

VIKING

November
2022

for kids

- Holiday Kos
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- Candy Bag Stars
- Holiday Word Find
- Northern Lights Activity
- Juletefest
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- Christmas Mouse Song



photo credit: Victoria_Watercolor

Fill Your Holidays with Kos!

Kos is the Norwegian concept of coziness, warmth, and the idea of enjoying the simple pleasures in life. The wonderful thing about kos is that it can mean something different for everybody, there is no right or wrong way to achieve the feeling of kos. For one, it might mean sipping a mug of hot cocoa in front of the fire, while for another it might be a gorgeous hike in the mountains of Norway. The concept of kos is all about finding that perfect moment and enjoying what life has to offer.

Koselig Ideas:

- ❄️ Relax your mind while coloring a nice picture
- ❄️ Invite your friends over and do a fun puzzle or play a board game together
- ❄️ Make Christmas cookies while listening to your favorite Christmas songs
- ❄️ Put on your coziest sweater and go for a walk with your family
- ❄️ Take a warm bubble bath while listening to your favorite music or reading a book
- ❄️ Spend an afternoon doing crafts, like making homemade Christmas ornaments
- ❄️ Chat with a friend or family member that you've been missing
- ❄️ Spread joy and positivity this holiday season so that all you meet can feel Kos

See page 3 for Christmas ornament activity & page 6 for coloring activity

SAY “HEI HEI” TO THE NORWEGIAN FOREST CAT!



The Norwegian Forest cat, or “Norsk skogskatt,” is a super furry, super HUGE breed of cat that is popular in Europe, especially in Sweden and of course, Norway. The origins of these athletic kitties are murky, but it is thought that the Vikings brought them to Norway around the year 1000 (just over a thousand years ago). The cats would have served as mousers aboard the ships until they arrived in Norway, where they then lived in the deep, rugged Norwegian forests for centuries. Later, humans recognized the amazing hunting skills of these adorable yet skilled predators. The cats became valued mice-hunters once more, this time on Norwegian farms.

These days, the cats are prized as friendly and intelligent pets. They are very interactive and love playing games with their family. They are adaptable and do well as indoor cats despite their energetic nature and large, sturdy build. Their ears are tufted at the tops, like a lynx. So cute!



photo credit: STVIOD

They can make great outdoor sporting companions, too. Click on the link below to watch Jesperus the Norwegian Forest cat go skjoring (“ski-driving”) with his human friend!

[**Meet Jesperus**](#)

MAKE
YOUR
OWN

CANDY BAG STARS

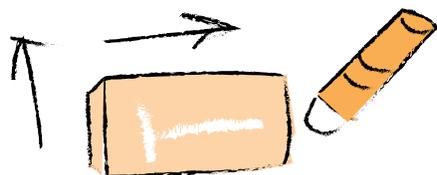
MAKE THIS FUN DECORATION FOR YOUR
JULETREFEST! / CHRISTMAS TREE PARTY

What you'll need:

- Glue Stick
- Scissors
- 12-13 rectangular goody bags

Making the stars:

1. Glue a "T" on the bags,
like this [see video 0:14]



2. Place a second bag on top of the glue
3. Continue gluing and stacking bags until
you are out of bags
4. Let glue dry
5. Cut the opening part of the
bags into a point [see video 0:25]
6. Pull the sides together and glue



Hang your star using string or ribbon,
or place on your Christmas tree.

Watch kids making stars in this video by **PlussTid**:

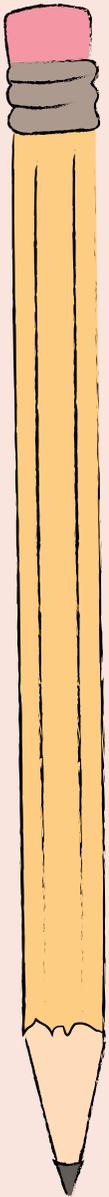
DIY: Lettlaget papirstjerne



HOLIDAY WORD FIND

Print and play this version, or play a live version here:

<https://thewordsearch.com/puzzle/4266837/vfk-word-find-nov-2022/>



S	C	C	H	R	I	S	T	M	A	S	E	L	F
L	A	H	C	O	O	R	N	A	M	E	N	T	R
O	C	R	O	Y	O	R	L	R	N	I	S	S	E
R	O	I	F	G	U	A	J	U	L	E	T	R	E
A	O	S	J	C	E	L	E	B	R	A	T	E	I
C	K	T	U	A	J	D	E	E	G	A	V	E	R
T	I	M	L	M	U	O	U	G	M	C	A	R	H
C	E	A	E	A	L	A	F	P	O	L	E	I	O
K	S	S	S	N	E	S	I	E	M	A	G	S	L
A	S	T	A	D	P	G	T	O	I	H	T	G	I
K	I	R	N	E	Y	O	N	F	A	R	S	R	D
E	R	E	G	L	N	D	L	E	I	T	E	O	A
R	G	E	E	S	T	E	U	S	A	G	Y	T	Y
U	S	E	R	J	U	L	E	B	U	K	K	F	G

