

# VIKING

for kids

CELEBRATE

SYTTENDE

MAI!

MAY 2021



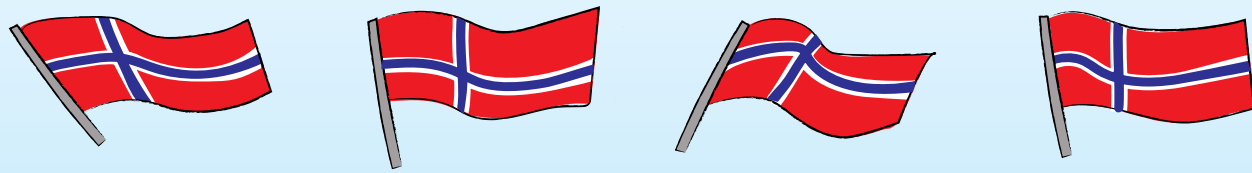
- Puffins • Bunads • Ladybugs Rock!
- Folk Instruments • Flower Maze
- What Does the Fox Say?
- Recipe: Flag Pizza



SONS of  
NORWAY

# SYTTENDE MAI

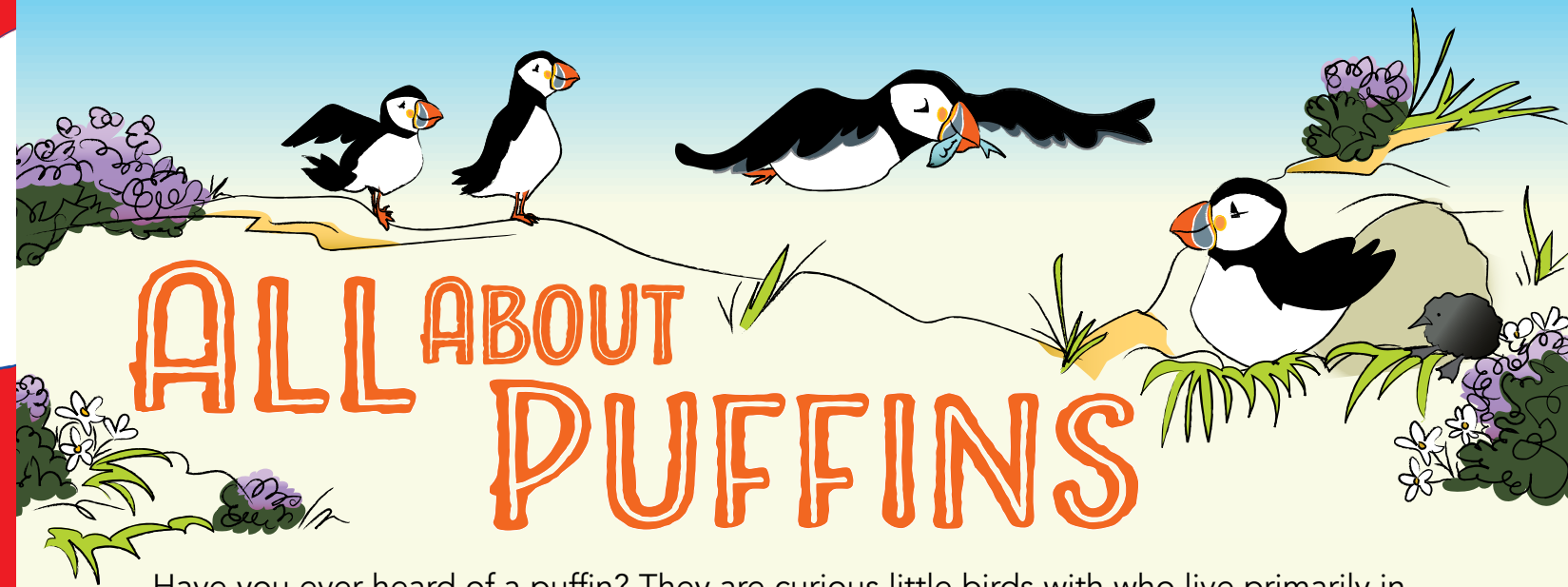
## NORWAY'S CONSTITUTION DAY



**May 17th**, Norway's Constitution Day, or Syttende Mai is an important day in the history of Norway and in the lives of everyday Norwegians. It marks the date that the country of Norway was declared an independent kingdom. Countries all over the world celebrate their national holidays in different ways. In the United States, the 4th of July is celebrated by lighting fireworks, eating good food and having fun with friends and family. Norway is no different! While their traditions are different, the exuberance and happiness shared on this day is the same.

