

INNG YOUTH PROGRAM

HOLIDAY ACTIVITY BOOKLET

Hanukkah, Christmas, Kwanzaa, New Year's



Peace, love, and harmony. Happy Holidays!

Please email your pictures to
inngyp@gmail.com

#INNGYPHolidaySpirit

Disclaimer: Sharing of these resources does not indicate an endorsement of/for this publication, its creators or originating entity by the government, contract, vendor, or program management team.

HANUKKAH

Hanukkah is an eight-day Jewish celebration commemorating the rededication of the second temple in Jerusalem. Hanukkah is celebrated by lighting the menorah and traditional foods, games and gifts.

How many candles are on a menorah and what do they represent?

-There are nine candles on the menorah associated with Hanukkah. Eight of the candles represent the eight days the oil lasted. The ninth candle, the shamash, is used to light the other eight candles.

What is a dreidel?

-A four sided spinning top with a Hebrew letter on each side letting players know how many chocolate coins to put in or take out of the pot.

What is a sufganiyot?

-A traditional jelly-filled donut.

Why is Hanukkah celebrated on different dates?

-Hanukkah falls on 25 Kislev on the Hebrew calendar, which can fall anywhere from early November to late December.

HAPPY HANUKKAH!



HANUKKAH

Dreidel

- 1) Each player receives an equal amount of coins (It does not have to be coins, it can be nuts, candy, chips, etc.), and a "pot" is placed in the middle as well.
- 2) Going around in a circle, each person spins the dreidel and follows the action displayed on the dreidel.
- 3) When you decide to finish the game, everyone can keep what they have or you can do a first, second, third place system for the coins.

- נ - (The letter Nun)- NOTHING. No action is taken.
- ג - (The letter Gimmel)- GET. They take the entire pot! Everyone else needs to contribute two coins to restock the pot.
- ה - (The letter Hey)- HALF. They take half the pot.
- ש - (The letter Shin)- SHARE. They put two coins in the pot.

Don't have a dreidel? Cut a piece of cardboard into a square and divide into four sections as shown marking each section with one of the Hebrew letters in the game and use a pencil or pen as the spinner.



HANUKKAH

Latkes Recipe

Ingredients:

- 2 large Russet potatoes (about 1 pound)
- 1 large onion (8 ounces), peeled
- 2 large eggs
- ½ cup all-purpose flour
- 2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper
- ½ - 1 cup Safflower or other oil, for frying



Preparation Instructions:

- 1) Using a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze/wring out as much of the liquid as possible.
- 2) Transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.
- 3) In a medium heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches.
- 4) Use a spatula to flatten and shape the drops into discs.
- 5) When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes.
- 6) Transfer the latkes to a paper towel-lined plate to drain and sprinkle with salt while still warm. Repeat with the remaining batter.

CHRISTMAS

Christmas is a Christian holiday that falls on December 25 and celebrates the birth of Jesus Christ. Christmas is also celebrated as a secular holiday by many others.

Christmas is celebrated through exchanging gifts, decorating Christmas trees, sharing a holiday dinner with family, and for Christians, attending church.



Christmas trees were brought to the United States in the early 1800s by Germans.



Santa Claus' origins can be traced back to the third century to a monk named St. Nicholas. Santa Claus first became a tradition in the United States in the late 1700s/ early 1800s.



Leaving cookies and milk for Santa started during the Great Depression in the 1930s as a sign of gratitude during a time of struggle.



Candy canes are the number one selling non-chocolate candy during December. They were first brought to the United States by a German-Swedish immigrant in 1847.



CHRISTMAS

Gingerbread House Decorating

One tradition many families partake in during the Christmas season is decorating gingerbread houses.

If you are feeling adventurous, you can make your own gingerbread dough, create your own house pattern, make the pieces, make the icing, and decorate your very own house following the guidance at https://www.simplyrecipes.com/recipes/how_to_make_a_gingerbread_house/.

