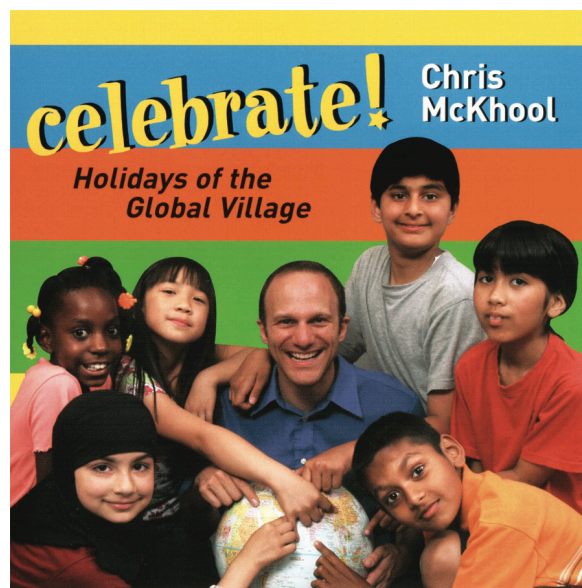


Chris McKhool's "Celebrate! Holidays of the Global Village"

STUDY GUIDE

Chris McKhool's CD and concert "**Celebrate! Holidays of the Global Village**" celebrates fall and winter, a time of year marked by many different holidays, here in Canada and around the world.

Canada's multicultural society is rich with diverse traditions. From all over the world, immigrants have come here to start new lives and make dreams come true. As winter approaches, families of diverse faiths and customs gather together with neighbours and friends. The beginning of winter is a time of holidays, rituals, festive meals and celebrations ... and our country is alive with laughter, song and community. Most holidays have special foods associated with them, as well as costumes, lights, and, of course, music.



For Info, CDs and Teachers' Guides contact:
1-800-MCKHOOL • (416) 469-3180 • chris@fiddlefire.com

Please visit www.fiddlefire.com for more info.



LET'S CELEBRATE IN CANADA

Words and music © 2004 by Chris McKhool (SOCAN)

Let's celebrate in Canada (x2)
We are a land of many peoples
All equal no matter where we are from
Let's celebrate in Canada

Let's celebrate in Canada (x2)
With glowing hearts we see thee rise
Our true north strong and free
Let's celebrate in Canada

Optional additional verses:

Let's celebrate in Canada (x2)
This is a land of religious freedom
Where we don't have to hide who we are
Let's celebrate in Canada

Let's celebrate in Canada (x2)
And the wisdom of our Elders
And Indigenous traditions deep and strong
Let's celebrate in Canada



ACTIVITY:

MULTICULTURAL EXTRAVAGANZA: Developed by Martha Knowlton

Have a multicultural open house for the students, parents and larger community.

- Draw on parents to help set up booths providing traditional foods of their countries of origin to be shared.
- Set up activity tables featuring diverse cultural arts projects, including: Asian origami and calligraphy, Indian henna painting, Indigenous dream catchers, Caribbean hair braiding, etc.
- Feature performances by the children and parents of traditional dance and songs.
- Display activities from this guide, including a running slide show of "My Dream for Canada" Big Book and Roots of our Community.
- Have the students perform songs along with the instrumental version of "Celebrate! Holidays of the Global Village" for the rest of the school community.

ACTIVITY:

“My Dream for Canada” Big Book: Developed by Martha Knowlton

1. Have each student create his or her own page for this book. They can fill in their dream for Canada, and colour the leaf, or draw another picture inside it.
2. Collate the pages into a big book for the library or front hall.
3. Take digital photos of the pages and show them as a slide show at an assembly.



I'M GONNA SING FOR WINTERTIME

Words and music © 2004 by Chris McKhool (SOCAN)

I'm gonna sing for Wintertime (x2)
For Chanukah, and Christmas 'round the fire
I'm gonna sing for Wintertime.

I'm gonna clap for Wintertime (x2)
For Guru Nanak's Birthday, and Winter Solstice too
I'm gonna clap for Wintertime.

I'm gonna stomp for Wintertime (x2)
For Diwali, light the lights, Bodhi Day and Kwanzaa
I'm gonna stomp for Wintertime.

I'm gonna hum for Wintertime, Hmm hmm hmmm...

Je vais battre mes mains très fort (x2)
For the Chinese New Year, Têt and Shogatsu
Je vais battre mes mains très fort.

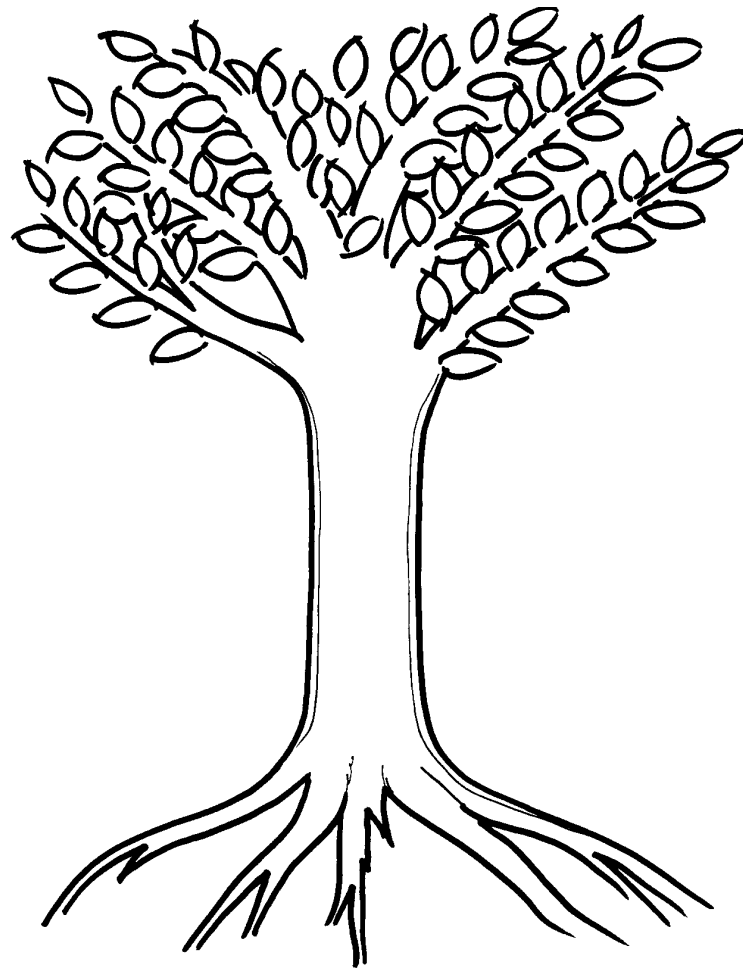
I'm gonna sing for Wintertime (x2)
For holidays, all around this wide world
I'm gonna sing for Wintertime

For holidays, all around this wide world,
I'm gonna sing for Wintertime

ACTIVITY:

ROOTS OF OUR COMMUNITY

1. In the hallway hang a large drawing of a tree trunk showing many branches and roots. Do not draw in the leaves.
2. Have each student draw the outline of a leaf on a smaller piece of paper, cut it out, and write his or her name on it. They can also colour it. For younger students you can precut leaves for them.
3. Attach the leaves to the branches of the tree.
4. Have the students write his or her country or countries of origin, or the origin of their ancestors, along the roots of the tree.



