

LET'S CELEBRATE  
CHINESE NEW YEAR!

新年快樂！

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# Ni hao! 你好!

This is an activity pack to learn about the culture and traditions of Chinese New Year as observed in Malaysia.

Due to the pandemic, many Girl Guide/Girl Scout units may not be able to meet face to face, therefore, leaders/units may adapt the activities to be done by individuals at home or in a group through virtual events.

Suggested activities are simple and accompanied by references for leaders/units to do further research on each topic. A couple of references are suggested for each topic and these are not exhaustive. Leaders/units can do more research to find out more information. Individuals/units can choose activities they like from the list. It is not necessary to do all the activities listed in each topic. Most important is enjoy them with people whom you care!

Due to the lack of time, we were not able to turn this into a nicely designed activity pack.

We hope that by learning about culture, we could develop better understanding between people of different ethnicities as part of the peacebuilding process, and at the same time, having fun.

Please note that the activities and descriptions are mostly based on the authors' own knowledge and experience plus information from the internet. We apologize in advance should there be any parts that are inaccurate or cause discomfort in anyone.

We would also like to record appreciation to the websites we referred in compiling information for this page.

This is a volunteer project, not through any organisations, therefore there is no official badge linked to this pack. We prepared a certificate template at the end of the pack. Leaders/units are free to use it or can even design your own. No fixed rules, this is just to make learning more fun!

**Date of publication:** 10 February 2021

## **Note:**

Chinese New Year 2021 falls on 12 February 2021. Celebrations start from Chinese New Year Eve on 11 February until the 15th day on 26 February where Chap Goh Mei or Yuan Xiao Jie is celebrated.

When posting in social media, to enable other Girl Guides/Girl Scouts to see what you share, you may use the following hashtags:

**#CNY2021 #GirlGuides #GirlScouts**



## 1.THE CHINESE NEW YEAR STORY

Chinese New Year is a celebration to mark the beginning of the Chinese calendar. It is celebrated for 15 days, where relatives and friends may have gatherings, visit each other's homes, have meals and enjoy the festival together. During the same period, some countries in Asia also celebrate Lunar New Year. For more information, please refer [https://en.wikipedia.org/wiki/Chinese\\_New\\_Year](https://en.wikipedia.org/wiki/Chinese_New_Year)

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Tell the story of Chinese New Year - the history, folklore, dos and don'ts.</li><li>2. Find out similarities and differences of how Chinese New Year is celebrated in places with people of Chinese heritage, e.g. Australia, Canada, Hong Kong, Malaysia, New Zealand, Singapore, Taiwan, United Kingdom, United States of America etc (choose two or more to compare).</li><li>3. Find out which countries in Asia Pacific Region which celebrate Lunar New Year. What are the differences and similarities between Lunar New Year celebrated in these countries as compared to Chinese New Year.</li></ol>
<b>Materials</b>	Any items that can get into the mood of Chinese New Year, e.g. new clothes/red clothes, Chinese costumes, Chinese New Year decorations, snacks
<b>Method</b>	Research, role play, story telling with visual aids, reflection

## 2. SPRING CLEANING

Few days or up to few weeks before Chinese New Year, families will do spring cleaning in their homes. This is called "sweeping away the dust", and represents a wish to put away old things, bid farewell to the old year, and welcome in the New Year.

Reference:

<https://www.chinahighlights.com/travelguide/festivals/chinese-new-year-celebration.htm>

<https://home.howstuffworks.com/home-improvement/household-hints-tips/cleaning-organizing/5-world-spring-cleaning-traditions.htm>



<b>Activity</b>	<ol style="list-style-type: none"><li>1. Find out the importance of cleaning the house before Chinese New Year. Share if there is any similarity with your culture before any major festival.</li><li>2. Spring clean your room or house to get into the mood of Chinese New Year!</li><li>3. Share photos of your sparkling clean room/house!</li></ol>
<b>Method</b>	Research, sharing, reflection, take action to spring clean

### 3. HOME DECORATION

After spring cleaning, families will decorate their homes to bring in the Chinese New Year atmosphere. There will usually be decorations in red and gold colour, which are deemed auspicious in the Chinese culture. The colours black and white are usually avoided during Chinese New Year as they are related to death and funeral. Decorations can either be bought from the shop or handmade by the families themselves using new and/or recyclable materials.

Reference:

<https://www.chinahighlights.com/travelguide/festivals/new-year-decoration.htm>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Make some Chinese New Year decorations from recyclable materials. Be mindful of the colours. If unsure, research for more information.</li><li>2. Decorate your room/house or a corner in your house or Girl Guide/Girl Scout meeting hall with Chinese New Year decorations.</li><li>3. Take pictures and share your creative products!</li><li>4. Do you also decorate your home to welcome festivals in your culture? If yes, please share what kind of decorations are put up.</li></ol>
<b>Materials</b>	Recyclable materials, colour pens, paints, other materials needed to create the decorations
<b>Method</b>	Art and craft, research, sharing, reflection

### 4. LI CHUN 立春

Lichun traditionally signifies the beginning of spring in East Asian cultures. Chinese New Year is celebrated around this time. Farmers often celebrate the beginning of Lichun with special village events, worship and offerings to the Taoist and Buddhist gods and ceremonies for a blissful and prosperous new year.

One of the activities done during Lichun is standing the egg. Egg balancing is a traditional Chinese practice. Although the irregular shape of eggs makes this somewhat difficult, eggshells typically have many imperfections such that the vast majority can be balanced with minimal effort. Despite folklore connecting this practice to the lunar new year in China, the Dragon Boat Festival in Taiwan and the vernal equinox in the United States, egg balancing can be done throughout the year and has no connection to the gravitational force of the moon or sun.

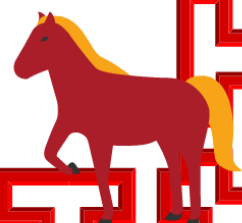
Reference:

<https://en.wikipedia.org/wiki/Lichun>

[https://en.wikipedia.org/wiki/Egg\\_balancing](https://en.wikipedia.org/wiki/Egg_balancing)



<b>Activity</b>	<ol style="list-style-type: none"><li>1. Try balancing an egg or more.</li><li>2. Find out the tradition of balancing the egg and compare to the scientific explanation of this act.</li></ol>
<b>Materials</b>	One or more eggs
<b>Method</b>	Experiment, research, sharing, reflection





## 5. REUNION DINNER (MEAL) 團年飯 or 團圓飯

A reunion dinner (Chinese: 年夜飯, 團年飯 or 團圓飯) is held on the eve of Chinese New Year, during which family members get together to celebrate. It is often considered the most important get-together meal of the entire year. It is usually referred to as dinner, but as society gets busier, some families also have this during lunch on Chinese New Year eve.

團年飯 read as tuan nian fan (Mandarin), tuen nin fan (Cantonese)

團圓飯 read as tuan yuan fan (Mandarin), tuen yuen fan (Cantonese)

Reference:

[https://en.wikipedia.org/wiki/Reunion\\_dinner](https://en.wikipedia.org/wiki/Reunion_dinner)

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Research what are the typical menus of a Chinese New Year reunion dinner (meal).</li><li>2. Design a menu for Chinese New Year reunion dinner (meal) for your family or unit. Remember to cater to the dietary needs of everyone!</li><li>3. Try to prepare some of the dishes and enjoy with your family or unit. You may also do a virtual pot luck and eat together with friends over a video call.</li><li>4. Do you have a similar practice in your culture? Please share if you do.</li></ol>
<b>Materials</b>	Food, utensils to prepare/cook the food (if doing point number 3)
<b>Method</b>	Research, cooking, virtual connection, sharing, reflection

## 6. BEST WISHES

During Chinese New Year, it is nice to greet each other with auspicious greetings. The most common ones are:

新年快樂 (xin nian kuai le - Mandarin) (san nin fai lok - Cantonese): Happy New Year

恭喜發財 (Gong Xi Fa Cai - Mandarin) (Kung Hei Fatt Choy - Cantonese): Wishing you happiness and prosperity

Find out more greetings in the references below. Each greeting has wishes and blessings for the recipient.

<https://justlogin.com/blog/chinese-new-year-greetings/>

<https://www.chinahighlights.com/travelguide/festivals/chinese-new-year-greetings.htm>

<https://www.digmandarin.com/108-chinese-new-year-greeting-phrases-sentences.html>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Learn a few greetings for Chinese New Year.</li><li>2. Send or say these greetings to your friends who are celebrating Chinese New Year.</li><li>3. Do you also greet family and friends with special wishes during festivals celebrated by your culture? If so, what are the wishes?</li></ol>
<b>Method</b>	Research, connection with friends, sharing, reflection





## 7. LION DANCE 舞獅

Lion dance (traditional Chinese: 舞獅; simplified Chinese: 舞狮; pinyin: wǔshī) is a form of traditional dance in Chinese culture and other Asian countries in which performers mimic a lion's movements in a lion costume. In Chinese culture, the lion symbolizes power, wisdom, and superiority. People perform lion dances at Chinese festivals or big occasions to bring good fortune and chase away evil spirits. The lion dance is usually accompanied by a rhythm from a mix of drum beats, cymbals and gongs.

Creating the lion head and body is an art which may lose its existence if not preserved and passed on to the generations to come.

