



SONS of NORWAY

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Quarantine Bingo

Watched Norwegian Slow TV	Joined Sons of Norway or recruited a member	Practiced self-care	Liked Sons of Norway on Facebook	Watched a Norwegian movie
Social distanced all day	Learned 5 new words in Norwegian	Practiced <i>dugnad</i> (volunteerism)	Talked with a Sons of Norway Insurance Professional	Experienced <i>friluftsliv</i>
Read a book by a Nordic author	Looked at Sons of Norway financial products	Free Space	Practiced <i>hygge/ kos</i>	Took a Virtual Museum tour
Shared a Sons of Norway blog post	Wrote in a journal	Donated to the Sons of Norway Foundation	Read about Norwegian history	Cleaned up living space
Went for a walk	Read <i>Viking</i> magazine	Washed hands for 20+ seconds	Baked/cooked something Norwegian	Practiced a Norwegian folk art