

AYYÁMI-HÁ PAGES FOR KIDS!

What is Ayyám-i-Há?

Ayyám-i-Há means
“Days of Joy” or
“Days outside of time”

Ayyám-i-Há is a time of year
when Bahá'ís all over
the world celebrate and
praise God. Bahá'ís try to create
good cheer for our selves, our families,
and the poor and needy.

Count down
to
Ayyám-i-Há



Issue No. 4
Bahá'í Festival of
Ayyám-i-Há
February 24th at sunset
—
March 1, 2018

Ayyám-i-Há is also called
“Intercalary Days”.
It comes after Mulk.
Those over the age of 15
start the Fast after
Ayyám-i-Há.

Bahá'u'lláh says this about Ayyám-i-Há:

“It behoveth the people of Bahá, throughout these days, to provide good cheer for themselves, their kindred and, beyond them, the poor and needy, and with joy and exultation to hail and glorify their Lord, to sing His praise and magnify His Name; and when they end—these days of giving that precede the season of restraint—let them enter upon the Fast. ”



The Gems Kids Say:

HAPPY



Acts of Kindness

Some Ways to Be kind:

1. Say a prayer for someone in need.
2. Help someone without being asked.
3. Tell your parents something that you are grateful for.
4. Write a "what I like about you" note to a Classmate.
5. Play with someone new during recess.
6. Pick up and throw away trash that you see.
7. Make friends with a younger kid.
8. Prepare an Ayyám-i-Há gift like cookies, or a jar with candy for a needy family. Then visit the family. Wish them happy Ayyám-i-Há and share your gift.
9. Say or sing some prayers with a friend.
10. Make a get-well card for someone who is not feeling well and deliver it.



What other kind acts can you think of? _____
Draw one below!

A large, empty rectangular box with rounded corners, intended for drawing a kind act.

Talk About Good Cheer

Is Ayyám-i-Há joyously celebrated in your family? How do your friends celebrate? Share stories and ideas – here are some questions to ask:

1. What is your favorite part of Ayyám-i-Há?
2. Share something that made you laugh during an Ayyám-i-Há Celebration.
3. How can you spread good cheer to others during Ayyám-i-Há?
4. Do you decorate for Ayyám-i-Há? What do you use?
5. How could you use music when you celebrate Ayyám-i-Há?
6. When you are cheerful, what happens around you?



“It behoveth the people of Bahá, throughout these days, to
Provide Good Cheer for themselves, their kindred and,
beyond them, the poor and needy”



Being of Service

"Service is prayer." 'Abdu'l-Bahá

BONUS ACTS OF SERVICE

- Bring your neighbors' garbage cans up for them.
- Take care of someone's pet while they're away.
- Make a thank you card for your librarian.
- Set up a lemonade stand and donate the profits.
- Set the table for dinner without being asked.
- Donate supplies to the homeless shelter.
- Read a book to someone.
- Give a healthy snack to your bus driver or teacher.
- Thank the custodians and lunch server at your school for their service.



Bahá'u'lláh says,
"Charity is pleasing and praiseworthy
in the sight of God."

Coloring Page: Making Ayyám-i-Há Gifts



Arts & Crafts: Kindness Stones

These homemade gifts are fun and easy to make!

Make one for a neighbor, classmates, other special people in your life. Leave at the park or around town and see if they are there the next time you pass by. Whoever finds it will receive an unexpected moment of joy!

1. Find stones
2. Wash them
3. Paint them, draw on them, glue stuff, layer stuff.
4. When you're done and it's all dry, write this on the back with a sharpie: **Post to FB @MineRichInGems.ipg**
5. Follow us on Facebook to see if anyone posts that they found your rock!



Arts & Crafts: Colorful 9 Pointed Star

You'll need an 8" circle of cardboard, One 8.5" square of card stock (for the middle – shown white below), Nine 8.5" squares of different colors of craft paper or card stock, scissors, good quality tape, glue, and string for hanging.

1. Cut the 8-inch circle of cardboard, then use your scissors to poke a hole through it about 3/4 of an inch from the edge. Poke string through and tie.
2. Next, trace the cardboard circle onto a piece of cardstock. (This will be the star in the center of the wreath, so choose your color accordingly.)
3. Make a cone with each of the remaining nine squares. It takes a little wrangling. This is where the good tape comes in.
4. One corner becomes the "point" of the cone, with two corners wrapping over each other in a cozy paper "hug." It's easier if you just see it:



5. Lay the cones on top of the circle, evenly spaced around the edge, to get an idea for where to start gluing.
6. Once you have the placement, start gluing the mouths of the cones to the circle. Work quickly so that you can adjust while the glue is still wet.
7. Let dry, then hang.

We found this fun craft at <http://www.motherhoodandmore.com>



Arts & Crafts: Our Ayyám-i-Há Garden

You'll need something to make a flat background. Could be a foam core board to be covered in felt, a large thick piece of cardboard to be covered in felt, craft paper to tape up on a wall, or a magnetic board mounted low enough for the little kids to participate.

- ☐ If you picked form core or cardboard, you will need a piece of felt large enough to cover one side of the board, adhesive to attach the felt, brightly colored felt for shapes and letters, and scissors.
- ☐ If you are using a craft paper or a magnetic board, you will need brightly colored paper to cut shapes and letters from, tape and/or sticky-tack to place them in the background garden, and scissors.
- ☐ If you picked magnetic board, plain magnets can be attached to the cut outs with glue for easy rearranging and re-use.