**Kids in Norway** are especially important to the celebration of Syttende Mai, and it is common to see children's parades all over the country, from the biggest cities like Oslo and Bergen, to small towns that dot the landscape. These parades are marked with the waving of Norwegian flags, wearing a traditional costume called a bunad, singing the national anthem and carrying school banners. Marching bands accompany the children as well, making these parades quite a fun and exciting experience for all!

**Food** plays a big part in the way Norwegians celebrate this day, too! While traditional food is always available and happily eaten, things like hot dogs, soda and ice cream are much more common on this day compared to other holidays. Syttende Mai is a truly special day in Norway, and you can see why so many children, as well as adults, eagerly wait for this day every year!



Have you ever heard of a puffin? They are curious little birds who live primarily in the oceans. They almost look like penguins, with their dapper black and white feathers, but their bright orange feet and multi-colored beaks make them stick out like clowns at a fancy party!

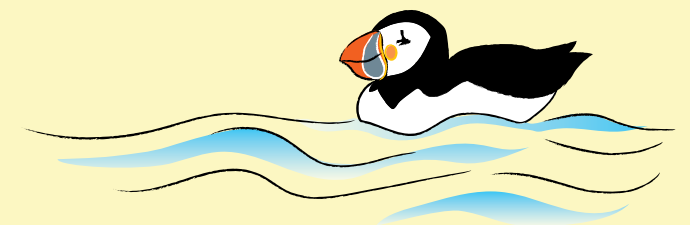
There are a couple different species of puffin, the Atlantic puffin, horned puffin and the tufted puffin. If you visit Norway in the spring, around mid-April, you might see the Atlantic puffin nesting in the northern parts of the country. These cute, colorfully-beaked birds spend the majority of their life out at sea, diving deep into the water to catch fish, and only come on land for a couple months to raise their babies.

Puffins raise their chicks in burrows or between rocks, so that their vulnerable, very fluffy young are safe from the elements and from predators. By the end of August, when their babies are big enough to swim and fly, they return to the sea. Young puffins learn the ins and outs of the best places to feed, and to find a mate. Did you know that these cute birds mate for life? They might not spend all their time with their mate when they are out at sea, but they always find each other when they reach land to nest, and work together to raise their baby.

While puffins spend a lot of time in the water, they can actually fly! Once they get up in the air, they can fly up to 55 miles per hour. Getting their little bodies up in the air can be a comical sight if you are lucky enough to see it. They run clumsily across the water, their big orange feet flopping away, their wings flapping feverishly, until they take flight! However, most of their time at sea, when they aren't looking for fish to eat, is resting on the waves.

### Did you know?

- Baby Puffins are called **pufflings**!
- They have super big mouths. They can hold up to ten fish in their mouth at one time!
- Puffins have waterproof feathers that keep them warm and dry while they are out in the ocean





# FUN FACTS ON BUNADS



♥ A Norwegian folk costume is called a **bunad** or **drakt**.

♥ Norwegian boys and girls proudly wear bunads on special days such as Syttende Mai, confirmations, weddings and other occasions.

♥ These vibrant costumes are a tradition that reaches back only about 100 years, but they are designed based on older garments.

♥ Traditionally, you wear the style of costume from where your parents and grandparents were born, but this is changing and some people choose the one they like.



Photo: Kristin Vistvik

♥ Some people sew and embroider their own bunad. You can also have them handmade at special shops.



♥ Each region in Norway has a drakt with its own look.

♥ Accessories may involve ornate jewelry, a scarf, multicolor socks with woven ties, a shawl, a purse, shoes with buckles, or even a dagger!

