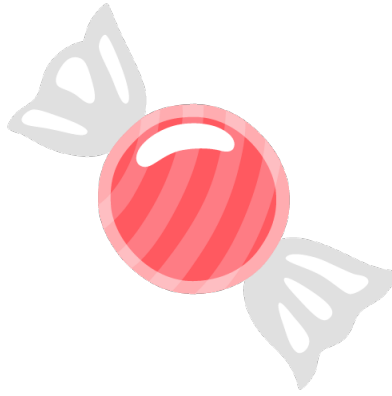


## Memory game for traditional holidays

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.

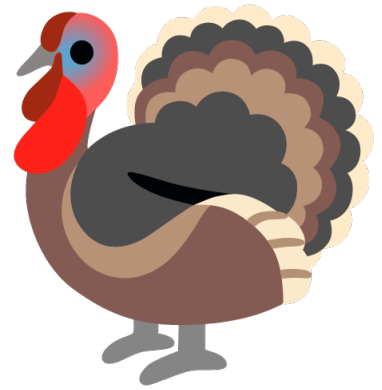
**Sugar  
Feast**



**New  
Year's  
Eve**



**Thanksgiving**



**Christmas**



**Halloween**



**Easter**

