

# WIKING

for kids

FEB 2022



Friluftsliv • Arctic Dog Films

Mother's Day in Norway

A Student Abroad • Winter Fun

Nordic Country Quiz • Sleeping Bear Song & Game

Heart Waffle Ornaments



Photo Credit: SerrNovik

14 days of friluftsliv

# 14 dager friluftsliv

Get out your skis, your skates, your winter boots! Pull on your hat, mittens, your Norwegian *genser* (sweater) and meet us outside.

Something that is really important to Norwegians is enjoying fresh air and nature. Getting outdoors makes you feel relaxed and happy. Norwegians love it so much, there is even a word for it: *friluftsliv*.

Let's break it down: **fri/free + luft /air + liv/life = friluftsliv!**

Put together, this word means appreciation of the outdoors, or life in the open air.

Across the world, Sons of Norway members are joining the challenge to experience the outdoors for half of the days in February. Embrace an outdoor life!

Here are some ideas to get you started: Do some birdwatching, walk to the park, build a snowman, play *Bjørnen Sover* outside (see page 8), go sledding, enjoy a campfire, or walk the dog! If you're online, post photos of yourself on Facebook, Twitter or Instagram with the hashtags **#14dagerfriluftsliv** **#14daysoffriluftsliv** **#sonsofnorway** and encourage your friends, classmates and family to give it a go, wherever they are!

**Find more fun ideas at [sofn.com/friluftsliv](https://www.sofn.com/friluftsliv)**

**Can't get outside?**  
Open the window and breathe some fresh air. Immerse yourself in some beautiful nature scenes, sights, winds and bird calls.



# ARCTIC ADVENTURE DOGS

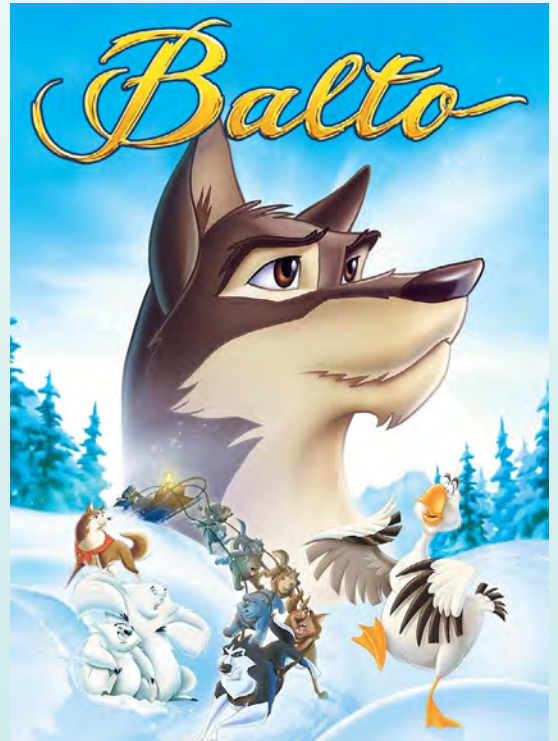
Meet two dogs who became famous for their Arctic travels:

## BALTO

In this animated classic based on true events, an outbreak of diphtheria strikes the town of Nome, Alaska. The winter was so cold, that the town could only be reached by dog-sled. A Norwegian musher (dogsled driver) is sent out to make a dangerous crossing and deliver the medicine over the ice. When the rest of the pack gets lost in the blizzard, it's up to underdog Balto to save the day.

[View the trailer: youtu.be/HJwvbmRXym4](https://youtu.be/HJwvbmRXym4)

Read more about Balto and his Norwegian mushers Leonhard Seppala and Gunnar Kaasen by logging into the [Sons of Norway website](https://www.sonsofnorway.com).



**Coming Fall 2022**



## TITINA

This charming cartoon is about a dog who embarked on a big adventure – a fox terrier named Titina. She became famous when her human, aeronautic engineer Umberto Nobile, was asked by Norwegian explorer Roald Amundsen to build and fly a blimp to the North Pole. Follow the voyage through Titina's eyes as a dog who is more at home on the sofa than in the Arctic.