Traditionally, boys and men are more involved in lion dance performance but now it is common to find female lion dance performers.

Reference:

[https://www.nationsonline.org/oneworld/Chinese\\_Customs/lion\\_dance.htm](https://www.nationsonline.org/oneworld/Chinese_Customs/lion_dance.htm)

[https://en.wikipedia.org/wiki/Lion\\_dance](https://en.wikipedia.org/wiki/Lion_dance)

<https://www.chinahighlights.com/travelguide/special-report/chinese-new-year/new-year-lion-dance.htm>

<https://www.youtube.com/watch?v=2x7sif1IAI8>

<https://www.rage.com.my/how-lion-dance-costumes-are-made/>

<https://www.youtube.com/watch?v=CyjHbANupG8>

<https://www.goingplacesmagazine.com/things-you-didnt-know-about-the-malaysian-lion-dance/>

<https://www.sysnmh.org.sg/en/education/->

[/media/SYS/Education/Documents/Childrens%20Activity%20Kits%20%20DIY%20Cultural%20Crafts%20Lion%20Dance%20Mask](https://www.sysnmh.org.sg/en/education/-/media/SYS/Education/Documents/Childrens%20Activity%20Kits%20%20DIY%20Cultural%20Crafts%20Lion%20Dance%20Mask)

<https://www.youtube.com/watch?v=PvKPw12B7LQ>

<https://www.youtube.com/watch?v=2Hh676rfdAQ>

<https://creativepark.canon/en/contents/CNT-0011109/index.html>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Design your own lion head and body with recyclable materials or materials easily available at home. Try dancing with your lion head with dance steps of your creation.</li><li>2. Create your own lion dance rhythm using drums, cymbals, gongs if available or substitute creatively with pots, pans, glass with water, anything that can make sounds.</li><li>3. Try out some arts and crafts on lion dance head, e.g. origami. Some examples are available in the reference list.</li><li>4. Share pictures or videos of your work.</li><li>5. Are there any dances or performances related to festivals celebrated by your culture? If so, please share.</li></ol>
<b>Materials</b>	Materials to make lion head and body, e.g. newspaper, sticks, cloth, glue, decorative items, paint. Materials to create the lion dance rhythm. Art and craft materials.
<b>Method</b>	Art, craft, music/beat, dance, sharing, reflection

## 8. ANG POW 紅包

In Chinese and other East and Southeast Asian societies, a red envelope or a red packet (simplified Chinese: 红包; traditional Chinese: 紅包; pinyin: hóngbāo; Peh-ōe-jī: Âng-pau) is a monetary gift which is given during holidays or special occasions such as Chinese New Year, weddings, graduation or the birth of a baby.

Ang pows - red envelopes stuffed with money - are usually given out by elders and married couples as gifts to the young and unmarried during festivals such as Chinese New Year as well as social or family gatherings like weddings and birthday celebrations.

The red colour of the envelope signifies good luck and is a symbol to ward off evil spirits, with illustrations that typically bestow blessings and good wishes of longevity, prosperity, and good health to the recipient.

Although now Ang Pow packets have turned into a huge variety of designs and colours, white colour is avoided in making the envelopes as white packet is usually given as condolence money to the family of the deceased at Chinese funerals.

Reference:

[https://en.wikipedia.org/wiki/Red\\_envelope](https://en.wikipedia.org/wiki/Red_envelope)

<https://says.com/my/lifestyle/the-history-of-ang-pow-and-why-its-given-out-for-chinese-new-year>

<https://www.malaysia-traveller.com/ang-pow.html>

<https://www.thestar.com.my/news/nation/2021/01/07/ang-pow-tradition-goes-digital>

<https://secondsguru.com/gong-xi-fa-cai-upcycle-hong-bao-ang-pow-crafts/>

<http://mydomesticart.blogspot.com/2017/01/kids-craft-easy-5-ang-pow-red-packets.html>

[https://www.youtube.com/watch?v=KKB6LYWC\\_pc](https://www.youtube.com/watch?v=KKB6LYWC_pc)

<https://steemit.com/myjuniors/@iamjadeline/diy-fish-ang-pao-red-packet-fish>

<https://giant.sg/20-easy-unique-chinese-new-year-decorations-out-of-red-packets>

<https://youtu.be/vyQbXcLcSfA>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Design your own Ang Pow packet. You are free to use recyclables to do or draw/paint designs related to Chinese New Year on an envelope you folded yourself. Remember, just avoid the whole envelope being white.</li><li>2. If you have access to ready made Ang Pow packets or have old Ang Pow packets at home, you can also use your creativity to turn these into origami and other types of decorative items like fan, lantern, animals of the zodiac, arrange them to form Chinese New Year greetings etc.</li><li>3. Share photos or videos of your work.</li><li>4. Are there any gifts that you give to relatives and friends during festivals celebrated by your culture? If yes, please share what are the gifts and the meaning of the gifts, if any.</li></ol>
<b>Materials</b>	Art and craft materials
<b>Method</b>	Art, craft, sharing, reflection



## 9. GONG XI, GONG XI 恭喜, 恭喜

Special songs are sung to suit the mood of the festival. One common one is “Gong Xi, Gong Xi” which contains greetings for Chinese New Year. “Gong Xi” itself means congratulations in Mandarin (Kung Hei in Cantonese). The song has a history behind it, which you may read in one of the references.

Reference:

<https://www.chinahighlights.com/travelguide/special-report/chinese-new-year/music.htm>

<https://mothership.sg/2021/02/gong-xi-gong-xi-song/>

<https://www.youtube.com/watch?v=sf0btvROwXQ>

<https://www.youtube.com/watch?v=Ah5YCPrms40>

<b>Activity</b>	1. Learn to sing the “Gong Xi, Gong Xi” song and study its meaning. 2. Search and learn other Chinese New Year songs or create your dance steps with a Chinese New Year song. 3. Share pictures or videos of you performing the Chinese New Year song and/or dance. 4. Are there special music or songs that are played during festivals that are celebrated by your culture? Do they have any special meaning? Please share.
<b>Materials</b>	Music, speakers
<b>Method</b>	Music, dance, sharing, reflection

## 10. CHINESE PAPER CUTTING ART 剪纸

The art of paper cutting (jiǎnzhǐ 剪纸) in China may date back to the second century CE, since paper was invented by Cai Lun in the Eastern Han Dynasty in China. As paper became more affordable, paper-cutting became one of the most important types of Chinese folk art. Later, this art form spread to other parts of the world, with different regions adopting their own cultural styles. Because the cut-outs are often used to decorate doors and windows, they are sometimes referred to as chuāng huā (窗花), window flowers or window paper-cuts. People glued the papercuts to the exterior of windows, so the light from the inside would shine through the negative space of the cutout. Usually, the artworks are made of red paper, as red is associated with festivities and happiness in Chinese culture, but other colours were also used. Normally paper-cutting artwork is used on festivals like Spring Festival, weddings and childbirth. Papercuts always symbolize luck and happiness.

Reference:

[https://en.wikipedia.org/wiki/Chinese\\_New\\_Year](https://en.wikipedia.org/wiki/Chinese_New_Year)

<https://www.google.com/search?q=%E5%90%89%E5%AD%97%E5%89%AA%E7%B4%99&tbm=isch>

<https://www.instructables.com/How-to-make-a-chinese-paper-cut-art/>

<https://www.youtube.com/watch?v=KwtQ-Gyc9bA>

[https://www.youtube.com/watch?v=0aDP7A\\_OUpC](https://www.youtube.com/watch?v=0aDP7A_OUpC)

<https://www.misspandachinese.com/chinese-paper-cutting-craft-printable-spring/>

<https://www.chinahighlights.com/travelguide/special-report/chinese-new-year/paper-cutting.htm>

<https://www.craftpassion.com/chinese-new-year-paper-cutting>

<b>Activity</b>	<ol style="list-style-type: none"> <li>1. Search some templates for Chinese paper cutting and try cutting out one or more patterns. You can also create your own design using any colour paper or recyclable paper. Please remember to avoid a fully white design though.</li> <li>2. Decorate your room/home with the paper cutting(s).</li> </ol>
<b>Materials</b>	Colour paper, recyclable paper, paint or colour pens if you need to decorate it, scissors
<b>Method</b>	Art, craft, sharing, reflection

## 11. COUPLETS 春聯

Spring Festival Couplets, Chunlian in Chinese, is also known as Spring Couplets or Chinese New Year Couplets. It is the most common and important custom when celebrating Chinese New Year.

With black or golden characters written on red paper, Spring Festival Couplets are composed of a pair of poetry lines, written in Chinese calligraphy style, vertically pasted on both sides of the front door and a four-character horizontal scroll affixed above the doorframe. Pasting couplets expresses people's delight in the festival and wishes for a better life in the coming year.