BODHI DAY

Buddhists celebrate a day called Bodhi Day, usually held on December 8. Gautama Buddha, the founder of Buddhism, was a man born in the 6th century BCE. He spent years in the forest seeking out the meaning of life. Eventually frustrated, he sat underneath a special tree called the “Bodhi-tree”, and determined not to move until he discovered the essential truths of existence. Bodhi Day celebrates the anniversary of the day he found the answer, and became “enlightened”, or wise.

The Buddha discovered that everything is interdependent, and that there is no separation between our bodies and minds and the rest of the world. He also believed that all living beings suffer, but that there is a path that people could follow to help them to end suffering. Buddhists meditate, similar to praying, to get in touch with this inner knowledge and inner peace.

There are three jewels in Buddhism: the Buddha, the Dharma and the Sangha. The Buddha is both the historical person, as well as the “Buddha Nature”, or the wise one, inside each of us. The Dharma is the teachings of the Buddha, or “the Way”. The Sangha is the community of people with which you practice, like a congregation, and can include your family.

The following song is a collaboration of three people. The words to the verses are based on a poem by Vietnamese Zen Buddhist monk Thich Nhat Hanh, who lives and teaches in France (www.plumvillage.org). The melody to the verses is by singer-songwriter Jim Robinson (www.jimrobinson.ca), who lives in Montreal. I wrote the melody and words to the bridge, and arranged the song to include the three jewels.

I HAVE ARRIVED

Verse words by Thich Nhat Hanh/ Music by Jim Robinson
Arrangement, and bridge words and music © 2004 by Chris McKhool (SOCAN)

Sung three times as a call and response song

I have arrived
I am home
In the here
And the now
I am happy
I am free
In the Buddha (Dharma, Sangha)
I dwell

Bridge:
Ring the bell, ring the bell for me.
Ring the bell, ring and you will see...

DISCUSSION:

The Buddha believed that life involved suffering. What is suffering to you? Imagine your life with no suffering at all. Would it be more fun, or would it seem boring after a while? Do you think you would enjoy a sunny day as much without the experience of rainy days? Would you enjoy a sweet candy as much if you had never tasted something you disliked, like cough syrup?

ACTIVITIES:

- Many people, not just Buddhists, use bells to help them to calm their minds and to think clearly. Ring a bell in class and ask the students to try to keep their minds focused and think of nothing but the sound of the bell. How long can they do nothing but listen before their minds distract them by thinking of other things?
- Ask the students to close their eyes, relax and breathe slowly. Then ask them to try to count their breaths in their heads with each “in” breath. Ask them how many breaths they can count before they lose track. Our minds are very distractible. What thoughts came up while they were counting? Is it possible for them to do this exercise again, and not think of any other things between breaths except the counting?
- Buddhists believe that everything and everyone is interconnected. Brainstorm all the things that a person needs to live, including oxygen from trees, other animals, community, plants, sunlight, rain, etc. On a huge piece of paper, have the students draw a mural. They can put themselves in the middle, and around them all the things they need in order to survive, and be happy in life.



CARNIVAL/MARDI GRAS

Carnival, also known as Mardi Gras (literally translated Fat Tuesday) and Shrove Tuesday, is a celebration before the fast of Lent, which is a Christian time of penitence and reflection.

Carnival is a time to eat fatty foods and sweets that you give up for the six weeks before Easter while you are fasting. Then they are not around to tempt you for the next 6 weeks!

Here in Canada communities from many different countries have variations on Carnival. They include dancing and partying to let off steam, parades, balls and mask wearing. Quebec's Carnival has grown into the biggest winter carnival in the world in the heart of old Quebec, complete with parades, ice fishing, concerts, snow sculptures and horse-drawn sleigh and dogsled rides.

One of the most famous Mardi Gras celebrations has always taken place in New Orleans, Louisiana. The days of parades, masked balls and parties are known all over the world. Hurricanes Katrina and Rita caused devastating destruction in September 2005. As years go by, and the city rebuilds, the residents along with the rest of the world looks forward to the day when New Orleans will again celebrate Mardi Gras.

CARNIVAL TIME

Words and music © 2004 by Chris McKhool (SOCAN)

I've got the urge to sing, I've got the urge to rhyme
I feel so good, it's Mardi Gras time
Grab a ride on a horse-drawn sleigh
And come and join us in the big parade
We're gonna party in the street, party with our pals
Dance, baby, dance for Carnival

We got the snow, it's a falling and I'm feeling cool
We're havin' some fun, were outa school
The winter's only here for a part of the year
So let's rock Quebec with some New Orleans cheer
We're gonna party in the street, party with our pals
Dance, baby, dance for Carnival

There's my friend Ken, playin' keys
We'll be jammin' all day, trying to please
And there's Mr. Adam banging on a drum
Having Colin on the bass is so much fun!
We're gonna party in the street, party with our pals
Dance, baby, dance for Carnival

I got my guitar and a song to sing
And friends by my side singing harmony
I got music in my fingers, music in my soul
Folk, jazz and grungy ol' rock and roll
We're gonna party in the street, party with our pals
Dance, baby, dance for Carnival

ACTIVITIES:

“Carnival Time” is often performed live as a “freeze game”. Play the CD or perform live for the students, and pause every once in a while shouting “Freeze!”. The student who is the best “freezer” gets to be the “conductor” in the next round.

- If using this guide in 2005/2006, you might want to encourage the children to plan a fundraising event to send money to the hurricane victims, at this very special time for the people of the region. Look for a newspaper report about how people from New Orleans are celebrating Mardi Gras this year.
- Perhaps the fundraising event could have a Mardi Gras theme.
- If using this guide after 2005/2006, you could research what has happened to the city up to this date. Has it been rebuilt? At what stage is the reconstruction? Is there a Mardi Gras celebration this year?

KING CAKES

One of the traditions of Mardi Gras is the making and eating of King Cakes. The Cakes have a hidden treasure baked into them, symbolizing the Baby Jesus, and looking for the token symbolizes the search for the Baby Jesus by the Three Kings or Wise Men.

