

Writing Messages with Runes

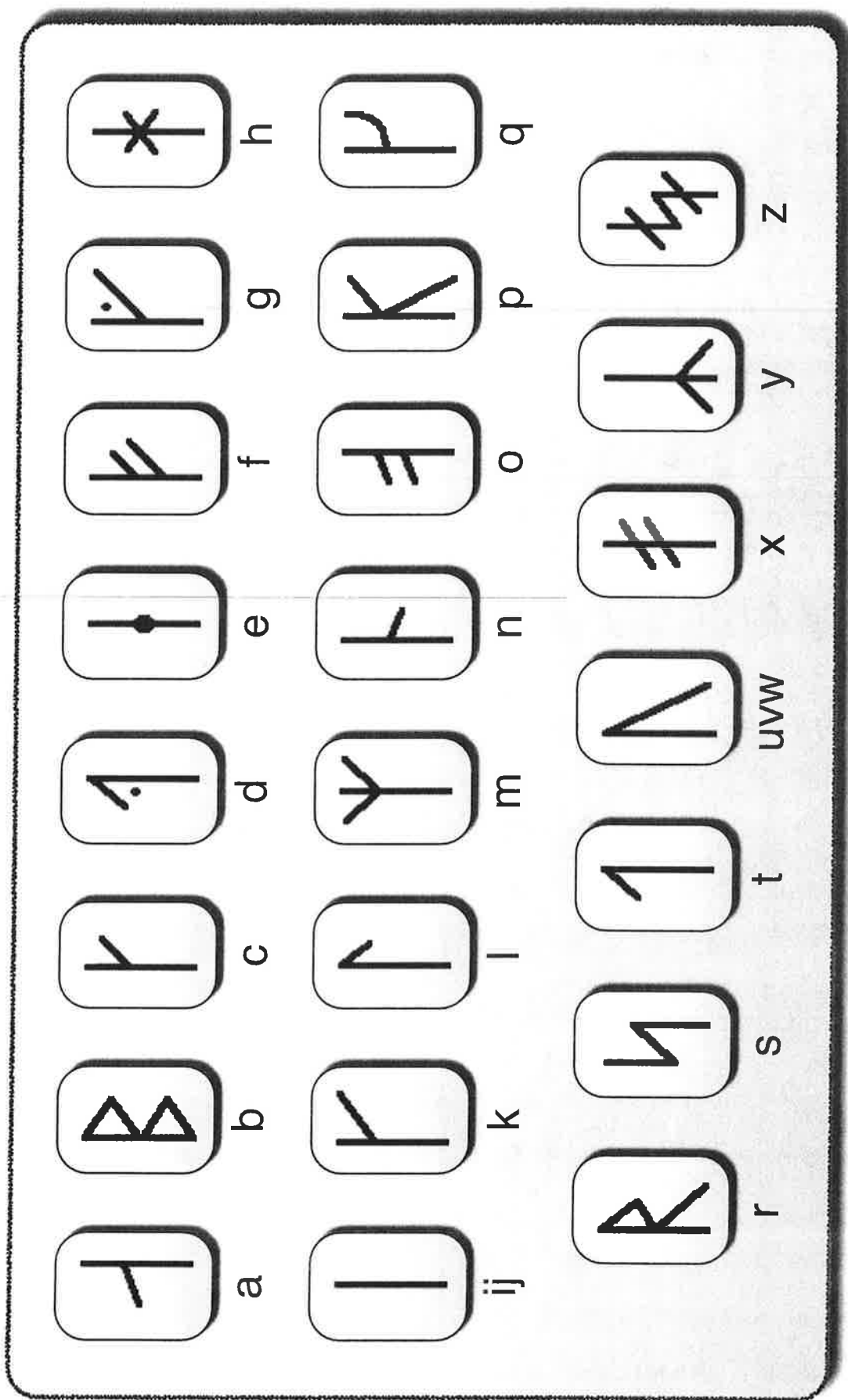
The letters of the Viking alphabet are called runes. Runes were often carved into stones as a memorial to a person or a special event. Using the Viking Alphabet, complete the following activities.

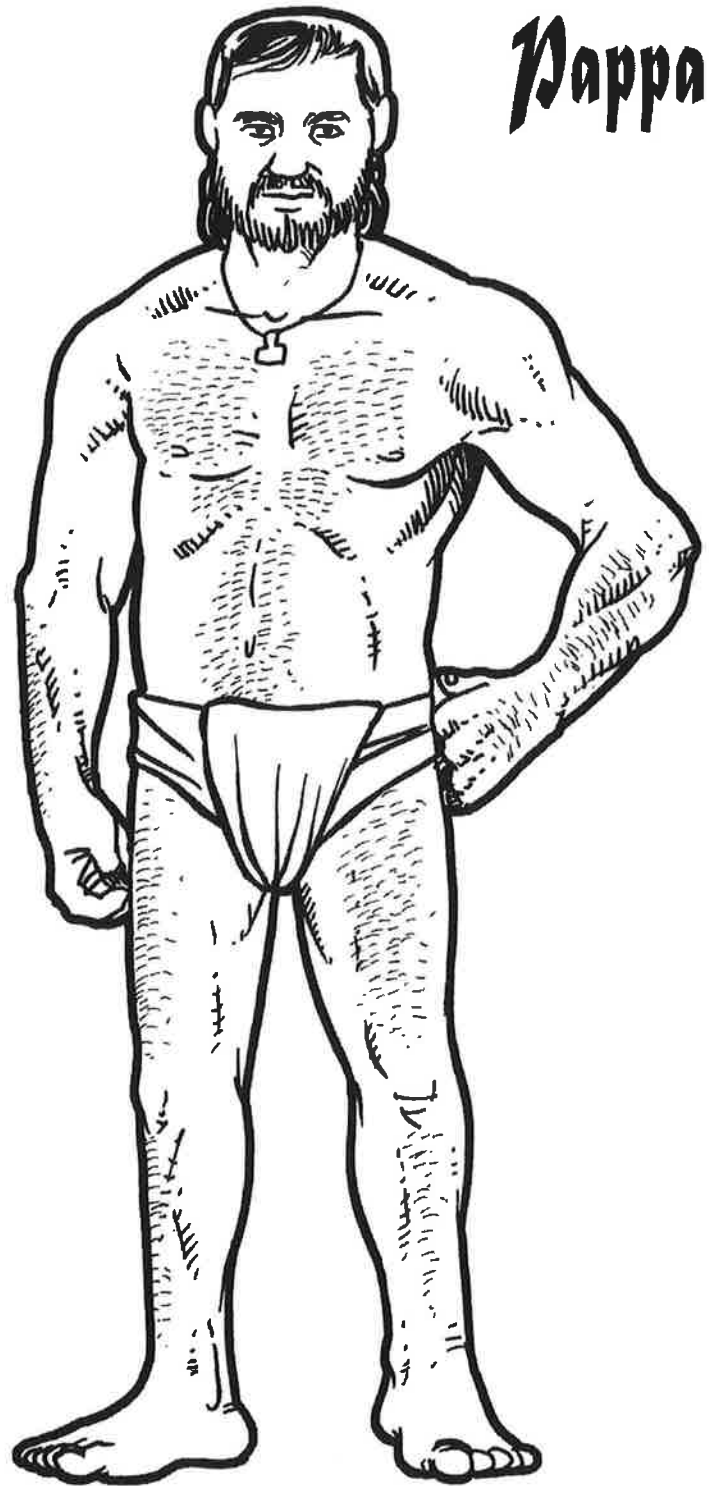
Write your name:

