



Bright  
Little Stars  
Nursery

SUPERNOVA

# GEOGRAPHY AND CULTURE





## Family Tree

Help your child begin to understand their life story and family history by creating your own family tree. Talk about who is who and what relationship each person is to each other.

## All About Me!

Share photographs of your little one at different stages in their life. Talk about how they have changed. What has changed? What can they do now, that they couldn't do then? What did they eat as a baby? Why?



## Occupations

Talk about your occupations and those of other family members. Talk about the occupations of those who help us e.g. doctors, fire fighters, police officers etc. Try to avoid gender stereotypes.





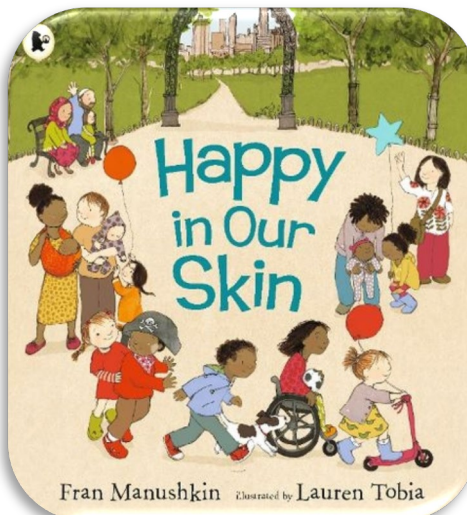
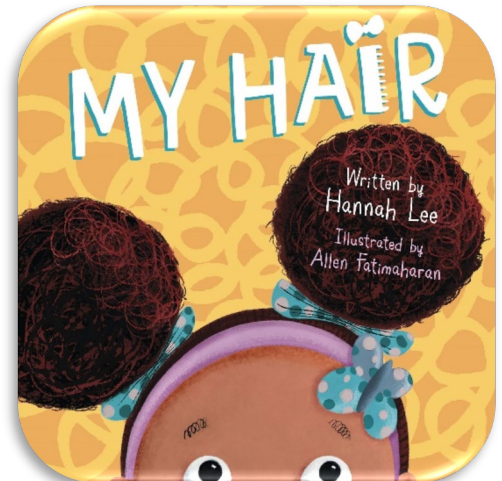
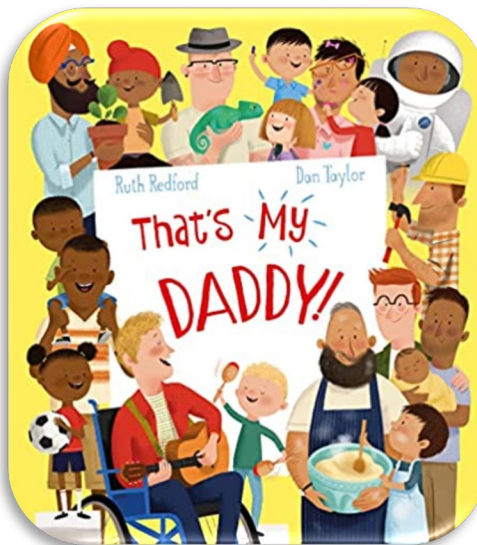


## Begin at Home

Help your child develop positive attitudes about the differences in people. Start by comparing differences between you and them. Looking into a mirror together is a lovely way to start.

## Books To Introduce Differences

There are many children's books that introduce the topic in lovely ways!







## Celebrating Festivals

Along with celebrating festivals that are part of your own culture. Take time to explain festivals from other cultures too. Please see the pages giving an overview of many festivals celebrated in the UK.

## A Visit to the Local Shop

Smaller, local shops often offer a larger range of opportunities to support children in understanding diversity, than larger supermarkets. Talk about where the fruits and vegetables have been grown. Have they been there? Does anyone you know come from there?



## Small World People

Reflect on the toys your child has. Could they be more diverse? Do any look like them, or members of their family? What's different about them?

## A Visit to an Eatery

Consider taking your child to cafes/restaurants that offer food from different parts of the world. What's different about what/how they eat at home?





## Ramadan

is a holy month for Muslims. During the month of Ramadan Muslims won't eat or drink between dawn and sunset. This is called fasting. It allows Muslims to devote themselves to their faith and become closer to Allah, or God. Fasting is 1 of the 5 pillars of Islam which form the basis of how Muslims live their lives. The other pillars are; faith, prayer, charity and a pilgrimage to the holy city of Mecca. Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends.

## Eid

Muslims celebrate **Eid** to mark the end of Ramadan. Eid al-Fitr means - 'festival of the breaking of the fast' and is one of the biggest celebrations in the Islamic year. The date depends on the cycle of the moon. The month of Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family & friends. When Ramadan is over Muslims celebrate by praying, giving gifts and having a big feast with their family and friends.



