

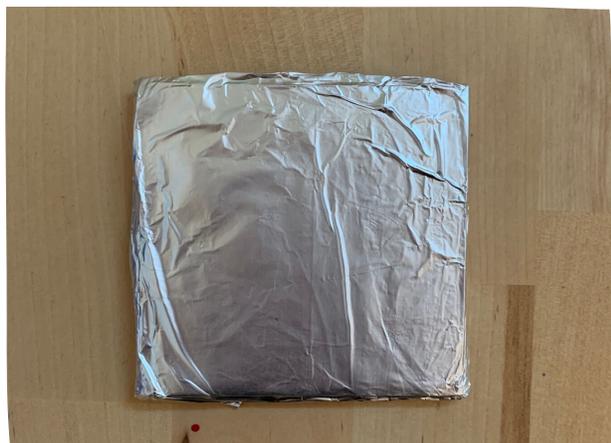
PERSIAN NEW YEAR/ NOWRUZ

SENSORY BIN



Sprouted Lentil Grass

ART STATION



Mini Mirror

PROCESS ART ACTIVITY



"Haft Seen" Display



PERSIAN NEW YEAR/NOWRUZ

PROCESS ART LESSON

The Persian New Year is called *Nowruz* (no-rooz) in Iran. Persian is the language spoken in Iran and *Nowruz* is two words put together meaning **New Day**:

Now = **New** and *Ruz* = **Day**. This holiday begins on the first day of spring which begins the calendar year in Iran. *Nowruz* is also celebrated in other Central Asian countries.

One way families celebrate *Nowruz* is by creating a display of symbolic items called a *Haft Seen*, which means the **Seven S's**. Each item represents something positive for year behind & the new year ahead.

There are many items displayed on the *Haft Seen*, but only 7 items have been chosen for this specific activity.

1. **Sprouted mung beans or lentils/Sabzeh**. The beans/lentils are watered for 14 days before the holiday which grows into a lush patch of grass (see instructions on page 3). This represents rebirth, just like how grass grows again after winter.
2. **Apples**: represent health
3. **Hyacinth flower** represents rebirth & renewal
4. **Mirror** represents the sky & self reflection
5. **Painted Eggs** represents birth & new life
6. **Golden Coins** represent prosperity
7. **Candles** to radiate light & happiness

Happy New Year!
"Saleh no Mobarak"
(sa-lay noh moh-ba-rahk)



Traditional Haft Seen Display

Other items Include:

- A book of Persian poetry to read as a family
- **Sumac spice**: represents the sunrise & the spice of life
- **Goldfish in Water**: the swimming fish represents the turning of the new year
- **Senjed** (fruit of the lotus tree): represents love
- **Serkeh** (vinegar): represents patience & age
- **Sir** (garlic): represents good health
- **Samanu** (wheat pudding): represents the sweetness of life



PERSIAN NEW YEAR/NOWRUZ

SPROUTED LENTIL GRASS



OBJECTIVES:

-  Learn to grow sprouts from lentils
-  Experiment with various sensory attributes
-  Practice fine motor skills
-  Learn to care for a plant

MATERIALS:

- 1 BAG OF DRIED GREEN LENTILS
 - PAPER TOWEL
 - DINNER PLATE
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- LARGE CLEAR BIN
 - DIRT
 - FAKE OR REAL FLOWERS
 - PLASTIC EGGS
 - SPOONS, BOWLS
 - SCISSORS (OPTIONAL)

SET-UP:

Prepare the sprouted lentil grass (*sabzeh* in Persian) 2 weeks ahead of time. First, soak the lentils in fresh cold water for 2-3 days, change water daily. Once soaked, place 2 sheets of paper towel on a large dinner plate. Add lentils then water enough to soak the paper towel. Keep the paper towel moist throughout the day & do not let the lentils dry out.

THE CHILDREN WILL...

1. Explore the feeling of fresh grass & dirt.
2. Scoop dirt, grass & flowers into plastic eggs & bowls.
3. Create mini gardens.

ADAPTATIONS:

Older children may grow their own sprouts instead of a sensory bin. They may use scissors to trim the grass shoots. If you don't have time to sprout grass, use fake grass found at craft stores or purchase real sprouted grass.

SENSORY BIN



PERSIAN NEW YEAR/NOWRUZ

MINI MIRROR



OBJECTIVES:

-  Create a mini mirror to add to *Haft Seen* display
-  A mirror represents the sky & self reflection
-  Practice fine motor skills
-  Learn about traditions of a different culture

MATERIALS:

- ALUMINUM FOIL
- SMALL CARDBOARD CIRCLE OR SQUARE (4IN)
- GEMS & STICKERS (GLUE IF NEEDED)

SET-UP:

Prepare by cutting cardboard circles or squares, about 4x4 inches.

PROCEDURE:

1. Tear a piece of aluminum foil from roll.
2. Wrap and glue aluminum foil around cardboard. Tear off excess foil.
3. Add gems or stickers around the edges.
4. Set this aside for the *Haft Seen* project.

ADAPTATIONS:

Older children may create & decorate a larger mirror or decorate a real mirror.



ART STATION



PERSIAN NEW YEAR/NOWRUZ

HAFT SEEN DISPLAY



OBJECTIVES:

-  Create a *Haft Seen* display
-  Paint an egg & make an apple
-  Practice fine motor skills
-  Learn about a new culture & traditions

MATERIALS:

- ROUND CAKE BOARD OR CARDBOARD (8 IN)
- GREEN PLAYDOUGH
- MINI MIRROR
- BIRTHDAY CANDLES
- WOODEN EGGS
- PLASTIC GOLD COINS
- HYACINTH FLOWER (FAKE OR REAL)
- SMALL FOAM BALLS/RED PAINT

SET-UP:

Prepare playdough ahead of time. Give each child a large enough piece to flatten (with hands or a rolling pin) & cover the cardboard surface about 2-3 in. thick.

PROCEDURE:

1. Teacher will talk about the Persian New Year/*Nowruz*.
2. Hand out supplies one at a time, explain what each item represents. Give 1-2 items per child.
3. Paint the apple red. Set aside to dry.
4. Paint the egg with craft acrylic paint. Set aside to dry.
5. Roll out play dough to cover cardboard.
6. Stick each of the items into the play dough to create a *Haft Seen* display.

ADAPTATIONS:

Add the sprouted grass or set up a larger scale table display with any listed items.



PROCESS ART