

Norooz

Activity Book



Persian New Year Norooz



Norooz means “new day”, marking the first day of the Persian Calendar year and the first day of Spring. The most important holiday in Iran, this celebration lasts two weeks, with a pre-party called “Chahar Shanbeh Soori”, then setting the “Haft Seen”, New Year’s Table, and finally,

a day outdoors or “Sizdah Bedar” to button up the festivities. With the season’s change and the rejuvenation of Mother Earth, we usher in forgiveness, reflection, renewal, growth and well wishes for family members as they gather to celebrate together.



Chahar Shanbeh Soori

On the eve of the Wednesday before Norooz, families gather to jump over fire and say goodbye to the past and bring in new energy and light. On this night, you can light candles, admire bonfires or jump over your own fire, letting go of the past and asking the flames for energy and light. As you jump, you say to the fire, “Zardiye man az to, sorkhiye to az man” meaning, “Take my yellow tiredness and give me your red energy.”

In preparation for Norooz, Iranians clean their house (Khooneh Takooni) and shop for new clothes. They then prepare the seven “s”s for the Haft Seen, which may include growing Sabzeh (sprouts), coloring eggs, and making sweets.

Sofreh Haft Seen

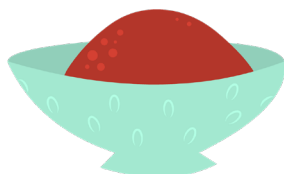
The table with the seven S's or Haft Seen contains all the things we want in the new year. Each item has a *symbol* as follows.

THE SEVEN SYMBOLS



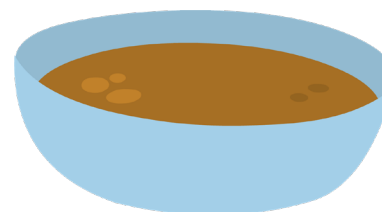
Senjed

Silverberry
love



Somagh

Sumac
spice in life



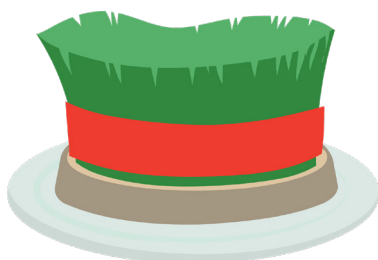
Samanoo

Sweet pudding
fertility



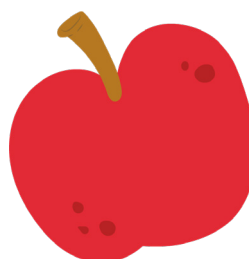
Serkeh

Vinegar
patience



Sabzeh

Sprouts
rebirth



Seeb

Apple
beauty



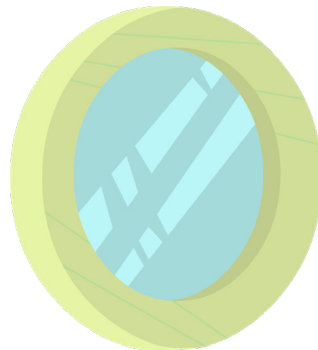
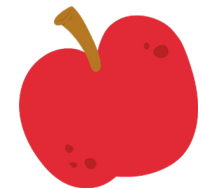
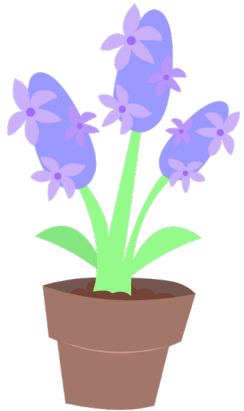
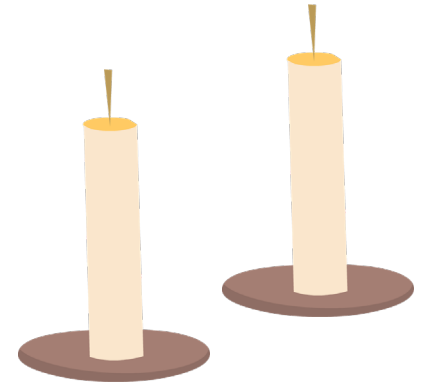
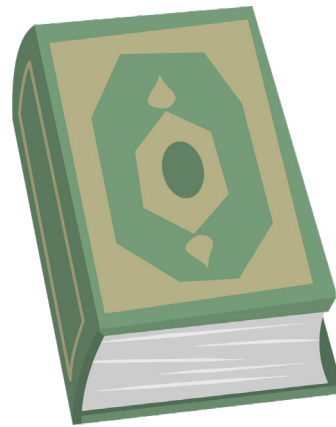
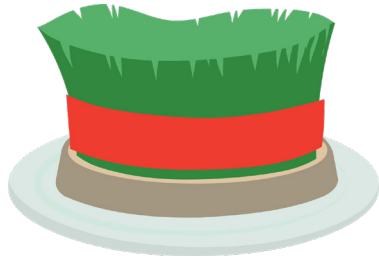
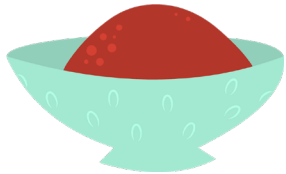
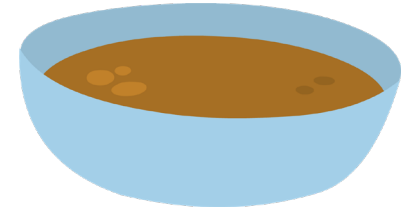
Seer

