

FESTIVAL GUIDE - GRADES K-5

Navratri: Nine Nights of Dance

The story in a nutshell

Navratri (nahv-RAH-tree) means nine nights, and it is a joyful Hindu festival that honors Goddess Durga (DOOR-gah). Long ago, a buffalo demon named Mahishasura (mah-hee-SHAH-soo-rah) troubled the whole world, and no one could stop him. Durga rode in on her lion, battled him for nine nights, and won on the tenth day. Every year, families celebrate her courage for nine nights. In Gujarat, dancers spin in big circles in a dance called garba (GAHR-bah) around a glowing lamp, and friends tap decorated sticks together in a dance called dandiya (DAH-nee-yah). Many people wear a different bright color each night. On the tenth day comes Dussehra, the celebration of good winning over evil.

"Bravery wins in the end, and joy grows when we dance together."

The Navratri story in seven parts

1. Navratri means nine nights of celebration
2. Goddess Durga, the brave protector
3. Durga battles the buffalo demon Mahishasura
4. Nine nights honor nine forms of the goddess
5. Dancers spin together in garba circles
6. Friends tap dandiya sticks to the beat
7. The tenth day brings Dussehra and victory

Talk about it

1. Why do you think Navratri lasts nine whole nights instead of just one day?
2. Durga stayed brave through a long battle. What helps you keep going when something takes a long time?
3. Garba dancers move in one big circle together. What is something your class does better when everyone joins in?

Make dandiya sticks!

Make your own dandiya sticks! Decorate two cardboard tubes or wooden spoons with ribbons, stickers, and bright paper. Put on a favorite song and tap your sticks gently with a partner, high, low, high, low, keeping the beat together.

Teacher tip: pairs with lessons on autumn festivals around the world, dance and movement breaks, and counting patterns up to ten.



Scan to listen to the episode

<https://www.mythicalmasalapodcast.com/2405113/episodes/16685019-s1e25-who-s-who-of-indian-mythology-part-2-goddesses-demigods-animal-gods>

More free printables: www.mythicalmasalapodcast.com/printables



Navratri Coloring Page

Coloring page: Durga and the garba dancers!