[See Titina greeting a whale HERE.](#)

[Watch the Norwegian trailer HERE.](#)

MAKE  
YOUR  
OWN

# MORSDAG MOTHER'S DAY

## CELEBRATE WITH FLOWER PENS

Mark your calendars! Sunday, February 13 is Mother's Day in Norway this year! It's a great day to give your mother a special gift. Here is a beautiful and useful craft you can make together— a bouquet of Flower Pens.

### What you'll need:

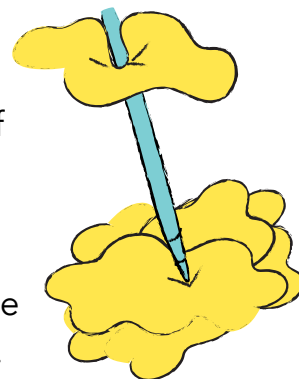
- Sheets of 20" by 20" tissue paper – a variety of colors is fun
- Scissors
- Green curling ribbon
- Double-sided tape
- Pens – non-retractable



### Steps:

Lay a single sheet of tissue paper flat and smooth it out. Fold it in half four times. With a scissors, cut the folded square of tissue paper into a fluffy cloud shape. Take your stack of petal-clouds and restack them on top of each other. Flip some over and rotate them around so they lie on top of each other unevenly.

Use the ball-point tip of your pen and press down on the center of your stack of petals. Carefully slide 2 or 3 layers at a time up onto the handle of the pen, leaving some space at the top.



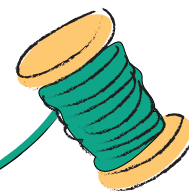
Wrap the end of the pen in double-sided tape. Pull up the top round of petals and gently press it onto the tape from several sides. Then pull all the other petals up to the top of the pen and push them together at the base.

To make the stem, wrap the rest of the pen in double-sided tape. Then, moving slowly, add your green curling ribbon spiraling down the body of the pen. Use your scissors to cut off the extra ribbon.

Then repeat this process until you have the number of flower pens that you like! You can make one, or a dozen!

Here is a video to see how it works:

[www.youtube.com/watch?v=hIEQy2TkYTk](http://www.youtube.com/watch?v=hIEQy2TkYTk)



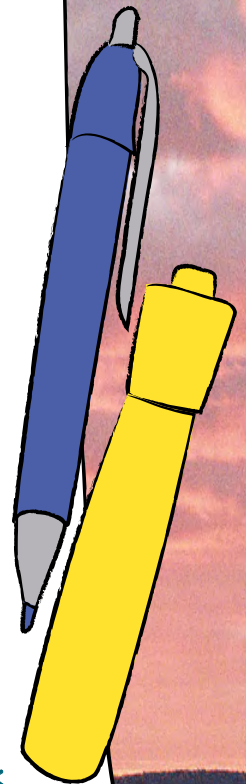
# HELLO FROM LIV! *A STUDENT ABROAD*

**OSLO**— I was so glad I had the chance to visit family during **Høstferie** (fall break). We went to a photography exhibit called 'Oslo negativ' at the city's old library. Then we decided to visit the newest Oslo Library, the **Deichman** — highly recommended! Out the window, I saw people walking on top of the nearby Opera building, where the whole building is a ramp. From **Holmenkollen**, the famous ski jump, we looked out over the whole city and the **Oslofjord** inlet. We visited the **Norsk Folkemuseum**, viewed an old **stavkirke** (wooden stave church) and ate hot lefse off the griddle. I met up with friends, had a lovely time in Oslo, and can't wait to visit again!

**BERGEN**— From school, I can take the bus into the city of Bergen. I got a library card— even if you're not Norwegian, you can take out 2 items at a time! The books I checked out were in Norwegian: 'Trollmannens Hatt' by Tove Jansson, and **'Charlie og sjokoladefabrikken'** (Do you recognize that one?) by Roald Dahl.

