

VIKING

for kids

MAY 2022

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SPRING Across Norway

Spring means warmer temperatures and longer days across Norway! While the weather changes, it still varies significantly from region to region. Learn more with these fun facts.



TROMSØ:

Early spring is one of the best times to view the Northern Lights from Tromsø. The Aurora Borealis is active, and the temperatures are warmer to be outside at night.

ÅLESUND:

Spring on the west coast of Norway brings melting snow and rushing waterfalls throughout the region. With the sea ice melting, fjord tours offer spectacular views without as many tourists as in the summer.

OSLO:

Spring weather arrives in Oslo before it does in the Northern Regions. Temperatures can range from the mid-30s in March to the high 50s in May.

The city becomes more active and outdoor cafés and markets bustle as the weather warms.

BERGEN:

Spring means flowering fruit trees in the countryside and blooming flowers in urban gardens. The Bergen Botanical Gardens are the perfect place to take in the season's beautiful colors and sweet smells.



Barnetoget!

Syttende Mai, or the 17th of May, is an important day in Norway's history: Constitution Day!

Many countries have celebrations on their national days, but Norway's is unique in that it is more of a party for everyone, especially the children. The focus of the day is the children's parade, also known as **barnetoget**! Children across the country take part in their community's parade which is often led by marching bands and involves joyously waving flags and shouting "HURRA!" in their bunads (Norway's traditional costumes). The largest children's parade can be found in the capital city, Oslo. The royal family is also involved, waving tirelessly to the crowds below from the Royal Palace Balcony.

Mark your calendars for Syttende Mai and host your own barnetog! What better way to celebrate Norway and its colorful heritage? Grab your family and honor your ancestors by waving the national colors or listening to the [Norwegian National Anthem](#).

To learn more about Norway's Constitution Day in preparation for the celebrations, watch this [call and response song](#) (with downloadable translation) that covers the events leading up to the signing of the constitution. photo credit: bluespicture

HOMEMADE ICE CREAM

Ice cream is an important part of Syttende Mai. In fact, in Norway they say you are allowed to eat as much **iskrem** as you want on that day.

If you don't have ice cream in your freezer, never fear! With a few simple ingredients, you can make homemade ice cream in no time.



photo credit: congerdesign

Ingredients

What you need:

- ♥ 1 cup half-and-half (you can also use whole milk as a substitute)
- ♥ 2 Tablespoons granulated sugar
- ♥ 1/2 teaspoon pure vanilla extract
- ♥ 3 cups ice
- ♥ 1/3 cup kosher salt
- ♥ Toppings or sprinkles of your choice



Steps:

In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Squeeze out excess air and seal tightly.

In a large resealable plastic bag, combine ice and salt. Place the small plastic bag inside the bigger bag and shake vigorously, 7–10 minutes, or until the ice cream has hardened.

Remove the small bag from the big bag and enjoy the ice cream with your favorite toppings.

[Recipe Video Here!](#)



Check off the English word when you find its Norwegian translation!

- | | | |
|----------------------------------|---------------------------------|------------------------------------|
| <input type="checkbox"/> bun | <input type="checkbox"/> basket | <input type="checkbox"/> coffee |
| <input type="checkbox"/> bread | <input type="checkbox"/> sun | <input type="checkbox"/> bee |
| <input type="checkbox"/> lettuce | <input type="checkbox"/> clouds | <input type="checkbox"/> bird |
| <input type="checkbox"/> melons | <input type="checkbox"/> heart | <input type="checkbox"/> balloon |
| <input type="checkbox"/> apples | <input type="checkbox"/> honey | <input type="checkbox"/> butterfly |
| <input type="checkbox"/> hat | <input type="checkbox"/> plant | <input type="checkbox"/> flowers |

NORWEGIAN DRAGONS

With all the dragon heads appearing in Norwegian architecture, it is surprising that there are only three named dragons found in Norwegian myths and legends.

