

VIKING

for kids

Norwegian Folk Tales: All About Trolls!



How Well Do You Know the
Norwegian Royal Family?



Norwegian and Sámi
Culture in Frozen 2



Midnight Sun

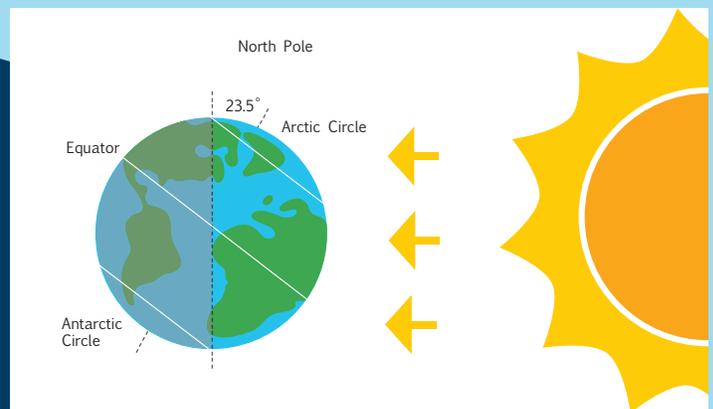
Did you know that sometimes the sun stays up all night long in Norway? This is called the “midnight sun” and it only happens at certain times of the year.

Although we can't feel it, the earth is always spinning in circles like a toy top. It takes all day for the earth to turn around once. That's why we have night and day—in most parts of the world, we are facing the sun during the day and facing away from it at night.

But the earth does not stand up perfectly straight when it spins. Instead, it spins at an angle like a tilted top. And while it is spinning, the earth is also moving in big circles around the sun. It takes a whole year to go around once. That's why we have seasons—in the summer,

we are tilted toward the sun, so it is warmer. In the winter, we are tilted away from the sun, so it is colder.

But things get a little funny in places that are near the North Pole, which is like the handle of the top. The North Pole points toward the sun in the summer and away from it in the winter. This means that parts of Norway and other places near the North Pole don't turn fully away from the sun during the summer, even at night. Instead, sunset turns right back into sunrise, with no darkness in between!



Polar Night

So if it's always light out in the summertime near the North Pole, what happens in the wintertime? If you guessed "It's always dark," you're right!

The opposite of the midnight sun is called "polar night." It happens during the winter months, when the North Pole is pointed away from the sun. In Northern countries like Norway, this means there are parts of the year when the sun doesn't rise at all, and it is dark all day long—even at noon!

But this doesn't mean the sky is completely black all winter long. Most parts of Norway still get a few hours of dim light every day when the sun is just below the horizon. People call this time the "blue hour" because it creates a soft, bluish light. You

might see something similar from your own home if you watch the sky just after sunset or right before sunrise.

Even though wintertime in Norway is very dark, people mostly go about their lives as usual. Many Norwegians look forward to polar night because it is very pretty, and it's also a great time for outdoor activities like skiing, snowshoeing and watching the northern lights. Plus, it's the coziest time of year! The Norwegians even have a word to describe the kind of warm, happy feeling you might get from curling up with a good book or baking cookies with your family on a chilly, twilight afternoon: *koselig*.

How Well Do You Know the Norwegian Royal Family?

Norway is a constitutional monarchy, which means they have a king and queen as well as princes and princesses. Take this quiz to see how much you know about the royal family.

If you're not sure, give it your best guess.



1. The King of Norway's name is...

- a) Waldemar the Weak-chinned
- b) Harald the Fifth
- c) Sven the Snaggletoothed

2. The current King was born near Norway's capital, Oslo. How long ago did the last Norwegian-born king rule Norway?

- a) 25 years
- b) 333 years
- c) 648 years

3. Queen Sonja studied French, English and Art History in college. In 2017 she opened a museum called...

- a) The Queen Sonja Art Stable
- b) The Queen Sonja Dart Fable
- c) The Queen Sonja Cart, Mabel

4. Crown Prince Haakon is known for being a practical joker. At a royal dinner, he briefly excused himself and returned after...