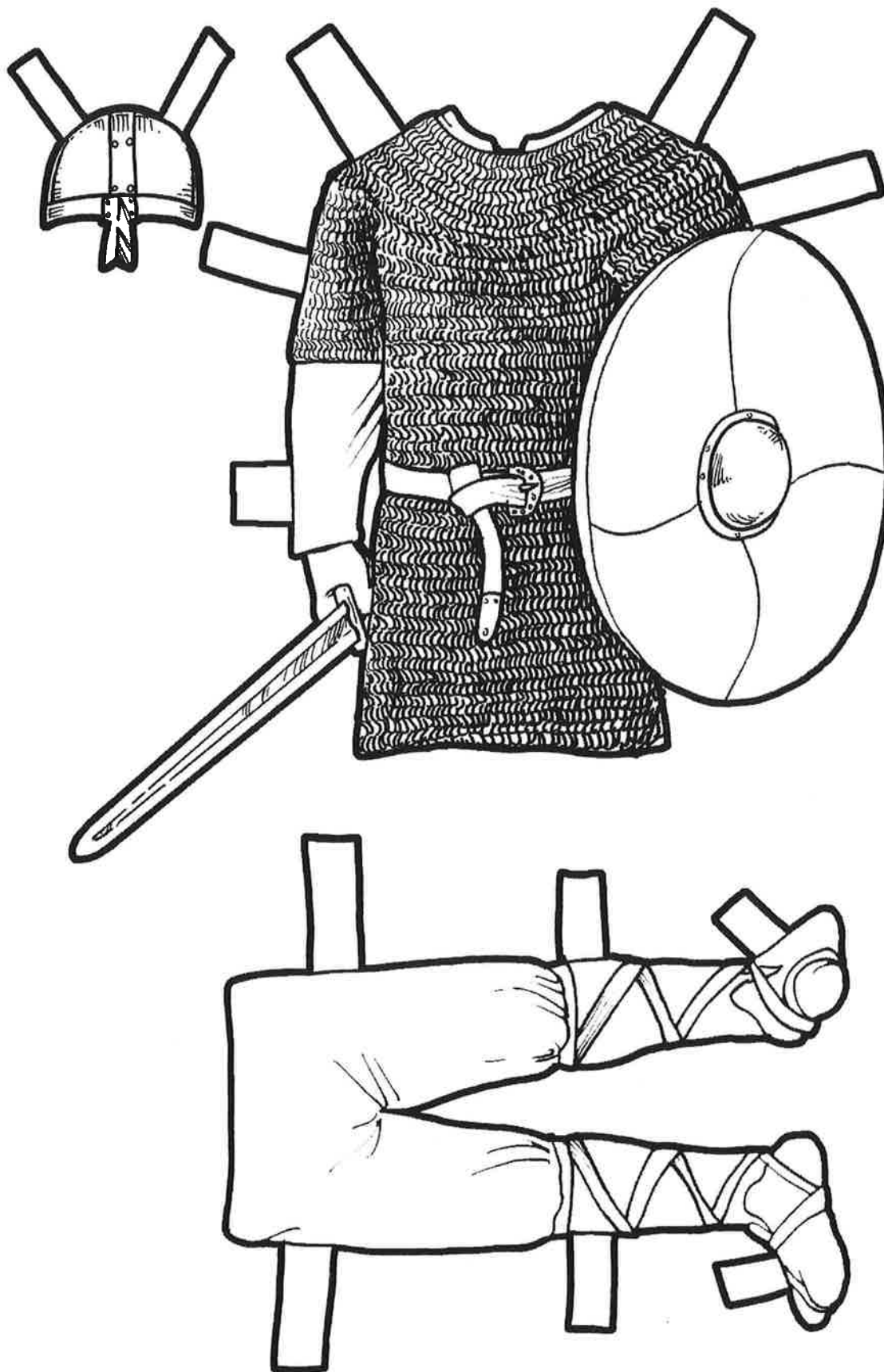
Write something about yourself:

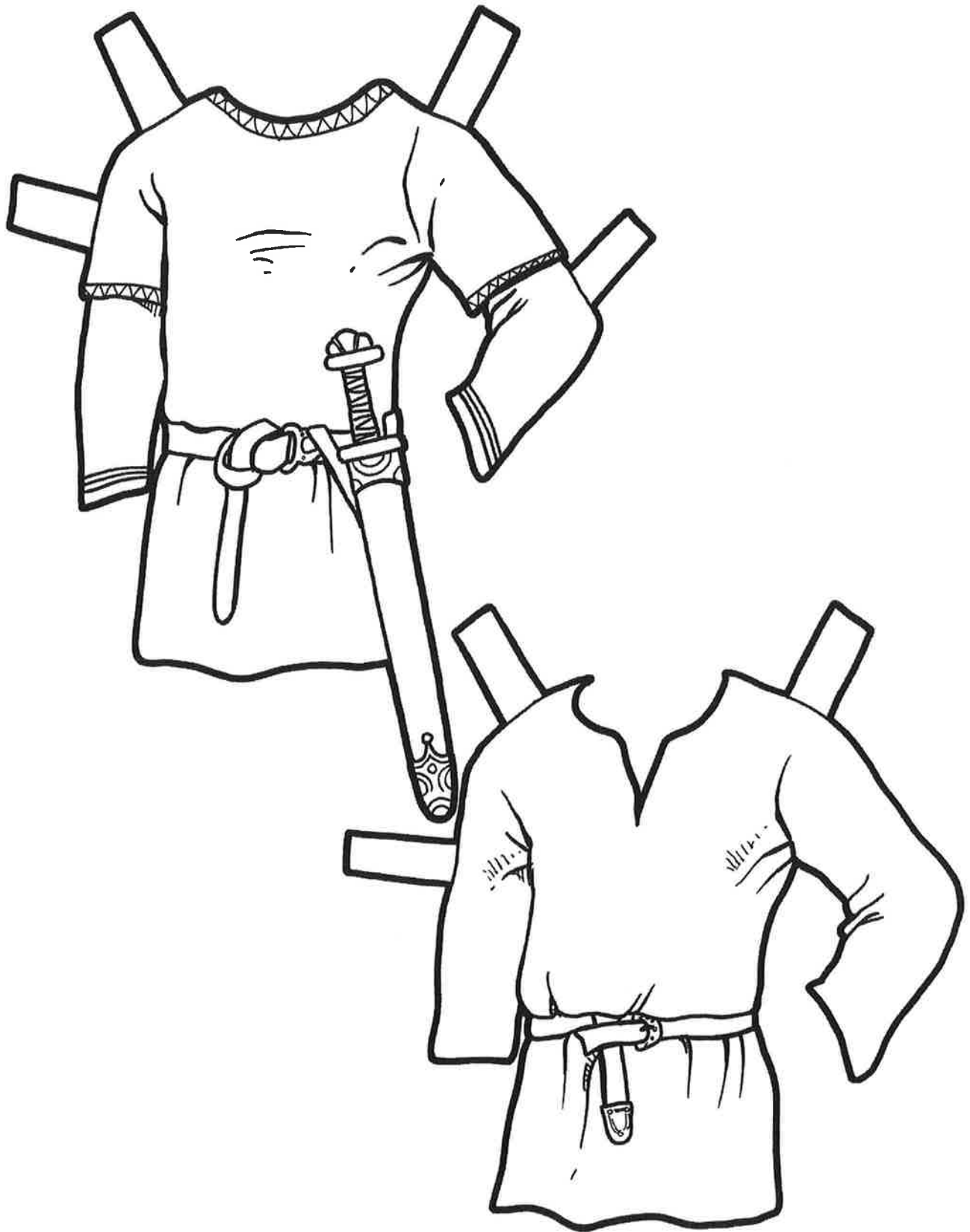
Now, translate it:

THE VMG ALPHABET



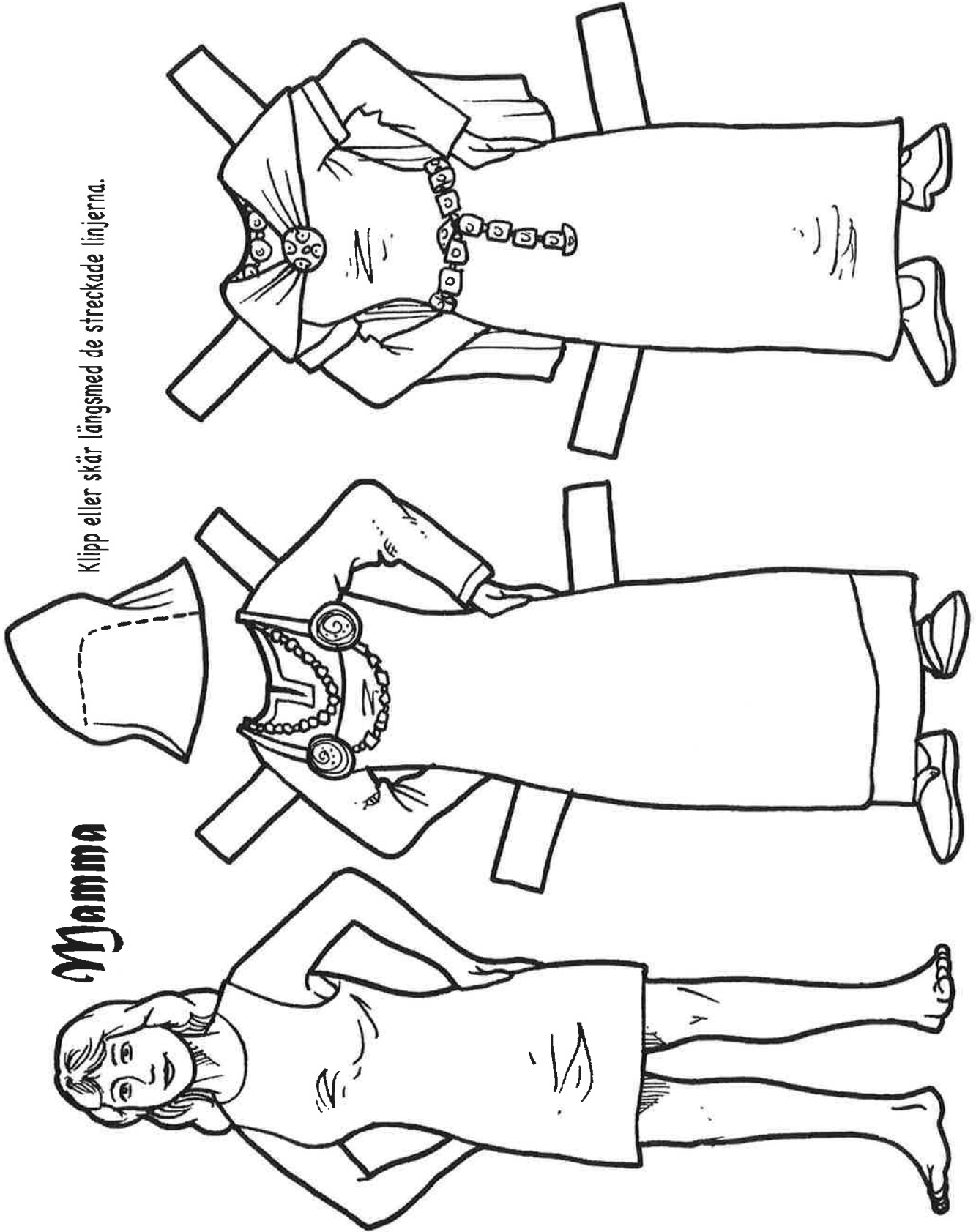




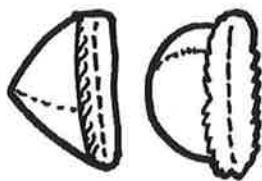
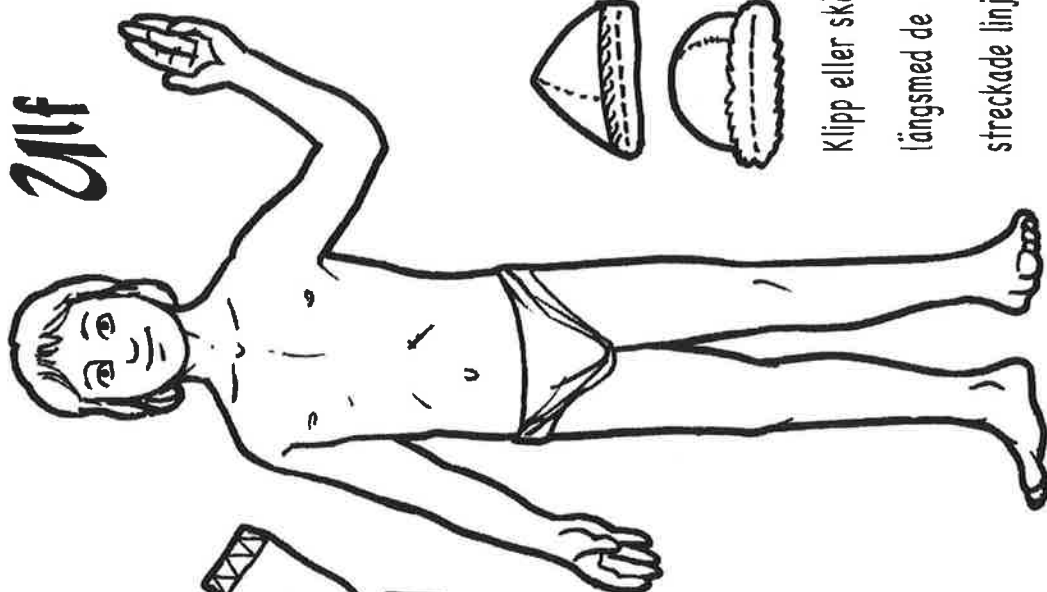


Mamma

Klipp eller skär längsmed de streckade linjerna.



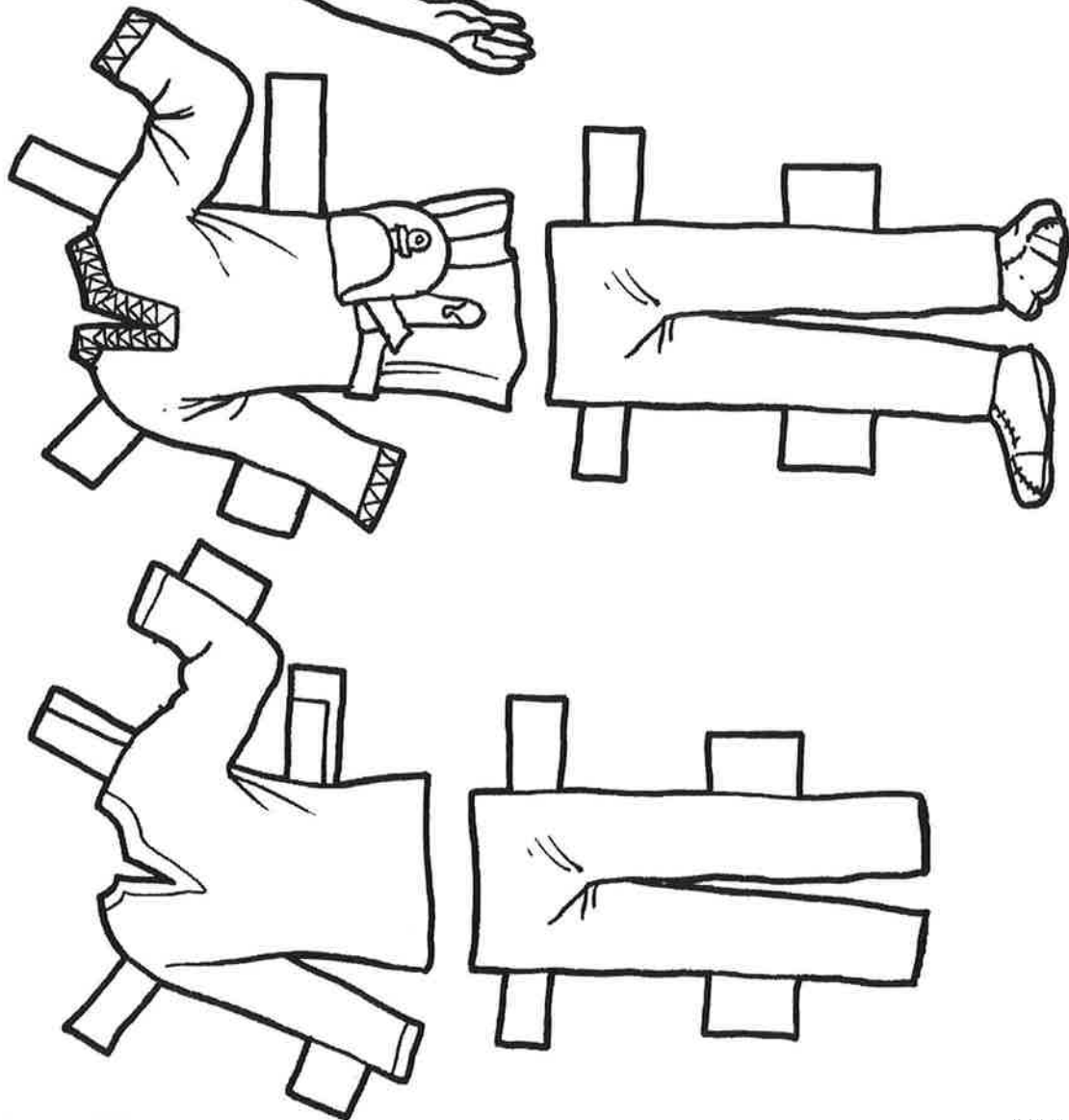
Zlf



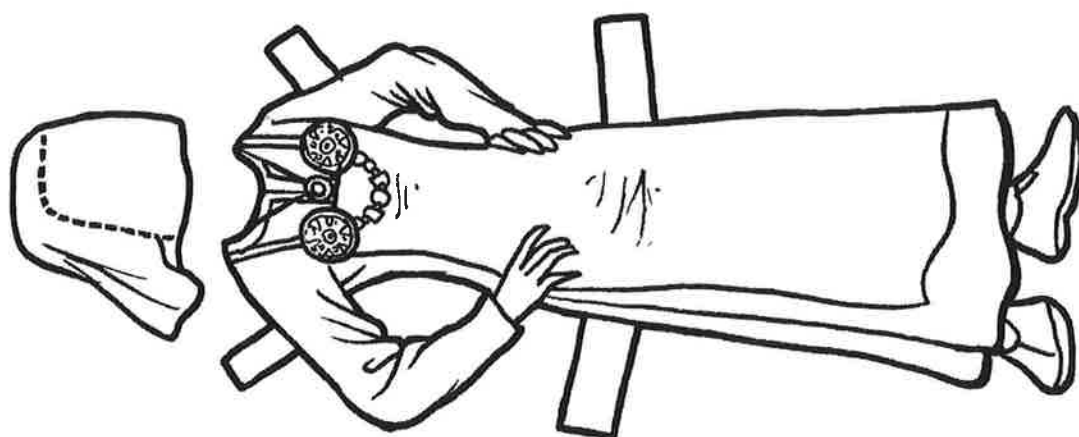
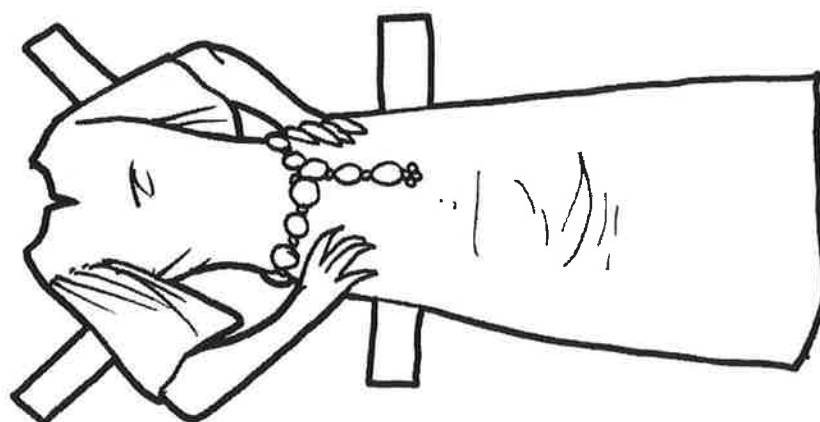
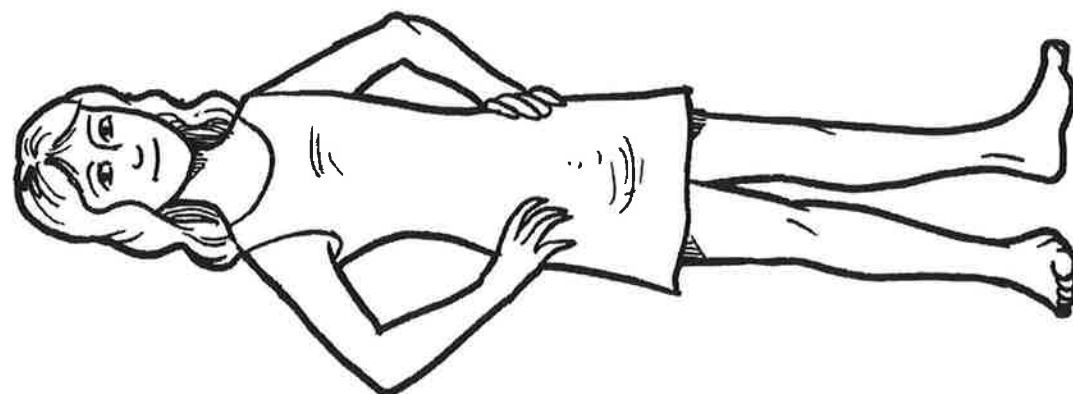
Klipp eller skär

