

# No Rouz Lesson Plan

## Chahar Shanbeh Suri - Fire Jumping

*For Grades K - 3, Social Studies, Vocabulary*

After reading *No Rouz: Our Persian New Year* by E.S. Zameen to the class, discuss the tradition of jumping over the fire:

(Words in blue can be used in connection with this lesson for vocabulary development and spelling)

Explain that in **ancient** times, people noticed that when people were sick, their face had a **pallor** — it looked yellowish. So people thought of yellow as representing sickness. Ask the students what color might represent health and **vigor**. (Hint: what color are your cheeks if you run around the play yard?) Red. In ancient times, the color red meant good health and energy.

(pictures of a sick & a healthy person are available in the website's links)

Now, in **modern** times, on the Wednesday evening before No Rouz (Tuesday if they are here in the Western hemisphere), Iranians and Iranian-Americans light a fire and jump over it. They say to the fire, "Zard-eh man az toe; sorkh-eh toe az man!" That means, "My yellow to you, your red to me!" What do you think that means if I give my yellow to the fire and take its red? (That I give away my sickness and take the fire's health.) Why would you want to do this at the start of a new year? (To symbolize good health through the coming year, renewal, and starting fresh and new.) Is there anything in any of the other new year traditions you know of that symbolizes starting new at the new year? (old year portrayed as an old man, new year as a baby; & etc )

Using a small fake fire (directions following), have students jump over it while everyone claps and chants, "My yellow to you, your red to me!"

### Making the Fake Fire

1. Using white cardstock, print two of the Color Fire Pages from the website's links.
2. Cut off the white above the flames.
3. Think of the cardboard that separates glass canning jars in their box— one piece of cardboard is cut from the top halfway down. The other is cut from the bottom to halfway up. Then the two pieces fit together. Do that with the two fire pages, using the line and halfway mark.
4. Fit the two pieces together and place on the floor. Add crumpled paper or sticks around it.

### Vocabulary / Spelling

**modern**  
**ancient**  
**pallor**  
**vigor**

**Note: Be sure to teach students NEVER to light any fire without parent approval and supervision!**