However, if you are not feeling as adventurous, you can buy a kit at the store and decorate with the materials provided.



CHRISTMAS

Christmas Crunch Recipe

Ingredients:

- 5 cups Cheerios
- 5 cups Corn Chex
- 2 cups salted peanuts
- 1 pound chocolate M&M's
- 1 package (10 ounces) mini pretzels
- 2 packages (12 ounces each) white baking chips
- 3 tablespoons canola oil

Preparation Instructions:

- 1) In a large bowl, combine the first five ingredients; set aside.
- 2) In a microwave-safe bowl, heat chips and oil at 70% power for 1 minute, stirring once. Microwave on high for 5 seconds; stir until smooth.
- 3) Pour over cereal mixture and mix well.
- 4) Spread onto waxed paper-lined baking sheets. Cool; break apart. Store in an airtight container.



KWANZAA

Kwanzaa, meaning "first fruits" in Swahili, is a seven day celebration of life, traditions, family, culture and African heritage from December 26th-January 1st. Although celebrated throughout the world it is mostly an American holiday.

Created in 1966, by Dr. Maulana Karenga of the University of California, Long Beach as a way to bring communities together. About 5 million people celebrate this holiday in America.

Families and communities celebrate differently. Some include songs, dances, drums, storytelling, poetry and a large traditional meal.

However, one tradition stays the same; the lighting of the Kinara (candleholder). There are seven candles in colors of red, green and black. Each night one of the seven candles are lit and everyone discusses the principle.

☀️ **Unity/Umoja** (oo-MO-jah)

☀️ **Self-Determination/Kujichagulia** (kool-gee-cha-goo-LEE-yah)

☀️ **Collective Work & Responsibility/Ujima** (oo-GEE-mah),

☀️ **Cooperative Economics/Ujamaa** (oo-JAH-mah),

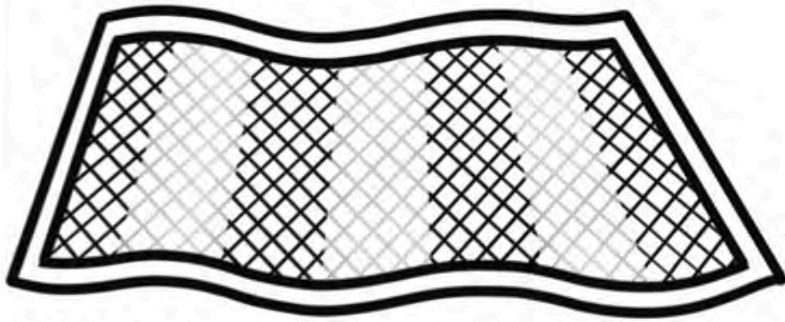
☀️ **Purpose/Nia** (nee-YAH),

☀️ **Creativity/Kuumba** (app-OOM-bah)

☀️ **Faith/Imani** (ee-MAH-nee)

Let's Learn About Kwanzaa

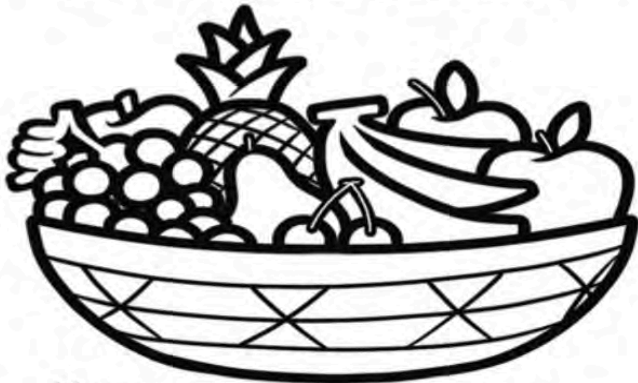
Below are 8 items found during the celebration of Kwanzaa. Learn about each item and then have fun coloring them in!



