



# Who Celebrates Nowruz

Nowruz is celebrated in these countries:

Iran: RED

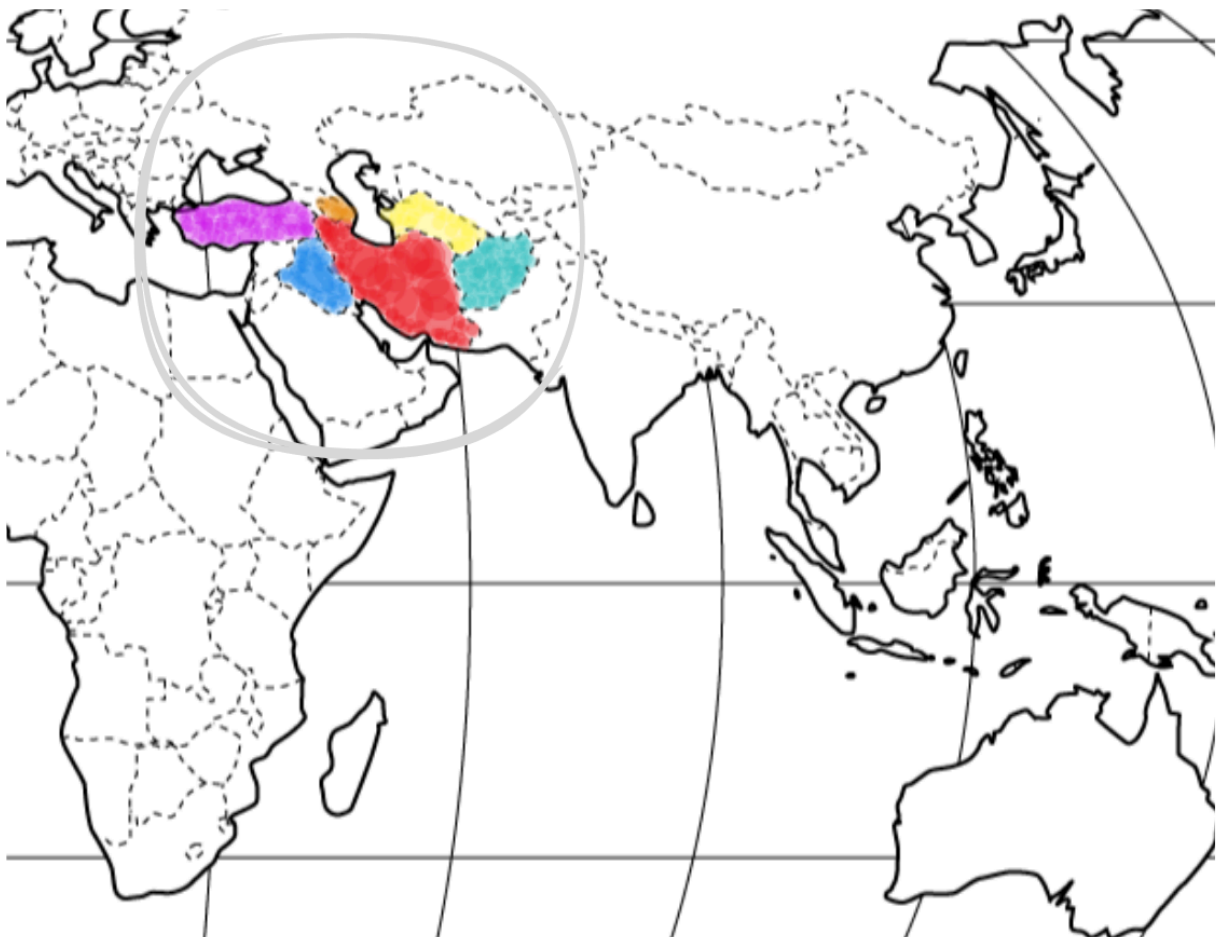
Turkey: PURPLE

Afghanistan: GREEN

Azerbaijan: ORANGE

Tajikistan: YELLOW

Iraq: BLUE



# Special Food for Nowruz

## Rice and Fish

**A special food for Nowruz is**

### Sabzi Polo Mahi

**a dish made with  
green herb rice and fish**





# Nowruz Treats for Kids

## Gifts or Money

**Children receive gifts or money called**

**Eidi**

**from their parents and grandparents  
to celebrate the Persian new year**





# Getting ready for Nowruz

## Cleaning the House

**Before Nowruz, families do  
a big clean called**

**Khunetekuni**

**Children help tidy the house to  
welcome the fresh start of  
the Persian new year**





**Nowruz Day 13**



**Nature Day**

**Nowruz Day 13 is called**

**Sizdah Bedar**

**On the 13th day of Nowruz, families go outside for a picnic to celebrate nature**



# Special Nowruz tradition

## Nowruz 7S Table

**Families prepare a special table called**

## Haft-Seen Table

**with seven symbolic items to welcome  
the Persian new year**





**Happy**

**Nowruz**



**The Persian New Year**

S1- Somāq  
Sumac spice  
(sunrise & new day)

S7- Seer  
Garlic  
(health & protection)



S2- Senjed  
Dried Oleaster  
(love)



**HAFTSEEN**

**7 S**

**ITEMS**



S6- Samanu  
Sweet pudding  
(strength & abundance)



S3- Serkeh  
Vinegar  
(patience)



S5- Sabzeh  
Sprouts (new life)



S4- Seeb  
Apple  
(beauty & health)

**Happy**  
**Nowruz**

**The Persian New Year**

Painted Egg  
(fertility)



Coins  
(prosperity & wealth)



Goldfish  
(life and movement)



**HAFTSEEN**

**Popular**

**ITEMS**

Candles  
(enlightenment & happiness)



Hyacinth  
(the coming of spring)



Mirror  
(self-reflection & light)



Book of Wisdom  
(Shahnameh or Divan of Hafez)