Prepare Background

Pre-cut shapes of things that will be in the garden

Draw or trace shapes onto colored felt or paper, then cut them out. Ideas include grass, clouds, rain drops, flowers, a big tree, a bright sun, animals, and insects.

Pre-cut letters:

"Our Ayyám-i-Há Garden"

Draw or trace letters onto colored felt or paper. Then cut them out. If you want, you can cut out more letters to make words like peace, love, unity, helpful, kind, obedient.

Older children can help the little ones put the letters in order.



Arts & Crafts: Loving Hands wreath



You'll need a ring of craft foam, or stiff paper, or cardboard to make the base of the wreath. Paint or wrap ribbon or decorative paper around the ring.

Trace around each person's hand on construction paper, foam core, card stock, or recycled materials. Color or decorate the hands before you cut them out. It's easier that way!

Cut the hands out and decorate some more with glitter, stick on gems, stars, or textured items.

Finally glue your decorated cut-out hands around the wreath-ring.

Add words like "Welcome" or "Happy Ayyám-i-Há". Add a bit of string to the back to hang your wreath on a hook.

We found this fun craft at www.MidgetMomma.com



Books make great Ayyám-i-Há Gifts!

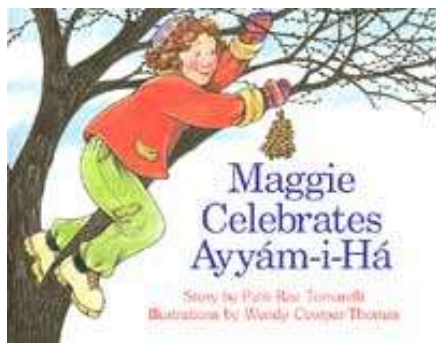
CELEBRATING AYYÁM-I-HÁ AROUND THE WORLD

by Melissa Charepoo. Through simple, rhymes, this book teaches children all about the days of Ayyám-i-Há and how it helps Bahá'ís prepare for the fast and the Bahá'í New Year, Naw Ruz. Over 24 countries and 20 languages are represented in this book. This book is available on Etsy.



<http://bit.ly/CelebratingAyyamiha>

MAGGIE CELEBRATES AYYÁM-I-HÁ

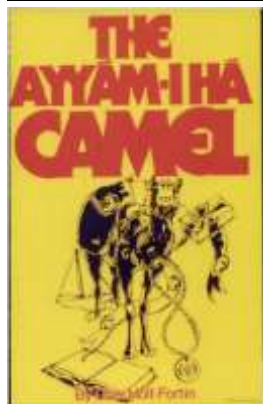


tells the story of one child's joyous, creative celebration of Ayyám-i-Há. Each day Maggie does something special and wonderful without prompting from the adults in her life. Through her actions, Maggie shows the true meaning of Ayyám-i-Há. It includes instructions for repeating Maggie's special activities in your own home.

Find this book and more through the Bahá'í

Bookstore. <https://www.bahaibookstore.com/Maggie-Celebrates-Ayyam-i-Ha-P6103.aspx>

THE AYYÁM-I HÁ CAMEL



follows a Bahá'í family through the Christmas and Hanukah holidays in December. Of course, the children want to get presents like everyone else does. Soon, Ayyám-i-Há is coming, and the family works hard to make these Bahá'í celebrations special and exciting. This is the perfect book to help parents and kids learn about the December holidays and Ayyám-i-Há.

Find this book at <http://www.kalimat.com/Camel.html> or download the .pdf at http://oxxnv.itpp.me/the_ayyam_i_ha_camel.aspx

Ayyám-i-Há Music!



Happy A'yyám-i-Há Song - William Sears

<http://bit.ly/AyyamihaSong1>

by Mr. William Sears and the Ayyám-i-Há Friends



Happy Ayyam-I-Ha Song - Erika Mahony

<http://bit.ly/AyyamihaSong2> by Erika Mahony



Ayyam-i-Ha Song - Za

<http://bit.ly/AyyamihaSong3> by Za



Learn and Share Ayyam-i-Ha Songs

<http://bit.ly/AyyamihaSong4>

by Enable Me to Grow (with a list of more songs)



Spirit of Ayyám-i-Há Song

<http://bit.ly/AyyamihaSong5> by Bimini Productions

Fun Foods!

Cookie cutters come in a variety of shapes ... But, if you can't find a shape you like, you can make your own template from stiff card stock. Then spray with cooking spray, place on top of rolled out dough, and trace around your template with a sharp tool. Wa-La! We made a 9-pointed star! 9-Pointed Star cookie cutters are available at www.bahairesources.com



Ayyám-i-Há Virtue Cookies

1. Prepare your favorite sugar cookie recipe.
2. Roll out and cut into a variety of shapes: 9-pointed stars, hearts, flowers, hands, boys, girls, animals.
3. Decorate with colorful sprinkles and bake according to your recipe.
4. When cooled, write virtue words on the cookies with edible pens or icing.
5. Enjoy the sweet virtuous treat! Have you practiced that virtue today?

Fun Fruit!



Another great healthy party treat is fruit. Make it fun by choosing a couple of festive edible fruit displays for your Ayyám-i-Há celebration.

A glass bowl with layers of fruits is beautiful, delicious and nutritious. A watermelon ship can sail across the table! Ahoy Matey!



Fruit wands delight the taste buds and make a great centerpiece!

Add, marshmallows, chocolate, and fruit to a waffle cone. Wrap in foil, and toast over a fire. YUM!