Reference:

<https://www.travelchinaguide.com/essential/holidays/new-year/spring-festival-couplets.htm#>

[https://en.wikipedia.org/wiki/Antithetical\\_couplet](https://en.wikipedia.org/wiki/Antithetical_couplet)

<https://chalkacademy.com/chinese-new-year-banners/>

<https://www.topchinatravel.com/china-guide/chinese-new-year-decoration.htm>

<https://www.misspandachinese.com/chinese-new-year-craft-fu-%E7%A6%8F-lucky-word-sign/>

Calligraphy

<https://dict.leo.org/pages/addinfo/addInfo.php?aiid=NiKv01uHttp&lp=chde&lang=de>

<https://www.youtube.com/watch?app=desktop&v=aFWQvcLxQS4>

<b>Activity</b>	<ol style="list-style-type: none"> <li>1. Search some templates for Chinese New Year couplets and try copying them on red paper using brush with either black or gold paint. If writing full couplets is too challenging, you may opt for Chinese calligraphy of auspicious words e.g. the word 福 which means prosperity or 春 which means spring.</li> <li>2. Learn the skill of developing couplets and create your own couplet to wish your friends. You can even do this in English!</li> <li>3. Share pictures and videos of your work.</li> <li>4. Are there any similar practices that you know of your culture or other cultures? Please share.</li> </ol>
<b>Materials</b>	Red paper, brush, black or gold paint or ink
<b>Method</b>	Language, calligraphy, art, sharing, reflection



## 12. YEAR OF THE OX 牛年

The Chinese zodiac, known as 生肖 Sheng Xiao, features 12 animal signs in this order: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Pig. Originated from ancient zoolatry and boasting a history of more than 2,000 years, it plays an essential role in Chinese culture. The 12 Chinese zodiac animals in a cycle are not only used to represent years in China, but also believed to influence people's personalities, career, compatibility, marriage, and fortune.

Each zodiac animal's year comes around every 12 years, and each year is associated with a zodiac animal.

2021 is the year of the Metal Ox.

References:

[https://en.wikipedia.org/wiki/Chinese\\_zodiac](https://en.wikipedia.org/wiki/Chinese_zodiac)

[https://www.travelchinaguide.com/intro/social\\_customs/zodiac/](https://www.travelchinaguide.com/intro/social_customs/zodiac/)

<https://www.chinahighlights.com/travelguide/chinese-zodiac/>

<https://www.chinahighlights.com/travelguide/chinese-zodiac/ox.htm>

<https://www.thechinesezodiac.org/chinese-horoscope-2021-year-of-the-metal-ox/>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Learn about the Chinese zodiac, the legend and science behind it.</li><li>2. Find out what is your zodiac sign, features of your zodiac sign and how luck looks like for your zodiac sign this year.</li><li>3. What are the similarities and differences between Chinese Zodiac and Horoscopes (Western Astrology)?</li><li>4. Design a poster or greeting card with your zodiac sign and share pictures of your work.</li><li>5. Do you have something similar in your culture? Please share if any.</li></ol>
<b>Materials</b>	Art materials
<b>Method</b>	Research, art, sharing, reflection

## 13. NIAN NIAN YOU YU 年年有餘

“Nian nian you yu” 年年有餘 (Traditional Chinese) / 年年有余 (Simplified Chinese) is an expression used to wish people to have ample surplus by the end of every year to better prepare for the next year. Because the pronunciation of the last word “yu” is similar to fish, fish is usually a dish served on Chinese New Year Eve to signify that there will be something that we bring from the current year to the next year, so there will be an abundant new year, and we will have more than enough to eat, use and save.



Reference:

<https://ninhaochina.tumblr.com/post/42937642581/spring-festival-customs-%E5%B9%B4%E5%B9%B4%E6%9C%89%E4%BD%99-nian-nian-you-yu>

<https://china.cgtnamerica.com/2017/01/25/chinese-new-year-traditional-dishes-have-special-meaning/>

<https://malaytu.onrender.com/nian-nian-you-yu-calligraphy.html>

<https://www.teacherspayteachers.com/Product/Chinese-New-Year-Phrases-2418664?st=e4f40e816f2dafd19da9aaf2ae5b9d77>

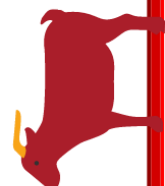
<b>Activity</b>	<ol style="list-style-type: none"><li>1. Learn the meaning of the phrase and how we can relate it to our lives.</li><li>2. Create a decorative item in the form of a fish, write calligraphy of the phrase or create a painting which reflects the meaning of the phrase</li><li>3. Share pictures of your work.</li><li>4. Do you have similar proverbs or phrases in your culture? Please share.</li></ol>
<b>Materials</b>	Art materials
<b>Method</b>	Research, art, craft, sharing, reflection

#### 14. CHINESE NEW YEAR SNACKS, DESSERTS, FRUITS

As in most festivals, Chinese New Year is celebrated with many snacks, desserts and fruits. Bitter ones are usually avoided as it may mean having a bitter life ahead.

Some popular ones are:

- 年糕 Nian gao (Mandarin) / Nin gou (Cantonese) is a traditional sweet cake made from glutinous rice milled into flour by its maker. The Chinese pronunciation for this dessert is similar to "year higher" (年高), which symbolizes increasing prosperity and promotions year after year. The cake can be eaten steamed, fried with egg or sandwiched by sweet potato and deep fried, rolled in shredded coconut and many more varieties.  
<https://tasteasianfood.com/nian-gao/>  
<https://www.huangkitchen.com/fried-nian-gao/>  
<https://whattocooktoday.com/pan-fried-nian-gao-with-egg.html>
- 湯圓 Tang yuan (Mandarin) / Tong yuen (Cantonese) are balls made from glutinous rice flour. Glutinous rice balls play their most important role on Chap Goh Mei or the Lantern Festival, which is the last day of the Chinese New Year period. These sweet rice balls are often infused with black sesame seeds or mashed peanuts and served in ginger sweet soup. Eating this auspicious dessert signifies unity within the family.  
<https://rasamalaysia.com/dongzhi-tang-yuan/>  
<https://redhousespice.com/tang-yuan/>  
<https://www.youtube.com/watch?v=ZxB1ny8DDAU>
- 柑 Gan (Mandarin) / Gum (Cantonese) - Mandarin orange. During Chinese New Year, mandarin oranges/tangerine/satsumas are considered traditional symbols of abundance and good fortune. The Cantonese pronunciation "Gum" is similar to the "gold, means wealth and is a sign of good luck. During the two-week celebration, they are frequently displayed as decoration and presented as gifts to friends, relatives, and business associates.  
[https://en.wikipedia.org/wiki/Mandarin\\_orange](https://en.wikipedia.org/wiki/Mandarin_orange)



- 柚子 You zi (Mandarin) / Luk yau (Cantonese) - Pomelo. The giant citrus is considered an auspicious food because the Chinese word for pomelo is a homonym for prosperity and status. It can be eaten as a fruit or as one of the components of the “Prosperity Toss” (another activity in this pack).

<https://www.marthastewart.com/1510659/lucky-foods-chinese-new-year-delicious#>  
<https://asianitinerary.com/significance-of-pomelo-for-chinese-people/>

Reference:

<https://www.chinahighlights.com/travelguide/chinese-food/chinese-new-year-desserts.htm>  
<https://my.asiatatler.com/dining/chinese-new-year-snacks-and-why-we-eat-them>  
<https://www.thespruceeats.com/top-chinese-new-year-desserts-694279>  
<https://www.straight.com/food/631176/8-chinese-desserts-eat-lunar-new-year>  
<https://giant.sg/10-of-the-best-chinese-new-year-dessert-recipes>

<b>Activity</b>	<ol style="list-style-type: none"> <li>1. Identify some Chinese New Year snacks or desserts. See if you can buy some of them in your local or Asian supermarkets.</li> <li>2. Search recipes of some Chinese New Year snacks or desserts and try cooking/making them to share with your family or unit either in a face to face meeting or virtual party.</li> <li>3. Share pictures or videos of the snacks and desserts that you prepared.</li> <li>4. What kind of sweets and desserts are popular during festivals celebrated by your culture? Please share.</li> </ol>
<b>Materials</b>	Cooking materials and utensils
<b>Method</b>	Cooking, baking, food preparation, sharing, reflection

## 15. CHOPSTICKS 筷子

Although chopsticks 筷子 Kuai zhi (Mandarin) / Fai jee (Cantonese) is not something specifically for Chinese New Year, they are used during almost all Chinese meals, and we thought it'll be interesting to learn how to use chopsticks as part of the cultural experience.

Chopsticks are shaped pairs of equal-length sticks that have been used as kitchen and eating utensils in most of East Asia for over three millennia. They are held in the dominant hand, secured by fingers, and wielded as extensions of the hand, to pick up small pieces of food.

Reference:

<https://en.wikipedia.org/wiki/Chopsticks>  
<https://www.smithsonianmag.com/arts-culture/the-history-of-chopsticks-64935342/>  
<https://www.history.com/news/a-brief-history-of-chopsticks>  
<https://livejapan.com/en/article-a0000335/>  
<https://thewoksoflife.com/how-to-use-chopsticks/>  
<https://www.youtube.com/watch?v=2Bns2m5Bg4M>





<b>Activity</b>	<ol style="list-style-type: none"><li>1. Get a pair of chopsticks and practice holding them.</li><li>2. Prepare a bowl mixed with red and green beans. Separate the red and green beans into different bowls using chopsticks. A higher challenge would be picking up marbles with chopsticks.</li><li>3. Try picking up different food with chopsticks while having your meals and snacks. E.g. small pieces of meat, vegetables, tofu, rice, noodles.</li><li>4. Do you use any utensils when having your meal? If yes, what are they? If using hands, please share the correct way of eating with hands.</li></ol>
<b>Materials</b>	Chopsticks, red beans, green beans, 3 bowls/cups, marbles, food items
<b>Method</b>	Learning by doing, sharing, reflection

## 16. HAPPY BIRTHDAY, EVERYONE! 人日

人日 Renri (Mandarin) / Yan yat (Cantonese) is the 7th day of the first month in the traditional Chinese calendar. According to Chinese customs, Renri was the day human beings were created. It is celebrated not only in China, but also in the surrounding region influenced by Chinese culture. Therefore, it is also known as the birthday of all human beings, so we usually greet everyone we meet "Happy Birthday" on this day.