**PHOTO PROJECT**— My photo class is working on a yearbook where we each take portraits of 8 students. Our goal is to create a unique one with images that really capture each student's personality.

I'm grateful for the time to take in my surroundings in Norway and appreciate the beauty it has to offer. Hope everything is going well with all of you :) —Liv



# WINTER FUN!

Do you like winter? In Norway, it can get very cold. Kids dress up in layers of clothing. They wear **votter** (mittens), a **skjerf** (scarf) and a **lue** (hat). Kids love to play outside and enjoy hours of fun in the snow!

Riding a kicksled—in Norwegian, **spark**—is a traditional way to glide across icy roads and snowy paths. You stand behind a chair which sits on top of two long blades. While holding onto the back of the chair, one foot stays on a runner while the other foot pushes off the ground, like using a scooter. The harder you kick, the faster you go! People of all ages ride kicksleds everywhere. They are very handy for carrying groceries or wood for a campfire. You can give a friend a ride on your spark, or challenge them to a race over a frozen lake.



While you are outside, you can search for animal tracks in the snow. Find out which animals visited during the night, or by day while you were at school. In Norway, you might find the tracks of an **ekorn** (squirrel), **rev** (fox) or even a **bjørn** (bear). You can find out more about animal tracks here:

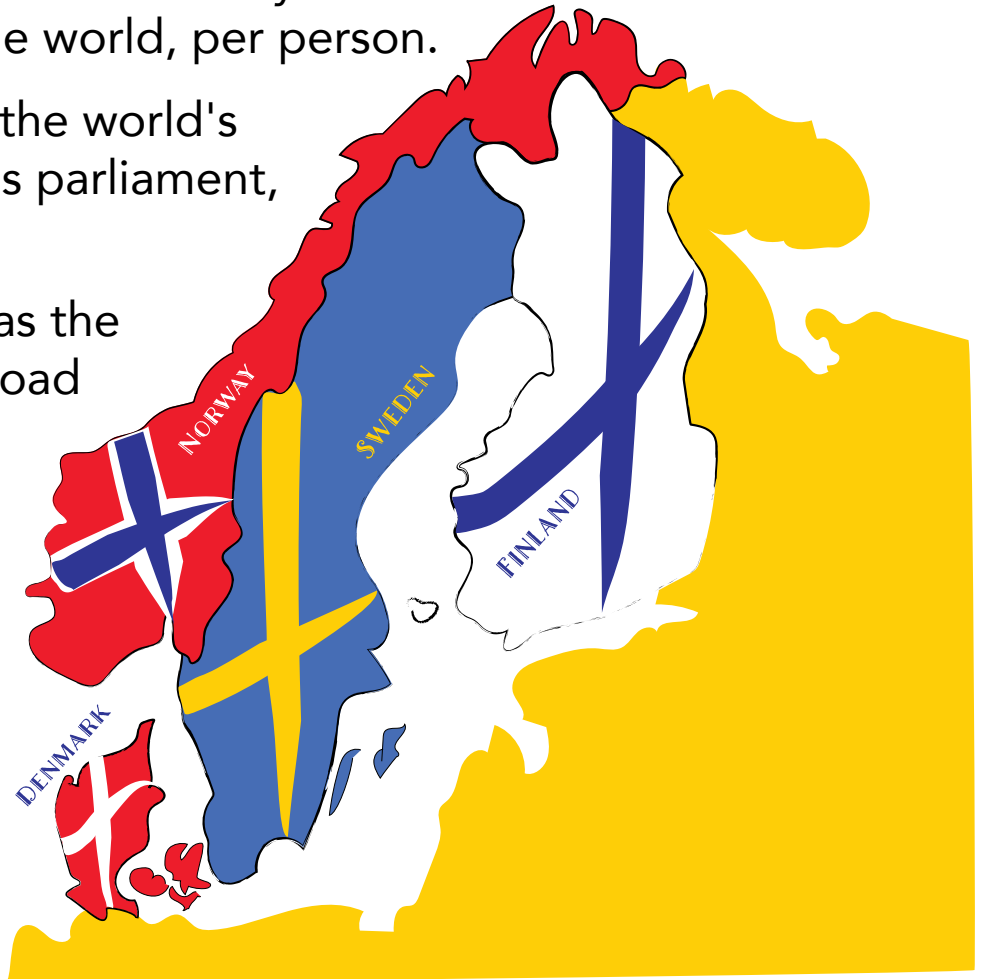
[www.youtube.com/watch?v=854O9tRCvMU](https://www.youtube.com/watch?v=854O9tRCvMU)

