



# 15 Best St. Patrick's Day Traditions



## Glossary

- Aim: aspire, intend
- Boozy: containing a lot of alcohol
- Devour: eat something eagerly and in large amounts so that nothing is left
- Dye: change the colour of something using a special liquid
- Flick: (informal) movie
- Glide: move easily without stopping and without effort or noise
- Hearty: abundant, rich, or flavourful enough to satisfy the appetite
- Holy: relating to a religion or a god
- Lasting: continuing to exist for a long time
- Shrouded: covered
- Stout: a dark, strong type of beer
- Surge: a sudden and great movement forward
- Sweat: make liquid through your skin because you are hot
- Toast: an expression of good wishes or respect for someone that involves raising your glass and drinking
- Utter: say something
- Yeast: a substance used to make bread rise and to make beer and wine

**There's so much more to St. Patrick's Day than green beer.**

Many of us maintain the same beloved traditions on St. Patrick's Day every year: We bundle up our families and watch the local parade and follow it up with a cozy dinner of corned beef and cabbage. But there are actually many more St. Patrick's Day traditions that make the holiday such a fun and special day. Adding new ideas to your March 17 celebration can help bring renewed enjoyment to the day, and we've got you covered with this list of ideas that goes beyond your favourite St. Patrick's Day foods.

Whether you're Irish or not, anyone can take part in these fun St. Patrick's Day events. After all, it seems like the majority of people wearing "Kiss Me, I'm Irish" shirts aren't actually Irish! In addition to the surge of parades, there are also Irish dancing events and traditional Irish music performances that can fill your day. While you can drink all the green beer or green cocktails you'd like, having at least one pint of Guinness (poured by a pro, hopefully) is in good form for the day. And if you truly want to celebrate like the Irish, you might want to put on your Sunday best, as it's recognized as a holy day on the Emerald Isle. Kids, adults, and everyone in between can enjoy all the best St. Patrick's Day traditions that this Irish holiday has to offer.

## 1 Bake Festive Desserts



Whether it's shamrock-shaped cookies, green cupcakes, or \_\_\_\_\_ St. Patrick's Day desserts, satisfy your sweet tooth this St. Paddy's Day with a selection of sweet, festive treats.

[SHOP CUPCAKE TOPPERS](#)

## 2 Make St. Patrick's Day Crafts

For a fun-filled afternoon with your kids, plan a crafty St. Patrick's Day. Put together one (or a few!) of the many St. Patrick's Day crafts to make some \_\_\_\_\_ memories with your family this March 17.



[SHOP CRAFT SUPPLIES](#)

## 3 Have an Irish Movie Marathon

ONCE may well be the best music film of our generation.  
—Michael Phillips, Chicago Tribune



Queue up some of the best \_\_\_\_\_ to come out of the Emerald Isle, such as the musical movie *Once*. You could also watch films that center around Irish characters and themes, such as the 2015 drama *Brooklyn* or fan-favourite *Sing Street*.

[SHOP POPCORN](#)



## 4 Stay Sober

You could join the sober St. Patrick's Day movement and take part in one of the many events thrown around the country that \_\_\_\_\_ to celebrate Irish culture and St. Patrick's legacy. You might listen to traditional instruments like the fiddle and accordion, watch Irish dancing, and more.



## 5 Participate in a Fun Run



Lace up your sneakers and get ready to \_\_\_\_\_ before your big St. Patrick's Day party with a festive fun run. There are several races around the country you can participate in that allow for some friendly competition and charitable donations before the day's festivities.

[SHOP REUSABLE WATER BOTTLES](#)

## 6 Eat Corned Beef and Cabbage

You haven't celebrated like the Irish if you don't \_\_\_\_\_ a plate that looks like this. A classic dish of Ireland, corned beef and cabbage is hearty and delicious.



## 7 Watch Irish Stepdancers



A treat on St. Patrick's Day is to catch Irish stepdancers as they \_\_\_\_\_, leap, and jump across the floor. Many parades or festivals are sure to have performances.

## 8 Wear a "Kiss Me I'm Irish" Shirt

This phrase is always \_\_\_\_\_ on St. Patrick's Day, whether you're Irish or not. Its origins are said to come from the Blarney Stone, which people kiss for good luck.



## 9 See a Landmark Shrouded in Green



Most famously, the Chicago River is \_\_\_\_\_ green every year for St. Patrick's Day. But there are other emerald landmarks you can see, like the Empire State Building, Irish Parliament building, and Sydney Opera House, which are all lit up green. Even Niagara Falls gets doused for a verdant glow.



## 10 Attend Mass

If you're religious, you might find a special service for St. Patrick on March 17. In Ireland, the day is actually a \_\_\_\_\_ day of obligation, meaning that church-goers are expected to attend mass.



## 11 Listen to Irish Music



No, you don't have to listen to \_\_\_\_\_ to check this off the list. Think more along the lines of U2, Flogging Molly, or the Cranberries. Listening to Irish folk music is also a great St. Patrick's Day tradition if there are any live performances nearby, preferably at a bar (er, *pub*). You'll feel like you're right at Dublin's Temple Bar.

## 12 Make Irish Soda Bread

It turns out that the Irish loaf is actually one of the easiest types of bread to make, as it uses baking soda instead of \_\_\_\_\_ and doesn't need time for rising. Serve it with a \_\_\_\_\_ spread of Irish butter.



## 13 Say 'Erin go Bragh'



The Gaelic phrase is best translated as "Ireland Forever" in English, and is basically a way of showing affection and support for the country. You can also incorporate some other Irish terms during the day, like saying "sláinte" when you \_\_\_\_\_.

## 14 Go to a Parade

You'll get in the St. Paddy's Day spirit right away by attending a \_\_\_\_\_, cheerful St. Patrick's Day parade. Celebrating the day with parades happens around the world, including in the U.S., Ireland, Australia, Russia, and more.



## 15 Have a Pint of Guinness



The thick, rich Irish dry \_\_\_\_\_ is a must-have on St. Patrick's Day. It's estimated that nearly 13 million pints of Guinness are consumed on St. Patrick's Day across the world.