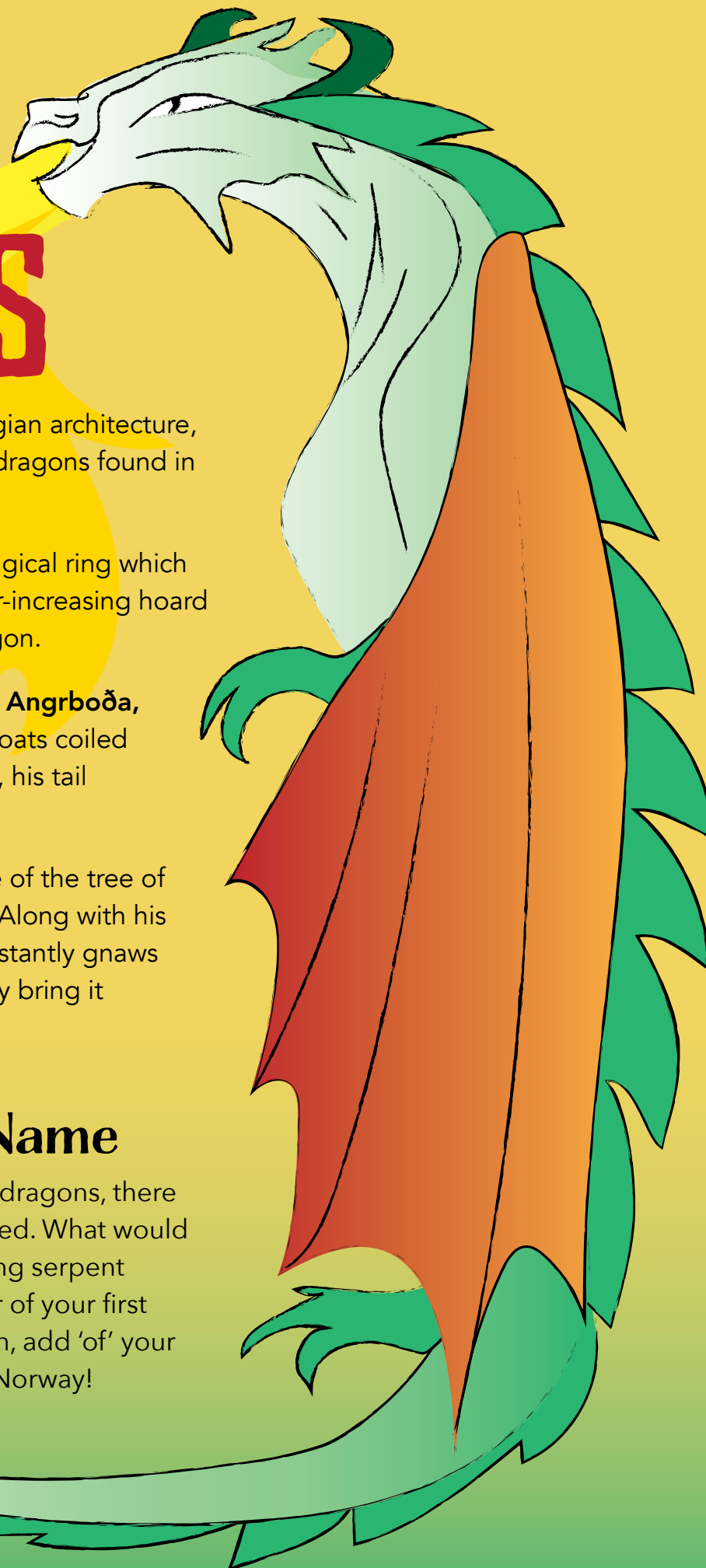
FAFNIR: Fafnir was a dwarf. He had a cursed magical ring which produced oodles of treasures. To guard his ever-increasing hoard Fafnir shape-shifted into a poison-spewing dragon.

MIDGARDSORMEN: Son of **Loki** and the giantess **Angrboða**, Midgardsormen, is a gigantic sea serpent. He floats coiled around the edges of the earthly realm **Midgard**, his tail clenched firmly in his teeth.

NIDHOGG: The "Curse Striker" dwells at the base of the tree of life, **Yggdrasil**, which holds up the nine realms. Along with his smaller, unnamed serpent friends, Nidhogg constantly gnaws on the roots of Yggdrasil with a view to someday bring it crashing down, plunging all creation into chaos.