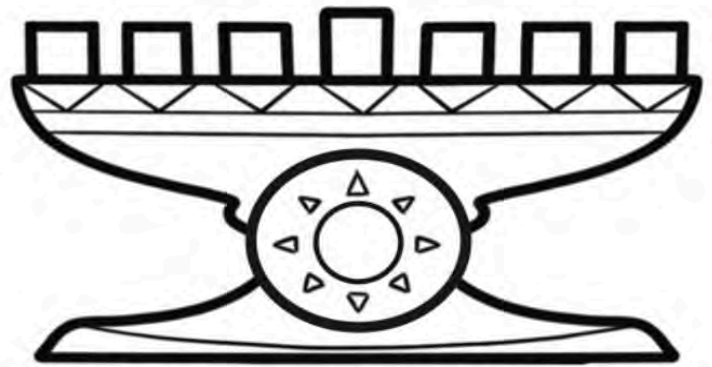
Mkeka A straw mat that holds the unity cup, ears of corn, fruit, and the kinara.



Mishumaa Saba The 7 ceremonial candles of Kwanzaa. There are 3 red candles, 3 green candles, and 1 black candle.



Mazao Fruits, nuts, and vegetables, placed on the mkeka, represent sharing, unity, and hard work.

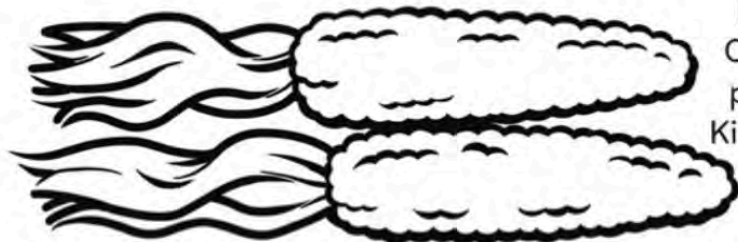


Kinara A candelabra that holds 7 candles, one for each day of Kwanzaa.



Unity Cup or Kikombe

A symbol of unity which is the base of all Kwanzaa principles.



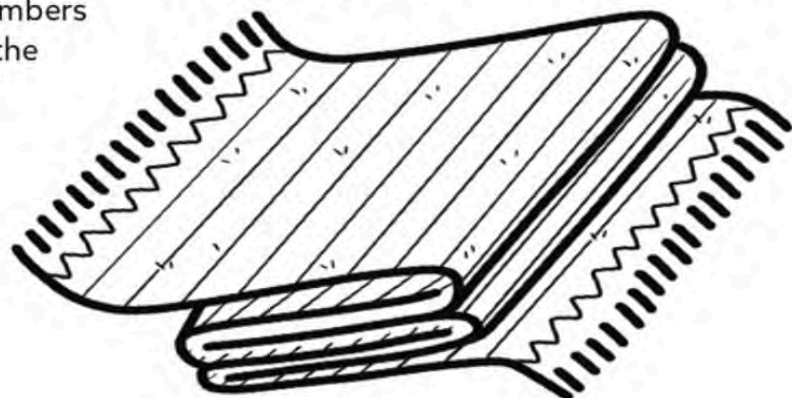
Ears of corn

One ear of corn is placed under the Kinara to symbolize each child in the family.



