

Olympic Fun

Get ready to cheer on Norway in this year's Winter Games. BY TAYLOR HUGO

In February, the world's best athletes will descend on PyeongChang, South Korea, for the 2018 Winter Games. Competing in sports like cross-country skiing, speed skating, biathlon, ice hockey and curling, Norway is predicted to rank very high in the medal count. Prepare to cheer on your favorite Norwegians Feb. 9–25 by teaching the young people in your life about Norway's participation in the Olympics.



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

Activities for Young People

PRESCHOOL

Get Crafty

While helping your child craft their own gold medals using cardboard, paint and ribbon, teach them about Norway's history in the Olympics, such as sports the country competes in and how many medals they've won.



Expand It

Set up an obstacle course in the backyard for your child and their friends to earn their handmade medals.

ELEMENTARY AGES

Learn a New Sport

Curling, a sport in which large stones are slid across ice and controlled by brooms, is an Olympic event Norway excels at. Introduce your child to curling by making a tabletop version (see below).

Expand It

If tabletop curling is a hit, try the real thing! Curling clubs around the country often host youth clinics and camps. Visit teamusa.org/usa-curling/sport-education/youth-curling to find one near you.

TEENAGERS

Throw a Party

Decorate your own Olympic Village in Norway's colors of red, white and blue; serve *verdens beste*, the country's national cake; and ask guests to come dressed as their favorite Norwegian Olympian.

Expand It

During the party, play a round of trivia featuring questions about Norway and the Olympics. Every correct answer earns a gold coin, and the person who collects the most by the end of the game wins a special prize.

Fun Fact:

Norway has hosted two Winter Olympic games — 1952 in Oslo and 1994 in Lillehammer.

LEARN MORE

Norway in the Olympics
olympic.org/norway

Verdens Beste Recipe
sweetpaulmag.com/food/worlds-best-cake-from-sweet-paul-eat-amp-make

Tabletop Curling Tutorial
cbc.ca/parents/play/view/cool_game_for_kids_tabletop_curling

Norwegian Olympic Museum in Lillehammer
eng.ol.museum.no