Garlic
good health

Decorate Your Haft Seen

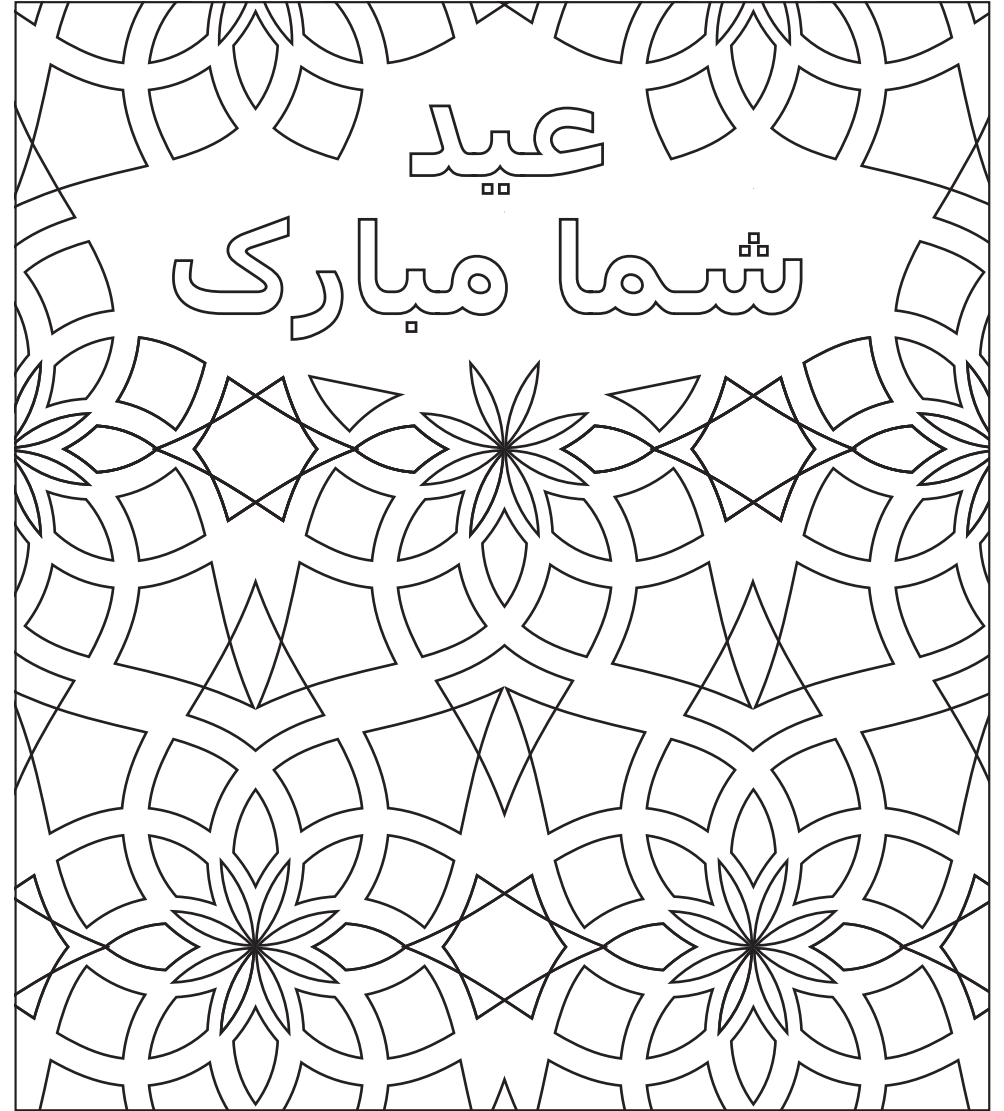
Decorate your own Haft Seen table. Use the seven S's on the next page, as well as other decorative items to make this special table your own!





Wish someone a Happy Norooz

Color in the patterns to create your own Norooz Card. Cut the card out and add your own wishes and drawings of your family on the back.



Sizdah Bedar

The final celebration of the Norooz holidays is "Sizdah Bedar". On the 13th day of the new year, Iranians have a picnic with family and friends. Here, you can return your sprouts to nature by releasing them into water or composting them. You can also make a knot in the open grass and make a wish for the new year. The most important thing is to be with family and friends and enjoy the outdoors all day.

