



Holi

A vibrant festival of colours

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What is Holi?

Holi is a **festival** which is celebrated by **Hindus**.

Holi is celebrated on the full moon day of Kumbha or Aquarius (the Hindu calendar month of Phalguna).

This is usually comes in **February/March**.

Jains, Buddhists and Sikhs also celebrate Holi.



What is Holi?

- The festival of spring.
- The festival of **colours**.

The festival signifies the **triumph of good over evil**.

- **Why do you think it might be called the festival of colours?**
- **Think about what happens in spring.**



Why is Holi celebrated?

There are a few symbolic legends to explain the celebrations of Holi.

1. Vishnu and Prahlad

Holi is celebrated as a festival of triumph of good over evil.

An event relating to Prahlad, who was a child devotee of Lord Vishnu.

On this day, Vishnu saved Prahlad from being burnt alive by Holika, a demoness, hence Holi is the name given to this festival.

The Holika bonfire and Holi signifies the celebration of the symbolic victory of good over evil, of Prahlad over Holika.



Holika Dahan

Why is Holi celebrated?

There are a few symbolic legends to explain the celebrations of Holi.

2. Krishna and Radha

When Krishna was a child, he used to play some pranks on his friends. Krishna, Radha and their friends smeared coloured powder on each other. This turned into a fun filled festival to welcome spring.



How is Holi celebrated?

The festival of **Holi** is celebrated **all over the world**.

Holi celebrations start on the night before Holi.

Traditionally a **bonfire** is lit and food such as grains, coconuts and dates are offered to it. The coconut is sometimes roasted and later given out as prasaadam (sanctified food).

These offerings symbolise arrogance which are then purified by the element of fire.

This is known as **Holika Dahan** where people gather, perform religious rituals in front of the bonfire, and pray that their internal evil be destroyed the way Holika, the sister of the demon king **Hiranyakashipu**, was destroyed in the fire.



How is Holi celebrated?

On the following day, **Dhuleti** is celebrated. This is also called **Rangoli Holi**. People celebrate the arrival of spring by showering **coloured powder** and water on each other.

On many occasions, water guns and water-filled balloons are also used to play and colour each other.

Anyone and everyone can join in these celebrations. The fun with colours can happen in the open streets, parks, outside temples and buildings. Some people play music on their drums and other musical instruments, many people sing and dance.



How is Holi celebrated?

People visit family, friends, neighbours and sometimes villages come together to throw coloured powders on each other, laugh and chat.

Holi delicacies, food and drinks are shared.

The blossoming of love of humanity is celebrated. It's a fun and festive day to meet others, play and laugh, **forget and forgive, and repair broken relationships.**



The colours of Holi

The colours of Holi have various symbolic meanings, representing emotions, values, and aspects of life.

- **Red** – Love and respect for all.
- **Yellow** – Happiness, health and prosperity. This colour is linked to turmeric which is beneficial for health.
- **Blue** – The divine and power. It represents Lord Krishna, who is often depicted with blue skin.
- **Green** – Life, new beginnings and nature, symbolising growth and harmony.
- **Pink** – Joy, playfulness, and friendship, reflecting the fun spirit of Holi.
- **Orange** – Sacrifice, spirituality and knowledge.
- **Purple** – Mystery and magic, representing new adventures and imagination.

These interpretations can vary.



Holi Activity

Holi Handprint Art 🎨 🌈

A fun and easy Holi craft!

1. **Dip** hands in bright Holi colours.
2. **Press** onto paper to make colourful handprints.
3. **Layer & Mix** for a vibrant effect.
4. **Decorate** with "Happy Holi" or glitter (optional).
5. **Share & Celebrate** the joy of colours!

Perfect for young children to explore creativity and the spirit of Holi! 🎉