During Renri, many Chinese in Malaysia and Singapore celebrate with the "Prosperity Toss" also known as 魚生 Yusheng (Mandarin) / Yue sang (Cantonese) or 撈起 Lou Hei (Cantonese).

It usually consists of strips of raw fish (sometimes salmon), mixed with shredded vegetables and a variety of sauces and condiments, among other ingredients. There is also a vegetarian version of this dish, where the fish is replaced with soy "fish", which resembles salmon. Yusheng literally means "raw fish" but since "fish (魚)" is commonly conflated with its homophone "abundance (余)", Yúshēng (魚生) is interpreted as a homophone for Yúshēng (余升) meaning an increase in abundance. Therefore, yusheng is considered a symbol of abundance, prosperity and vigor.

The recipe generally includes ingredients such as shredded white and green radish and carrots, ginger slices, onion slices, crushed peanuts, pomelo, pepper, essence of chicken, oil, salt, vinegar, sugar and more. Usually there is an auspicious meaning for each ingredient in the colourful dish.

While tossing, phrases of good wishes and blessings are said for good fortune, prosperity, happiness and health in the year to come.

Reference:

<https://en.wikipedia.org/wiki/Renri>

<https://travelerfolio.com/renri-birthday-lunar-new-year/>

<https://en.wikipedia.org/wiki/Yusheng>

<https://www.indoindians.com/you-sheng-or-prosperity-toss-a-fun-chinese-new-year-tradition/>

<https://www.malaysianchinesekitchen.com/yee-sang-prosperity-toss-salad/>  
<https://www.bonappetit.com/recipe/prosperity-salad-yusheng>  
<https://whattocooktoday.com/yu-sheng.html>  
<http://www.rwsentosablog.com/yusheng-greetings/>  
<https://johorkaki.blogspot.com/2015/02/lou-hei-yee-sang-yusheng-meaning-of.html>  
<https://guide.michelin.com/en/article/dining-in/video-huat-to-say-during-lo-hei>  
<https://www.youtube.com/watch?v=mTgW-ErC0nM>  
<https://www.littledayout.com/how-to-lo-hei-like-a-pro-with-auspicious-lo-hei-sayings-and-words/>  
[https://www.google.com/search?q=Prosperity+Toss+creative+designs&rlz=1C1DIMC\\_enTW862TW862&tbm=isch&sxsrf=ALeKk03nf\\_m9NZSvLKq1GxjZpVZuAP9a7w:1612886246825&source=lnms&sa=X&ved=0ahUKEwis-be-Id3uAhVWxDgGHbhZBS8Q\\_AUICygB&biw=1280&bih=578&dpr=1.5](https://www.google.com/search?q=Prosperity+Toss+creative+designs&rlz=1C1DIMC_enTW862TW862&tbm=isch&sxsrf=ALeKk03nf_m9NZSvLKq1GxjZpVZuAP9a7w:1612886246825&source=lnms&sa=X&ved=0ahUKEwis-be-Id3uAhVWxDgGHbhZBS8Q_AUICygB&biw=1280&bih=578&dpr=1.5)

<b>Activity</b>	<ol style="list-style-type: none"> <li>1. Create your own “Prosperity Toss” using ingredients of your choice and arrange them creatively.</li> <li>2. Learn some Chinese phrases for doing the toss or create your own auspicious phrases of wishes and blessings in your own language.</li> <li>3. Do the toss with your family or unit if you can meet face to face. For virtual connections, you may show pictures and videos of your creation, take a small portion toss and say the auspicious phrases together with your group in a video call.</li> <li>4. Does your culture have any activities to wish for good luck and blessings? Please share.</li> </ol>
<b>Materials</b>	<p>Materials to prepare the “Prosperity Toss” (salad), big plate, chopsticks, small plates to serve.</p> <p>As a hygiene practice, only use own unused chopsticks for the first round of tossing. It is recommended to have a general pair of chopsticks and a serving spoon to scoop the balance of the salad to own plates.</p>
<b>Method</b>	Food preparation, food creation and design, learning or creating phrases, sharing, reflection

## 17. LANTERNS 燈籠

Lanterns or 燈籠 Deng long (Mandarin) / Dang lung (Cantonese) are decorative items during Chinese New Year. The most common Chinese lanterns are red, oval shaped, and decorated with red or golden tassels. Typically, they come in many different shapes including square, rectangle, and spherical.