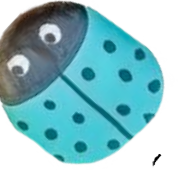
♥ At age 15, Crown Princess Ingrid Alexandra received a beautiful Aust-Telemark bunad from the King and Queen.

♥ Some of clothing in the movies Frozen and Frozen 2 was modeled after Norwegian bunads.

Look at some of the many colorful bunads at:  
<https://www.norskflid.no/bunad/bunader/>



## LADYBUGS ROCK!



Spring brings flowers, and also a lot of bugs. Here's how you can swarm your garden and neighborhood with cheerful ladybugs!

### 1. Gather bug-making supplies

- **Rocks** – Collect smooth oval rocks when taking a walk, or buy a bag of 'River Rocks' from a garden center.
- **Paint** – Any sort of acrylic paint will work. The most important part is that it won't wash away when it is rained on. You can get paint at a craft or department store.
- **Brushes** – Small bristle or sponge paint brushes work great.
- **Clothing** – Newspaper will protect surfaces from drips of paint and old clothing is a must for messy crafting fun!
- **Water** – To wash the brushes off between paint colors.

### 2. Let's paint some bugs!

- **Clean your rocks** – Start by washing the rocks to get all the dirt off. Be sure to dry them off before you start painting them.
- **Paint your rocks** – Ladybugs are usually red or pink, but you can use your imagination and make them any color you would like! Paint the entire rock your chosen color. If it is a light color, you may have to paint more than one coat. Then, let your painted rock dry.
- **Add some black details** – Using black paint, draw a straight line down the middle of the rock. Then color the head black. Now it is time to make the dots! Paint two or more dots on the top of your lady bug! You can paint the same amount and same pattern of dots on either side of the line, or paint your dots randomly! Then let the black paint dry.
- **Time for the eyes** – Using white paint, paint round circles on the face for eyes. Because you are painting on a black background, you may need to add a few coats. Let that dry, then paint in the pupils with black.



### 3. Place your bugs

When your ladybugs are completely dry, they are ready to go out into the world! Place them in your garden, along a hiking trail, or surprise a friend with one on their doorstep. Knock and run away!

**Fun Fact:** The Norwegian word for ladybug is **mariehøne**!





# NORWEGIAN FOLK INSTRUMENTS

Find out about a couple of folk instruments that you might hear on Syttende Mai!

## Hardanger Fiddle

The **hardingfele** or Hardanger fiddle is the national instrument of Norway. It is a little smaller than a regular violin, and is decorated with beautiful black and white designs. The very end of the fiddle, called the scroll, is carved to look like a lion or a dragon.

Like the violin, the Hardanger fiddle has four strings you play with a bow. However, a Hardanger fiddle also has an extra four or five strings that the player doesn't touch at all! They are called sympathetic strings and run close to the face of the instrument. When the player draws the bow over the top strings to play a melody, the lower strings respond to the sound by vibrating too. When they vibrate, they sing out their own separate notes.

Sometimes these notes harmonize with the melody, and sometimes they do not. This gives the Hardanger fiddle a distinctive, haunting sound. Hardanger fiddles are often played at dances and weddings. They can be played by themselves or in a group with other instruments.



