

Nowruz in 15 Facts

- 1.** People celebrate Nowruz in Iran and Afghanistan, and across Central Asia (Azerbaijan, Tajikistan, Uzbekistan, Turkmenistan, Kazakhstan, and Kyrgyzstan). It's also celebrated in Iraq and Türkiye, and by communities in Pakistan, India, and Mongolia.
- 2.** Nowruz means “new day” in Persian (say: no-ROOZ).
- 3.** Poems and music are part of the celebration; some families read a poem to start the year with hope.
- 4.** Families make a special table called Haft-Seen (say: hoft-seen), with seven things that start with the Persian letter “S.”
- 5.** It begins at the spring equinox, when day and night are the same length.
- 6.** Common “S” items: Sabzeh (sprouts = new life), Samanu (sweet pudding = strength), Seer (garlic = health), Seeb (apple = beauty), Somagh (sumac = sunrise), Serkeh (vinegar = patience), Senjed (oleaster fruit = love).
- 7.** Before Nowruz, families do spring cleaning to start the year fresh.
- 8.** Kids often receive small gifts or coins called Eydi from elders.
- 9.** Many people wear new clothes to welcome the new year.
- 10.** Nowruz is about fresh starts, kindness, and caring for nature.
- 11.** On day 13, families go outdoors for a big picnic called Sizdah Bedar to enjoy nature.
- 12.** Many tables also have a mirror (reflection), candles (light), painted eggs (new life), coins (good fortune), hyacinth flowers, and sometimes a goldfish.
- 13.** The Wednesday night before Nowruz, some celebrate Chaharshanbe Suri with safe, small fire-jumping traditions (in class we use paper “flames”).
- 14.** Families visit each other and share sweets, nuts, and tea.
- 15.** The greeting is “Nowruz Mobarak!” which means “Happy Nowruz!”