- a) putting on a wig
- b) shaving off his beard
- c) dressing up as Harry Potter

5. Crown Princess Mette-Marit met Prince Haakon...

- a) while playing bingo
- b) at a ping-pong tournament
- c) at a music festival

6. Mette-Marit loves to _____, so she filled a train with _____ to get kids more kids into her pastime.

- a) play music – accordions
- b) read – books
- c) fish – worms and hooks

7. The Crown Prince's family often travels to Northern Norway to do their favorite sport:

- a) water polo
- b) cold water surfing
- c) reindeer riding

8. Princess Ingrid Alexandra loves the outdoors so much that she once gave party guests gifts of _____.

- a) wildflower seeds
- b) bees
- c) rocks

Image source: www.royalcourt.no

Answer key:

1b 2c 3a 4b 5c 6b 7b 8a



IT'S COLORING TIME! USE YOUR IMAGINATION
TO BRING THIS NORDIC SCENE TO LIFE.



Norwegian Folk Tales: All About Trolls!

Norwegian folktales can be outrageous or quaint, and sometimes even scary! They have been passed down by generations of storytellers to give life and meaning to the rocky glaciers, deep fjords and mysterious forests that set Norway apart from many other places in the world.

Trolls are common creatures in Norwegian folktales, but they are never the hero and they aren't usually very helpful. Instead, they are usually portrayed as stupid, slow and mean-spirited. They are easily tricked, so this is a good way to defeat them!

Trolls come in many shapes and colors, and they can be giant, tiny or any size in

between. Sometimes they can have as many as nine heads! Trolls are usually ugly, with big lumpy noses, huge or tiny eyes, and scary, gnarly teeth! The troll in the folktale "Three Billy Goats Gruff" is described as having green skin, eyes as big as tin plates, and a super long nose! Can you imagine?

According to legend, trolls are found all over Norway, and they are not picky about where they live—they are typically found in the mountains, under bridges, or in forests or caves. Most trolls delight in causing trouble and mayhem. If they aren't threatening to eat or beat up the folk tale's hero, they are playing tricks on the hero with clever riddles. Luckily, they are usually not too hard to solve!

Trolls may be mean and brutish, but they are an essential part of Norwegian folktales and culture. They keep the hero on guard, and they provide a dramatic hint of danger that can be found in so many classic folktales and stories.

Book Spotlight:

The Complete and Original Norwegian Folktales of Asbjørnsen and Moe can be found on [goodreads.com](https://www.goodreads.com)



Norwegian Folk Tale:

The Three Billy Goats Gruff

Once upon a time, there were three billy goats who set off to pasture to make themselves fat, and all three were called the Billy Goats Gruff. On the way to the pasture, there was a bridge over a waterfall, which they had to cross; and under the bridge lived a terrible great troll, with eyes the size of tin plates, and a nose as long as a rake handle.

First came the littlest Billy Goat Gruff to cross the bridge.

“Trip-trap, trip-trap,” went the bridge.

“Who is that trip-trapping on my bridge?” growled the troll.

“Oh, it’s the littlest Billy Goat Gruff; I am on my way to pasture to make myself fat,” said the billy goat, with his delicate voice.

“Here I come to get you!” said the troll.

“Oh no, don’t take me, for I am so small. Wait a little while, and the middle Billy Goat Gruff will be along: he is much larger than I.”

“Very well, go on, then,” said the troll.

After a while, the middle Billy Goat Gruff came to cross the bridge.

“Trip-trap, trip-trap, trip-trap,” went the bridge.

“Who is that trip-trapping on my bridge?” yelled the troll.

“Oh, it’s the middle Billy Goat Gruff, on my

way to pasture to make myself fat,” said the billy goat. His voice was not so delicate.

“Here I come to get you,” shrieked the troll.

“Oh no, don’t take me. Wait a little while for the big Billy-goat Gruff: he is much larger than I.”

“Very well, go on, then,” said the troll.