King Cakes are made from twisted strands of cinnamon dough, shaped into an oval, and topped with purple, green, and gold icing. There are small dolls representing the baby Jesus baked into the cakes. The cake is sliced, and each person eats a piece, hoping to find the doll and become the King or Queen for the day. That person is rewarded with good luck, but must also bring the King Cake to the next party.

Bake a King Cake

- Using the recipe provided, bake a King Cake.
- Serve the cakes and enjoy the excitement as each child hopes to find the hidden treasure in a slice of the king cake, and become King or Queen for the day.
- Give a paper crown to the student who finds the hidden doll in the cake.
- Have the class think of some privileges for the King or Queen.
- **Note:** With younger children, you might want to make individual cakes with surprises baked into each one.

Fast and Easy King Cake Recipe

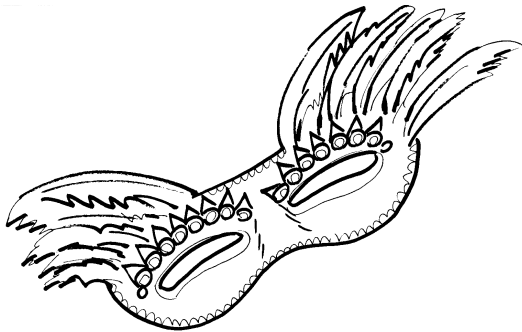
Ingredients

- 1 can of cinnamon rolls, with icing
- 3/4 cup of sugar, separated into 3 parts of 1/4 each
- food colouring

Directions

- Separate the cinnamon rolls and roll them out by hand so that they look like a hot dog.
- Shape the roll into one large or several small ovals. Pinch the ends together, and place on a cookie sheet. Hide a small plastic doll in each cake. You can substitute a penny or any small token if a small doll is not available.
- Cook the cakes as directed.
- While they are baking, dye the sugar with red, green, and gold food colouring.
- When the cakes are cool, spread the icing, and sprinkle with the three colours of sugar.

MAKE A MARDI GRAS MASK



Materials

- Cardboard
- Paper
- Scissors
- Coloured markers
- Glue
- Feathers
- Sparkles
- Scraps of Material
- Other decorating materials of your choice

Instructions:

- Make a template of a half mask out of paper (patterns can be found on the Internet or in craft books).
- Have each student use the template to trace and cut a mask shape out of cardboard.
- Decorate the masks with the materials listed above.
- Plan a parade, using homemade instrument and have the children march, wearing their masks.
- Play Cajun music during the parade.

CHANUKAH

There are many important Jewish holidays in the fall and winter. Rosh Hashanah is the Jewish New Year and marks the first of ten High Holy Days. Yom Kippur, the final of these ten days, is the Day of Atonement, a day of contemplation and to make up for wrongs done in the past year.

Chanukah is the Jewish festival of lights. It is not the most important of the Jewish holidays, but one that gets a lot of attention in Canada because of its proximity to Christmas. It is a celebration of the recapturing of a holy temple in Jerusalem after it had been taken over by the Syrian Greeks, more than 2000 years ago. A family called the Maccabees gathered together and drove the ancient Greeks out of Jerusalem and reclaimed the temple.

In the temple there was a light, called the eternal light, that burned 24 hours a day all year. It used a special sanctified oil to burn. The Maccabees found only enough oil to burn for one day. It was going to take at least a week to make more oil. But when they lit the oil, it miraculously burned for 8 days until the new oil could be prepared. This is why Chanukah is celebrated for 8 days and every night a new candle is lit in a special candelabra called a Menorah or Chanukiah.

CHANUKAH, OH CHANUKAH (Traditional Jewish)

Chanukah, oh Chanukah, come light the menorah
Let's have a party, we'll all dance the Hora
Gather 'round the table, we'll give you a treat
Dreidels to play with and latkas to eat

And while we are dancing
The candles are burning bright
One for each night, they shed a sweet light
To remind us of days long ago
One for each night, they shed a sweet light
To remind us of days long ago

(Yiddish)

Oy Chanukah, oy Chanukah, a yontif a sheyner
A lustiker, a freylicher, nito noch a zoyner
Alle nacht in dreydl shpiln mir
Zudik heyse latkes esn mir

Geshvinder tzint kinder
Di Chanukah lichtilech on
Lomir alle zingn, un lomir alle shpringn
Un lomir alle tantzn in kon
Oy lomir alle zingn, un lomir alle shpringn
Un lomir alle tantzn in kon
Oh, yubba bubba, yubba bubba...



ACTIVITIES:

A dreidel is a 4-sided top played with on Chanukah. Children are given a dreidel and little chocolate coins called Chanukah gelt, which are used in a betting game. Each side of the dreidel has a different Hebrew letter: Nun, Gimel, Hay and Shin. The letters stand for the Hebrew phrase "Nes Gadol Hayah Sham" which means "a great miracle happened there".

- **MAKE A DREIDEL:**

Visit www.basketmakers.org/topics/seasonal/hanukah/frprojdreidel2.htm to print off a dreidel pattern you can make with your students.

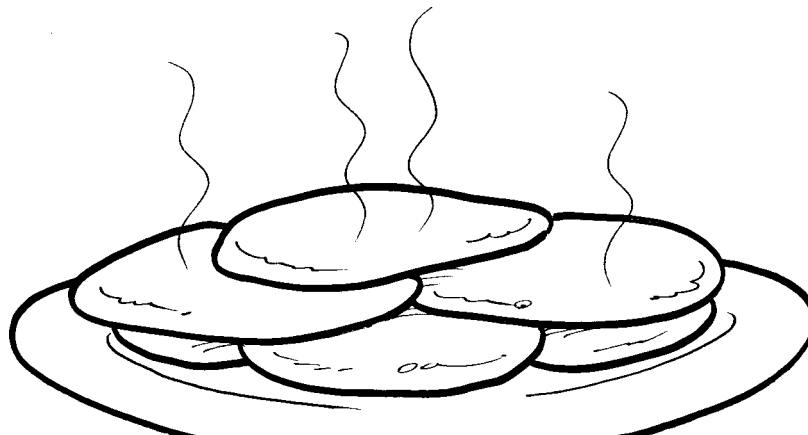
- **PLAY THE DREIDEL GAME:**

Use the dreidel you made, or a wooden one that you can buy from a store. Each player starts off with ten coins (gelt, pennies or tokens). The game begins with each player tossing one coin into the middle. This is called the "pot". The first person spins the dreidel. If the dreidel lands on Nun, nothing happens and the next player spins. If the dreidel lands on Gimel, the player gets the whole pot. On Hay, the player gets half of the pot, and on Shin, the player must add a coin to the pot. When the pot is empty, everybody puts one in. The winner is the player who has won it all.