Photos: Wikipedia

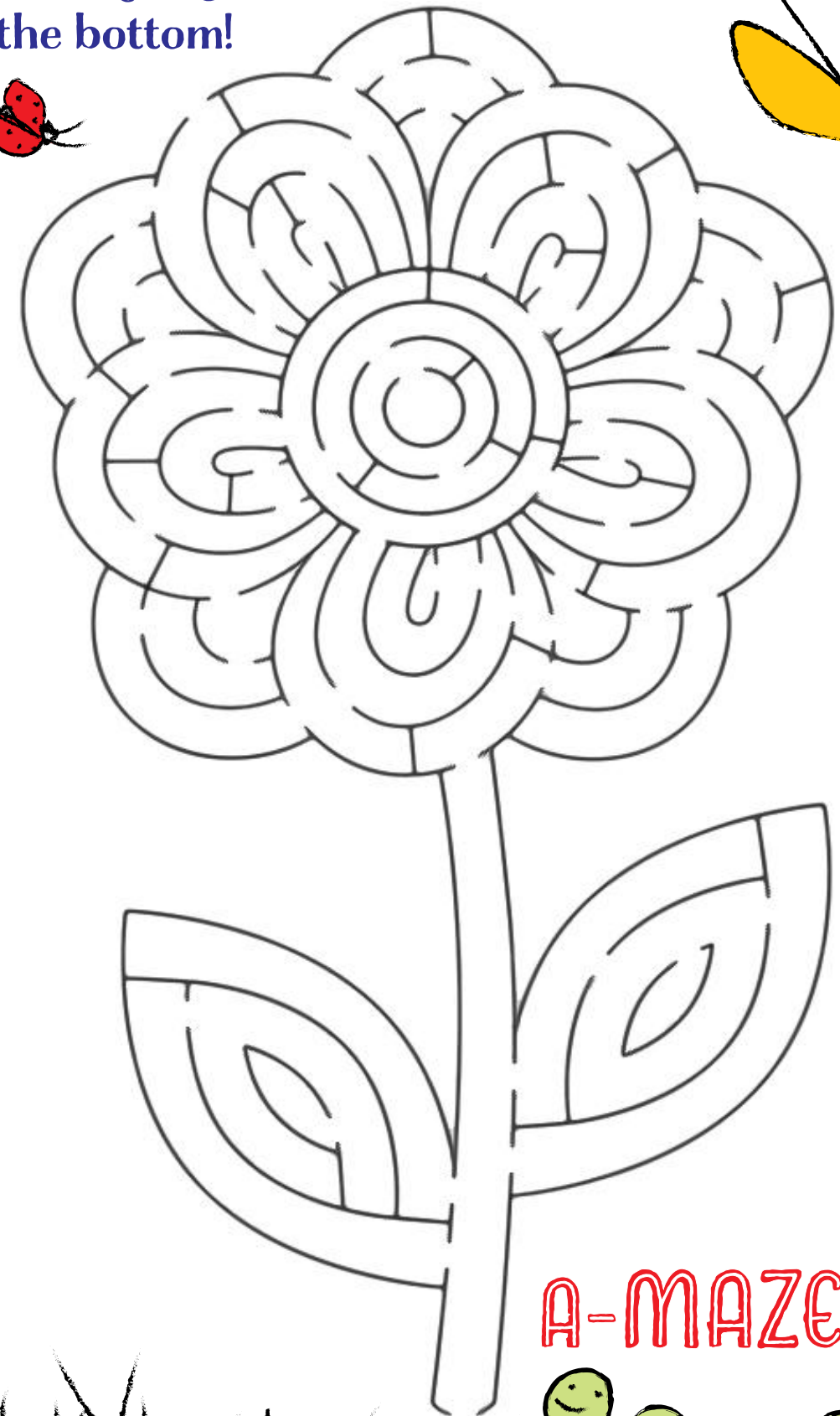
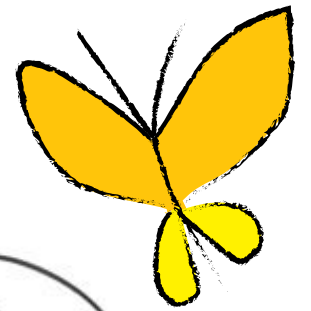
## Torader

A **torader** or **durspel** is small accordion that is traditional in Norway. It does not have a keyboard like many accordions, but features two rows of buttons on each side of the bellows. The buttons for the right hand play the melody, and the buttons for the left hand play the bassline.

Like the Hardanger fiddle, music played on a torader is great for dancing or just to listen to. They are also played by themselves or as part of a band. Find a playlist of kids playing these instruments at: <https://tinyurl.com/VikingforKids>



Help the ladybug get to the bottom!