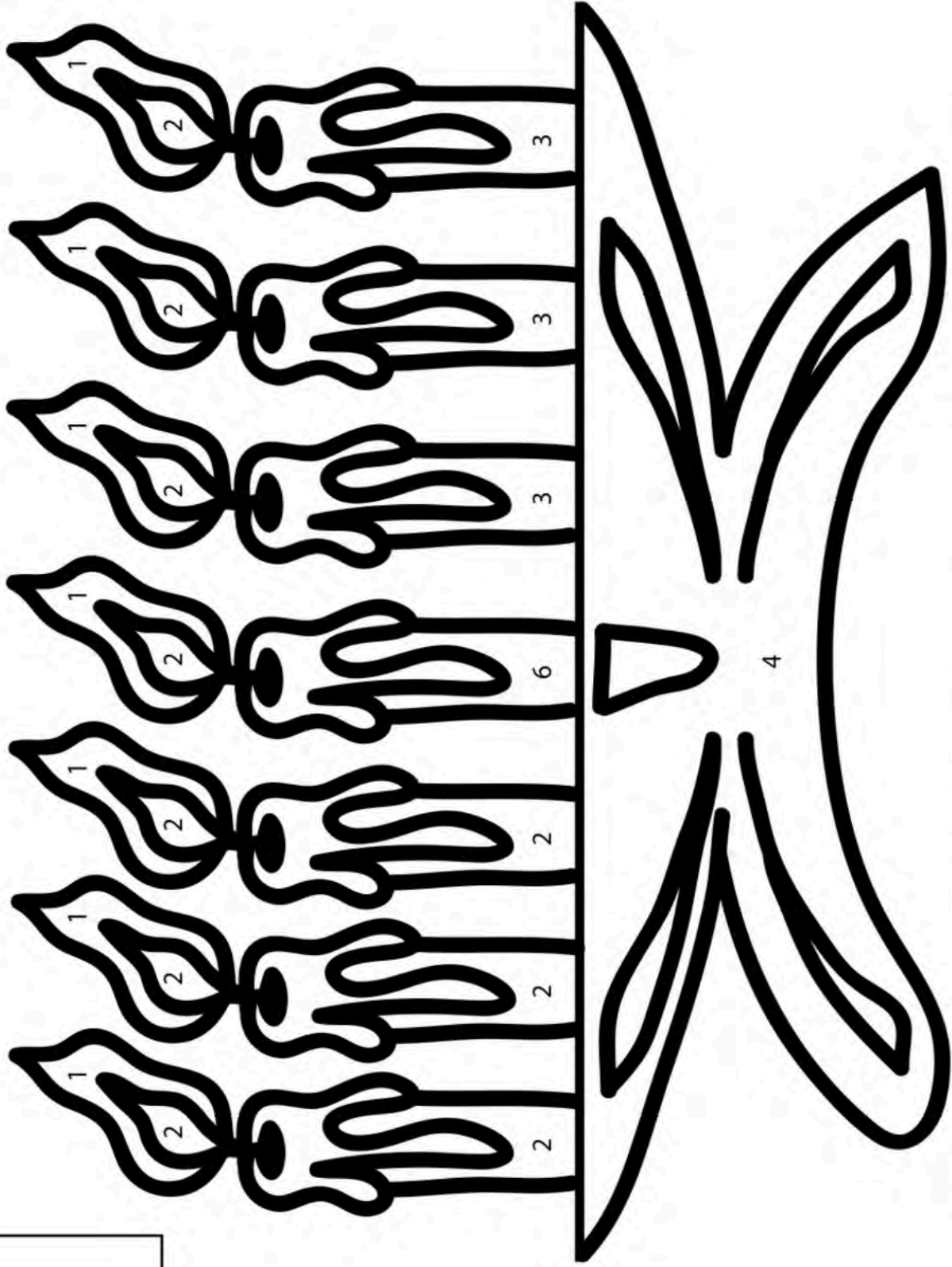
Zawadi Gifts exchanged with family members to celebrate the last day of Kwanzaa.

Woven tablecloths A commonly made craft exchanged on the last day of Kwanzaa.



Color Key

- 1 = Yellow
- 2 = Red
- 3 = Green
- 4 = Brown
- 5 = Purple
- 6 = Black



Happy Kwanzaa!

KWANZAA



Mkeka Mat



Materials

Red, Green & Black Construction Paper
Scissors
Glue

Directions

1. Cut multiple strips of red and green construction paper in one inch wide and 11 inches long .
2. Fold one black construction paper lengthwise.
3. Starting from the none open side cut one inch strips. Stop two inches from the outer edge.
4. Open the black paper carefully, to not rip.
5. Take a red strip and begin weaving it over, under, over, under across the black paper.
6. Second Row: Take a green strip and begin weaving it over, under, over, under across the black paper.
7. Continue until mat is complete. Then glue the edges.

Mbube Mbube

Materials: 4+ people, Open space & Blind Folds

Instructions

- One person is a lion and one person is the antelope
- Both are blindfolded

The objective is for the lion to catch the antelope

- As the lion gets closer to the antelope everyone chants Mbube Mbube, faster faster



KWANZAA

Okra & Corn



Ingredients

6 slices of bacon

½ of a large red bell pepper

2 or 3 green onions scallions, chopped

16 ounce package of frozen sliced okra thawed

16 ounce package of frozen corn thawed

1 medium tomato chopped into small pieces

¼ teaspoon of black pepper or to your taste

Cooking Instructions

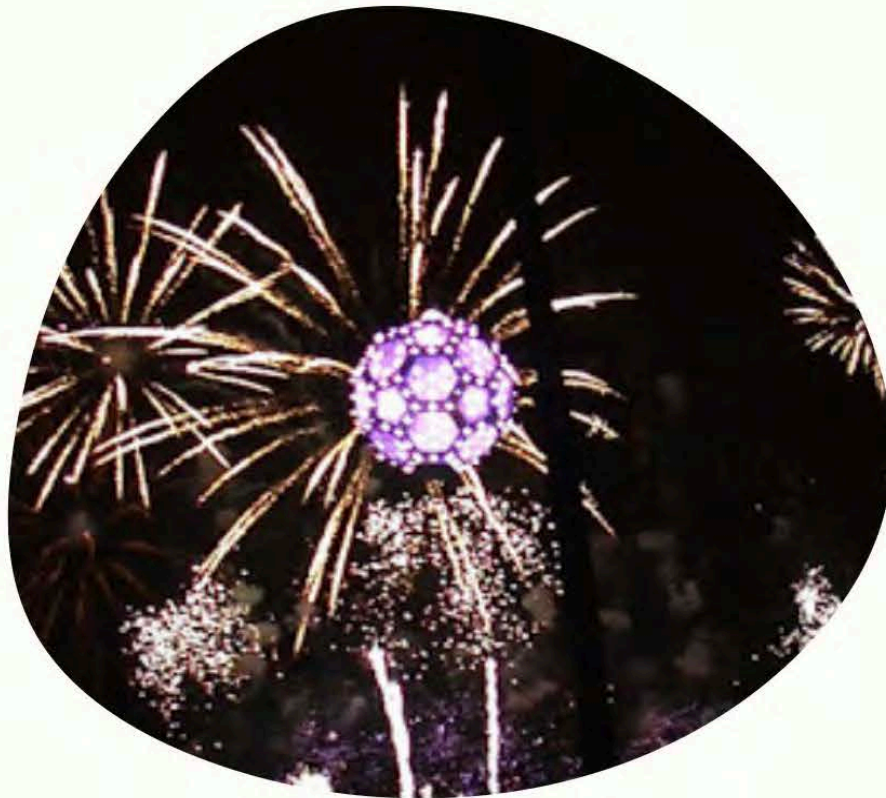
- 1) Fry the bacon in a large skillet until it's crisp and drain it on a paper towel.
- 2) Using the same skillet, sauté the red pepper with the green onion until they are tender; usually 3 to 5 minutes.
- 3) Add the thawed corn and okra and stir to mix.
- 4) Add the tomato and pepper (and salt if you want it) and stir again to blend.
- 5) Cook about 5 minutes or until everything is heated.
- 6) Crumble the bacon, sprinkle over the top and serve hot.

NEW YEAR'S

Civilizations all around the world have celebrated the New Year for over 4,000 years. In early times, the first day of the year was typically on agricultural or astronomical event.

However, in 46 B.C Julius Ceasar decided to make it on January 1st. After the Roman god of beginnings Janus and to follow the Georgian calendar, which we all use today.

In America, New Year's traditions consist of parties, special foods, creating resolutions, watching the Ball drop and fireworks.



Happy
New
Year





Review & Resolutions!!!

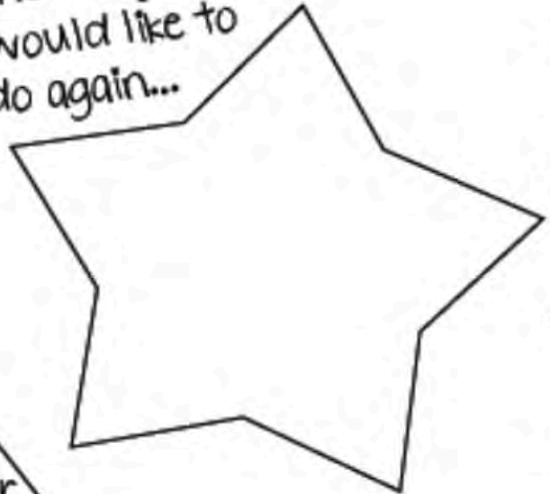


Happy New Year!

The best day
of school
last year...



One thing I
would like to
do again...



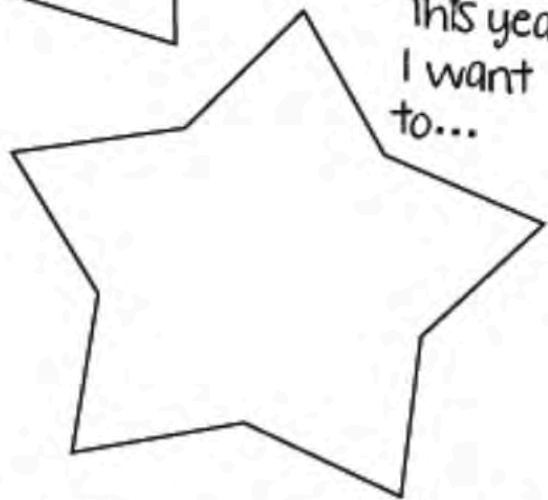
My
goals for
this year...



This year,
I can't
wait to...



This year,
I want
to...



MY Year in review

ALL ABOUT ME

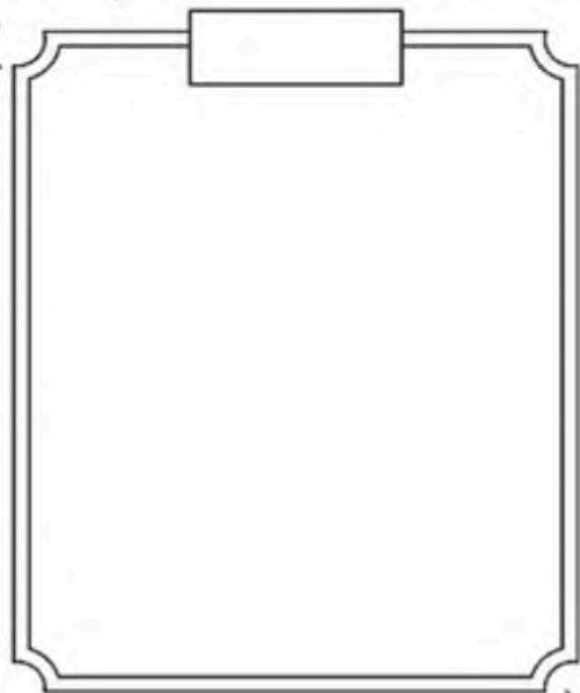
Name: _____

Age: _____

Grade: _____

Favorite food: _____

Favorite activity: _____



BEST of

Movie _____

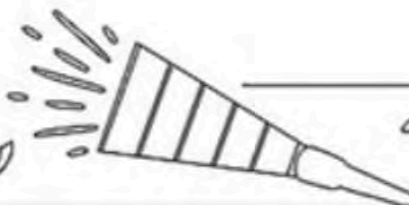
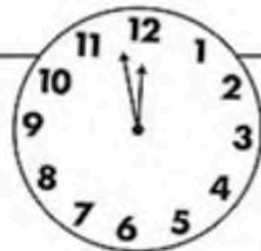
Song _____

Memory _____

Place I went _____

NEXT YEAR

I want to _____



NEW YEAR'S

Doughnuts

Fun Fact: Circular foods like doughnuts and round cakes represent the year coming full circle.



Ingredients

- 1 tube refrigerated biscuits (Flaky/Homestyle)
- Vegetable oil
- 1/2 cup white sugar
- 1 tablespoon ground cinnamon

Cooking Instructions

- 1) Add sugar and cinnamon to a small bowl and mix well. Make sure the bowl is big enough to hold your donuts.
- 2) Add oil to a small saucepan. You'll need about 2" of oil. Heat on medium heat until hot.
- 3) Use an apple corer/bottle cap to cut a hole into each of the biscuits.
- 4) Drop biscuits into hot oil, one at a time, cooking for 1 minute on each side.
- 5) place onto a plate lined with paper towels. Let set for another 2 minutes before dunking the hot donuts into the cinnamon sugar mixture. Coat all sides evenly.

WINTER BUCKET LIST



ICE SKATING
OUTDOOR FIRE
MAKE SMORE'S
SNOW SHOEING



KARAOKE NIGHT
POLAR BEAR PLUNGE
MAKE A FORT
GO TO A CONCERT



MAKE HOT CHOCOLATE
GO SLEDDING
MAKE A SNOWMAN
BAKE COOKIES



ADD NEW PILLOWS TO YOUR HOME
MAKE A NEW MUSIC PLAYLIST
MOVIE MARATHON NIGHT



HAVE A SNOWBALL FIGHT
PUT A PUZZLE TOGETHER

MAKE A SNOW-GLOBE
GO BOWLING

MAKE A SOUP DINNER
MAKE KITS FOR THE HOMELESS
SHOVEL A NEIGHBORS DRIVEWAY

READ A SELF HELP BOOK
HOST A WAFFLE PARTY
SOAK IN SOME HOT SPRINGS

MAKE SNOW ANGELS
WRITE IN YOUR JOURNAL
GO ON A SLEIGH RIDE
HAVE A PUPPET SHOW



GO FOR A WALK
WRITE A THANK YOU CARD
SERVE AT A SOUP KITCHEN
SET SOME NEW GOALS



BAKE A PIE
TAKE A COOKING CLASS
CUT OUT SNOWFLAKES
TAKE A NAP BY THE FIRE



SOURCES

<https://www.history.com/topics/holidays/hanukkah>

<https://www.momsandcrafters.com/how-to-make-a-dreidel-out-of-clay/>

<https://cooking.nytimes.com/recipes/1015533-classic-potato-latkes>

<https://www.history.com/topics/christmas/history-of-christmas>

https://www.simplyrecipes.com/recipes/how_to_make_a_gingerbread_house/

<https://www.tasteofhome.com/recipes/white-chocolate-party-mix/>

<https://www.history.com/topics/holidays/kwanzaa-history>

<https://www.officialkwanzaawebsite.org>

<https://www.scholastic.com/parents/kids-activities-and-printables/printables/learn-about-kwanzaa-holiday.html>

http://www.fisher-price.com/en_US/GamesAndActivities/Crafts/WovenMat.html

<https://www.history.com/topics/holidays/new-years>

<http://www.ladybugsteacherfiles.com/2011/12/new-years-writing.html>

<https://www.eatingonadime.com/lazy-day-homemade-donuts/>

Diana Owens, MSW
diana.e.owens.ctr@mail.mil
317.551.4308

Ali Small
alexandra.k.small.ctr@mail.mil
317.551.4242