

Meet Norway's Royal Family

Teach your little prince or princess about Norway's royal family and monarchy.

BY LUCY CASALE

For more than a century, Norwegians have admired their popular, down-to-earth royal family. As a constitutional monarchy, Norway has both a King and elected officials: the country's Prime Minister and his council, who have the executive power, and the Storting (Norway's parliament), who have the legislative power. While King Harald is formally the Head of State, his duties are mostly ceremonial. For example, he along with Queen Sonja, Crown Prince Haakon and Crown Princess Mette-Marit, often pay visits to other countries on behalf of Norway. Learn more about Norway's royal family with the young people in your life.



Activities for Young People

PRESCHOOL

Create a Castle

Norway's royal family has several residences throughout the country. Learn about them and see pictures at royalcourt.no. Get creative by helping your little one make a colorful castle of their own from cardboard, tape and markers. builtbykids.com/how-to-build-a-chic-cardboard-castle

EXPAND IT: No castle is complete without a royal family to live in it. Make Popsicle Stick Princesses with cardstock, sequins and yarn. Go to toddlerapproved.com and search for "Popsicle Stick Princess" in the "Find Activities" search bar on the right-hand side of the homepage.

ELEMENTARY AGES

Royal Regalia

Crowns, scepters and swords are items that have symbolized royal power for thousands of years. The king's crown is made of 20-carat gold, pearls and assorted gemstones. See images at royalcourt.no and draw your own versions using markers, crayons or colored pencils.



EXPAND IT: It's time for flash cards!

Go to royalcourt.no and print out pictures of the royal family. Paste them on one side of an index card. On the back, write fun facts about each person.

TEENAGERS

Make a Family Tree

Make a family tree of Norway's monarchy. Get started at royalcourt.no, then click on "The Royal Family" and "History" to see how many years back you can go! Also, check out the family tree in the December 2010 issue of *Viking*.

EXPAND IT: Create a quiz of royal trivia and test your family's knowledge. Take inspiration from *Viking's* quiz in the November 2014 issue.



LEARN MORE

The Royal House of Norway
royalcourt.no

"Why Kings and Queens Don't Wear Crowns" by Princess Märtha Louise.
ingebretsens.com

Box Creations Medieval Castle
rightstart.com

Queen Maude Paper Dolls
fancyephemera.com/royalty.html#QUEENMAUDE

Printable crown templates and paper crown tutorials
firstpalette.com

See Norwegian royal regalia and coronation objects on display in the Archbishop's Palace in Trondheim.
nidarosdomen.no



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