Find Out Your Dragon Name

Though there are only three known Norwegian dragons, there might be more out there waiting to be discovered. What would your name be if you were a slithery, fire-breathing serpent slumbering under a mountain? Match the letter of your first and last name to the lists on the next page. Then, add 'of' your hometown at the end, or your favorite place in Norway!



What is the first letter of your first name?

A = Arvid / Agnetha the Alarming
B = Bjarne/ Borghild the Blue
C = Cnut / Christina the Creeping
D = Dag / Dagmar the Dreadful
E = Egil / Eydis the Earth Shattering
F = Fridtjof / Frida the Flying
G = Geir / Gudrun the Growling
H = Haakon / Hjordis the Horned
I = Iggy / Ingrid the Inky-Eyed
J = Jostein / Jorunn the Jagged
K = Kjell / Kjerstin the Kind of Scary
L = Lars / Lena the Lutefisk-Scented
M = Magnus / Magda the Mighty

N = Nels / Norunn the Noisy
O = Olaf / Olaug the Opal-Scaled
P = Per / Pernille the Purple
Q = Quinand / Kvinand the Very Quiet
R = Ragnar / Ragnhild the Ravenous
S = Sven / Sigrid the Slithering
T = Trygve / Thordis the Terrifying
U = Ulf / Unni the Unexpected
V = Vidar / Vilde the Very Vicious
W = Waldemar / Wenche the Water Dwelling
X = Mr. X / Ms. X the Inexplicable
Y = Yngvar / Yngvildr the Yellow
Z = Zoomer / Zoë the Zooming

What letter does your last name start with?

A = Abomination
B = Big Ball of Fluff
C = Carnivorous Worm
D = Dancing Dragon
E = Egg-Eating Snake
F = Fjord Boiler
G = Mountain Gnawer
H = Hairy Hellbender
I = Iceberg Squatter
J = Ski Jump Eater
K = Kraken Cracker
L = Lefse Lizard
M = Mitten Knitter

N = Norwegian Needle Nose
O = Omelet Om-Nommer
P = Precipice Percher
Q = Quiet Charmer
R = Revolting Reptile
S = Ship Sinker
T = Troll Taster
U = Unicorn Hugger
V = Violent Velociraptor
W = Waffle Scorcher
X = Honorary Swede
Y = Young Thunder Clap
Z = Zany Zoomer



What is your dragon name?

MAKE YOUR OWN

CREATE YOUR OWN FEARSOME FIRE- BREATHING DRAGON!

What you'll need:

- 1 empty toilet paper roll • 1 sheet of construction paper – any color of your choice
- 1 red, 1 orange and 2 yellow sheets of tissue paper • 2 large pompoms
- 2 small pompoms • 1 set of googly eyes • Glue stick • Scissors
- Craft glue OR hot glue gun (with the help of an adult)

Steps:

1. Cut construction paper to match the length of the toilet paper roll.
2. Smear the glue stick all over one side of construction paper.
3. Roll the construction paper onto the toilet paper roll.



For the next 3 steps, you can use craft glue or a hot glue gun. If you use craft glue, be sure to give it time to dry between steps. If you use a glue gun, be sure to have an adult help you. Using a hot glue gun will ensure that your dragon parts stick together firmly.

4. Glue the googly eyes onto the large pompoms.
5. Glue the 2 large pompoms with eyes near the back of your toilet paper roll.
6. Glue the smaller pompoms near the front of the toilet roll as nostrils.
7. Cut tissue paper into long, pointy strips. These will be the flames!
8. Smear the inside of the front of your toilet paper roll with your glue stick. Stick the ends of the tissue paper inside the front of your dragon's mouth.
9. Blow into the back end for fire-breathing fun!

Here's a video: [How to Make a Fire Breathing Dragon From a Paper Roll](#)

HELLO FROM LIV! *A STUDENT ABROAD*

HEI HEI! It's Liv, back to share some of my experiences in Norway!

