

Mid Autumn Festival – Briefing for Schools

About the Festival

The Mid-Autumn Festival, also known as the Moon Festival or Mooncake Festival, is a harvest festival celebrated in Hong Kong. It is held on the 15th day of the 8th month of the Chinese lunisolar calendar with a full moon at night, corresponding to mid-September to early October of the Gregorian calendar.

What does it represent?

On this day, the Chinese believe that the moon is at its brightest and fullest size, coinciding with harvest time in the middle of autumn. The Mid-Autumn Festival is one of the most important holidays in Hong Kong its popularity is on par with that of Chinese New Year. The history of the festival dates back over 3,000 years. Similar festivals are celebrated by other cultures in East and Southeast Asia. During the festival, lanterns of all size and shapes – which symbolize beacons that light people's path to prosperity and good fortune – are carried and displayed. The Mid-Autumn Festival is based on the legend of Chang'e, the Moon goddess in Chinese mythology.

What takes place during Mid-Autumn?

The Mid-Autumn Festival is a time for family reunion. Family and friends come together on the day to watch the full moon and share dinner (晚餐 maan caan). In some communities, lanterns (燈籠 dun lung) are hung for the festival too.

What do people eat for the Mid-Autumn Festival?

Mooncakes, a rich pastry typically filled with sweet-bean, egg yolk, meat or lotus-seed paste, are traditionally eaten during this festival. The food (食物 sik mudd) for the Mid-Autumn Festival is the mooncake (月餅 yue bing). 月餅 (yue bing) are round pastries with rich, thick fillings and are usually accompanied with tea (茶 cha).

What activities can we do in class to mark Mid Autumn?

- Watch an animation together [Moon Festival \(Mid-Autumn Festival\) 中秋節 \(Chinese Folklore 民間故事\) \(youtube.com\)](#)
- Make a paper lantern <https://www.firstpalette.com/craft/paper-lantern.html>
- Design a Mooncake <https://au.pinterest.com/joeng2910/mooncake/>

What else is there that we can do?

- Compare and contrast the legends surrounding the festival and compare them to legends from your own culture.
- Compare and contrast the Chinese harvest festival with a harvest festival from the UK or in India
- Discuss gratitude by asking what your class is grateful for, or have them share a family story

What is happening in Solihull to mark the Hong Kong Mid-Autumn Festival?

There is a large festival taking place in Touchwood Shopping Centre on the 14th September. Families are welcome to enjoy a free event involving music, food and arts and crafts.

TOUCHWOOD

FESTIVAL

SATURDAY 14TH SEPTEMBER
11AM - 4PM

Celebrate the **Mid-Autumn Festival**
with us at Touchwood.

中秋節
快樂



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