



# Holi Week Celebrations

Festivals bring jubilation to the spirit of celebrations in otherwise routine life of grown ups. The festivals are occasions to have fun and frolic, singing and dancing, relishing delicious gourmet food, meeting people and creating memories for life.

These are also occasions to rekindle the rituals, customs and traditions. As educators we can create multiple learning opportunities while having these celebrations. Through this specific learning week it is our endeavour to bring the festivities and the learning experiences together.

The module is spread over five weeks, one celebratory activity per day for kindergarten learners-age 3-6 years approximately.

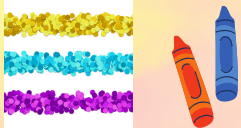



These activities can be done at the beginning of the day or before dispersal. The experiences are divided into five segments covering:  
what is this festival-origin,  
why is it celebrated-reason,  
who celebrates it-different communities  
and how is it celebrated-music, food and decorations.



# Day 1

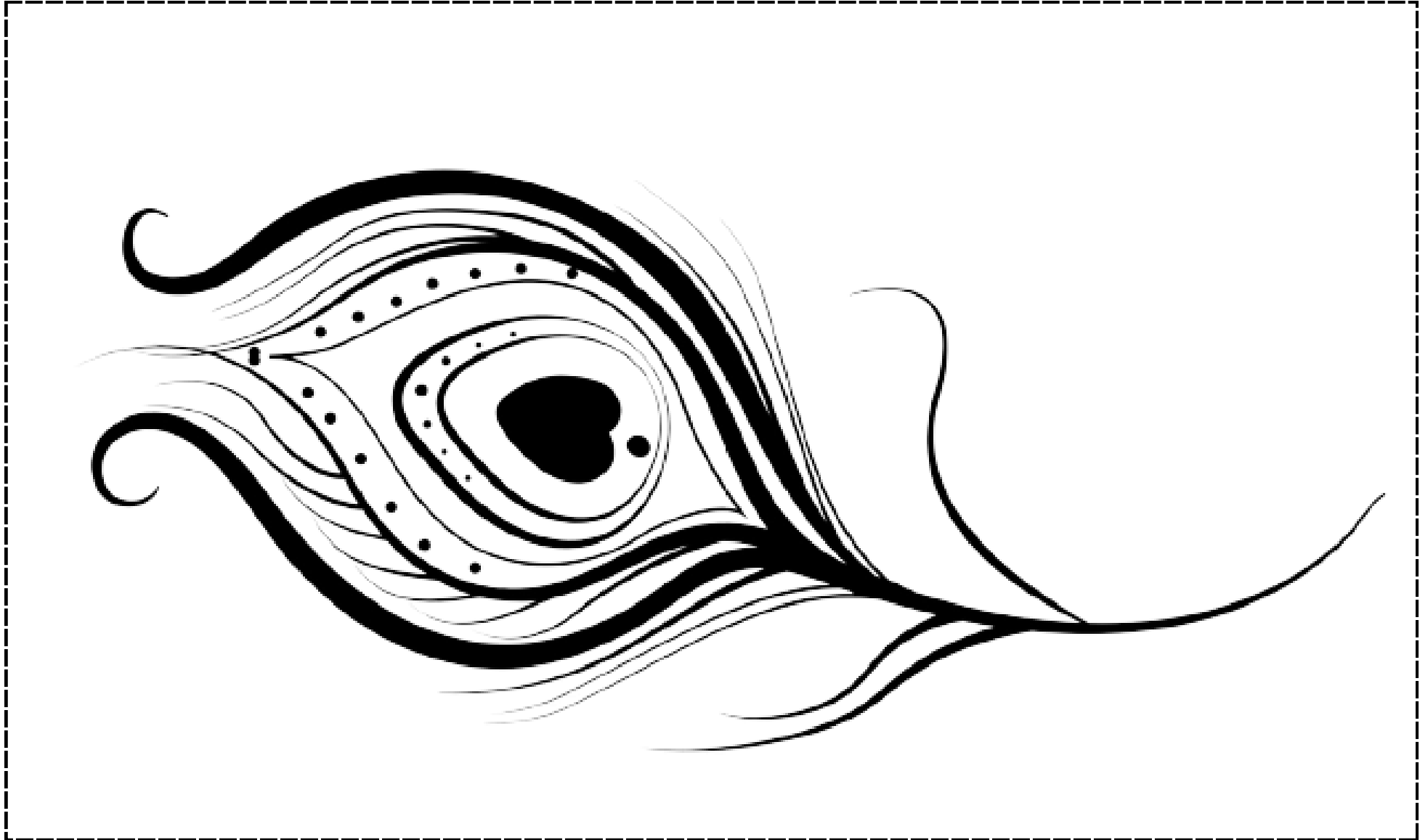
## Origin of Holi



Materials Required	Description	Activity
<p><b>PreN</b> Printed page of Peacock's feather Sequins, glitter, crayons and glue.</p>  <p><b>Nursery</b> Printed page of Krishna playing holi with Gopis, colour pencils and crayons</p> 	<p>The festival of Holi is associated with more than one legend and is celebrated with diverse mythological roots throughout the country. The most famous one is the story of Prahlad, a devotee of Lord Vishnu. Marking the strength of faith of Prahlad, Holika dahan happens the previous night of Holi celebrations. The Holi of Braj is very famous, signifying the story of Radha and Krishna. Sikh community celebrates Holi Mohalla a day after the Holi to show their martial arts skills. This tradition was started by Guru Gobind Singh ji. The festival of Holi also indicates the end of winters and arrival of spring.</p>	<p><b>PreN</b> Provide PreN learners with a print of a peacock feather. The feather is worn by Lord Krishna as crown on forehead. Invite children to colour the illustration and then decorate it with the required materials.</p>  <p><b>Nursery</b> Count and write the number of Gopis in the illustration of Holi and colour the illustration.</p> 

# Day 1

## Origin of Holi



# Day 1



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## Origin of Holi





Materials Required	Description	Activity
<p><b>KG</b> Drawing sheet, pencil to draw, brushes and colours to paint</p> 	<p>Sikh community celebrates Holi Mohalla a day after the Holi to show their martial arts skills. This tradition was started by Guru Gobind Singh ji. The festival of Holi also indicates the end of winters and arrival of spring.</p>	<p><b>KG</b> Help children write the HOLI in 2 dimensions and colour using water paints or crayons.</p> 

# Day 2

## Relevance of Holi





Materials Required	Description	Activity
<p><b>PreN</b> Props and puppets for story enactment of Krishna-Radha Braj Holi</p> <p><b>Nursery</b> Picture sequence cards of the story Prahlad and Holika</p>	<p>The three stories of relevance are enacted by teacher/s for different learning levels.</p> <p><b>PreN-</b> Story of Krishna-Radha (Inclusion)</p>  <p><b>Nursery-</b> Story of Bhakt Prahlad and Holika (Tolerance and Respect)</p> 	<p><b>PreN</b> Conversation around the plot. How do you feel about people with different physical appearances? Should one be treated differently because of this? How would you interact with someone who does not look like you?</p> <p><b>Nursery</b> Post enactment discuss about the story; why was Prahlad's father upset with him? Was it alright to harm Prahlad in different ways? Why? Were the actions of Prahlad's father justified? How would you deal with a situation where others don't agree with you? Invite them to volunteer and tell the story using picture sequence cards.</p>

# Day 2

## Relevance of Holi



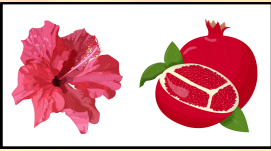
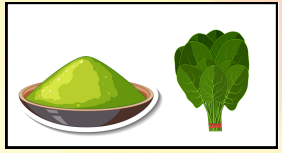


Materials Required	Description	Activity
<p><b>KG</b> Story enactment with props and costumes</p>	<p><b>KG-</b> Story of Holi Mohalla (Self-defence and Independence)</p> 	<p><b>KG</b> How important is your free will and independence to you? How would you deal with a situation if someone comes to physically harm you? Is self-defence only a physical skill or can we defend ourselves with words too?</p> <p>After story enactment and conversation around the plot, construct small groups of children and invite them to enact the story by themselves.</p> 

# Day 3

## Making organic Gulaal and wet colours



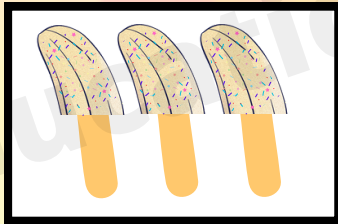

Materials Required	Description	Activity
<p>All three learning levels use organic and natural materials to make holi colours</p> <p>Fruits and vegetables like pomegranate, beetroot, spinach Spices like turmeric Rice powder, refined wheat flour</p> 	<p>The chemical Holi powder colours and concentrate can harm people and animals.</p> <p>Encourage children to use natural and organic colours which are safe not only for us but for the animals too who inadvertently become victims of such events.</p>	<p>Here are simple ways of making safe colour powders and concentrates.</p> <p><b>Yellow Colour:</b></p> <ol style="list-style-type: none"> <li>1. Mix gram flour and turmeric powder in the ratio of 1:2 and mix it evenly to prepare dry yellow colour.</li> <li>2. Boil marigold leaves in water and strain the petals to get a yellow wet colour concentrate.</li> </ol>  <p><b>Red colour:</b></p> <ol style="list-style-type: none"> <li>1. Dry hibiscus flowers and grind them. Mix this with rice powder thoroughly to make red colour powder.</li> <li>2. Use fresh Pomegranate seeds with water, strain the seeds to obtain wet red colour concentrate.</li> </ol>  <p><b>Green colour:</b></p> <ol style="list-style-type: none"> <li>1. Henna powder mixed with refined wheat flour gives green gulaal.</li> <li>2. Boil green spinach in water, cool it and strain it to get wet green colour concentrate.</li> </ol>  <p>Please note that these natural colours can leave stains on skin and clothes.</p>



