

# VIKING

for kids

## What's School Like in Norway?

Goofy  
Giggles

Fun Facts  
About Knitting



# What's School Like in Norway?

Have you ever wondered what it's like to go to school in Norway? In some ways it's a lot like going to school in the United States, but there are some differences that might surprise you!

## Classes

In American schools, kids often have the same schedule every day and move from room to room. In Norway, each day of the week has different classes, and students usually stay in one place while their teachers come and go.

## Sports

Sports are very popular in Norway, but teams are usually separate from school and it is all about meeting people, learning new skills and having fun. In fact, Norwegian sports leagues don't even keep score until age 13!

## Recess

If recess is your favorite part of the school day, you might love going to school in Norway! Norwegian students take short breaks throughout the day to play, relax and talk with their friends. After enjoying some exercise and fresh air, they come back refreshed and ready for more learning.

## Lunch

Most kids in Norway bring their own lunch to school, usually with bread and toppings for an open-faced sandwich, as well as sides or snack items like fruit and yogurt. It is common for students to eat lunch together in the classroom, rather than in a cafeteria like most American schools have.

## Hours

The school day in Norway is shorter than in the United States, with classes starting around 8 a.m. and ending around 1 or 2 p.m.

## Grades

Norwegian schools usually don't give formal grades until lower secondary school, which starts with eighth grade when students are about 13 or 14 years old.

# Valentine's Day

## Vocabulary

Valentine's Day is not a widespread holiday in Norway, but has become more fashionable since the 1990's. Learn some Norwegian words associated with *Valentinsdag!*

**Blomster**

*Flowers*

**Kjærlighetsbrev**

*Love letter*

**Valentinsbrev**

*A valentine  
(card/letter)*

**Du er min favoritt**

*You're my favorite*

**Vil du være min Valentin?**

*Will you be my Valentine?*

**Kjærlighet**

*Love*

**Hjarter**

*Hearts*

**Ha en fin Valentinsdag!**

*Happy Valentine's Day*

**Sjokolade**

*Chocolate*

**Alle hjerters dag**

*All Hearts Day*

*(The Norwegian name for Valentine's Day)*

**Jeg elsker deg/ Jeg er glad i deg**

*I love you*

# Fun Facts About Knitting

You might think about mittens and sweaters as being ancient clothing, but just how old are they? And who came up with such cool patterns?

- **The earliest knitwear found in Norway dates back to 1479. (Which means Vikings never sailed around in sweaters.)**
- **Sweaters were first worn by farmers and fishermen as underwear for chilly outdoor chores.**
- **People believed that different patterns brought good luck and protected you from evil.**
- **Using two kinds of yarn makes the garment more colorful, and warmer too.**
- **Teenager Marit Guldsetbrua Emstad knitted the first “snowflake mittens,” and the look went viral. Soon everyone in her town, and then all of Norway, wanted to wear them!**
- **Some sweater patterns are named after towns or areas, such as Fana and Setesdal.**
- **The “snowflake design” is really an 8-pointed rose. It has become a national symbol of Norway.**
- **Knitting used to be taught in Norwegian grade schools to both boys and girls.**
- **Norway’s most popular knitted pattern, the Marius sweater, became a trend after movie star Marius Eriksen first wore the design on film.**
- **The Norwegian Olympic team wears an official sweater designed by Dale of Norway for each Winter Olympics.**
- **Lill Chatrin Schei designed Coronavirus mittens to help pass time during quarantine and remind people to take care of each other.**

# Finish the Fable

Once upon a time there was a/an \_\_\_\_\_ (adjective) reindeer, who lived in a giant \_\_\_\_\_ (cool place to live). One day a/an \_\_\_\_\_ (noun) came to visit, bringing news about a magical \_\_\_\_\_ (item) hidden in the nearby \_\_\_\_\_ (place). The reindeer was very \_\_\_\_\_ (a feeling) to hear such interesting news and quickly made plans to visit the \_\_\_\_\_ (same place nearby). Once they arrived, a desperate \_\_\_\_\_ (animal) leaped out in front of their carriage and demanded all of their \_\_\_\_\_ (something valuable). It was then that a charming and heroic \_\_\_\_\_ (noun) appeared as if out of nowhere and chased away the \_\_\_\_\_ (animal). Everyone celebrated and then continued on their journey.

The End!



# Whipped Hot Chocolate

Stay warm all winter long with this hot chocolatey drink! Be sure to get help from an adult if you are using the stove or an electric mixer.

## Ingredients:

- 1/2 cup cold heavy whipping cream
- 2-4 Tbsp. sugar
- 2 Tbsp. unsweetened cocoa powder
  - > You can also replace the sugar and cocoa powder with a packet of Swiss Miss or other hot chocolate mix.
- 3 cups milk

## Instructions:

1. Place the cream in a medium bowl or large liquid measuring cup.
2. Sift the cocoa powder and then add the sugar (or use your packet of hot cocoa mix instead).
3. Whip with a wire whisk, electric mixer or milk frother until the cream forms soft peaks. Start slowly to avoid spilling, and be careful not to over whip or you'll get whipped cream instead of soft whipped hot chocolate cream!

Fill two glasses or mugs with hot or cold milk (you can even use chocolate milk if you like it extra chocolatey). Top the glasses with a generous amount of whipped hot chocolate, stir thoroughly and enjoy.

Find a similar recipe here: <https://iamafoodblog.com/whipped-hot-chocolate/>

## What can I add to my whipped hot chocolate?

- » Pumpkin spice; sprinkle it on top!
- » Marshmallows; you can even use the marshmallows from Lucky Charms for an even sweeter treat.
- » Oreos or cookies; crush them up and sprinkle on top, or serve them on the side for dunking.



# Goofy Giggles



**Why did the God of Thunder need to stretch his muscles a lot when he was a kid?**

*He was a little Thor.*

**How does an elkhound stop a movie?**

*By pressing the paws button.*

**What does Thor wear under his rain coat?**

*Thunderwear.*

**What did the snowman ask the other snowman?**

*"Do you smell carrots?"*

**What's a king's favorite kind of weather?**

*Reign.*

**Where do hamburgers go out dancing?**

*A meatball.*

**How do Vikings write their maps?**

*They're written in Norse code.*

**Why can't you give Princess Else a balloon?**

*She'll Let It Go.*

**How do modern-day Vikings keep in touch?**

*By SEA-mail.*

**Where do polar bears cast their votes?**

*At the North Poll.*

**Have you heard the rumor about butter?**

*Nevermind, I shouldn't be spreading it.*

**What do Erik the Red and Cnut the Great have in common?**

*The same middle name.*

**Why is a fish so easy to weigh?**

*Because it comes with its own scales.*

**What did the fisherman say to the magician?**

*Pick a cod, any cod.*

**Whats the difference between a fish and a fiddle?**

*You can't tuna fish.*

**How many famous Norwegian men and women were born on your birthday?**

*None, only babies.*



## FREE HERITAGE MEMBERSHIP

*Sponsor a new Heritage member today!*



## 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.