Find both the Norwegian and English words:

julebukk – Yule Goat

kaker - cookies

nisse – Christmas elf

risgrøt – rice pudding

mandel - almond

marsipan - marzipan

juletre – Christmas tree

julepynt - ornament

gaver – gifts

gris - pig

snø - snow



~ NORDLYS ~

Northern Lights

himmel – sky

natt – night

atmosfæren - the atmosphere

solpartikler – sun particles

gasser - gases

farger – colors

grønn - green

blå - blue

rød - red

gul - yellow

rosa - pink

fiolett - violet

The northern lights, or the aurora borealis, are dazzling waves of colorful light dancing in the night sky. They are most commonly seen in the northern hemisphere of our planet between the months of October and March. They occur due to the sun's charged particles colliding with the oxygen and nitrogen atoms found in the Earth's atmosphere. The best places to watch them in North America are the northwestern parts of Canada and Alaska. In Europe, the northern parts of Norway, Sweden and Finland.

Learn more about the Northern Lights in Norway.

www.visitnorway.com/things-to-do/nature-attractions/northern-lights/

photo credit: GooKingSword



JULETRIEFEST

It's time to prepare for Christmas! In Norway, school or youth groups put on a party called **julefest**, or Christmas Tree Festival. Sometimes these parties happen in the days leading up to Christmas, but they might even stretch into early January. Instead of placing the tree in a corner or near a wall, it is the centerpiece of the room, allowing kids to dance around it in circles!

Must-haves for a julefest:

- ❄️ friends from school or a youth group
- ❄️ a nice big **juletre** (Christmas tree)
- ❄️ decorations
- ❄️ **julekaker** (Christmas cookies)
- ❄️ party games
- ❄️ Christmas carol sing-along
- ❄️ dancing around the tree
- ❄️ a visit from the **julenisse**, the Christmas elf



DELICIOUS BAKED APPLES

You'll need a grown-up assistant for this recipe!



Ingredients:

- ♥ 1/4 cup dry oats
- ♥ 1/4 cup all-purpose flour
- ♥ 1/4 cup brown sugar
- ♥ 1/2 teaspoon cinnamon
- ♥ 1/4 teaspoon ground ginger
- ♥ 1/4 teaspoon pumpkin pie spice
- ♥ 2 Tablespoons unsalted butter
- ♥ 4 medium apples
- ♥ 4 Tablespoons heavy whipping cream

Let's make it!

- Put everything except the apples and the whipping cream in a big bowl and squish it all together with your hands until it's all mixed up.
- Have your grown-up assistant cut the apples in half, and then scoop the core out of them.
- Put the apples in a baking dish with the core-side up, and then fill them with the mixture you squished up. Then drizzle 1/2 Tablespoon heavy whipping cream over each apple half.
- Have your grown-up assistant put the apples in the oven at 350° F (175° C) for 40 minutes, or until they are nice and soft.
- Here's the hardest part: let them cool for 10 minutes before you eat them up!

Source: <https://www.superhealthykids.com/kid-friendly-baked-apple-dessert>



Musevisa

The Mouse Song

This holiday song is about a mouse family getting ready for their Christmas festivities. Written by Norwegian songwriter and author Alf Prøysen, it became an instant classic. Watch the video here:

["MUSEVISA"](#)

Norsk

Når nettene blir lange og kulda setter inn
Så sier vesle musemor til ungeflokken sin
Hvis ingen går i fella, men passer seg for den
Skal alle sammen snart få feire jul igjen

~Refrain~

Heisann og hoppersann og fallerallera
For julekvelden da skal alle samme være glad

Og musemor er flittig, hun tar en bete kull
Og sverter tak og vegger i sitt lille musehull
Og gulvet feier ungene og danser som en vind
Og soper bort i krokene med halen sin

Omsider kommer kvelden som alle venter på
Og musefar han trekker frem en støvel uten tå
Den pynter de med spindellev og småspiker og sånn
Også putter de en flaskekork i hempa på'n

Og musefaren sier nå skal vi danne ring
La støvlen stå i midten så går vi rundt omkring
Vi gir hverandre halen som vi kan leie i
Og en og to og tre, også begynner vi