Just then came the biggest Billy Goat Gruff. “TRIP-TRAP, TRIP-TRAP, TRIP-TRAP,” went the bridge. The billy goat was so large that the bridge groaned and creaked under his weight.

“Who is that tramping on my bridge?” shrieked the troll.

“It is the biggest Billy Goat Gruff, on my way to pasture to make myself fat,” said the billy goat with his deep voice.

“Here I come to get you,” shrieked the troll.

“Come on, then! My two horns are ready, and they shall poke out your eyes! I have a huge boulder that will crush your bones!” said the billy goat. And then he charged the troll, poking out his eyes and crushing his bones before tossing him over the waterfall. And then he went to pasture. There, the billy goats grew fat—so fat, that they were hardly able to walk home again. And if they haven’t gotten hungry again by now, well, then they are still full.

And snip, snap, snout, this tale is all told out.



HOW MUCH DO YOU KNOW ABOUT NORWAY?

1. **Where is Norway?**
 - a) Asia
 - b) Africa
 - c) Europe
2. **Commonly found in Norway, these long, narrow inlets filled with sea water are called what?**
 - a) Waterways
 - b) Fjords
 - c) Lakes
3. **Which is the capital city of Norway?**
 - a) Germany
 - b) Oslo
 - c) Los Angeles
4. **What made the fjords in Norway?**
 - a) Glaciers
 - b) Tsunamis
 - c) Volcanoes
5. **Which is NOT a type of landscape found in Norway?**
 - a) Deserts
 - b) Forests
 - c) Mountains
6. **How many people live in Norway?**
 - a) 2,850,000
 - b) 5,417,837
 - c) 10,800,000

Answers: 1c, 2b, 3b, 4a, 5a, 6b

NORWEGIAN AND SÁMI CULTURE IN FROZEN 2

By now you've probably seen Frozen 2 many times over. But did you know that the Disney movie includes several references to Norwegian and Sámi culture? Here are a few things to look for when you watch it again:

- ◆ The village Arendelle has a similar name to the town of Arendal, on the southern coast of Norway.
- ◆ The houses in Arendelle resemble colorful homes nestled along the fjords of Western Norway.
- ◆ Elsa and Anna's castle looks a lot like ornate wooden stave churches, combined with grand fortress walls.
- ◆ The siren that calls out to Elsa sings traditional *kulokk* (cow calling) of a *seterjente* (pasture maiden).
- ◆ The fire, air, water and earth symbols that Elsa sees resemble a wayfinding compass that Vikings used to keep on course in a storm.
- ◆ The Northuldra people are reindeer herders, like the Sámi of northern Norway.
- ◆ Northuldra clothing resembles Sámi costuming, called a *gákti*.
- ◆ Mother Iduna's shawl looks a lot like the brilliant fringed shawls in Sámi women's costumes.
- ◆ Kristoff's usual clothing has a Sámi look with the belted tunic and pointy-toed boots, but when he dresses for Anna's coronation, his outfit is more like a Norwegian men's costume from several regions.
- ◆ The song of the Northuldra is inspired by the Sámi singing style called *joik*.



FREE HERITAGE MEMBERSHIP

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Building Heritage Membership

We are excited to introduce these colorful recognition patches for Heritage members who have been with Sons of Norway for 5, 10 or 15 years. These charming designs featuring Norwegian wildlife can be ordered for \$2 each.

We have also updated our Heritage member certificates! They are available at no cost for 5-, 10- and 15-year Heritage members. Ask your lodge leader how to organize and place an order for these items.



If you have been a Sons of Norway member for a few years, check with your parents or your lodge! You may be eligible for one of these fun patches that you can wear on your jacket or backpack!

Note to parents: We welcome children ages 15 and under to the Heritage member program.

Heritage members must be sponsored by a relative who is already a Sons of Norway member (most often a parent or grandparent) but they are not required to be part of the same household as the sponsoring member. At age 16, Heritage members have the option of joining Sons of Norway as an adult Individual member or as part of a Family membership, if one exists at their home address. New Heritage Membership Request forms will be available shortly; however, our current request postcards and online PDF enrollment form are still valid.