Jagged mountains, rocky island clusters, deep fjords — Norway's landscape can be summed up in one word: dramatic. Far north you'll find the midnight sun, where the sun shines for 76 days straight in summer. All across the country lie the deep, calm fjords: narrow bodies of water that stretch far inland, formed when glaciers melted during the Ice Age. Exploring Norway's notable landscape is a fun way for the whole family to learn about what makes the country so unique.

**Activities for Young People**

**PRESCHOOL**

**Map It!**
Help kids locate Norway on a map or globe. Point out neighboring Scandinavian countries and North America. Watch a video to learn about Norway's landscape at easyscienceforkids.com/all-about-norway/.

**EXPAND IT:** Color Norway map pages using colored pencils or crayons to mark various types of terrain, like mountains, forests and fjords. Download pages at coloring.ws/norway.htm.

**ELEMENTARY AGES**

**Paper Fun**
Create a torn paper picture of Norway’s landscape. Tear up different colors of construction paper. Overlap and glue the strips together on one big sheet to make pictures of valleys, fjords and mountains. Take inspiration from makeandtakes.com/creating-torn-paper-landscapes.

**EXPAND IT:**
Create a landform collage. Trace a map of Norway on a large piece of paper. Cut out the shape and use smaller pieces of paper to label valleys, oceans and fjords using the Norwegian geography terms.

**TEENAGERS**

**Quiz**
Take out a notebook and write your own questions and answers about Norway's geography to test family members.

**EXPAND IT:** Norway isn't the only country with fjords and 24-hour days. Regions of Alaska have fjords and spend part of the summer in endless daylight. Check out a map to find Norway and Alaska's fjords and compare which parts of the world fall in the Arctic Circle.

**RESOURCES**

Fjord Photos
fjordtravel.no

3D Salt Dough Maps
kidworldcitizen.org/2012/01/29/3d-salt-dough-maps/

Norway Map Puzzle
scandinavianshoppe.com

To see Family Matters pages from previous issues, go to sonsofnorway.com, log in and select “Cultural Programming” then “Family Matters.”