MAKE POTATO LATKAS! Recipe by Elene Kazias and Mary Salvarinas

3 large potatoes	5 mL salt (1 tsp)
1 small onion	30 mL flour (2tbsp)
3 eggs	vegetable oil for frying

1. Wash, peel, and grate raw potatoes. Strain.
2. Grate and add the onion.
3. Beat eggs well; add to potatoes.
4. Add salt and flour. Mix well.
5. Fry in frying pan, dropping carefully by spoonfuls into hot oil that is deep enough, almost to cover the latkes.
6. Fry on second side.
7. Drain on paper towel. Serve with applesauce or sour cream. Makes approximately 18 pancakes.



CHINESE NEW YEAR

The Chinese New Year is a very special occasion. It marks the beginning of the New Year based on lunar cycles, starting with the second New Moon after Winter Solstice. The celebrations last until the full moon 15 days later. It is also the time each year that everyone celebrates their birthday, regardless of the month they were born.

Firecrackers are lit to scare away Nian, a ferocious beast that in an ancient tale came every year to eat villagers, but was scared away by loud noises. The colour red is also used to ward away evil spirits.

Chinese houses are usually cleaned top to bottom before the New Year, to sweep away bad luck. The window panes and doors of houses are painted red, and word couplets written in Chinese characters are hung outside homes and stores with good wishes. Special meals are prepared and ancestors are recognized and remembered because they lay the foundation for the health and good luck of the family.

The 15th day of the New Year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade. In Chinatowns around the world you often see actors leading a cloth dragon or lion chasing a red sun ball or a white pearl ball, while others bang drums and gongs. Someone dressed as a monk comes to tease the lion out of its lair and make it dance. You may see the lion eat some greens, and then spit some of it back out to the audience. This represents that there is a surplus of food and signifies good luck to the community.

ACTIVITY: MAKE A WISHING TREE

There is an ancient custom in China in which people write out wishes, attach them to oranges and throw them up into a wishing tree. If the orange stays up in the tree, the wish comes true. One of the most famous wishing trees is in Lam Tsuen in Hong Kong. Thousands of people visit this tree every year, to throw wishes into it. You can see pictures of this tree by researching Chinese New Year activities on the internet.

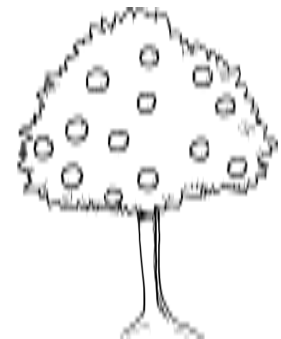
Materials: Paper, Scissors, Tape, Pieces of ribbon or wool, Oranges

Instructions:

- If you have a tree on the school property, get permission to use it as a wishing tree.
- Have children write wishes on pieces of coloured paper
- Attach the wishes to oranges
- Throw the oranges up into the Wishing Tree and wait to see whose wishes come true.

Or

- Cut a tree out of heavy paper, and stick it on a bulletin board
- Have the children write their wishes on paper and attach them to cut out paper oranges.



CHINESE NEW YEAR 新年歌

Words and music © 2004 by Chris McKhool (SOCAN)

Chinese translation and transcription by Qiu Xia He 何秋霞. (www.silkroadmusic.ca)

We set off our fireworks
On the eve of the Chinese New Year
To scare the ferocious Nian
And keep the beast away another year
At midnight we open our doors
And swing our windows out with joy
Welcoming the New Year
Singing “Kung Hei Fat Choy”

Zheng Yue Li Fang Bian Pao
Ying Ya Ying Xin Nian
Jia Jia Hu Hu Hao Re Nao
Xi Ya Xi Xin Jian
Chuang Hua Men Bian
Ji Xiang Ru Yi Nian
Nan Nu Lao Shao Qi Sheng Chang:
Gong Xi Fa Cai!

正月里放鞭炮，
迎呀迎新年。
家家戶戶好熱鬧，
喜呀喜心間。
窗花門匾，吉祥如意年，
男女老少齊聲唱：恭喜發財！

On the full moon of the New Year
We light the lanterns we made
We eat our sweet little *yuanyao*
And march in our noisy parade
We bang our gongs into the night
We sing and clap our hands
And watch the lion chase the pearl
Bringing cheer and good luck to our land

Zheng Yue Li Nao Yuan Xiao
Hua Deng Gua De Gao
Tuan Tuan Yuan Yuan Qing Xin Chun
Luo Gu Sheng Sheng Qiao
Qian Fu Hou Yang
Shuang Long Xi Zhu
Zhu Yi Sheng: Peng You Men
Xin Nian Kuai Le!

正月里鬧元宵，
花燈挂得高。
團團圓圓慶新春，
鑼鼓聲聲敲。
前俯后仰，雙龍戲珠，
祝一聲朋友們：新年快樂！

ACTIVITIES:

- MAKE A CHINESE GIFT PACKET

Instead of exchanging presents as is done in the West, the Chinese give gifts of money at Chinese New Year, at weddings and birthdays. The money is usually placed in a red packet/envelope decorated with an appropriate symbol, greeting or lucky sign
Go to www.chinatown-online.co.uk/pages/learn/class_packet.html to print off a packet design that your students can colour and glue together.

THE LUNAR CALENDAR

Chinese New Year is the first day of the lunar calendar, so it is also called the Lunar New Year. It is also referred to as the Spring Festival since it is the beginning of the Spring term, which is the first term of the 24 terms on the lunar calendar.

Twelve animals represent the lunar calendar. One animal represents each year. The 12 animals in order are: rat, ox, tiger, rabbit, dragon, snake, horse, ram, monkey, rooster, dog and pig.

People born in the year of a certain animal are thought to have the same traits as the animal.

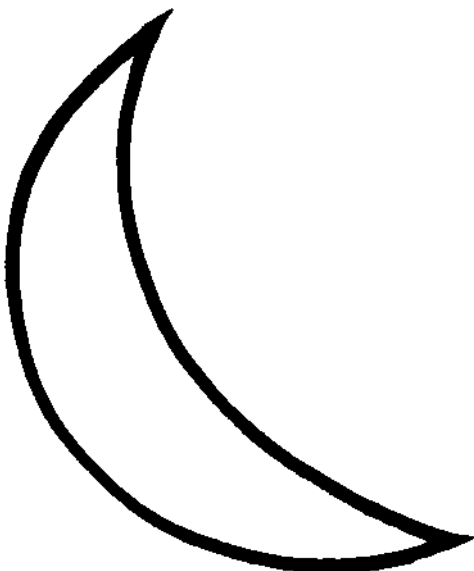
ACTIVITY: ANIMAL SIGNS

Materials Needed

- References about Chinese New Year
- Coloured Paper
- Markers
- Writing paper

Instructions:

- Use reference books or the internet to find out what animal is associated with each year (example 2005 is the year of the Rooster).
- Have children read the descriptions of the traits for the animal associated with year they were born.
- Have the children decide if they are like or unlike the animal for the birth year.
- Have them draw a picture of the animal sign.
- Have them write a paragraph to explain how they are like or unlike the animal.
- Display the pictures and paragraphs for the rest of the class to share.