längsmed de

streckade linjerna.



2

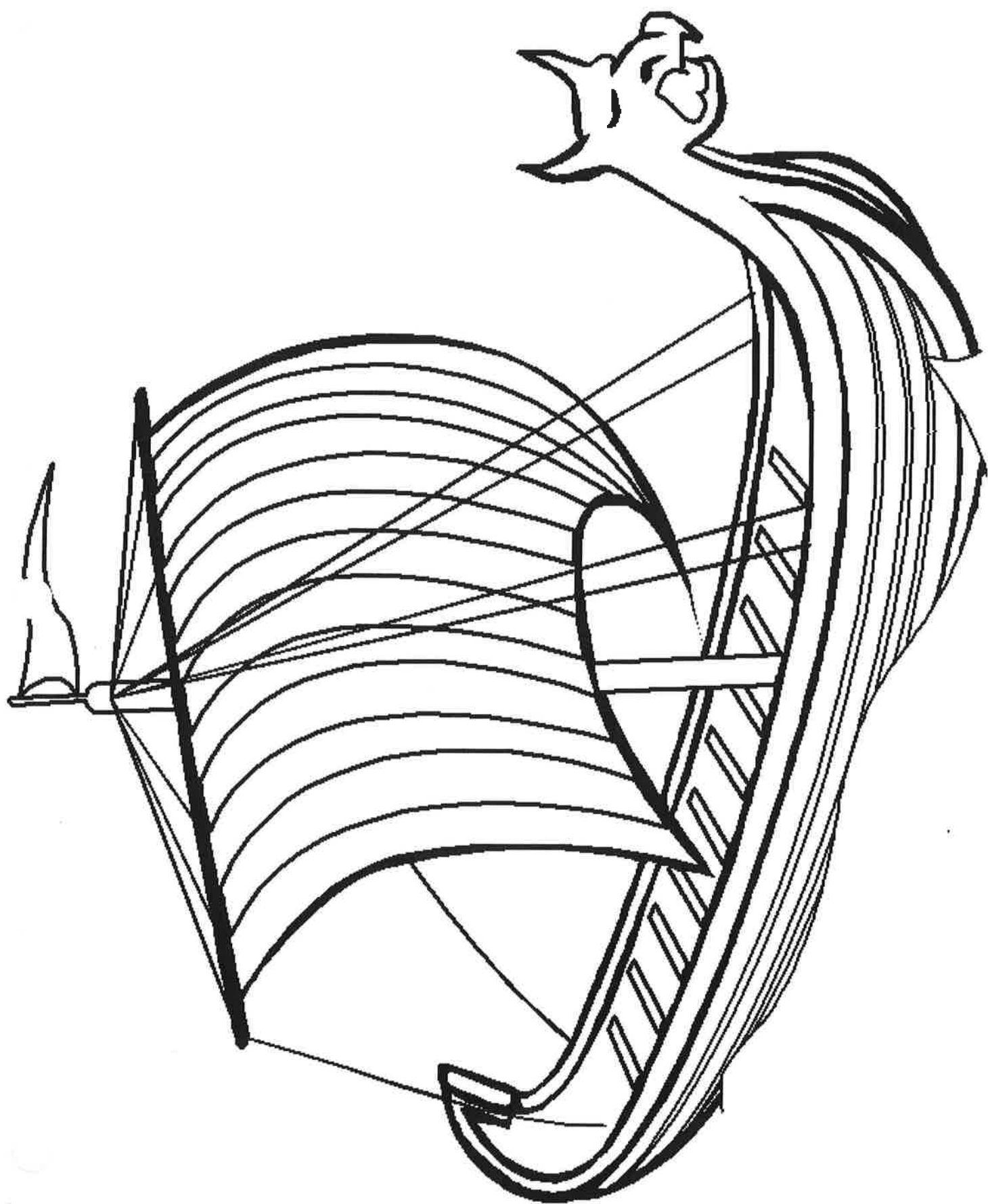


Klipp eller skär längsmed de streckade linjerna.

Odin

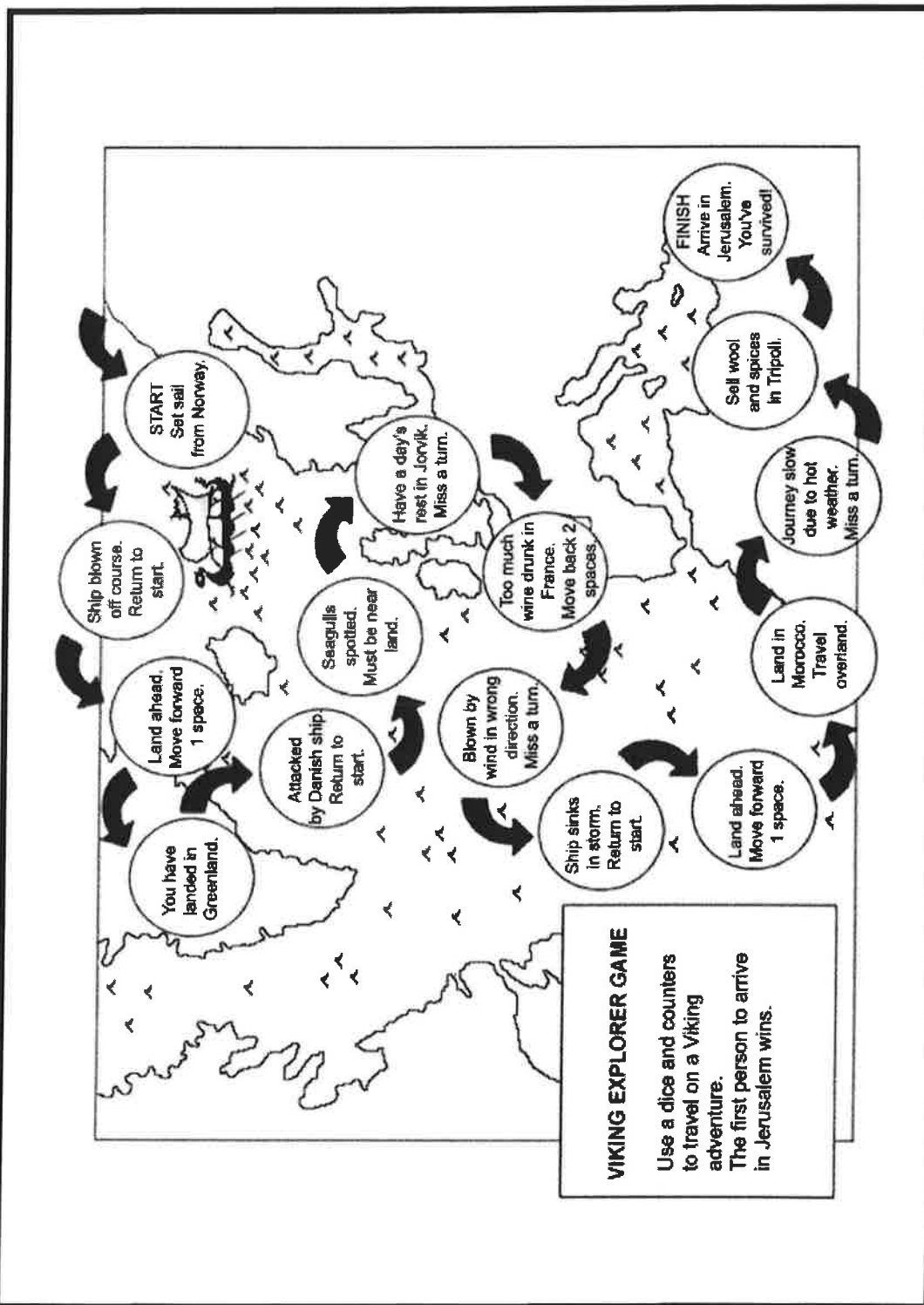


In Norse mythology, Odin was the king of Asgard, ruler of the Aesir and the lord of war, death and wisdom. He had three enchanted items: his spear (Gungnir), his golden ring (Draupnir) and his eight legged horse (Sleipnir).