Og julematen deres, det er en liten nøtt
Også et stykke dropspapir for dem som liker søtt
Og musemor har stillet opp en fleskebit på skrå
Og den får alle sammen lov å lukte på

Og musebestemora er også kommet inn
Nå sitter hun å koser seg i gyngestolen sin
Det er ikke no ordentlig gyngestol
Det er no som alle vet
Nei, hun sitter der og rigger på en stor potet

Så hopper de, så danser de, så traller de en stund
Til musefaren sier det er best vi tar en blund
Og ungene de legger seg mens pappa holder vak
Men selv i søvne traller de i hopsatakt

Og bestemora gjesper, også sier hun som så
Det er morosamt med jula for desse som er små
Og hvis ingen går i fella, men passer seg for den
Skal alle sammen snart få feire jul igjen!



English

When the nights get long and the cold sets in
Little mama mouse says to her young litter
If no one falls into the trap, but keeps an eye out
Everyone will be able to celebrate
Christmas again soon

~Refrain~

Hey and a ho and a fallerallera
On Christmas Eve, everyone should be happy
Mama mouse is diligent, she takes a beet top
And paints the ceiling and walls in the little mouse hole
The children sweep the floor and dance like the wind
And sweep in the corners with their tails

Finally the evening comes that everyone is waiting fo
And papa mouse pulls out a boot without a toe
They decorate with cobwebs and small nails and the like
They also put a bottle cap in the basket

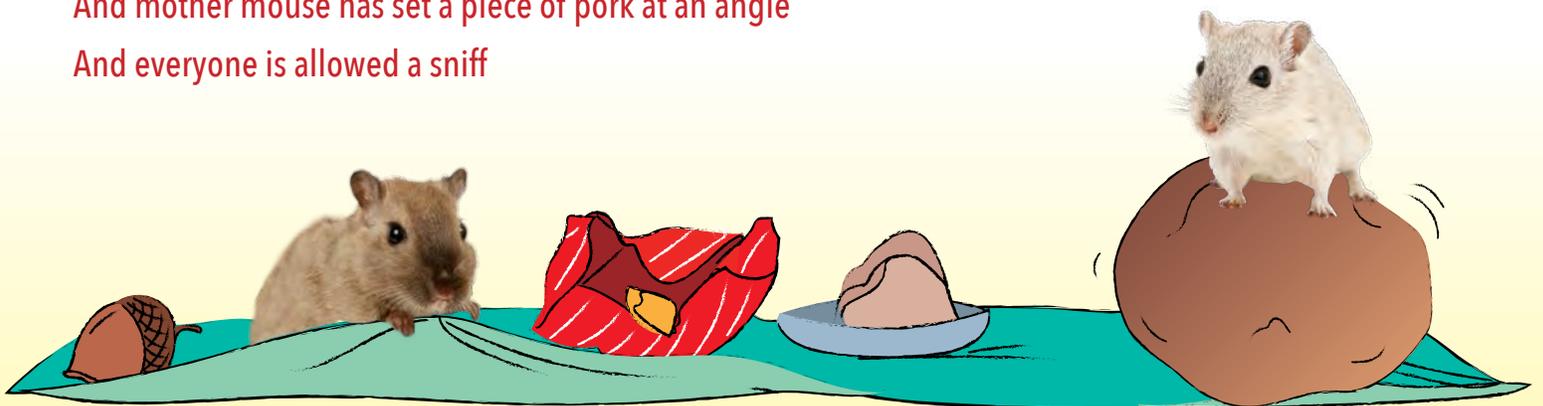
And papa mouse says now we will form a ring
Leave the boot in the middle and we'll go round & round
We take hold of each other's tails
And one and two and three, we begin to dance

And their Christmas food, it's a little nut
Also a bit of candy wrapper for those with a sweet tooth
And mother mouse has set a piece of pork at an angle
And everyone is allowed a sniff



And mouse grandmother has also come
She is enjoying herself in her rocking chair
It's not a proper rocking chair
Everyone knows that now
She is sitting there rocking a big potato
Then they jump, then they dance,
then they tra-la for a while
Til mouse papa says it's best we take a nap
While the kids go to sleep, dad keeps watch
But even in their sleep they trot
in a hopping rhythm

And the grandmother yawns, and also says
Christmas is fun for the little ones
And if no one falls into the trap,
but watches out for it
Everyone will be able to celebrate
Christmas again soon!





**SONS of
NORWAY**

Celebrating **125 Years**
1895-2020

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

Produced by Sons of Norway: sonsofnorway.com

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