# Day 4

## Enjoying the festival with sweets




Materials Required	Description	Activity
<p>Lollypop bananas: Bananas, ice cream sticks, rainbow sprinkles</p> <p><b>Mathura Pedas:</b> Khoya, powder sugar, food grade colours and cookie cutters</p> <p>Khoya is made from milk by boiling it (and continuing stirring it so that it doesn't stick) until it becomes a thick paste.</p>	<p>No festivity is complete without the sweetness of some mithai (sweet treat).</p> <p>For the colourful occasion of Holi, we are sharing three colourful recipes that can be done for all three learning levels.</p> <p>After the food items are prepared, organise and display all of these in a common area.</p> <p>Invite children to pick and eat foods created by their friends and enjoy!</p>	<p><b>Making Colourful Banana Lollipops:</b> Cut bananas into two halves, insert the ice cream stick at the broader end and cover all surface area with the colourful sprinkles.</p>  <p><b>Making Mathura Pedas:</b> Mix fresh khoya with powdered sugar and food grade colours. After mixing gently and thoroughly make different shapes of pedas using cookie cutters.</p> 

# Day 4

## Enjoying the festival with sweets




Materials Required	Description	Activity
<p><b>Colourful open sandwiches:</b> Chopped colourful vegetables (carrots-red and orange, capsicum, corn, broccoli), butter and sandwich bread.</p>	<p>Please make sure that the ingredients and materials being used are safe for children and no child is allergic to any of these.</p>	<p><b>Making colourful open sandwiches:</b> Spread butter on one side of the bread, arrange layers of colourful vegetables on the bread, sprinkle any seasoning of your choice on it. Holi theme sandwiches are ready to eat.</p> 

# Day 5

## Holi Party: Playing Holi with flowers and dry gulaal



Materials Required	Description	Activity
<p>Petals of marigold and rose flowers, dry gulaal prepared by children on day 3</p>	<p>Teachers organise for child friendly music to be played in a common area to play Holi with the materials prepared previously.</p> <p>Some children can be sensitive to these materials, make sure to keep these aspects in mind before setting up an activity like this.</p>	<p>Children play dry Holi under teachers supervision. Make children aware of being gentle and mindful of others' consent and willingness to play with them. It is a good idea to politely ask for each other's consent to play Holi.</p> 

# Stories

## PreN

### Krishna and Radha Holi story

The Holi of Braj is famous all over India for its intimate connection with the divine deities and their love plays.

It is said that when Krishna was a young boy, he asked the reason for his dark colour while Radha was so fair.

His mother Yashoda playfully suggested that he should smear colour on Radha's face too and change her complexion to any colour he wanted.

Captivated by the idea, Krishna proceeded to do so and thus, introduced the play of colours on Holi.

## Nursery

### Story of Prahlad, devotee of Lord Vishnu

Holi gets its name from Holika, demon king Hiranyakashyap's sister. Hiranyakashyap had got a boon from Lord Vishnu that he would not be killed by man or animal, at day or night, inside or outside, above or on the ground.

So Hiranyakashyap said that only he should be worshipped, not God. His own son, Prahlad continued to worship Lord Vishnu. This made his father angry. He asked Prahlad to jump from a mountain, but he remained unhurt.

Even when Hiranyakashyap made Prahlad jump in a well, he was unharmed.

Hiranyakashyap tried to poison Prahlad. The poison turned to nectar in Prahlad's mouth.

Then, Hiranyakashya ordered that wild elephants should trample Prahlad, but he was not hurt.

Next, Prahlad was put in a room with poisonous, angry snakes, but still nothing happened to him.

Finally, Holika made Prahlad sit on a pyre with her. She was protected by a shawl that kept her from being burnt. The shawl flew from her to Prahlad. So, Holika burned, Prahlad was safe.

Lord Vishnu appeared as half-man, half-lion and killed Hiranyakashyap at dusk, on his porch steps.

A Holika bonfire is lit every year to remind us of the victory of good over evil. Holi is celebrated on the day after the bonfire.

## KG

### Story of Hola Mohalla

Started by Guru Gobind Singh, Holi Mohalla is celebrated a day after the Hindu festival of Holi. Apparently, the name Holi is the masculine name of the feminine Holi. While the vibrant Holi festival boasts of sprinkling color powders and splashing water, Holi Mohalla takes the form of demonstrating martial skills in simulated battles. Celebrated across the world, the most important festivities are observed in Anandpur Sahib that witnesses an annual festival. The three-day festival is enriched with mock fights, music, poetry, kirtan, etc.

Participants from all across the town can be seen performing bold and heroic acts, like tent pegging, bareback horse riding, Gatka (mock encounters with real weapons), standing erect on two speeding horses, and other war-like sports. The Sikhs organise colourful processions, starting from Takhat Keshgarh Sahib (one of five Sikh religious seats) through different significant Gurdwaras and finally ending at the Takhat Keshgarh. Tourists and visitors are served with traditional meals, called langars, prepared by the local people as part of community service. The pilgrims are served food while being seated in neat rows on the ground, known as pangats.



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