## Rosh Hashanah

is a special festival which celebrates Jewish New Year. It literally means 'head of the year'. The festival lasts for two days. It is always two days in autumn, as it comes from the Hebrew calendar. It is a celebration of the creation of the world and marks making a fresh start. It is a time for people to reflect on the past year and to ask forgiveness for anything wrong they feel they have done. They can also think about their priorities in life and what is important to them. Jewish families will spend some time at a synagogue. Apple and honey are often eaten, symbolising a sweet New Year. One of the traditions is to blow a big horn called a Shofar. It ends with Yom Kippur the holiest day of the year.





## Passover

(Pesach in Hebrew) is celebrated by Jewish people all over the world. It is one of the most important dates in the Jewish calendar. Jewish people remember a story from a very long time ago. Moses asked the Egyptians to allow the Israelites to be free. But the Pharaoh refused and so 10 plagues came. To prevent the last plague from affecting them, Jewish families painted lambs' blood on their doors and the plague 'passed-over' them. After this the Pharaoh let the Israelites leave Egypt. After 200 years of slavery they Jewish people were free. The celebration lasts several days and includes cleaning of houses, having a Seder meal together, not eating risen bread, eating flat bread (Matzah), leaving the door open in case the prophet Elijah comes, reading the Haggadah (a book that tells the Passover story), songs and blessings. Passover is a big celebration of freedom and life.

## Easter

is a Christian festival that celebrates the resurrection of Christ. The bible (Christians' holy book) says that Christ died on the cross on a day called Good Friday and he resurrected and came back to life on Easter Sunday. This is the most important day in the Christian calendar. Easter is a different day between 21 March and 25 April, depending on when there's a full moon in Spring.

Many Christians spend time in church in thought, prayer and celebration of Jesus' life. They may also get together with friends and family for a special meal. Modern traditions are Easter Eggs and Easter bunnies.



## Raksha Bandhan

is a Hindu festival celebrated in July/August. Raksha means 'protection'

Bandhan mean 'to tie'. It's a festival that honours the relationship between brothers and sisters. A silken thread is tied by a girl round the wrist of her brother, to represent the protection he gives her. In return the brother gives the sister a present or money. On the day, Hindu's dress up in traditional clothes and families come together, as girls tie rakhis on their cousins too.





## Harvest

People across the world celebrate the harvesting of crops and local food. Christians sing, pray and decorate churches with baskets of food, that are then shared with those in the community less fortunate. It is generally celebrated in September, but sometimes October - dependent on the Harvest Moon.

## Hanukkah

is the Jewish festival of lights. The date of Hanukkah changes every year but is always in November or December. It lasts for eight days and can also be called Chanukah. The word Hanukkah means 're-dedication' and celebrates one of the greatest miracles in Jewish history. After cleaning and repairing a temple that had been destroyed by the Greeks. A lamp was lit with only enough oil for one day. It miraculously burned for eight days. The festival therefore lasts for eight days. An eight-branched candlestick is lit called a Hanukiah. Children receive gifts and Hanukkah money. Some families give each other a small present on each of the eight nights. A traditional game is played using a dreidel. Traditional foods eaten are latkes (a potato fritter), pancakes and doughnuts.



## Holi

is a Hindu spring festival that originated in India but is now celebrated all over the world. It is known as the 'festival of colours' or the 'festival of love'. People throw coloured powder over each other. It celebrates spring, new life and good conquering evil. Some believe it started because the Hindu god Krishna, threw coloured water on people when he was a boy.





## The Chinese New Year

marks the beginning of the lunar new year, which is when there is the start of a new moon. The date therefore changes every year, but always falls between 21<sup>st</sup> January and 20<sup>th</sup> February. It's also known as the Spring Festival and is the most important celebration in the Chinese calendar. Each year is named after 1 of 12 animals and begins by people thoroughly cleaning their homes. On the day, no broom is picked up in case the good luck is swept out. Noodles are the traditional food to bring luck for the year ahead. Parades and performances take place. Fireworks are set off to scare away evil spirits. Adults give children red envelopes with money inside. The festivals last for two weeks - ending with a special lantern festival.

## Diwali

is the Hindu festival of light but is also celebrated by Sikhs. It is usually celebrated sometime between October and November. Diwali means: "rows of lighted lamps". Houses, shops and public places are decorated with small oil lamps called 'divas'. Hindus celebrate the story of Rama and Sita. Fireworks and sweets are also part of the celebrations. People visit their relatives and have feasts. Lakshmi the Hindu goddess of wealth is worshipped.



## Christmas

is celebrated on the 25<sup>th</sup> December to remember the birth of Jesus Christ. Christians believe Jesus is the Son of God. Christmas Day is considered the first day of Christmas and the festive season lasts for 12 days. Many Christians attend church on Christmas Day. Common customs include: giving and receiving gifts, putting up and decorating a tree, sending Christmas cards, singing Christmas carols.

