

# Happy New Year!



## Trivia quiz: Charms for the New Year

Among the superstitions related to how to start the New Year well, some things that are good luck in one culture are bad luck in another. But most cultures suggest starting the year with what you hope will be abundant in the New Year – surround yourself with friends, have food on the table and money in your pocket. Exercise to start getting in shape, begin a project you want to complete, and so on. On the following slides are more ideas.

*Can you identify the charm with its supposed meaning?*



Match the food to its meaning  
when eaten January 1<sup>st</sup>.

1. Black-eyed peas or lentils \_\_\_\_
2. Grapes \_\_\_\_
3. Ham \_\_\_\_
  - a. General good luck, but you must eat 12, one for each stroke of the clock
  - b. Coins, good fortune
  - c. Moving forward, living high on the hog



Match the food to its meaning  
when eaten January 1<sup>st</sup>.

1. Black-eyed peas or lentils   b
  2. Grapes   a
  3. Ham   c
- a. General good luck, but you must eat 12, one for each stroke of the clock
  - b. Coins, good fortune
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# Match the food to its meaning when eaten January 1<sup>st</sup>.

1. Noodles \_\_\_\_
2. Rice \_\_\_\_
3. Cabbage, collard  
Greens and spinach  
\_\_\_\_
  - a. Money (the green folding  
kind)
  - b. Long life (slurp them;  
don't bite or cut them)
  - c. Abundant harvest



Match the food to its meaning  
when eaten January 1<sup>st</sup>.

1. Noodles \_b\_
2. Rice \_c\_
3. Cabbage, collard  
Greens and spinach  
\_a\_


- a. Money (the green folding  
kind)
- b. Long life (slurp them;  
don't bite or cut them)
- c. Abundant harvest





Match the food to its meaning  
when eaten January 1<sup>st</sup>.

1. Chicken \_\_\_\_
  2. Cream, spilled \_\_\_\_
  3. Doughnuts \_\_\_\_
  4. Dumplings \_\_\_\_
- a. Symbolizes end of old, beginning of new, also a sweet year
  - b. Not good; you'll be scratching out a living
  - c. Riches to spare
  - d. Lumps of gold



Match the food to its meaning  
when eaten January 1<sup>st</sup>.

1. Chicken b
  2. Cream, spilled c
  3. Doughnuts a
  4. Dumplings d
- a. Symbolizes end of old, beginning of new, also a sweet year
  - b. Not good; you'll be scratching out a living
  - c. Riches to spare
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## Other good luck foods

- pickled herring
- deokguk (Rice Cake Soup)
- sauerkraut
- pretzels
- and perhaps anything you'd like more of in the New Year!

## Trivia quiz: First footer

First footer refers to the first person who comes through the door of your home after the stroke of midnight on New Year's Eve. Which one of the following characteristics of the person is not a sign of good luck and prosperity?

- a. It's a handsome dark-haired man \_\_\_\_\_
- b. It's a red-headed woman \_\_\_\_\_
- c. The person has a high instep (not flat feet) \_\_\_\_\_



## Trivia quiz: First footer

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- a. It's a handsome dark-haired man  
\_\_\_\_\_
- b. It's a red-headed woman X
- c. The person has a high instep (not flat feet) \_\_\_\_\_



## Trivia quiz: First footer

There are even more first footer superstitions. Which one of these following characteristics of the person is not a sign of good luck and prosperity?

- a. The person enters with his or her own key \_\_\_\_
- b. The person arrives on a horse \_\_\_\_
- c. The person comes with coal and salt \_\_\_\_
- d. The person comes with bread, wine and something green \_\_\_\_