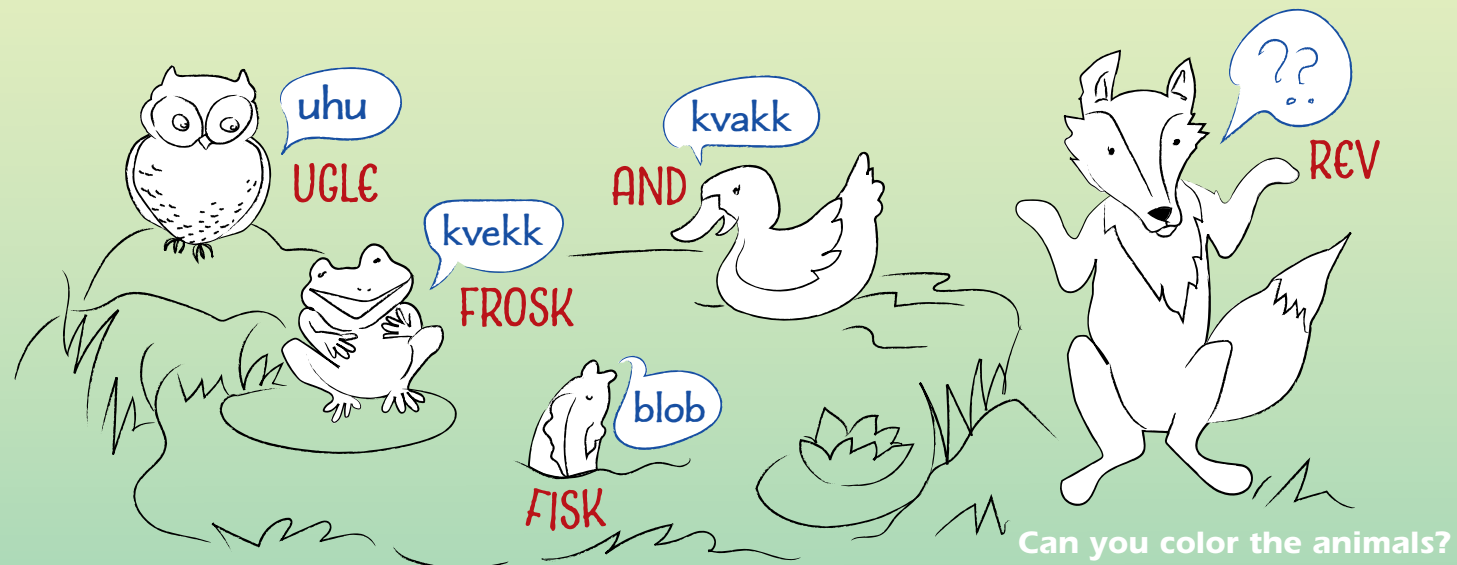
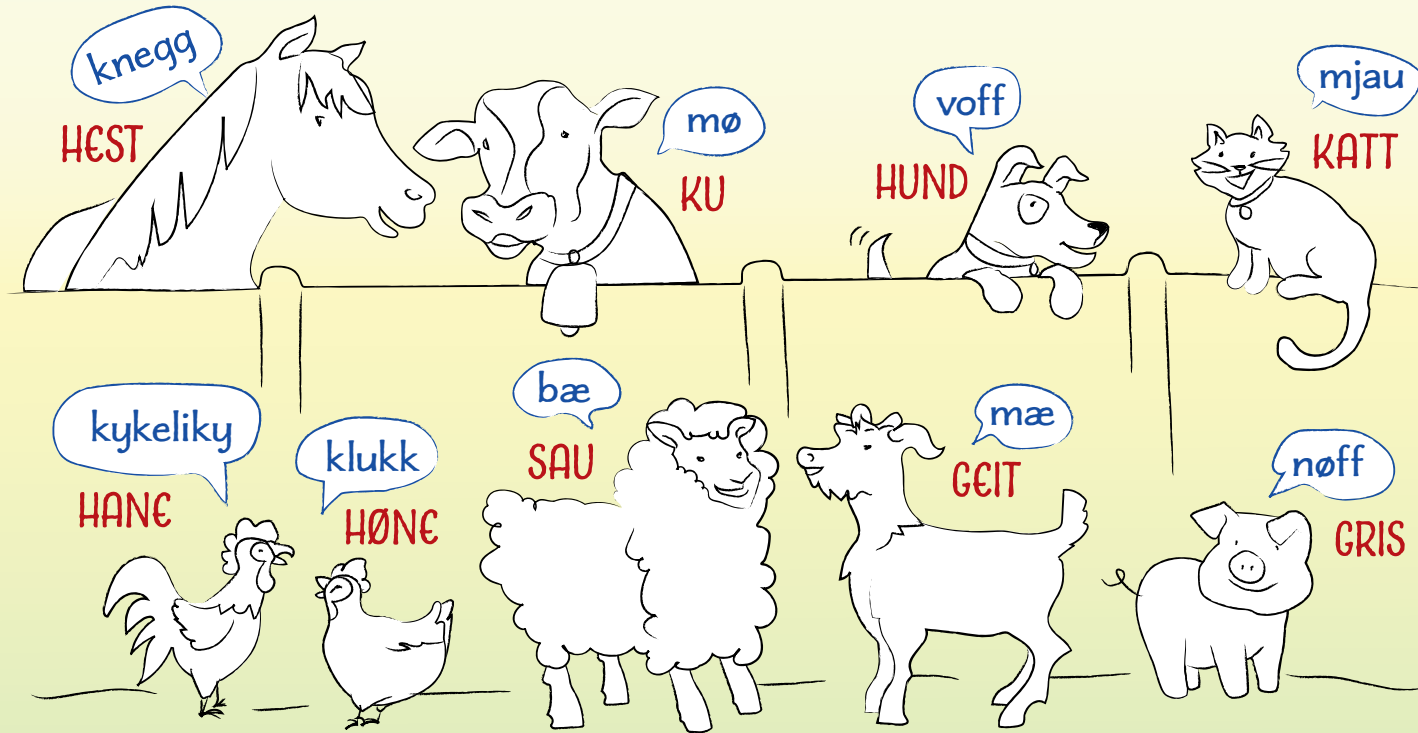