There are hanging lanterns, flying lanterns and floating lanterns..



There are also activities and games involving lanterns such as designing the most beautiful lantern (art and craft) and lantern riddles (linguistic) 猜燈謎 Cai deng mi (Mandarin) / Chai dang mai (Cantonese), where riddles are written on pieces of paper and attached on the lanterns, the answer had to be guessed from a word, a poem, or a phrase.

Note: White lanterns are not advisable during festivals as they are used in Chinese funerals.

Reference:

<https://www.chinahighlights.com/travelguide/culture/lanterns.htm>

<https://www.firstpalette.com/craft/paper-lantern.html>

[https://www.youtube.com/watch?v=XSwhMpKj\\_jl](https://www.youtube.com/watch?v=XSwhMpKj_jl)

<https://www.youtube.com/watch?v=-RBV5MjX1FI>

<https://www.redtedart.com/chinese-new-year-crafts-kids/>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Design and make your own lantern using colour paper or recyclable paper.</li><li>2. Decorate them in your room/house.</li><li>3. Share pictures of your lanterns.</li><li>4. Are lanterns or any form of light (e.g. candles, lamps) part of celebrations of festivals in your culture? If yes, please share similarities and differences.</li></ol>
<b>Materials</b>	Colour paper, recyclable paper, scissors, glue, decorative materials etc
<b>Method</b>	Art, craft, sharing, reflection

## 18. CHAP GOH MEI 元宵節

Chap Goh Mei is a Hokkien term that means the 15th night of the new year, which is why it's celebrated on the 15th and final day of Chinese New Year. In Mandarin, it's called Yuan Xiao Jie (Yuen siu jit in Cantonese) - 元宵節 (Traditional Chinese) 元宵节 (Simplified Chinese), which means Prime Night Festival.

It is also known as the Lantern Festival. Celebrated on the 15th day of the first Chinese lunar month, the Lantern Festival traditionally marks the end of the Chinese New Year (Spring Festival) period. It's Friday, February 26 in 2021.

People will go out to look at the moon, send up flying lanterns, fly bright drones, have a meal, and enjoy time together with family and friends in parks and natural areas.

Tang yuan (glutinous rice balls) mentioned in the dessert section are usually served during this day.

Aside from being tagged as the last day, Chap Goh Mei is also known as the Chinese Valentine's Day.

In Malaysia, the signature activity of Chap Goh Mei sees young unmarried people writing their names and contact numbers on mandarin oranges which they then throw into rivers or lakes. Hopefully, the mandarin oranges they threw would be picked up by a potential significant other who would contact them soon. However, we do not really like this activity as this causes a lot of waste and is not environmentally friendly. Moreover, it is dangerous to share our contact details publicly!

Reference:

<https://www.freemalaysiatoday.com/category/leisure/2020/02/08/the-intriguing-stories-behind-chap-goh-mei/>

<https://hitz.com.my/trending/trending-on-hitz/what-is-chap-goh-mei-why-is-it-important>

[https://en.wikipedia.org/wiki/Lantern\\_Festival](https://en.wikipedia.org/wiki/Lantern_Festival)

<https://www.chinahighlights.com/festivals/lantern-festival.htm>

<http://thingsasian.com/story/chap-goh-mei#>

<https://smartdory.com/2020/02/chap-goh-meh-celebrations-in-malaysia/#>

<b>Activity</b>	<ol style="list-style-type: none"><li>1. Create riddles to attach to the lantern you made in the previous activity and ask your friends to guess the word or phrase from your riddle. The riddles can be in your own language. This can be done in face to face or virtual meetings. You may also post your lantern and riddle on social media and ask your friends to answer there.</li><li>2. Cook glutinous rice balls or other dessert and eat with your family or friends, physically or virtually.</li><li>3. What are popular games from your culture? Please share.</li></ol>
<b>Materials</b>	Lanterns, strips of papers, dessert
<b>Method</b>	Language, food sharing, sharing, reflection



**That's all from us this time! Hope you enjoyed the activities, added some knowledge about Chinese culture and Chinese New Year, and had fun with your family and friends!**

This is to certify that

has completed \_\_\_\_\_ activities  
to learn more about  
CHINESE NEW YEAR

Date: \_\_\_\_\_

LET'S CELEBRATE  
CHINESE NEW YEAR!

新年快樂！

福



新年快樂  
恭喜發財