CHRISTMAS

Christmas Day, December 25, is the day that most Christian people celebrate the birth of Jesus Christ almost 2000 years ago. He was born in a manger in Bethlehem when his parents, Joseph and Mary, couldn't find a room to stay in anywhere else in town. For Christians the real miracle of Christmas is that God came down from the heavens to be born as a baby boy, to be able to share in the lives and suffering of people.

Christmas traditions have their roots in many other world traditions, long before Jesus was born. The Romans had a holiday named Saturnalia. Many of the customs of the feast of Saturnalia are found in modern Christmas celebrations: food, gifts and burning candles were all common during this Roman holiday. People started giving Christmas cards about a hundred years ago, and Christmas trees were first illuminated by families in Germany using candles. In Canada Christmas is a time of family get-togethers, church ceremonies, prayer, food, gifts and devotion.

The story of Santa Claus is based on St. Nicolas. He was a generous 4th Century bishop who gave money to a poor family to help support their children.

FAMILY ACTIVITIES TO CELEBRATE A GREEN CHRISTMAS:

- Instead of using a cut tree as your Christmas tree, use a live potted tree. When Christmas is over you can keep it in your house, or store it in the garage and plant it in the spring in your yard!
- Old colour comics make great recycled gift wrap... save them for a few months before Christmas and encourage everyone in the family to use them. When your family is done opening their gifts you can recycle all the wrapping.

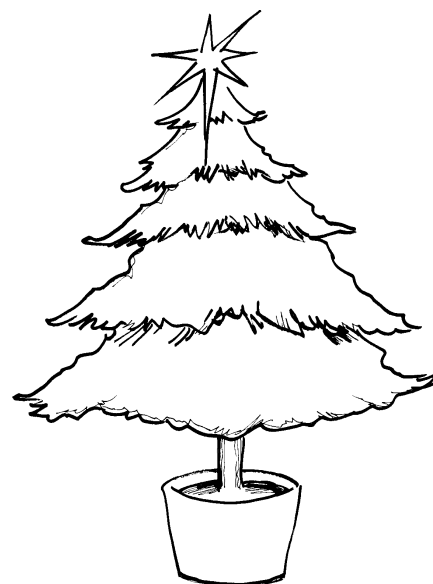
SOON IT IS CHRISTMAS

Words and music © 2004 by Chris McKhool (SOCAN)

My parents do not have very much money
But they say that giving is not about things
And when it snows we can go out and play
Make angels and sing for the rest of the day

I'll stack the fire, you light it for me
And then we'll hang the star on our Christmas tree
And when you come visit how I will be pleased
To celebrate winter with you Christmas Eve

Soon it is Christmas I hope it is white
But if it is green it still is all right
For when you come visit how I will be pleased
To celebrate winter with you Christmas Eve



Jingle Bells, one of my favourite winter songs, was originally written for American Thanksgiving! The author and composer of Jingle Bells was a minister called James Pierpoint who composed the song in 1857 for children celebrating his Boston Sunday School Thanksgiving. The song was so popular that people also started singing it to celebrate Christmas. I love the French version of it as well, written by a Parisian, Francis Blanche, in 1948. I also wrote my own verse, written below.

JINGLE BELLS

Words and music by James Pierpoint (1857)

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Laughing all the way
Bells on bobtail ring
Making spirits bright
What fun it is to ride and sing
A sleighing song tonight

CHORUS:
Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh
O jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh

VIVE LE VENT

Words by Francis Blanche © 1948 - Editions Semi

Sur le long chemin
Tout blanc de neige blanche
Un vieux monsieur s'avance
Avec sa canne dans la main
Et tout là-haut le vent
Qui siffle dans les branches
Lui souffle la romance
Qu'il chantait petit enfant :

CHORUS :
Vive le vent, vive le vent
Vive le vent d'hiver
Qui s'en va sifflant, soufflant
Dans les grands sapins verts...
Oh ! Vive le temps, vive le temps
Vive le temps d'hiver
Boule de neige et jour de l'an
Et bonne année grand-mère...

JINGLE BELLS

Verse words © 2004 by Chris McKhool (SOCAN)

Here I stand and sing
A winter song for you
I strum my guitar
And play a kazoo
Outside the weather's cold
But our hearts are warm
So let us sing together
Taking shelter from the storm!

CHORUS: Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh
O jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh

DIWALI

Diwali means "rows of lighted lamps" and this Hindu holiday, celebrated in most of India, is often referred to as the Festival of Lights. Diwali lasts five days, and has its roots in a celebration of a victory of good over evil in the ancient Hindu story of Ramayana. It also marks the end of the year. During this time, homes are thoroughly cleaned and windows are opened to welcome Lakshmi, the goddess of wealth and happiness, who is guided by the lights. Gifts are exchanged and festive meals are prepared.

Both in India and in Canada people celebrate Diwali by lighting small clay and oil candles called divas, and placing them in the windows of shops and restaurants. There are so many candles lit and electric lights hung from stores and homes during evening Diwali celebrations it can be almost as bright as day!

WE LIGHT THE DIVAS

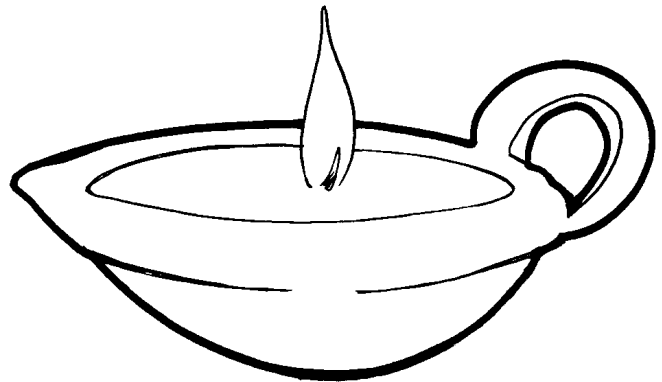
Music & Lyrics © 2004 by Michel Allard (SOCAN)

We light the divas for Diwali
There's one for you and one for me

We light the divas for Diwali
We pray for peace and harmony

Our families come together to celebrate
We dine and give thanks
Our families come together to celebrate
We sing and we dance

We light the divas for Diwali
There's one for you and one for me



ACTIVITIES:

MAKE A DIVA!