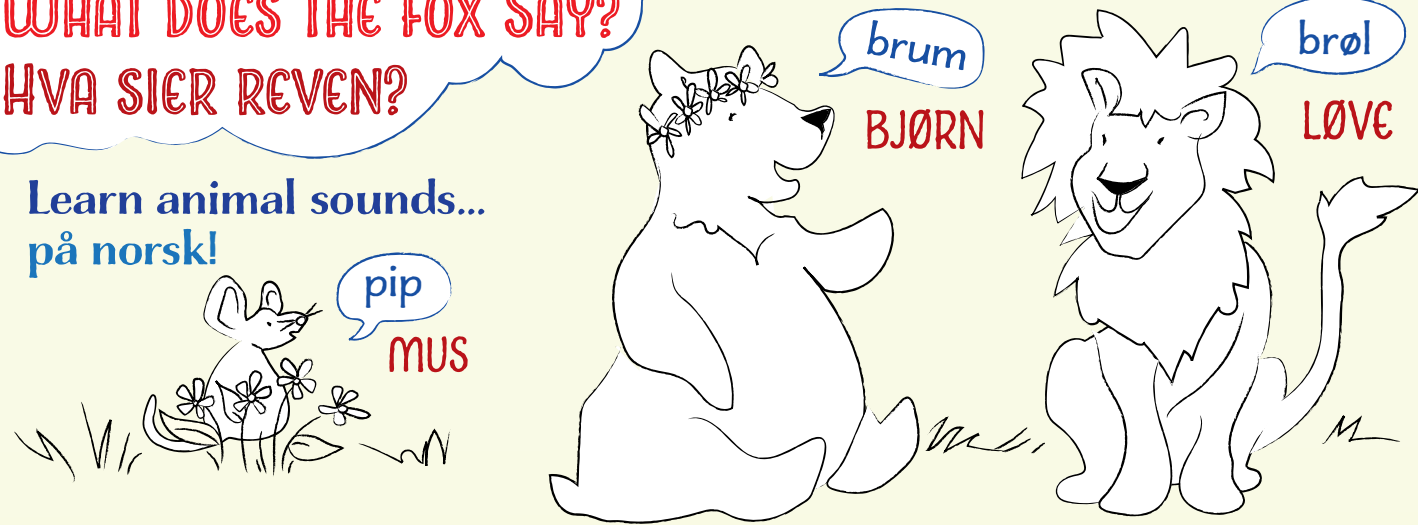
A-MAZE-ING!