I started in **Bergen** where my folk high school, **Fana Folkehøgskole** is located. Bergen is the second-largest city in Norway. It's quite a bit smaller than what we consider a big city in the US with a population of 270,000. It's a big port city with ships constantly coming and going. Bergen is famous for its pier, **Bryggen**, that's made up of several colorful houses.

My school went for a walk up **Fløyen** together which is one of seven mountains that surrounds Bergen. The top has beautiful views of the city.

From Bergen, my class took a train to **Oslo**. Oslo is the capital city of Norway. We went to the folk museum where they have buildings and artifacts from all throughout Norway's history. I'll be back in Oslo in a few weeks to celebrate Norway's Constitution Day, Syttende Mai, or "17th of May" as we say in English. Every year, they have a huge parade with all the kids that go to school in Oslo.

After Oslo, I visited **Trondheim** with a friend. We went into **Nidaros Cathedral**, a medieval cathedral that began construction almost a thousand years ago in 1070. Trondheim, like most cities in Norway, has very beautiful architecture. I spent a lot of time admiring the buildings there.

Finally, I visited my relatives on a small island called **Finnøy** that's just outside of **Stavanger**. It was fascinating to visit rural Norway and see what life is like there. Finnøy has a population of 3,000, and it is primarily a farming community. My relatives used to grow and sell tomatoes. Just over ten years ago a tunnel was built connecting Finnøy to mainland Norway. Before the tunnel was there, some of my relatives had to take a boat every day to get to school and work!

It was amazing visiting different parts of Norway. It is a very beautiful country with many different landscapes and things to do. :) —Liv





Nidaros Cathedral



Oslo Opera House

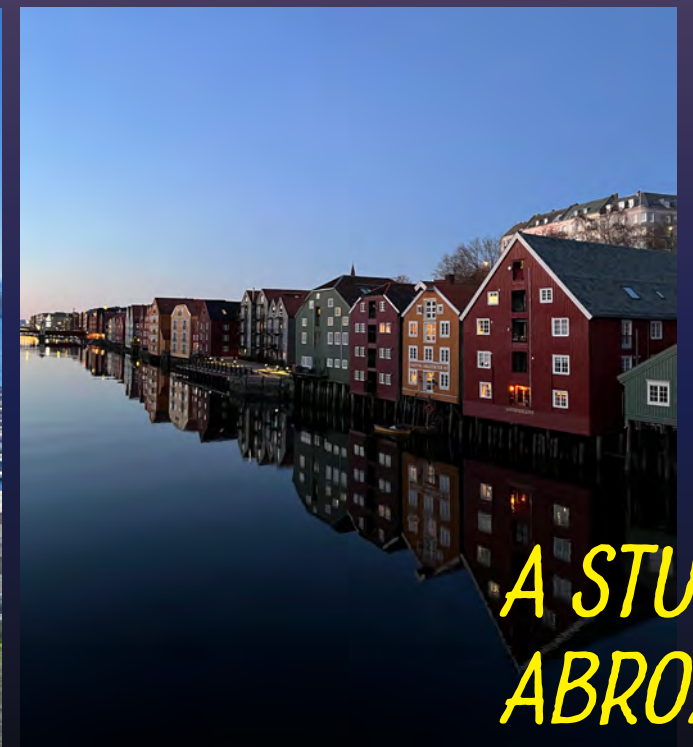


Folk Museum

Fløyen



Trondheim



**A STUDENT
ABROAD**

Photos by Liv Larsen

FREE HERITAGE MEMBERSHIP

*Sponsor a new Heritage
member today!*



Building Heritage Membership

We are excited to introduce these colorful recognition patches and certificates for Heritage members who have been with Sons of Norway for 5, 10 or 15 years. If you have been a Sons of Norway member for a few years, ask your lodge leader how to place an order for these charming designs featuring Norwegian wildlife. You may be eligible for one of these fun patches that you can wear on your jacket or backpack for just \$2 each!

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. Find the New Heritage Membership Request form here:

<https://www.sofn.com/wp-content/uploads/2020/04/Heritage-Member-Enrollment-Form.pdf>



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