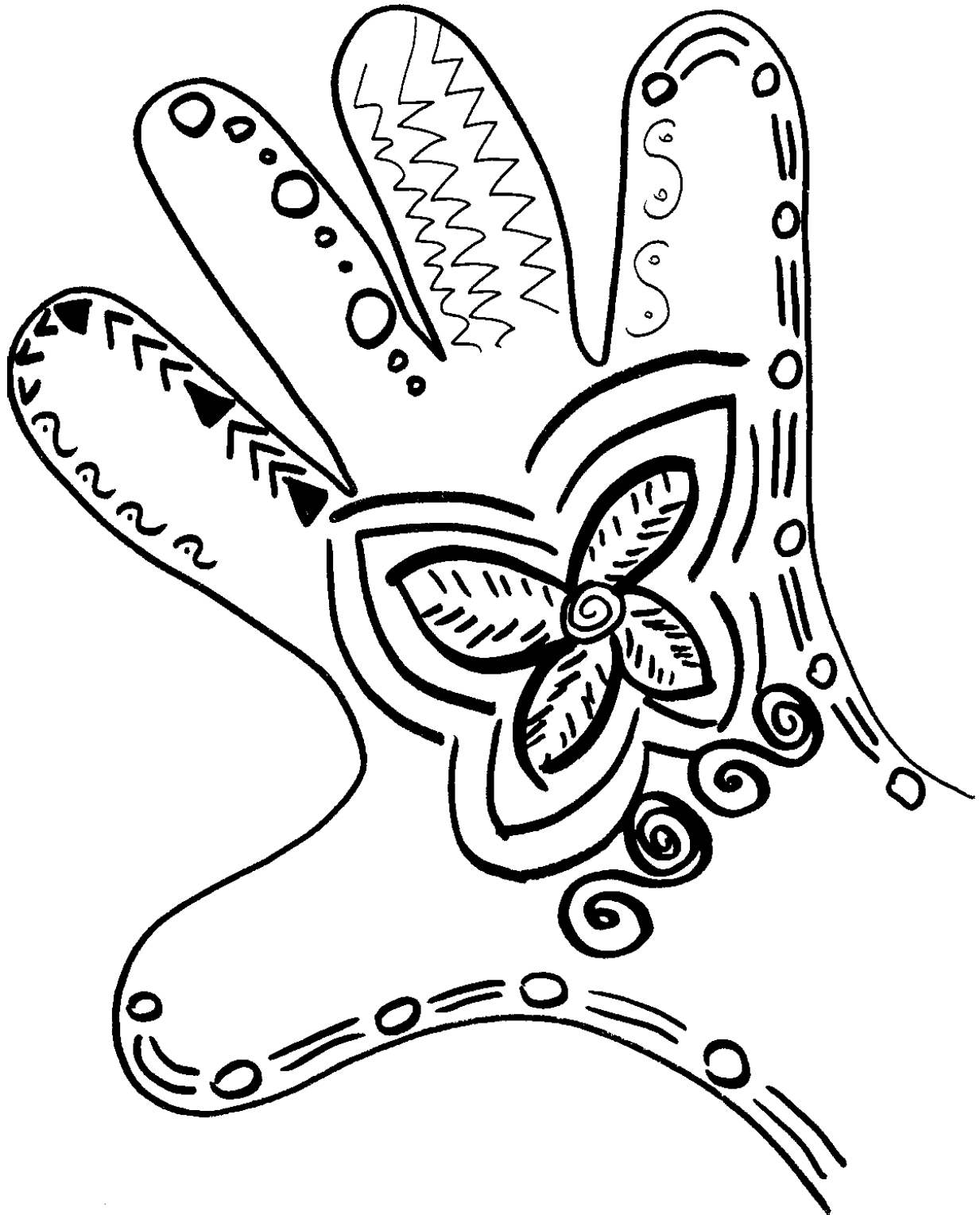
You will need clay, tea lights, birthday candles or oil and cotton wick material.
This activity requires adult supervision.

- Mould the wet clay into a ball about the size of a ping-pong ball.
- Press in the middle with your thumb, so it forms a small bowl.
- Fire the clay, or let it dry for 24 hours.
- Place a small birthday candle or tea light in the diva, or alternatively put a small amount of oil into the diva, and lay the wick so it is both in the oil and leaning out of the oil on the side of the diva.
- Have an adult light the wick.

DRAW A HENNA HAND! Developed and illustrated by Ruth Torchinsky.

Have students trace their hand on a sheet of paper.

They can then draw a traditional henna pattern from a book, or make up their own, like the one below.



HALLOWEEN

Halloween's origins date back to the ancient Celts, and their tradition of Samhain (pronounced So-wein). The Celts, who lived in Western and Central Europe in the first century BCE, would have a great feast to mark the end of summer and to celebrate a good harvest.

November 1st was the beginning of the New Year for the Celts and a magical time where the past, present and future merged, and many things were possible. Starting the night before, on October 31st, the line between the world of the dead and the living became very thin and past souls could walk among the living. Offerings of food and drink were given to appease ghosts and spirits, as well as to gain the blessings of fairies.

Although originally a Celtic holiday, the name Halloween actually comes from Christian traditions. The word is a contraction of All Hallow's Eve, the night before the feast of All Saints. Christians celebrated this feast in honor of all the saints, but kept many of the traditions of the Celtic celebration.

DANCE FOR HALLOWEEN

Words and music © 2004 by Chris McKhool (SOCAN)

Dance, dance, dance for Halloween
Dance, dance, dance for Halloween
Dance around the fire with goblins all around
Everybody make a scary sound

Jump, jump, jump for Halloween
Jump, jump, jump for Halloween
Jump to the Netherworld, ghosts play lost and found
Everybody make a scary sound

Shake, shake, shake for Halloween
Shake, shake, shake for Halloween
Shake your skeleton, feel your bones jangling around
Everybody make a scary sound

Clap, clap, clap for Halloween
Clap, clap, clap for Halloween
Clap a creepy rhythm, sing a cackle with a frown
Everybody make a scary sound

- **SPOOKY RELAY RACE:**

Make a relay race using different Halloween characters. Line up the students in teams, and have them walk/run to the end and back in character. The first person in each team can be a spider, walking on all four limbs with their bottom in the air. The second can be a ghost, sliding along the floor without lifting their feet. The third can be a witch, flying on a broomstick. Have the students think of some other characters they can play. The students can make the sounds of their character as they play!

- **CARVE A PUMPKIN!**

Have all the students draw their own pumpkin design on paper or on real baby pumpkins from the market using a black marker. How does their pumpkin feel? Draw one of the designs on a big pumpkin and cut it out for the students. Let them empty out the insides of their little pumpkin, or the big one. They will love the texture! Wash the seeds and spread them one seed deep onto a baking pan. Bake in the oven for 20 minutes or until golden brown. Add salt. Careful not to burn them!