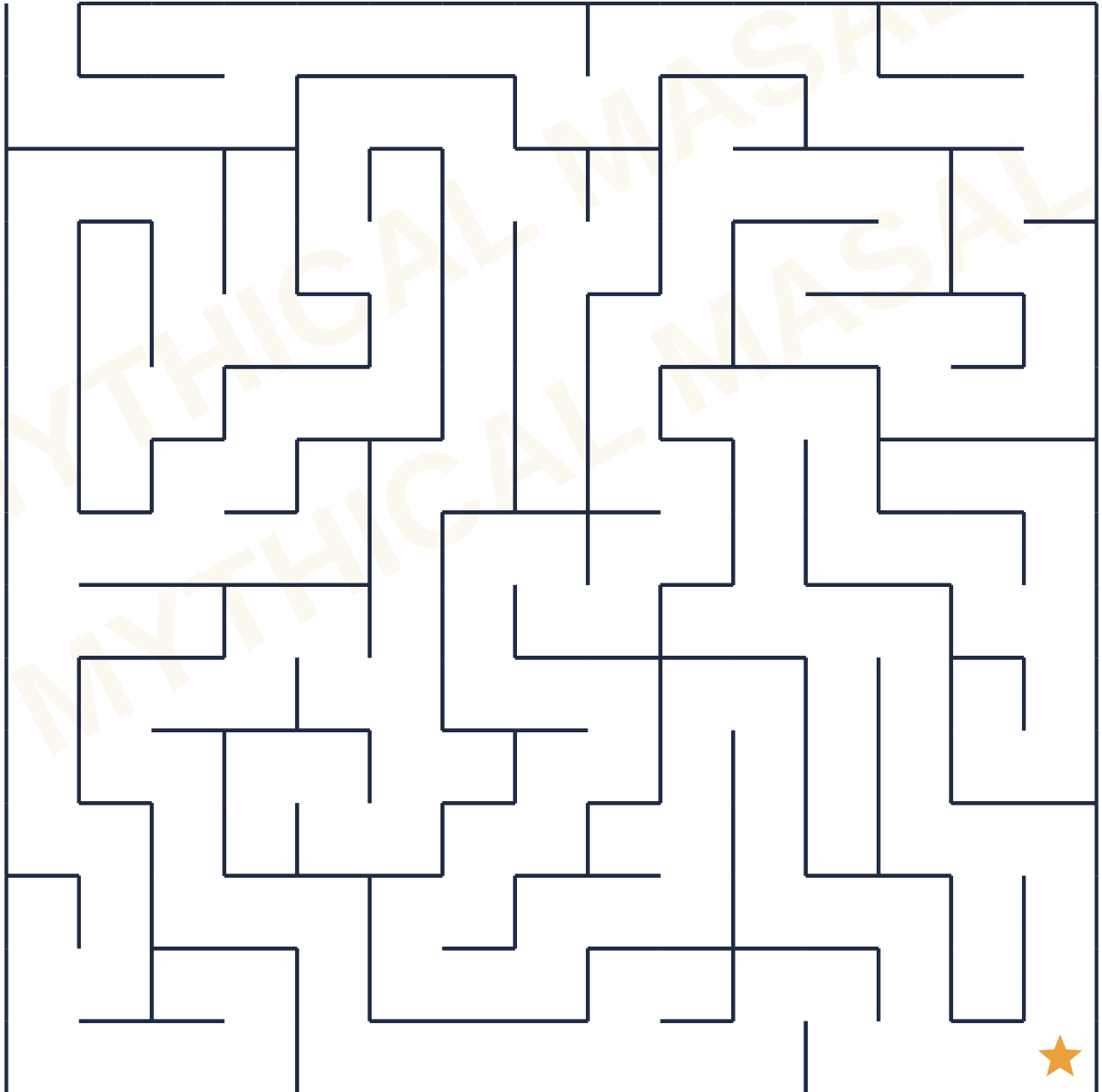


FIND YOUR WAY - MAZE

Help the dancer reach the garba circle!

The music is starting and the circle is forming. Guide the dancer through the maze to the star.

START



FINISH



WORD SEARCH

Navratri Word Search

I	L	Q	R	A	I	P	Z	P	C	F	S
S	R	A	H	S	S	E	D	D	O	G	S
S	B	T	V	Z	E	U	I	Q	X	Y	T
Q	K	B	A	I	J	C	K	D	G	H	H
G	P	J	E	R	T	I	N	C	B	Q	G
A	L	N	Z	B	V	S	A	A	D	G	I
R	I	S	I	P	P	A	E	A	D	S	N
B	H	K	C	N	J	I	N	F	T	D	T
A	A	P	P	T	E	D	M	I	U	P	C
U	C	P	B	D	I	P	C	R	W	Z	U
A	K	C	V	Y	L	K	G	P	Y	G	O
O	P	M	A	L	S	A	M	U	S	I	C

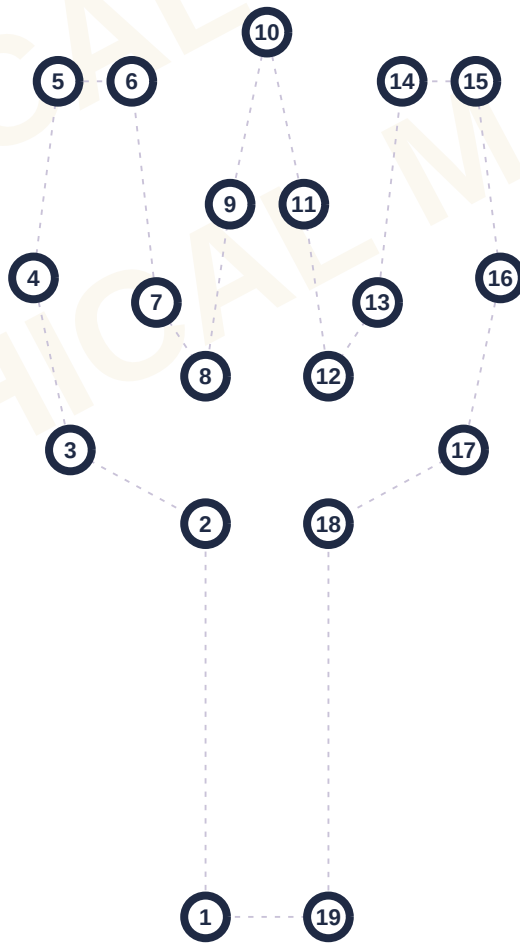
Find these words:

- Dance
- Festival
- Lamp
- Nights
- Dandiya
- Garba
- Music
- Nine
- Durga
- Goddess
- Navratri
- Sticks



CONNECT THE DOTS - 1 TO 19

Connect the dots: Trishul



Connect the dots from 1 to 19, then color your trident (trishul)!



QUIZ TIME

Navratri Quiz

1. What does Navratri mean?

2. Which goddess does Navratri honor?

3. What demon did Durga defeat?

4. What is the big circle dance of Navratri called?

5. What do dandiya dancers tap together?

Answers (turn the page upside down!)

1. Nine nights.
2. Goddess Durga.
3. Mahishasura, the buffalo demon.
4. Garba.
5. Decorated sticks.

Word search answers

I	L	Q	R	A	I	P	Z	P	C	F	S
S	R	A	H	S	S	E	D	D	O	G	S
S	B	T	V	Z	E	U	I	Q	X	Y	T
Q	K	B	A	I	J	C	K	D	G	H	H
G	P	J	E	R	T	I	N	C	B	Q	G
A	L	N	Z	B	V	S	A	A	D	G	I
R	I	S	I	P	P	A	E	A	D	S	N
B	H	K	C	N	J	I	N	F	T	D	T
A	A	P	P	T	E	D	M	I	U	P	C
U	C	P	B	D	I	P	C	R	W	Z	U
A	K	C	V	Y	L	K	G	P	Y	G	O
O	P	M	A	L	S	A	M	U	S	I	C