## Trivia quiz: First footer

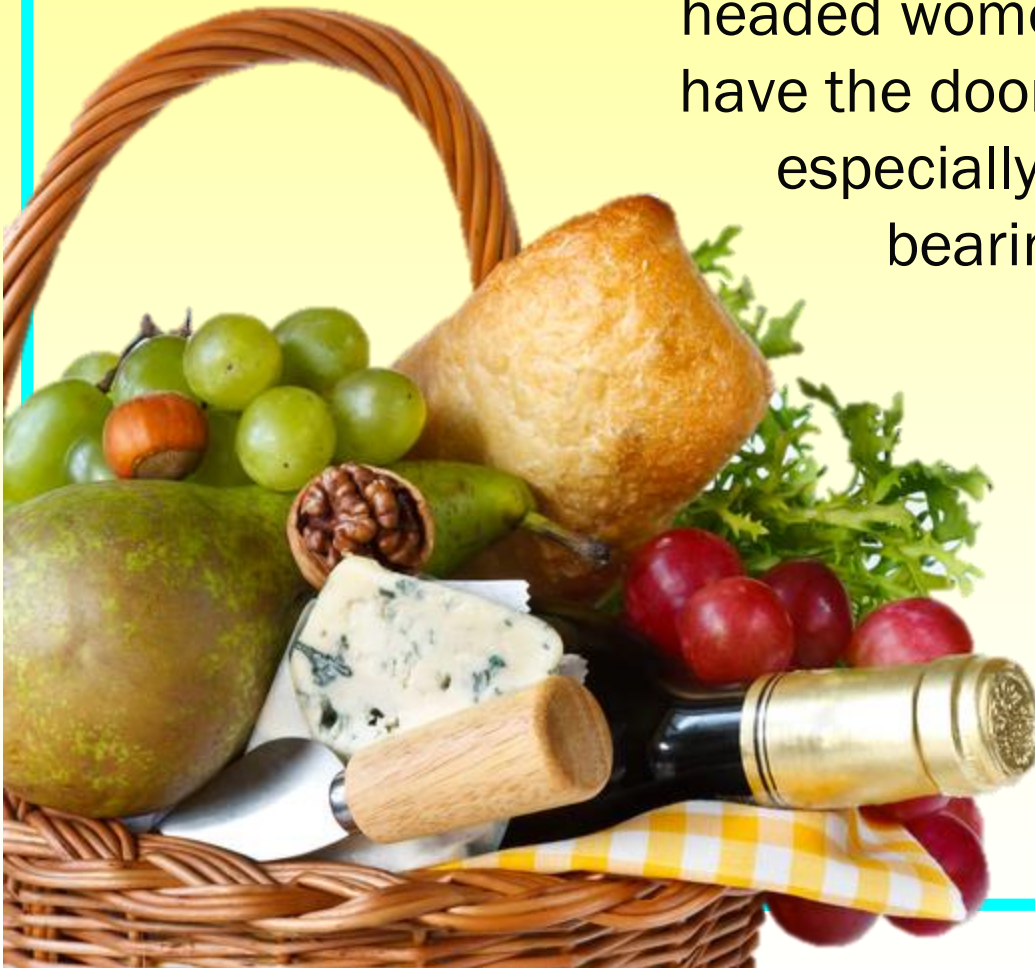
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# The best first footer

For best luck, the handsome man (red-headed women are trouble) should have the door opened to him. He is especially welcome if he comes bearing coal (the house will always be warm), salt (a symbol of luck and longevity), bread and wine (the house will always have food and drink), and greenery (symbolizes long life, not wealth).



## More New Year's customs

What is the desired effect of each action?

1. Fireworks and other noise-making \_\_\_\_
2. Jumping up and down (children only) \_\_\_\_
3. Kiss loved ones \_\_\_\_
  - a. Ensure warm relationships all year long
  - b. Growing tall in the New Year
  - c. Scare off evil spirits

## More New Year's customs

What is the desired effect of each action?

1. Fireworks and other noise-making c
2. Jumping up and down (children only) b
3. Kiss loved ones a
  - a. Ensure warm relationships all year long
  - b. Growing tall in the New Year
  - c. Scare off evil spirits



## More New Year's customs

What is the desired effect of each action?

1. No cleaning allowed \_\_\_\_
2. Open the windows \_\_\_\_
3. Stock up the pantry (*before* midnight on December 31) \_\_\_\_
4. Wear red \_\_\_\_
  - a. Abundance in the New Year
  - b. It's the luckiest color
  - c. Let the old year out
  - d. You don't want to sweep out your good luck

## More New Year's customs

What is the desired effect of each action?

1. No cleaning allowed   d
2. Open the windows   c
3. Stock up the pantry (*before* midnight on December 31)   a
4. Wear red   b  
  - a. Abundance in the New Year
  - b. It's the luckiest color
  - c. Let the old year out
  - d. You don't want to sweep out your good luck

# Advice

*We spend January 1 walking through our lives,  
room by room, drawing up a list of work to be done,  
cracks to be patched.*

*Maybe this year, to balance the list,  
we ought to walk through the rooms of our lives...  
not looking for flaws, but for potential.*

~ Ellen Goodman



# Resolve to keep your sense of humor



New Year's Day is traditionally a time to make resolutions for the coming year. We suggest that the most important one is to keep your sense of humor because that means you are likely to treat yourself and others gently.

# A Wish

Cheers to a New Year and  
another chance for us to  
get it right.

~ Oprah Winfrey



I hope this slide show excerpt has helped you make new connections in your brain and delightful connections sharing it with others.



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And please review [www.WiserNow.com](http://www.WiserNow.com) and [www.CreatingDelight.com](http://www.CreatingDelight.com).