

Persian New Year

Nowruz Preschool Activities

Nowruz 2026

Sat, 21 Mar 2026, 1:46 am



What is Nowruz?

Nowruz (say “*No-rooz*”) means “**new day**”!

Nowruz is the Persian New Year.

It happens when spring begins in the Northern Hemisphere (where countries like Iran are).

That is usually around March 20 or 21 each year.

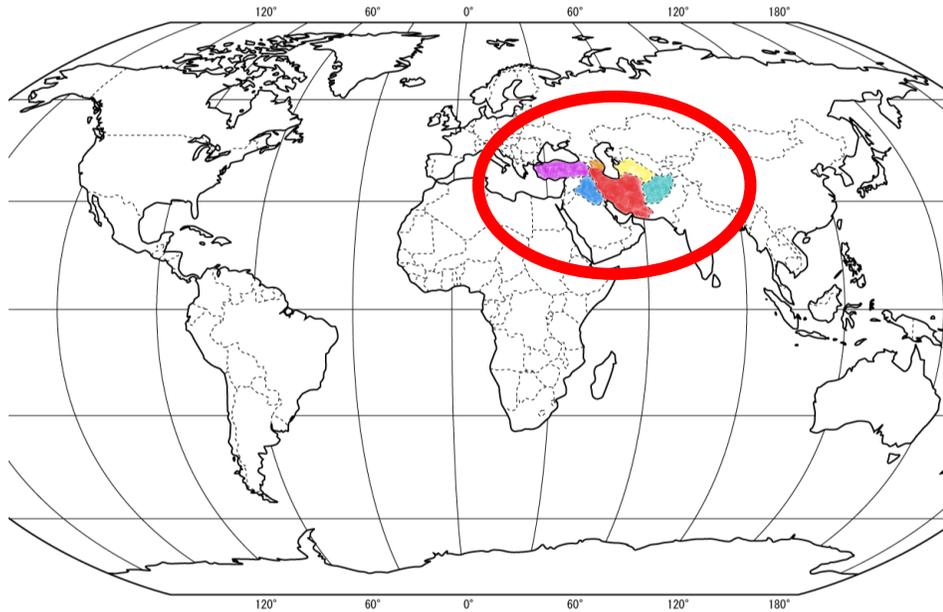
✨ Even though it is autumn here in Australia, in Iran spring is just beginning!

How do people celebrate Nowruz?

Families celebrate by:

-  Cleaning their homes to start the new year fresh
-  Growing green sprouts to celebrate nature and new life
-  Setting a special table called “Haft-Seen” with seven special items
-  Spending time with family and friends
-  Wishing everyone a Happy New Year!

Fun Facts about Nowruz



Nowruz is celebrated in places like: Iran, Afghanistan, Tajikistan, parts of Iraq, Turkey and Azerbaijan



Nowruz celebrates
🌸 Spring, 🌱 Nature,
💖 Family & ✨ New beginnings



Nowruz has been celebrated for more than 3,000 years



More than 300 million people celebrate Nowruz around the world

Haft-Seen (7 x S) Table Items

- S1- Sabzeh: Sprouts – symbol of new life
- S2- Seeb: Apple – beauty & health
- S3- Seer: Garlic – health & protection
- S4- Samanu: Sweet pudding – strength & abundance
- S5- Senjed: Dried Oleaster – love
- S6- Serkeh: Vinegar – patience
- S7- Somāq: Sumac spice – sunrise & new day

S1- Sabzeh Sprouts – new life



S2- Seeb Apple – beauty & health



S3- Seer Garlic – health & protection



S4- Samanu

Sweet pudding – strength & abundance



S5- Senjed Dried Oleaster – love



S6- Serkeh Vinegar – patience



S7- Somāq

Sumac spice – sunrise & new day



Other Nowruz Haft-Seen Table Items

- Goldfish: Signifies life and movement
- Hyacinth: Represents the coming of spring
- Painted Egg: Symbolizes fertility
- Mirror: Symbolizes self-reflection and light
- Coins: Represents prosperity and wealth
- Book of Wisdom: Shahnameh or Divan of Hafez

Goldfish- life and movement



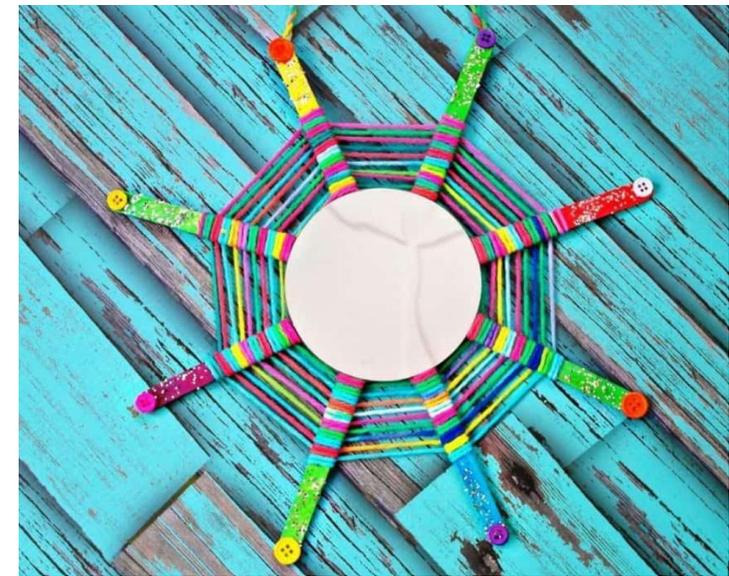
Hyacinth: the coming of spring



Painted Eggs- fertility



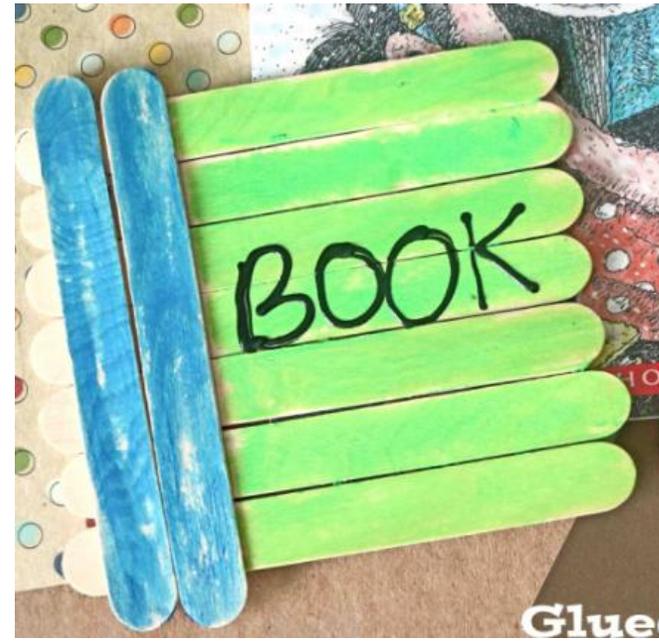
Mirror- self-reflection and light



Coins- prosperity and wealth



Book - Shahnameh or Divan of Hafez



Candles- enlightenment and happiness

