

1. Introduction to Qing Ming Festival



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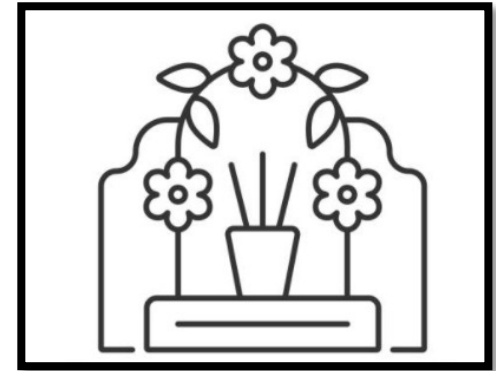
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2.Activities during Qing Ming Festival (including specific steps of tomb sweeping)

A tomb painting template for
young students



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Worshipping Ancestors

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Activities during Qing Ming Festival

Spring Outings

Flying Kites

Planting Willow Branches

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Worshipping Ancestors

2

One way to pay respect to ancestors is by sweeping their tombs, including cleaning tombs, adding some fresh soil, burning incense along with paper money, and offering flowers. Another way is by offering to the ancestral temples. People will have a reunion dinner after the sacrifice.

清明

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Worshipping Ancestors

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How do Chinese people sweep tombs?

Step 1: Clean the tomb;
Step 2: Put some homemade dishes, and flowers on the floor;
Step 3: Burn incense with paper money;
Step 4: Kneel down and bow toward the tomb.

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Worshipping Ancestors

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What types of flowers are appropriate for sending to the deceased?

Flowers are a visual expression of love and respect. They are a means to reminiscence about the deceased. White chrysanthemums are generally used to express lamentation, and gladioli are demonstrated with lively emotions.

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Worshipping Ancestors

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Is it better to sweep a tomb as early as possible?

Generally, people visit graves anytime from 7:00 to 16:00.

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Worshipping Ancestors

2

Could people perform the sacrifice at home?

Sacrifices in the Qingming Festival are usually performed in the graveyard, but for some reason, people cannot come back to their home town, then they set up an altar on the balcony or in the hall where they are, looking toward the direction of their hometown to burn incense.

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Spring Outings

2

Spring outings are good for health, and it is an excellent opportunity to embrace nature and communicate with relatives and friends.

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Planting Willow Branches

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Willows tend to sprout in spring, coinciding with the Sweeping Tombs Day. Due to its remarkable vitality, and the influence of Buddhism on people, people would pick a willow branch, or make a wicker garland to put on their head, and even put it on the door and the roofs of houses. It is said that willow can help to ward off evil.

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Flying Kites

2

Flying kites is an attractive folk activity in ancient China.

It is not only a sports entertainment, but also an exorcism. Kites can also be flown in the evening carrying little lanterns. People flying kites during the festival cut the string when the kite is in the sky instead of reeling it back in. It is believed that this activity can remove troubles and misfortune.

Could people perform the sacrifice at home?

Is it better to sweep a tomb as early as possible?

What types of flowers are appropriate for sending to the deceased?

2. Food to eat during Qing Ming Festival

Green Rice Ball
青团 Qīng tuán

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Food to Eat
during
Qingming Festival

Eggs
鸡蛋 Jī dàn

Sanzi—fried
dough twists
馓子 sǎn zi

Green Rice Ball 青团 Qīng tuán

It is one of the popular seasonal Qingming snacks in the southern region of the Yangtze River. The steamed ball is made from glutinous rice dough and pounded barley grass or mugwort, an edible wild herb useful to prevent toxic insect bites. Both of them only grow around the time of Qingming Festival. That is why Qingtuán is eaten around at this time of year. Its filling is usually sweet bean paste mixed with lard.



Sanzi—fried dough twists 馓子 sǎn zi

This is a fried food that requires no cooking, and is found both in northern and southern China. It is made in the shape of nooses which are twisted together and fried in oil. Northern people prefer larger ones made from wheat, while people in the Southern enjoy the smaller ones made from rice.



Eggs 鸡蛋 Jī dàn

Eating eggs during the festival originated from the ancient Cold Food Festival for praying to have children and childbirth. People boiled and colored all kinds of eggs, such as chicken eggs, duck eggs and other birds' eggs. They went to the riverside and threw the eggs into the river, with people waiting downriver to fish them out, peel and eat them.

People believed that eating eggs is a symbol of brooding and birth, bumping and peeling eggs indicates the renewal of life and hope, and eating eggs at Qingming Festival symbolizes fullness. People want to express their awe of life and fertility in this way.



4. A Famous Poem about Qing Ming Festival



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5. Activity: Cross-cultural Sharing (with printable worksheets)



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Things I know about Qing Ming Festival

Qing Ming Festival is for:

Festivals for mourning in my hometown /that I know

_____ Festival is at:

It is for:

During _____ Festival, people commemorate their ancestors by:

Apart from worshipping ancestors, people will:

- 1.
- 2.
- 3.

_____ festival, people commemorate their

_____ing ancestors, people will: