

VIKING

AUGUST 2022

for kids

- Summer Sports
- Foraging Fun
- Sommer Kommer Song
- Scavenger Hunt
- Find Hidden Pictures
- Multekrem Recipe
- Mushroom Craft



Sommer Kommer

Learn this Norwegian song about the joys of summer

*Sommer kommer, sommer kommer,
sol og regn og latter og sang!

*Sol og regn og latter, ha-ha-ha,
latter, sol og sang.*

*Summer's coming, summer's coming
Sun and rain and laughter and song!*

*Sun and rain and laughter, ha-ha-ha
Laughter, sun and song*

This tune can be sung in a round (in Norwegian: *kanon*) Second and third voices in the round: Start singing line 1 at the same time as the previous group starts line 2, at the *

Sing the song three or more times through when singing as a round.
Plug your ears if you need to!

Watch two Norwegian kids pranking their dad to this song on [NRK Super](#), a Norwegian kids show.

Summer Sports!

Norway may have a reputation for dominating the competition in Winter Olympic Games but there are plenty of summer sports that keep Norwegians active all year round. In fact, 9 out of 10 kids in Norway participate in one or more sports, and all children are encouraged to stay active no matter what season it is. Here are some warm-weather sports and athletes that are popular in Norway today:

Soccer: Ada Hegerberg and Erling Braut Haaland are both considered among the best soccer players in the world. In addition to playing for Team Norway in international competitions, Ada plays for the Olympique Lyonnais club in France and Erling plays for Manchester City in England.

Tennis: 2022 has been a banner year for Norwegian tennis players. Casper Ruud became the first Norwegian to make the finals of the men's tournament at the French Open and Norway's top-ranked female player, Ulrikke Eikeri, played mixed doubles in the finals.

Handball: While handball might not be as big in North America, it is one of the most popular sports in Norway. The Norwegian women's national team won the gold at his year's world championship and also took home the bronze medal at the 2021 Tokyo Olympics.

photo credit: rotia



SUMMER SCAVENGER HUNT

In Norway, outdoor life is really important. In fact, Norwegians even have a term for their love of the outdoors: *friluftsliv*. It's a commitment to celebrating nature and time outside, regardless of age, condition, or weather. We encourage you to connect with the outdoors this summer. What better way to do so than with a fun summer scavenger hunt!



☐ Norwegian flag / Norsk flagg

☐ Bicycle / sykkel

☐ Wild berries / ville bær

☐ White flowers / hvite blomster

☐ Red house / rødt hus

☐ Rainbow / regnbue

☐ Ice cream cone / iskjeks

☐ Fossil / fossil

☐ Green backpack / grønn ryggsekk

☐ Swimsuit / badedrakt

☐ Gnome / nisse

☐ Butterfly / sommerfugl

☐ Full moon / fullmåne

☐ Pink umbrella / rosa paraply

☐ Ducks / ender

☐ Soccer ball / fotball

☐ Boat / båt

☐ Bonfire / bål

☐ Black cat / svart katt

☐ Stars / stjerner



FIND & COLOR!





Foraging Fun

Have you ever been on a hike and picked some brilliant berries or helped gather a bunch of mushrooms? There's a name for that! **Sanking** (foraging) is an activity that many Norwegians enjoy. It means collecting plants from the wild outdoors.

Here are a few things that Norwegians like to forage:

Berries

Multer These unique berries kind of look like a golden-sunset raspberry. Also known as cloudberry, or Arctic gold, these berries are not planted- you can really only find them in the wild. *Shhh*—some people like to keep their multer picking spots a secret!

Blåbær (blueberries)

Jordbær (strawberries)

Bringebær (raspberries)

Tyttebær (lingonberries – tart, round red berries, flavored a bit like cranberries)

Mushrooms

The forest produces a bounty of edible mushrooms that you can search for **på sopptur** (on a mushroom hunt). Mushrooms are delicious in soups, rice dishes, omelets and more.

Three Norwegian favorites according to Gone71.com:

Steinsopp (porcini)

Kantarell (chanterelle)

Traktkantarell (yellowfoot)

Other items you can forage are wild herbs and greens. Find out more about foraging at your local library or nature center.

Remember: Always check with an adult before tasting any of your forest finds!



photo: murtheblur

READY, SET, FORAGE!

Some gear suggestions:

*Comfortable Clothes

Hat

Boots or Socks/Shoes

Basket

Water Bottle

Raincoat

Bug Spray

Sunscreen

Guidebook

*It's smart to wear bright colors that are easy to spot in the woods!

Pluckers Beware:

Not all mushrooms and berries are edible and some can make you sick. Find a guide for your own region before picking– such as [*Grow, Forage and Make*](#) by Alys Fowler

[Also: Foraging with Kids: 52 Wild and Free Edibles to Enjoy with Your Children](#)



MAKE YOUR OWN

EGG CARTON MUSHROOM CRAFT

Make some cute mushrooms for a diorama, fairy garden or for your dolls or action figures to play with. This craft uses recyclable materials and is fun and easy for young kids.

What you'll need:

- Clean Cardboard Egg Cartons
- Acrylic Paints in Red and White
- Hot Glue Gun
- Scissors
- Faux Grass (optional)

Steps:

1. Make sure the cartons you use are clean. Washing them may not be an option, but you can wipe them down with a good disinfectant or even vinegar.
2. Using a pair of scissors, cut out the "cup" portion of the egg carton to make the mushroom's head. Cut out as many as you need and trim the edges to keep them neat.
3. Flatten each mushroom cup slightly, so that they look uneven, like real mushrooms.
4. Bring out the paints! You can make a classic red design, or use any fun color you have on hand.
5. Use white paint to make dots on the mushroom heads to add some interest.
6. Now that the mushroom heads are ready, it's time for the stems. Cut out the side of the carton into long strips. Roll up a strip to make it look like the stem. No problem if it isn't neat – the more rugged, the more natural it'll look.
7. Now all you need to do is attach the stems to the bottom of the mushroom heads with glue and ta-da – your mushrooms are ready! If you've got some faux grass, place the mushrooms on it for an adorable little scene!

[Link: Artsy Craftsy Mom](https://www.artsycraftsymom.com)



MULTEKREM Recipe

Multekrem is a delicious, easy-to-make traditional Norwegian dessert made from whipped cream and cloudberry jam (**multesyltetøy**). It is great as a cool summer treat and also a popular Christmas dessert. Cloudberry jam is available from online stores or Scandinavian shops, but you can use other types of jam, if you like. This recipe serves 4 people.

Ingredients

What you need:

- ♥ 250 ml or 1 cup heavy cream
- ♥ 2 Tbsp. sugar
- ♥ 1/2 tsp. vanilla extract or vanilla sugar
- ♥ Pinch of salt
- ♥ 200 g (7 oz.) cloudberry jam



Instructions:

1. Measure cream, sugar, vanilla extract/sugar and salt into a large mixing bowl.
2. With electric beaters, beat cream mixture until soft peaks form.
3. Using a spoon, fold in (lightly mix by hand) the cloudberry jam.
4. Divide the dessert between four small serving dishes.
5. Garnish with (add on top) a spoon of cloudberry jam and a mint leaf, if you like.
6. Enjoy with family and friends!



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>

VIKING FOR KIDS

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