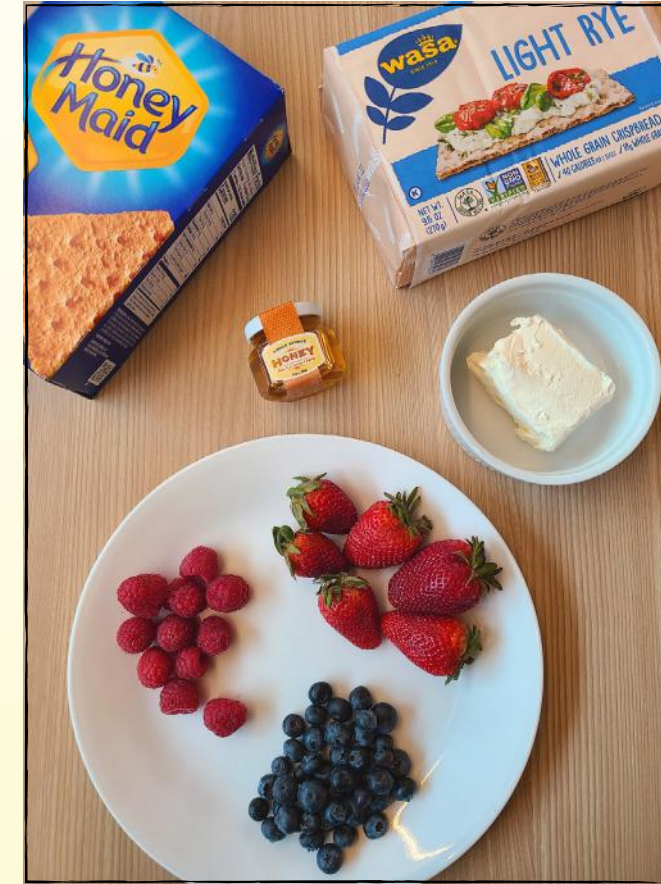


# WHAT DOES THE FOX SAY? HVA SIER REVEN?

Learn animal sounds...  
på norsk!



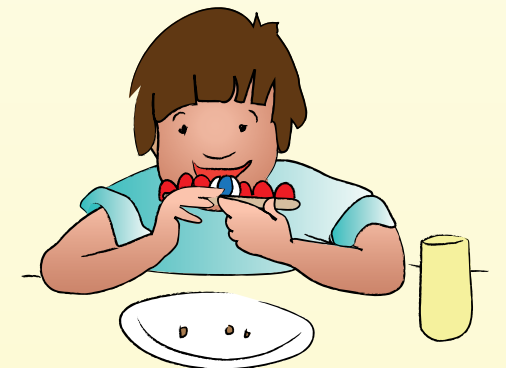
# SYTTENDE MAI FLAG PIZZA



## Ingredients

What you need:

- ♥ Wasa crispbreads or graham crackers
- ♥ 1/2 cup cream cheese
- ♥ 3 Tbsp. honey
- ♥ Blueberries, strawberries or raspberries



## Assembly

- ♥ Add honey to the cream cheese and mix well.
- ♥ Chop fruit into small pieces (get help from an adult if needed).
- ♥ Spread cream cheese mix onto flatbread or graham cracker.
- ♥ Decorate your pizzas like Norwegian flags.
- ♥ Enjoy immediately.





## 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. New Heritage Membership Request forms will be available shortly; however, our current request postcards and online PDF enrollment form are still valid.