Kids in Norway also like to build **snømenn** and throw **snøballer**. Can you guess what those two words mean in English? What is your favorite winter activity?

# WHICH NORDIC COUNTRY... QUIZ?



1. Which country has the world's oldest flag?
2. People who live in this country drink the most coffee in the world, per person.
3. This country has the world's oldest continuous parliament, founded in 930!
4. Which country has the world's longest road tunnel?
5. This country has the most McDonald's restaurants per capita in the world.



Answers: 1. Denmark, 2. Finland, 3. Iceland, 4. Norway, 5. Sweden

# BJØRNEN SOVER

## The Bear is Sleeping



**How to play:** This song can also be played as a game for 3 or more people. Form a circle of kids. One child plays the bear in the center, kneeling and leaning forward with their head on the floor. If you have one, put a small blanket over the "bear."

The other children walk around the bear in a circle and sing. When you get to the last word, "trygg," the bear wakes up and catches the first child s/he sees. Whoever is caught, becomes the bear in the next round.

### Norsk

Bjørnen sover,  
Bjørnen sover,  
i sitt lune hi.  
Den er ikke farlig,  
bare man går varlig.  
Men man kan jo,  
men man kan jo,  
aldri være TRYGG!



### English

The bear is sleeping,  
The bear is sleeping  
In its cozy den.  
It is not dangerous  
If you just go carefully.  
But then one can,  
But then one can  
Never be quite SURE!



Then, start the game over. An outdoor kindergarten in Stord, Norway shows us how it's done: [youtu.be/2V7qa4j0urQ](https://youtu.be/2V7qa4j0urQ)

### [Two friends singing Bjørnen Sover](#)

Learn the song with the piano accompaniment:

[youtu.be/ebPvCiqOLUU](https://youtu.be/ebPvCiqOLUU)

Text source: [www.mamalisa.com/](http://www.mamalisa.com/)





MAKE  
YOUR  
OWN

# WAFFLE HEART ORNAMENTS

MAKE THESE FUN ORNAMENTS FOR  
*ALLE HJERTERS DAG / VALENTINE'S DAY!*



## What you'll need:

- ½ cup salt (1 dl) • 1 cup flour (2 dl) • ½ cup water (1 dl) • 1 tsp. oil • Food coloring (optional)



## Steps:

Put all of the ingredients into a bowl and knead the playdough together. Divide the playdough if you are making multiple colors. Add a few drops of food coloring to a portion of the dough and mix until you have the color that you want.

1. Knead in a little oil so that the dough does not stick to your waffle iron.
2. Using a **COLD** waffle iron, spread dough evenly across and close the iron to imprint the dough on both sides.
3. Cut into individual hearts before removing from the waffle iron.
4. Carefully remove each heart and place on a cookie sheet. Use a pencil or chopstick to make a hole at the top of the heart.
5. Dry for 1 hour and 15 minutes in the oven at 250 degrees F / 125 degrees C.
6. Thread a ribbon or string through the top of the heart and decorate your space!



1 recipe makes about 10 ornaments. And they may look sweet but . . . **\* Do Not Eat! \*** Source: [@kramogkrea](https://www.instagram.com/kramogkrea)





# 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. Find the New Heritage Membership Request form here:

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