INDIGENOUS TRADITIONS

Many Native traditions celebrate the changing of the seasons, births, deaths and harvests by sharing music and stories. Shannon Thunderbird (www.shannonthunderbird.com) is a First Nations Tsimshian artist who now lives in Ontario. She recounts how for traditional cultures winter is often a time for women to take rest after a hard summer's work, and to tell stories and share traditional knowledge.

CIRCLE SONG

Words and music © 1998 by Shannon Thunderbird (SOCAN)

Sit in a circle, talk in a circle
Speak of the things of the spirit

CHORUS:

Heya heya hey oh hey-ya
Heya heya hey oh hey-ya
Heya heya hey oh hey-ya hey-ya hey-ya heyyo

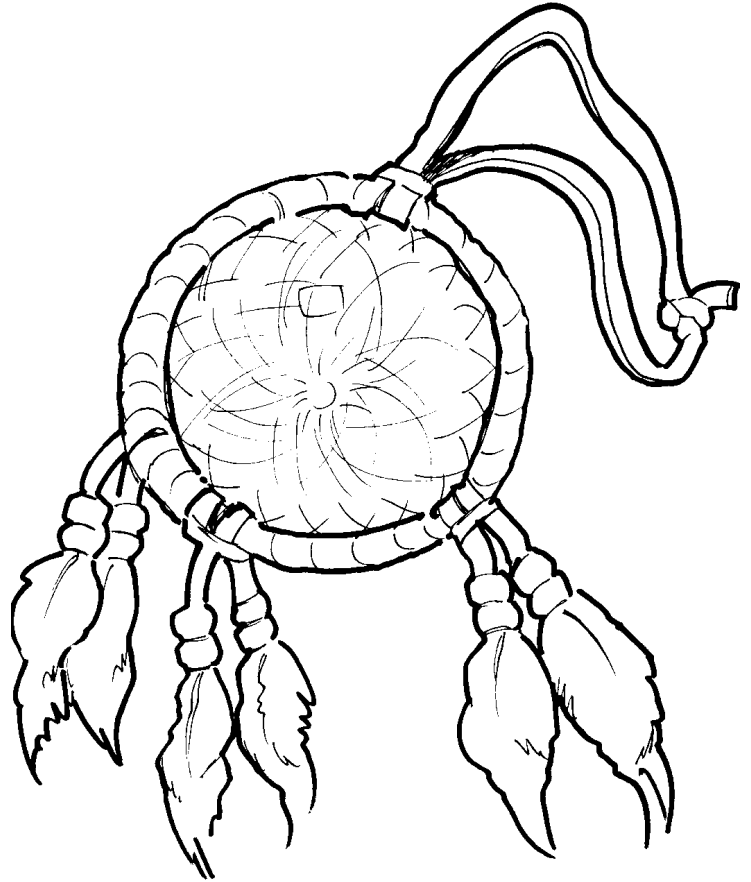
OTHER VERSES:

Over the mountains, under the sea
Live in the arms of creator

Dance in a circle, love Mother Earth
Listen to songs from Eagle

Dazzle your spirit, with Nature's beauty
Celebrate Grandfather Sun

Sparkling starlight, and pearls of rain
Shimmer with Grandmother Moon



ACTIVITIES: SNOW SNAKE GAME

The Haudenosaunee people (Iroquoian) (people of the longhouse) have played this game for many generations and you can attend festivals and snow snake tournaments today in the winter. The idea is to build a track in the snow along which you will throw multicoloured wooden poles carved from hardwood to represent a snake.

The track can be made by pulling a log in a straight line along a snow bank to pack the snow into shape and then water can be poured along the track to ice it. The poles are often 5 to 9 feet long, polished, with a larger "head" about 1 inch in diameter tapering to ½ inch at the tail. The person who gets their snow snake to move the furthest along the track (or in the shortest amount of time) wins. There are special ways to weight and throw a snow snake to achieve the maximum distance and speed. Professional snow snake throwers have the skill and strength to throw the snakes up to 2km!

FIRST NATIONS DICE OR DEER BUTTON GAME:

Background

Many Woodland Nations played a version of the dice or deer button game. The pieces used were made from deer or elk horn and shaped into small 2.5 centimetres (one inch) circles. Designs would be burned onto one side of the button or game piece. Beans were generally used as counters to keep score. The game could be played with two or more players.

Instructions for preparing the game:

- Divide the students into groups of 4.
- Give each student four of the round disks and have them draw traditional pictures on one side of each disk.

Materials Needed

- Beans
- Circles of cardboard (2.5 cm)
- Coloured Markers

Playing the game:

- Each group of four sits at a separate table.
- Place a pile of beans in the centre of the table.
- Give the eight decorated disks to the first player.
- The player throws the disks onto the table.
- Count the number of disks that land picture-side up.

The scoring is as follows:

- If all eight land the same way, the player takes 8 beans.
- If 7 are the same, take 4 beans.
- If 6 are the same, take 2 beans.
- No beans are awarded for 5/3 or 4/4 combinations.
- Each player takes a turn to throw the disks, and take the right number of beans from the centre pile.
- Once all the beans are gone from the centre, players take beans from each other until one person holds all the beans.
- The winner is the person who wins all the beans.

KWANZAA

KWANZAA is an African American holiday, celebrated more and more in Canada. People that come from Africa, or have African ancestors, acknowledge their roots during Kwanzaa, while at the same time remind themselves of their goals as a people. It is a very new holiday, so the traditions are still developing. Kwanzaa is celebrated from December 26 to January 1. During this time, families get together, exchange gifts, visit each other's homes, and eat special African foods.

There are seven principles in Kwanzaa, one for each day of the holiday. These principles are symbolized by the seven-pronged candleholder. One candle is lit the first night, two the second and so on, until all seven are lit.

Kwanzaa is not a religious holiday but rather a celebration of African heritage and culture and overcoming of obstacles that Black people had to face during and after the slave trade.

