



TODAY'S TOPIC:
Festival of Color

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Think of a time you played with people you didn't know?

Lesson

Festival of Color

Materials	Things to Prepare	Today's Goal
•	• Images of the Holi Festival	Discover the festival of color

ASK: Did you think of a time you played with people you didn't know? Allow them to share. Today we are talking about a big party where everyone plays with each other even if they have never met.

ASK: We are moving into the season of spring! What are some things you think of in the spring?

SAY: There is a religion called Hinduism, and they celebrate the Hindu festival of Holi which celebrates the arrival of spring, the end of winter, the blossoming of love and for many, it is a fun day to meet others, play and laugh, forget and forgive. Also known as the Festival of Spring or the Festival of Colors, Holi is hundreds of years old. **EMPHASIZE:** Fun is one of the biggest parts of Holi. People light a big bonfire the night before, and you might throw wood, dried leaves and twigs into bonfires or even grains, popcorn, coconut and chickpeas onto them.

SAY: Guess what happens the next day? It's a colorful festival with dancing, singing and best of all, people of all ages go into the streets for fun and paint-throwing.

SHOW PICTURES. Everyone gets involved! Hindus have fun by throwing and smearing each other with paint powder and splashing colored water all over each other, especially with water balloons and squirt guns.

SAY: I love that a big part of this colorful party is equality. Everyone is equal during the celebration and anyone and everyone is fair game to get splashed with color, friend or stranger, rich or poor, man or woman, children and elders. There is music and singing and dancing. The streets and parks are full of people having a big color party. Everyone plays with each other even if they don't know each other. And that night, people dress up and visit friends and family.

ASK: Would you like to be at a big colorful party like that?

SAY: Since this is a Hindu festival, what exactly is Hinduism? Most often it is considered a religion, but people also say it is a spirituality and a culture. If this is a Hindu religious festival originated in India, why is Holi now so popular all over the world? Holi has a great message of celebrating life that applies to everyone. And just as there are Hindus who may participate in some aspects of Christmas, people of other faiths can participate in some aspects of Holi. If you are interested in celebrating the Hindu Festival of Holi or a Festival of Colors, just remember it is about fun, but also about a spiritual gratitude and connection. The fact that there are celebrations all over the world means people all over are learning a bit about Hinduism, but you want to be sure you honor the intention of the faith and the festival.

AFFIRMATION – I love to play and celebrate with others! -repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .