

Islamic New Year Activities

Infants (Birth–12 months)

Activity: “New Year, New Day” Calm Sensory + Mirror Talk

Focus: connection, calm routine, language

Materials: baby-safe mirror, soft scarf/fabric, gentle music

Directions:

1. Hold the baby near the mirror and smile: “Hello! New day.”
 2. Slowly move a scarf side-to-side and narrate: “soft... gentle... calm.”
 3. Add simple affirmations: “You are safe. You belong.”
 4. Keep it 2–4 minutes.
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Young Toddlers (1–2 years)

Activity: “Hello, New Year!” Greeting & Wave Practice

Focus: social skills, belonging

Materials: picture cards (hello, wave, high-five) optional

Directions:

1. Teach a simple greeting routine: wave + “hello.”
2. Practice with a puppet: puppet says “hello,” child waves back.
3. Children practice greeting a friend or teacher.
4. Celebrate: “You welcomed a friend!”



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Older Toddlers (2–3 years)

Activity: “Fresh Start” Cleanup Helpers Challenge

Focus: responsibility, routines

Materials: picture job chart (blocks/books/art), wipes/bins (per policy), stickers (optional)

Directions:

1. Explain: “A new year is a fresh start. We can make our room ready.”
 2. Assign tiny jobs: put books away, match lids to bins, wipe tables.
 3. Use a timer for 2 minutes of helping.
 4. Celebrate: “We helped our community!”
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Preschool (3–5 years)

Activity: “Good Wishes Chain”

Focus: SEL, language, classroom community

Materials: paper strips, markers/crayons, stapler/tape

Directions:

1. Say: “Some families celebrate a new year by thinking about good wishes.”
2. Ask: “What is a kind wish for our class?”
Examples: “Be kind,” “Use gentle hands,” “Share,” “Listen.”
3. Children draw or dictate a wish on a strip.
4. Connect strips into a chain and hang it up.
5. Read the chain together daily for a week.

Extension: Add “I can help by _____.”



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School Age (6+)

Activity: “New Year Reflection & Goals”

Focus: reflection, responsibility

Materials: paper, pencils, optional goal template

Directions:

1. Explain: “The Islamic New Year is a new year for some families. New years are a time for reflection.”
2. Students complete prompts (choose 2–3):
 - “One thing I’m proud of is…”
 - “One kind choice I want to practice is…”
 - “One way I can help my community is…”
3. Students create a small “goal card” to keep at their desk or take home.
4. Optional sharing (voluntary).



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