

Celebrate Diwali

Diwali is a festival for Hindus, Jains and Sikhs, celebrating the victory of good over evil and light over darkness. Celebrate with our different activities!

Learning aims

- Understanding the world around them
- Maths – patterns and shapes
- Communication and language
- Playing with others
- Expressive art and design.



Resources

- Ingredients for making the sweets
- Ingredients for salt dough
- Paint and glitter
- Chalk.

Activity Outline

- **Storytelling:** Tell the story of Diwali and Rama and Sita, and how good defeats evil to get the good princess back from the evil Demon King. Stories can be found on YouTube and supporting the children to find these will also develop their IT skills and further understanding of the world around them
- **Make sweets:** Make Diwali sweets and treats for the children to have in their Diwali celebration. Ask the parents for any recipes they use at home as these will always be much better than those found online - however if you have no Hindus, Jains and Sikhs in your nursery, then have a search on the internet
- **Make a clay lamp:** During the festival, windows are opened so that the Hindu goddess of wealth, Lakshmi, can enter. It is believed that she cannot enter a house which is not lit up, so every household burns special Diwali clay lamps (diyas) to light the way for the goddess, which is why the holiday is also known as the Festival of Lights. Make a clay lamp with the children for them to take home and celebrate Diwali with their family. Decorate the clay with colourful paint and glitter. You can do this with salt dough and a simple recipe is below
- **Draw patterns:** A Rangoli is a colourful design made on the floor near the door to the house and Hindus draw bright Rangoli patterns to encourage the goddess Lakshmi to enter their homes. Draw some colourful circular patterns on the ground outside with the children, talk about the patterns they make, the colours they use and how they look from above. Take pictures for the children to remember - pop them in their learning journeys along with photos of the sweets they make and then share this with the children and their parents.
- **Salt dough recipe:** You will need half a cup of water, half a cup of salt and one cup of flour. Combine the ingredients together into a dough, mould into a bowl for your candle, then cook in the microwave for 2 minutes. Once it has cooled then decorate.

Working with babies

- For your babies and toddlers make a sensory area with lots of fairy lights and other light features, turn off the lights (or turn down if children become unsettled) and have calm, relaxing time. Play some quiet relaxing music for your children, and you could add scented oils such as lavender to help (check children's allergies prior to this).