LET'S ALL SING FOR KWANZAA

Words and music © 2004 by Chris McKhool (SOCAN)

On December 26th
We will celebrate
Our Self-determination
Creativity and Faith

We will Work Collectively
Let us all Unite
With Purpose and Cooperation
We'll light a candle each night

CHORUS

Come visit our home, we will make a feast,
And tell stories long into the night
Drink from our unity cup, Sing our songs together,
Follow our guiding light
Let's all sing for Kwanzaa

Let us hang our flag
For everyone to see
Our Bendera ya taifa
Of black, red and green

For the people it is black
For the struggle it is red
It's green for our hope
and the future ahead

CHORUS

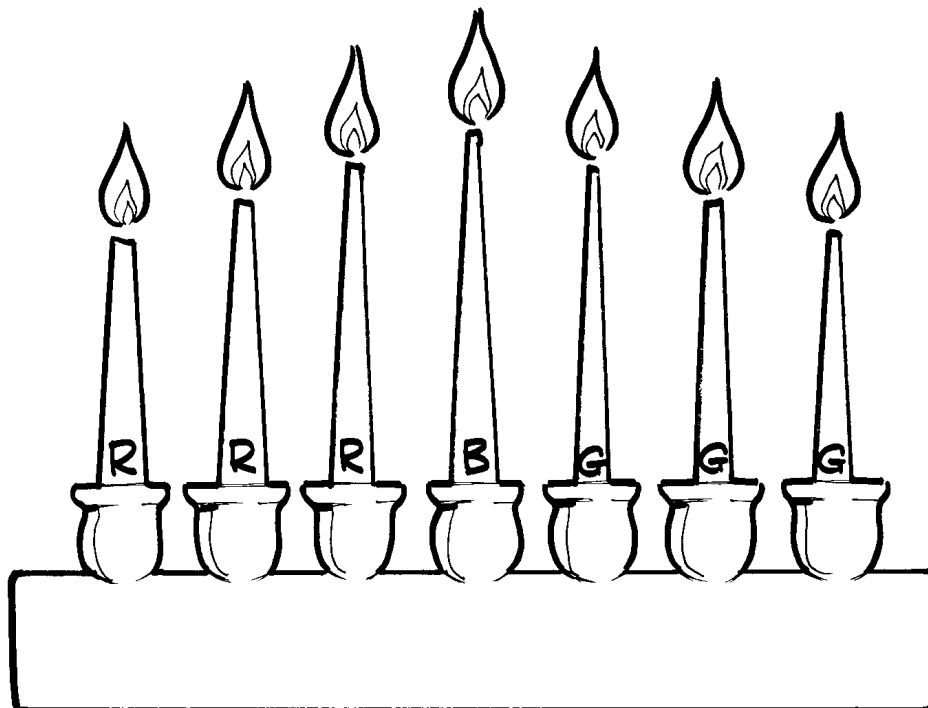
ACTIVITY:

Have the students match each of the names of the seven principles to the definition. These principles are written by Dr. Maulana Karenga, the founder of Kwanzaa. Please visit www.officialkwanzaawebsite.org/ for more information on Kwanzaa. NGUZO SABA (The Seven Principles)

- **UMOJA** (Unity)
To strive for and maintain unity in the family, community, nation and race.
- **KUJICHAGULIA** (Self-Determination)
To define ourselves, name ourselves, create for ourselves and speak for ourselves.
- **UJIMA** (Collective Work and Responsibility)
To build and maintain our community together and make our brother's and sister's problems our problems and to solve them together.
- **UJAMAA** (Cooperative Economics)
To build and maintain our own stores, shops and other businesses and to profit from them together.
- **NIA** (Purpose)
To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
- **KUUMBA** (Creativity)
To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
- **IMANI** (Faith)
To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

ACTIVITY:

Have students draw a Kinara and on each of the seven candles write one of the seven principles of Kwanzaa. Colour in these candles with their traditional colours: R stands for red, G for green and the middle candle is B for black.



Symbols of Kwanzaa

- Mazao (The Crops)
- Mkeka (The Mat)
- Kinara (The Candle Holder)
- Muhindi (The Corn)
- Mishumaa Saba (The Seven Candles)
- Kikombe cha Umoja (The Unity Cup)
- Zawadi (The Gifts)
- Bendera (The Flag)

Poetry Writing

- Remind the students of the Seven Principles of Kwanzaa by writing them on the board.
- Divide the class into seven small groups, depending on the number of students in the class.
- Assign each group one of the Seven Principles of Kwanzaa
- The group will brainstorm ideas of what the assigned Principle means to them.
- One member of the group will record the responses on a large sheet of paper.
- Groups will then arrange the words and phrases in any order to create a poem.
- Poems could be printed on paper cut in shape of a candle, and displayed in the class.
- Each group will rehearse and recite their poem in an oral presentation.

RAMADAN/ EID AL-FITR

Muslims throughout the world observe the Holy Month of Ramadan, which takes place in the ninth month of the Islamic lunar calendar. Ramadan is a time for inner reflection, devotion to God and fasting from sunrise to sunset to recognize the experience of those who are needy and hungry. "Eid al-Fitr", literally translated as "celebration of breaking the fast", is the three day Islamic feast that marks the end of the month-long fast of Ramadan.

Eid al-Fitr is a festival of thanksgiving to Allah (God). Here in Canada, Muslims observe Eid al-Fitr by dressing up in fine clothing to go to Mosque, and by giving to charity. Giving alms, or charity, to the poor is a central part of Eid. One must give enough to feed one poor person for each member of one's own family.

A WHISPER OF PEACE

Music & Lyrics by Dawud Wharnsby Ali. © 1996 Enter into Peace,
Third verse lyrics © 2004 by Chris McKhool (SOCAN)

A whisper of peace, moving through the land
Allah will surely come to us if we hold out our hand
A word of hope, a call to every woman and man
A light until the end of time, this is Al-Islam

Charity, to all our human race
Brings to us a smile of hope, spreading to our face,
Like a song to share, lighting up this place
A blessing without end, it's a gift of gentle grace.

We fast all day in the month of Ramadan
And while we pray to Allah we begin to understand
The hunger we feel, gives us clarity
And during Eid we offer thanks and give to charity

A whisper of peace, moving through the land
Allah will surely come to us if we hold out our hand
A word of hope, a call to every woman and man
A light until the end of time, this is Al-Islam

There are beautiful songs to celebrate the tradition of Islam by Canadian Muslim artist and educator Dawud Wharnsby Ali. This song and many others are available on his CD called "A Whisper of Peace". (www.enterintopeace.com) Please note, the above lyrics are not to be copied, but may be obtained through contacting info@enterintopeace.com or writing: Enter Into Peace, 24-94 Bridgeport Road East, Suite 314, Waterloo, ON N2J 2J9

ACTIVITIES:

- Ramadan is a time for inner reflection to understand and help those who are not as fortunate as us. During the month of Ramadan, hold a food drive at your school on behalf of a local agency.
- You can also hold a Loonie and Twoonie drive at your school. Place a jar in the office and ask the students and parents to contribute. A bottle drive is another great way for your school to raise money for a charity that helps the hungry or homeless.
- Ask the students to clear out their closets and toy boxes of unwanted clean, working items and clothes to donate to the Salvation Army, a local Goodwill or another organization that funds social programs.

