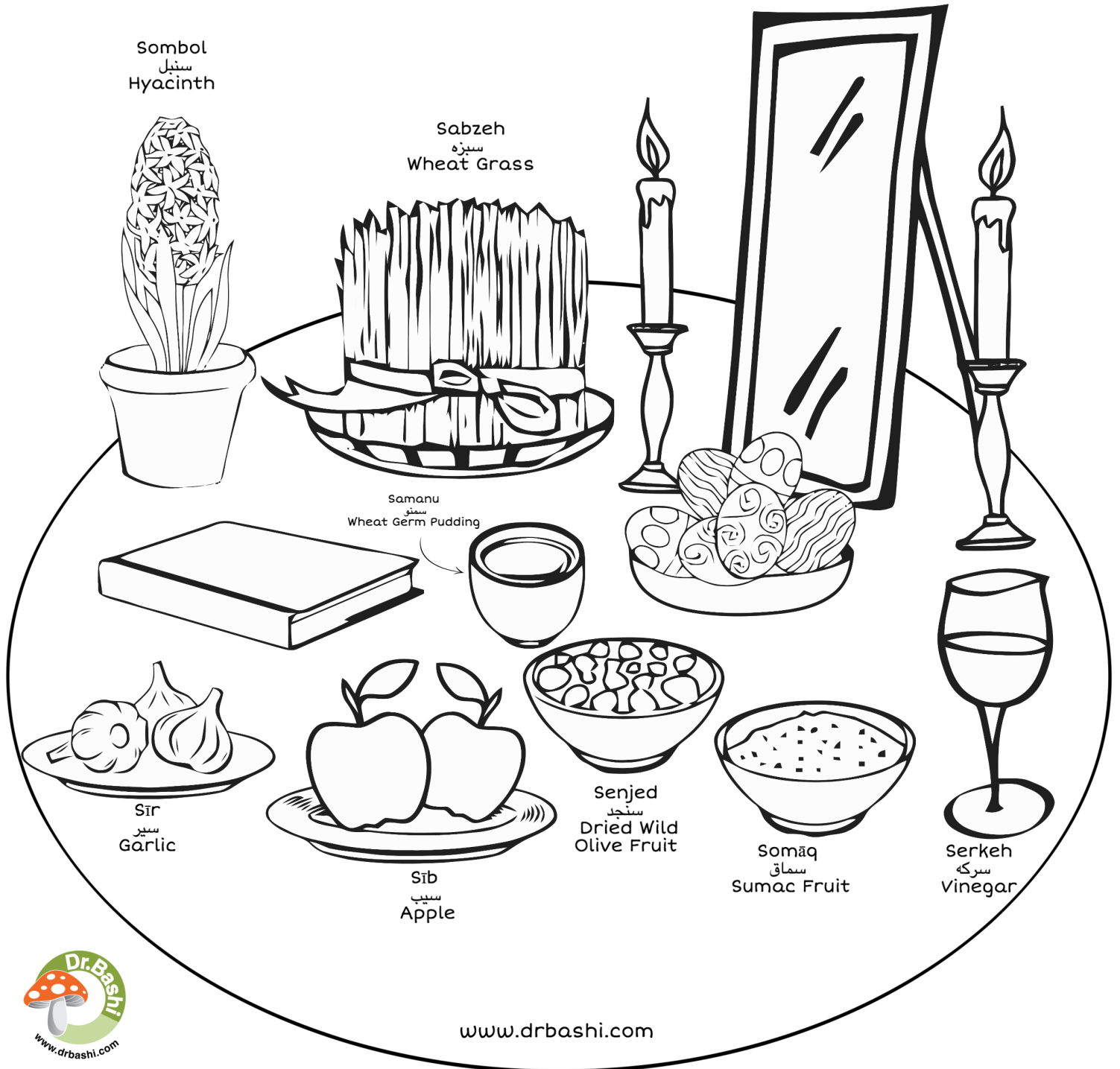


Happy Nowruz

سال نو مبارک!

NAME: _____
نام: _____



The Haft Sin Spread is like the Christmas Tree for Nowruz! 🌲

The 7 staples of Haft Sin symbolize re-birth, good health/fortune & Spring!

One day before the Vernal Equinox (aka Spring or March Equinox) which is the precise moment of the New Year, we lay out the Haft Sin spread on the floor or on a table. The Haft Sin spread consists of 7 edible, vegetal, or symbolic items that start with the letter "S" (sīn) in Persian and we decorate it with painted eggs, candles, mirror, a holy book or book of poetry! For more information about Nowruz & Haft Sin, visit:

For more Nowruz arts & crafts ideas, visit: www.pinterest.com/dr bashi/

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