Primary History

The Vikings: Explorer game





Smithsonian
National Museum of Natural History

THE EXHIBIT

VIKING VOYAGE

VIKINGS: THE NORTH ATLANTIC SAGA

LEARNING CENTER

HOME

GAME OF HNEFATAFL

(ALSO HNEFTAFL)

This is an old Norse game that is found in many Viking and Norse sites. It consists of a board (which can be cardboard or even paper) and game pieces. Students can make their own board and playing pieces and challenge each other to games until there are two champions of the class. The appendix includes a starting board layout and information on the game. The Old Norse played a lot of board and card games in the winter. Can you guess why?

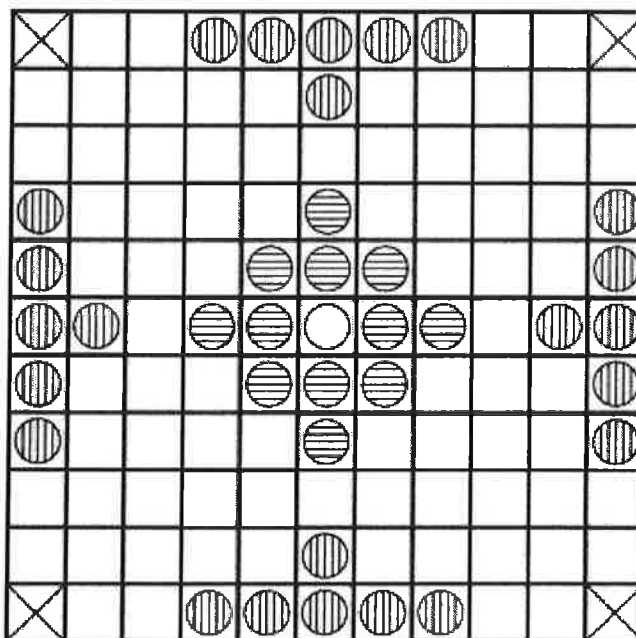
Hnefatafl (or hneftafl) [Nhev-eh-TAH-full] means the "king's board or game". It is older than chess and like chess is a game of strategy.

SET-UP: Hnefatafl simulates a Viking raid. The attackers are situated along the four sides, each side representing a ship. The king and the defenders are located in the middle of the board.

On the set-up diagram (above) attacking warriors are represented by the horizontal striped circles while the defenders are vertically striped. The king (in the middle) is represented by the dotted piece. There are twice as many attackers as defenders.

For our game, the attackers are made of antler disks, the defenders of glass drops, and the king is pewter.

The attackers' goal is to capture the king. The defenders goal is to help the king escape to safety. To win the battle, the attackers must trap the king so he can't move.



This can be done by surrounding the king on all four sides of the center square.

The king can also be trapped on three sides against the center square. Only the king can stay on the center square although another piece can move through it.

The defenders win when the king gets safely to one of the corners (king's squares).

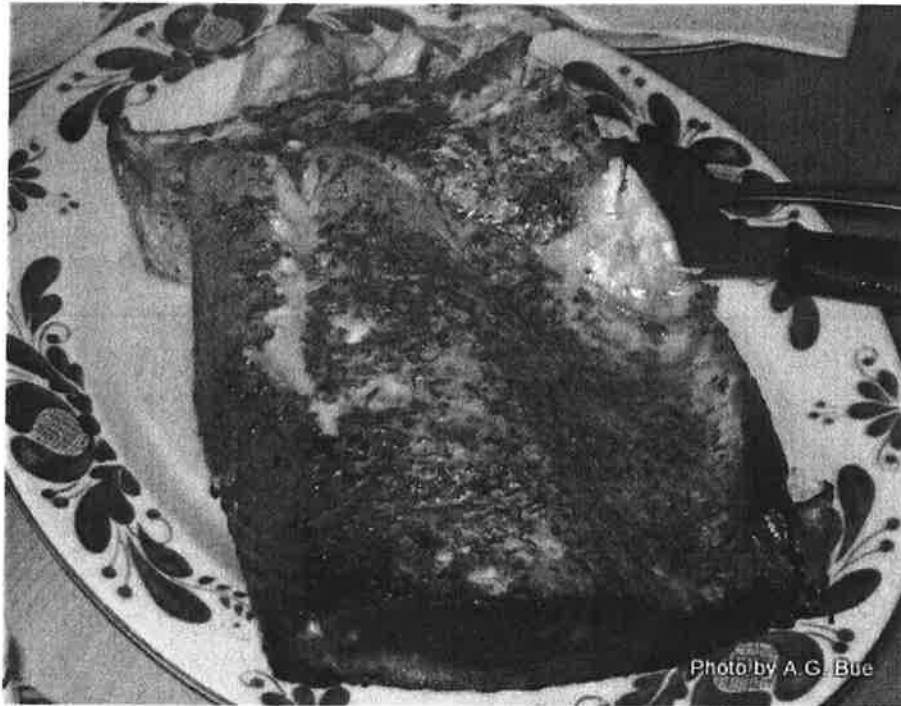
Players play only one piece at a turn.

All pieces move in straight lines, either vertically or horizontally - no diagonal moves permitted. You can move as many squares as you like but can't jump!

Only the king can move onto the king's squares, the center square and the corner squares.

You can eliminate a standing piece by sandwiching it between two opponents. You can also defeat a player piece by sandwiching it between a corner square and the opponent.

Foods of Norway



Fish is popular among the foods of Norway and **Grilled Salmon** (above) might be a favorite amongst many.

No surprise - there is an abundance of seafood found in the waters inside and surrounding the nation. The fishing industry is flourishing, so naturally, Norway is a large exporter of fish.

Learn more about Norwegian food...

Seafood is healthy; we do not seem to eat enough it. It is a well-known fact that salmon (laks in Norwegian) is a rich source of Omega 3 Fatty Acid, the healthy fat, which lowers our cholesterol.

No wonder that the Norwegian population is one of the healthiest in the world, according to the Norwegian Institute of Public Health. In Norway, it is quite common to eat fish three to four times a week.

Since fresh fish is good and plentiful in Norway, the people there have developed numerous delicious ways to prepare seafood.

More about foods of Norway...

They poach, grill, bake, fry, marinate, smoke, grind it, salt-and-dry it; just hang-it-up-to-dry; cure it in salt brine, pickle it in wine and spices and more. How about that?



Here are some weird facts about foods of Norway...

When the fish is salted and dried, it is called **Stock fish (klippfisk or kleppfisk)** in Norwegian (left) and that is the fish you use to make **Bacalao**.

In order to make lutefisk, the fish commonly used is cod, but other kinds of fish are also utilized. The fish is first soaked in lye, made of birch ash, and secondly, slowly dried and then you have... Love it or Leave it...**Lutefisk** (above right).



Seafood Bisque/Averøy Fiskesuppe

Seafood Dishes

- Fish Soup
- Seafood Bisque with Shrimp
- Savory Baked Salmon with Vegetables
- Healthy Poached Salmon with Dill Sauce
- Salmon Chowder
- Salmon in Lemony Lemon Sauce
- Marinated Salmon with Sherry Sauce
- Dill Marinated Salmon/Norwegian Gravlaks

Piquant Mustard Sauce

Smoked Salmon (Røkt Laks in Norwegian) - how delicious, and another popular choice from the many foods of Norway.



Breakfast is served

Sliced smoked salmon with an egg omelet and tomatoes)



Norwegian Smoked Salmon on Bagel

Norwegian Gravlaks is made from fresh or frozen salmon fillets. It is marinated in a dill mixture and served with Piquant Mustard Sauce.

Cod, "*the Beef of the Sea*", is definitely a Norwegian food because there is tons of cod fish in Norway. It is lean and mild in flavor, which lends itself well in many recipes. Norwegians eat lots of cod fish and other sea foods. That might be one of the reasons you'll see a lot of slender Norwegians running around. One whole cod fish has the same calorie content as one tiny, little sugar cube. HUH - Makes you think - right?

Try these Cod Fish Recipes...

Norwegian Bacalao, a delicious Cod Recipe

Cod Casserole

Cod Baked in Foil

Happy Cod

Cod and Broccoli

Fish Nuggets Norwegian Fiskeboller

Fish Patties/Fish Burgers

Caviar (Kaviar in Norwegian)

Lutefisk

Pickled Herring Recipes

Stewed Green Peas

Pickled Herring is herring (sild) fillets pickled in sweet-sour sauce; sour cream, wine sauce, in tomato sauce (tomatsild) and more.

Norwegian Caviar (Kaviar) is another delicacy. It is packaged in tubes so it is easy to keep fresh and also to use as sandwich spread and a tasty garnish on appetizers.

Fish Nuggets/Fiskeboller are exported all over the world. They are also available fresh in Norwegian super markets, but they can easily be made from white fish in your own kitchen.



This might come as a surprise to you - Norwegians do not only eat fish... They eat beef, pork, lamb, chicken, turkey, venison and more. You will find wonderful roasts baking; soups and stews simmering and chicken grilling in Norwegian kitchens.

So, do you believe you would go hungry if you visit Norway? Will you be asking for hamburgers or might you try some of the delicious Foods of Norway?

By the way, they have **hamburgers**, just in case you "get lonely" for American food.

You will also find hot dogs in buns or *varme polser i lumper*, which are hot dogs (wrapped in potato cakes) with a Norwegian accent.

Last, but not least, one of the favorite foods of Norway is Blotkake.

On your birthday you can count on having Blotkake, most likely with whipped cream all over it or maybe your birthday cake will be covered with marzipan (marsipan.) YUM YUM



Blotkake Birthday Cake

Naturally, one of the "funnest" part of a birthday party for kids is the birthday cake. Norwegian bløtkake is usually covered with tons of whipped cream and topped with berries, which seem to be perfect for little girls and boys.

Create a Cookbook

Materials Needed

1. Recipe example page (attached)
2. Copy paper or college rule paper
3. Construction paper
4. Pencils, markers, color crayons



Procedure

1. Have student's research traditional foods eaten in the country you are studying.
2. Have each student select 2-4 different recipes
3. Students will create a page for each recipe
4. Students will create a cookbook with their recipes written inside
5. Students can present to whole class or in pairs

Creating a Cookbook

1. Make a cover using construction paper
 - a. Allow students to decorate
2. Bind recipes together with cover sheet on top
 - a. Glue, staple, tie with yarn, tape, etc.



Sample Recipe Format

Name of Recipe: _____

Ingredients

1. _____
2. _____
3. _____
4. _____
5. _____



Cooking Directions

Name of Recipe: _____

Ingredients

6. _____
7. _____
8. _____
9. _____
10. _____



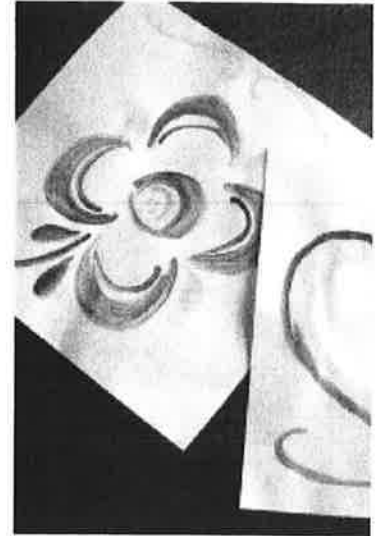
Cooking Directions



Scandinavian Tiles

by Sarah Lipoff

These paper Scandinavian tiles are simple to create, and they make a beautiful, unique keepsake. Plus, they give your child a chance to learn about Rosemaling—a popular form of folk art from Norway and Sweden, which focuses on the delicate curving lines of flowers. You'll keep your child entertained as she explores Scandinavian history and experiments with color and patterning.



What You Need:

- White drawing paper
- Ruler
- Scissors
- Pencil
- Tempera paint
- Paintbrushes

What You Do:

1. Start by looking at examples of Rosemaling online; point out the curving lines that the artists use, which is very traditional to Scandinavian tiles. You may want to print out an example for her to use as inspiration while she's working.
2. Help your child get started by using a ruler to measure and then cut a 4" x 4" square of white paper. Encourage her to use a pencil to lightly sketch out some simple flower shapes, designs, and swirls.
3. Once she's completed her sketch, urge her to select three of her favorite colors of tempera paint to use to decorate the paper Scandinavian tile.
4. Then, she can begin painting the tile. Encourage her to work slowly and think carefully about her color placement within the painting, so that no two colors are right next to each other.
5. After the paint has dried, she can add accents and outlines to the painting using a small fine brush and black tempera paint.

Once she's finished, she can create more Rosemaling tiles! If she wants a unique room decoration, consider making color copies of her paper tiles (or use the real thing), and place them around her room as a pretty border.



MAKE YOUR OWN:

Norwegian Rosemaling

BACKGROUND:

Rosemaling means "decorative painting" in Norwegian and is used to describe the form of folk art that originated in rural Norway. This type of painting has been used since the mid 1700's to decorate home interiors, trunks, bowls, cabinets and other furniture. Rosemaling is characterized by stylized flowers and scrolls, made by blended paint colors.

MATERIALS:

Rosemaling template
Paint (poster paint or acrylic paint will work)
Paint brush

INSTRUCTIONS:

Print out the step-by-step instructions and rosemaling templates to practice your painting technique. Layering the paint colors is key. Once you feel more confident, try painting a more intricate design like the one on page 3.

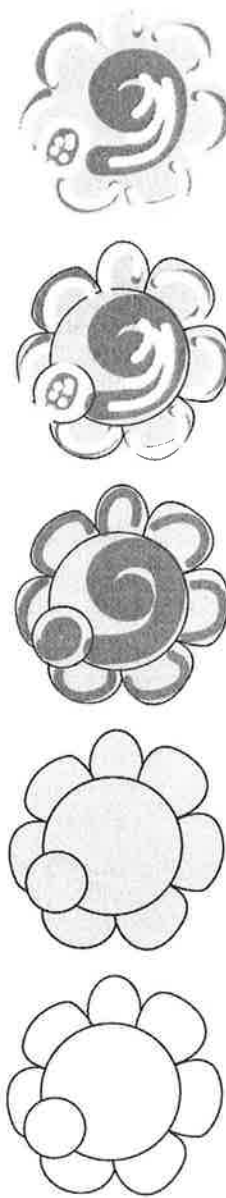
TO MAKE A LEAF:



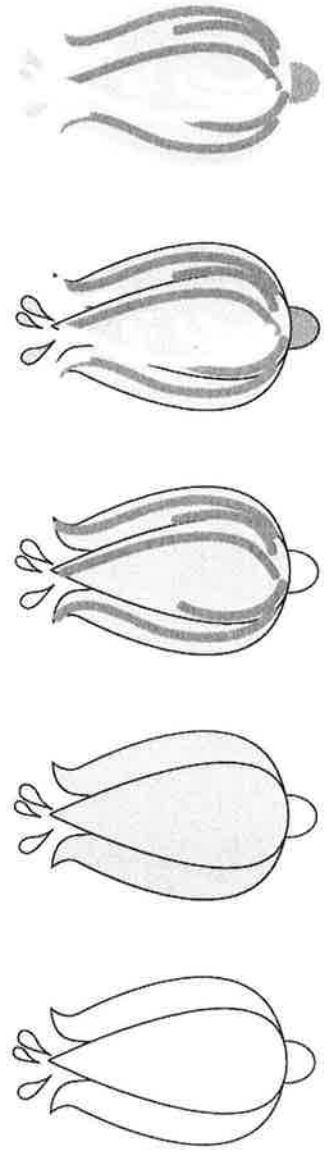
TO MAKE FLOWER #1:

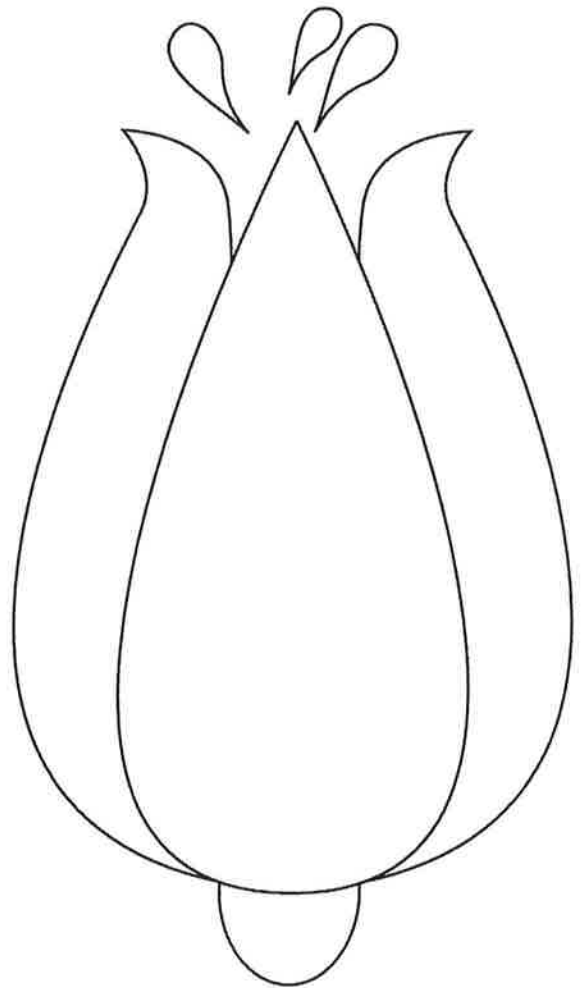
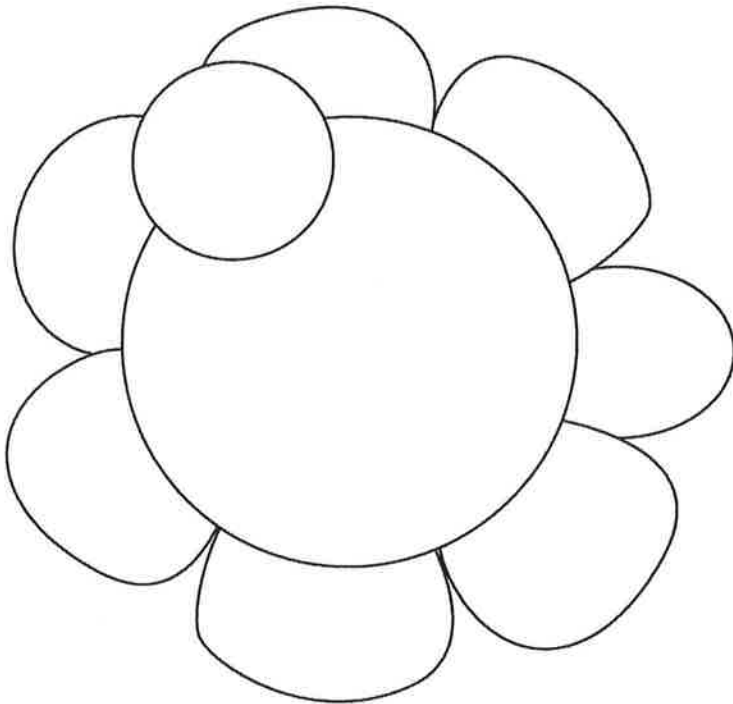
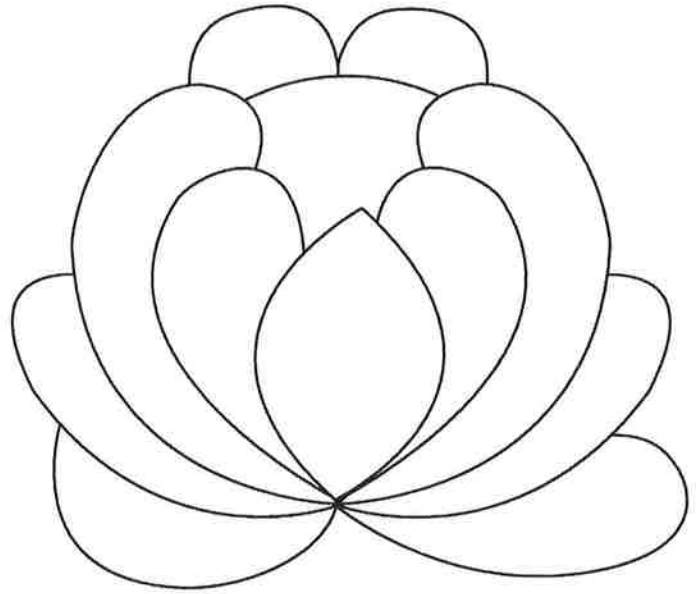
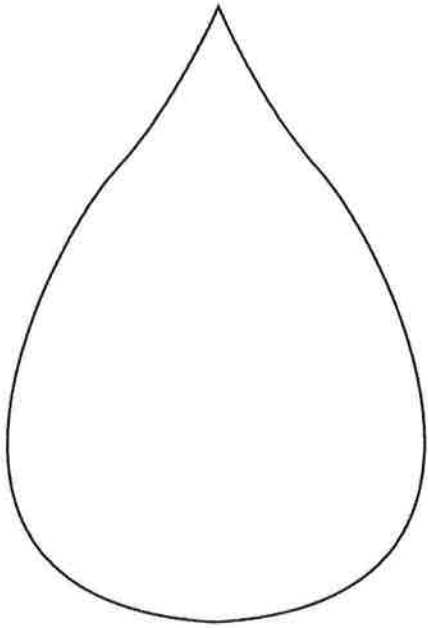


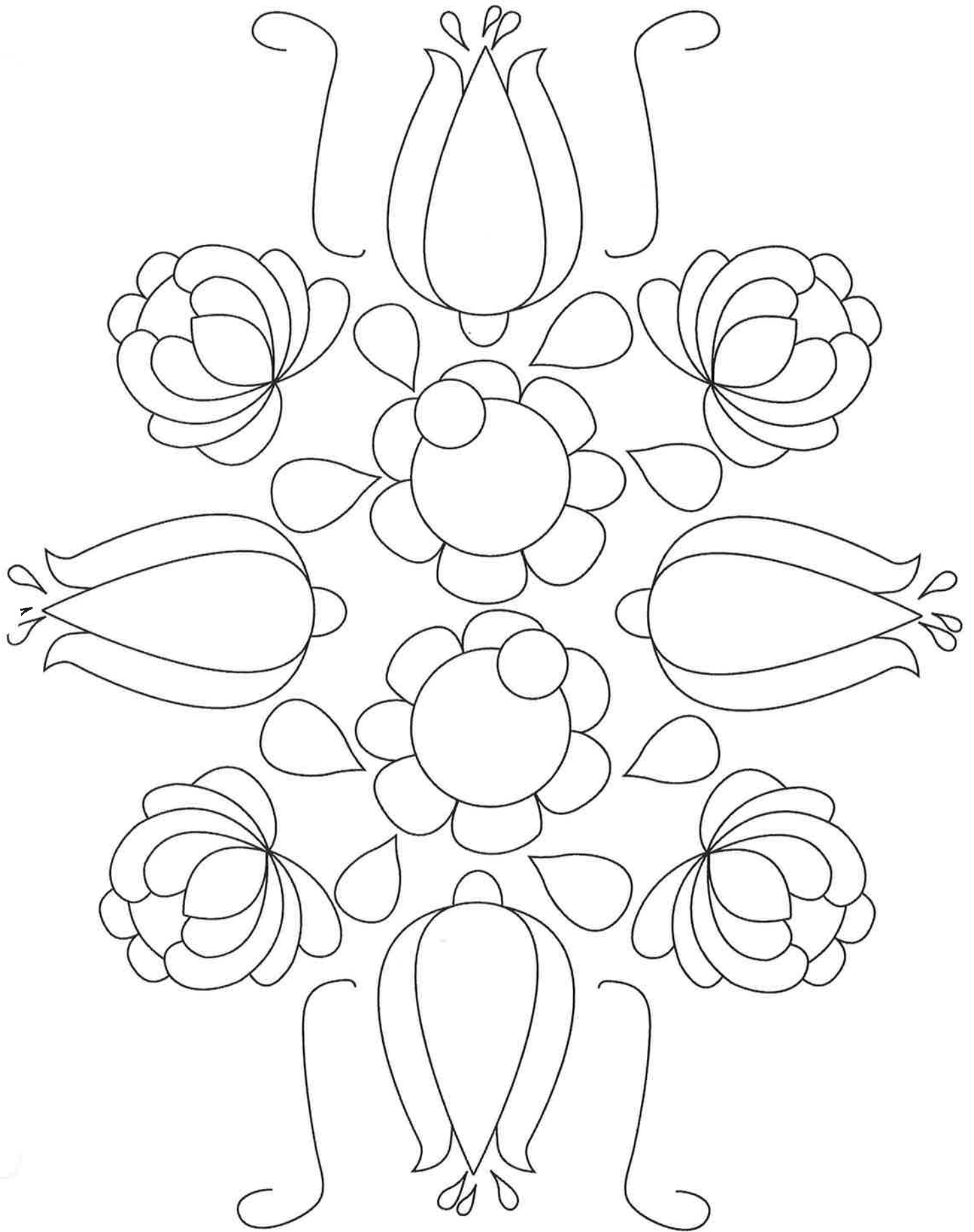
TO MAKE FLOWER #2:



TO MAKE FLOWER #3:







You'll need

Printed and cut template pieces

Sparkle white felt

Light blue felt

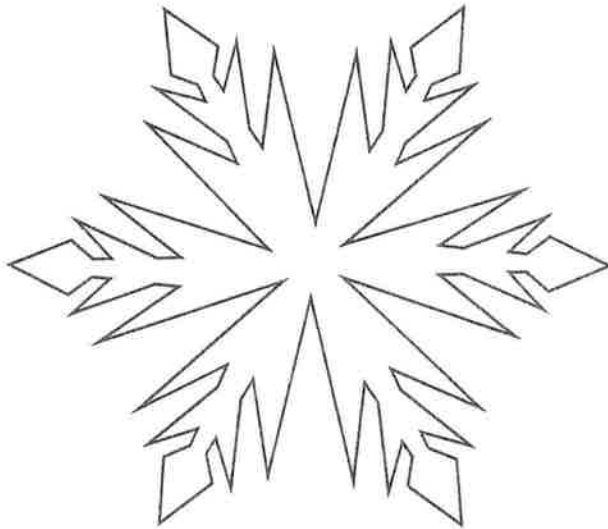
Aqua blue felt

1 Pink fashion gem

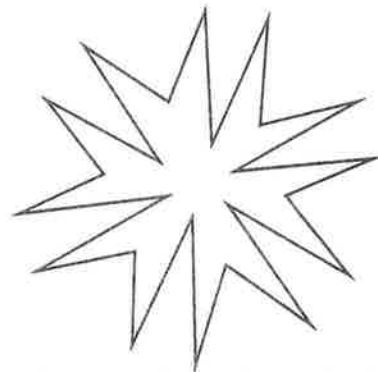
Hot glue or craft glue (hot glue should be used by adults only)

Scissors

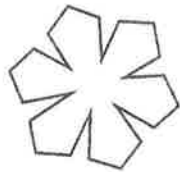
Light and dark colored pencils (for tracing)



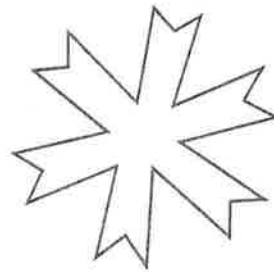
snowflake - sparkle white felt



medium snowflake - light blue felt



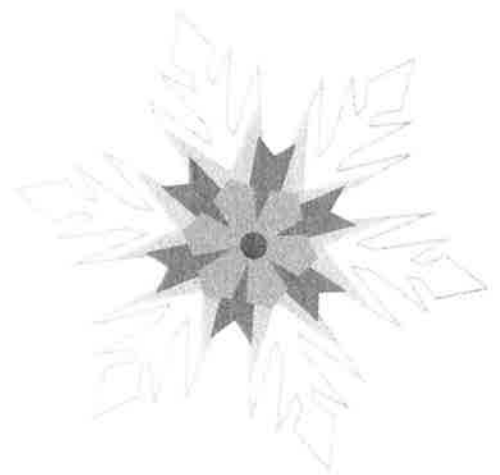
center snowflake - light blue felt



small snowflake - aqua blue felt

Instructions

Trace the template pieces onto their designated felt color. Cut out the felt pieces and glue them together using the image as a guide. Attach 1 pink fashion gem to the very center. Cut a piece of felt 1 1/2 inches long and form a loop. Glue it to the back of the ornament. You can attach a tree hook or ribbon through the loop and hang the ornament from a holiday tree.



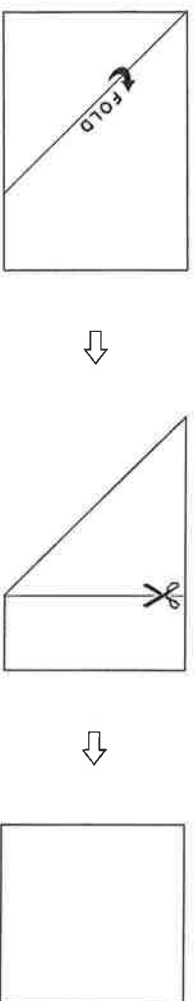
MAKE PAPER SNOWFLAKES

YOU WILL NEED:

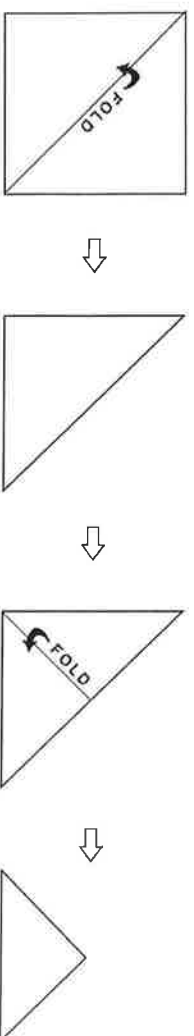
✂ PAPER

✂ SCISSORS AND THE HELP OF AN ADULT

1. FOLD OVER ONE OF THE PAPER'S EDGES AND CUT OFF THE EXTRA PART TO MAKE A SQUARE.



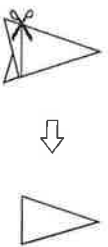
2. FOLD YOUR SQUARE IN HALF DIAGONALLY TO MAKE A TRIANGLE, THEN FOLD IN HALF AGAIN TO MAKE A SMALLER TRIANGLE.



3. FOLD THE TRIANGLE IN THIRDS WITH ONE SIDE TO THE BACK AND THE OTHER SIDE TO THE FRONT.



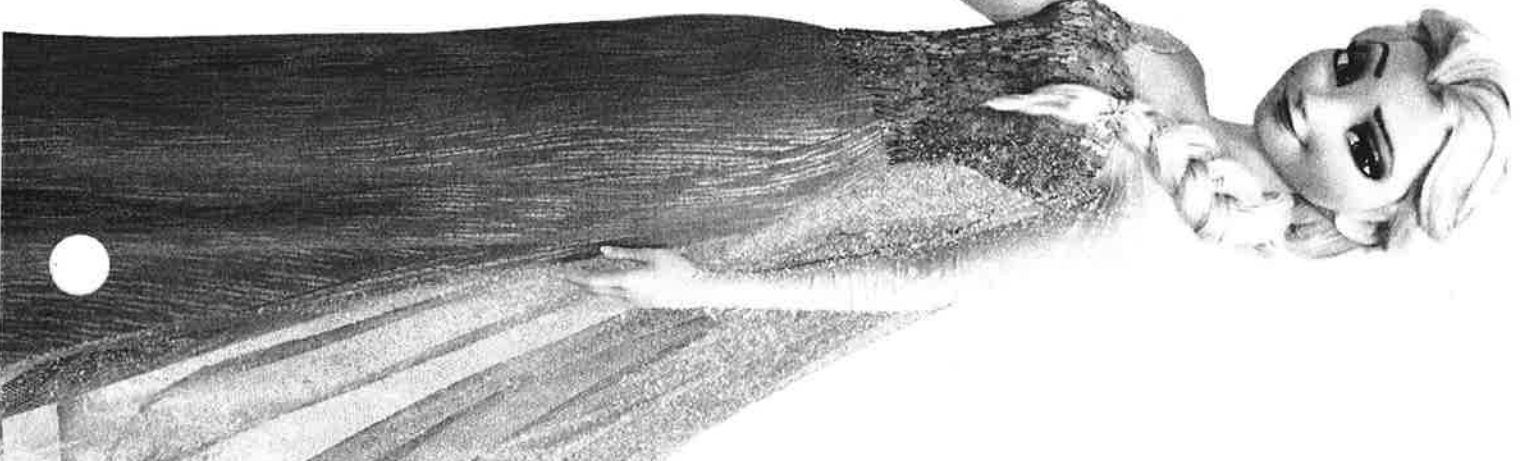
4. CUT THE EDGES OFF THE BOTTOM.



5. AROUND THE OUTSIDE EDGES OF YOUR TRIANGLE, HAVE AN ADULT CUT SHAPES (CIRCLES, SQUARES, TRIANGLES, SQUIGGLES, ETC.) OR TRY TO FOLLOW ONE OF THE TEMPLATES. ONCE THE CUTTING IS DONE, CAREFULLY UNFOLD YOUR CREATION.



TIP: A. D CUTTING ALL THE WAY ACROSS THE TRIANGLE!

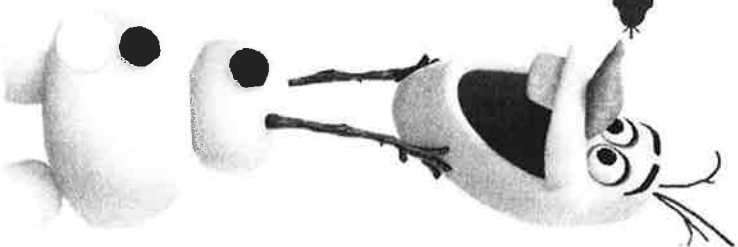
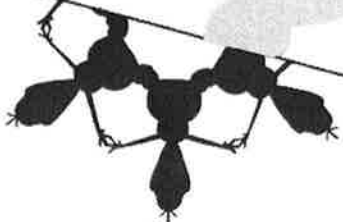




FROZEN

IN THEATRES NOVEMBER 27

PAPER SNOWFLAKES TEMPLATES



Elsa and Anna's Norwegian-Inspired Heart Basket



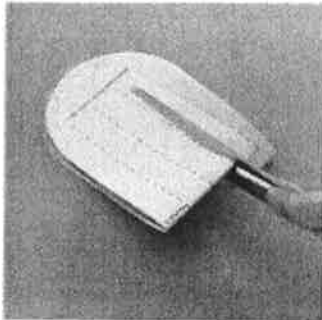
Frozen-inspired heart basket is a beautiful symbol of the love the two sisters share. Create your own heart as gifts and spread the *Frozen* love!

Time: 30 minutes

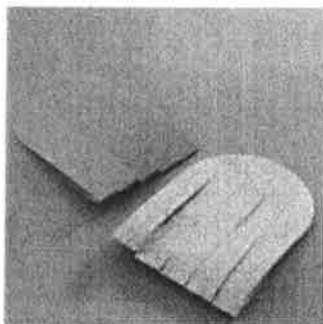
What You'll Need

- Scissors
- 2 shades of scrapbook paper
- Ribbon
- Clear tap
- Tiny purple flower stickers
- Heart-shaped faux gems or sequin
- Paper doily
- Glue stick

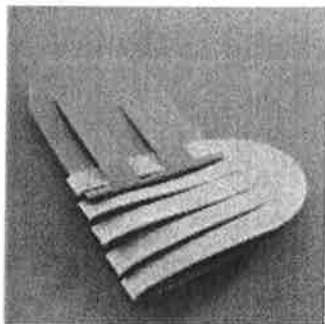
How To Make It



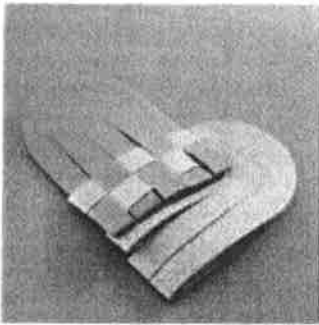
1. Print the template and use the pieces as patterns for cutting out the shapes from the two shades of paper. Fold each of the colored cutouts in half with the template piece on top, as shown, and cut along the dotted lines.



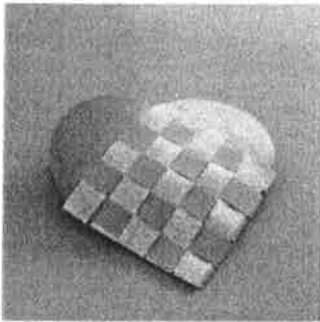
2. Remove the templates but keep the colored cutouts folded. Position them at right angles to each other with the rounded edges at the top.



3. To start weaving the basket, begin with the upper strip of the right half of the heart (in this case, the blue half), alternately slipping it over and through the strips of the left (purple) half of the heart.



4. Next, weave the second strip of the right half, this time first slipping it through and then over the strips of the left half.



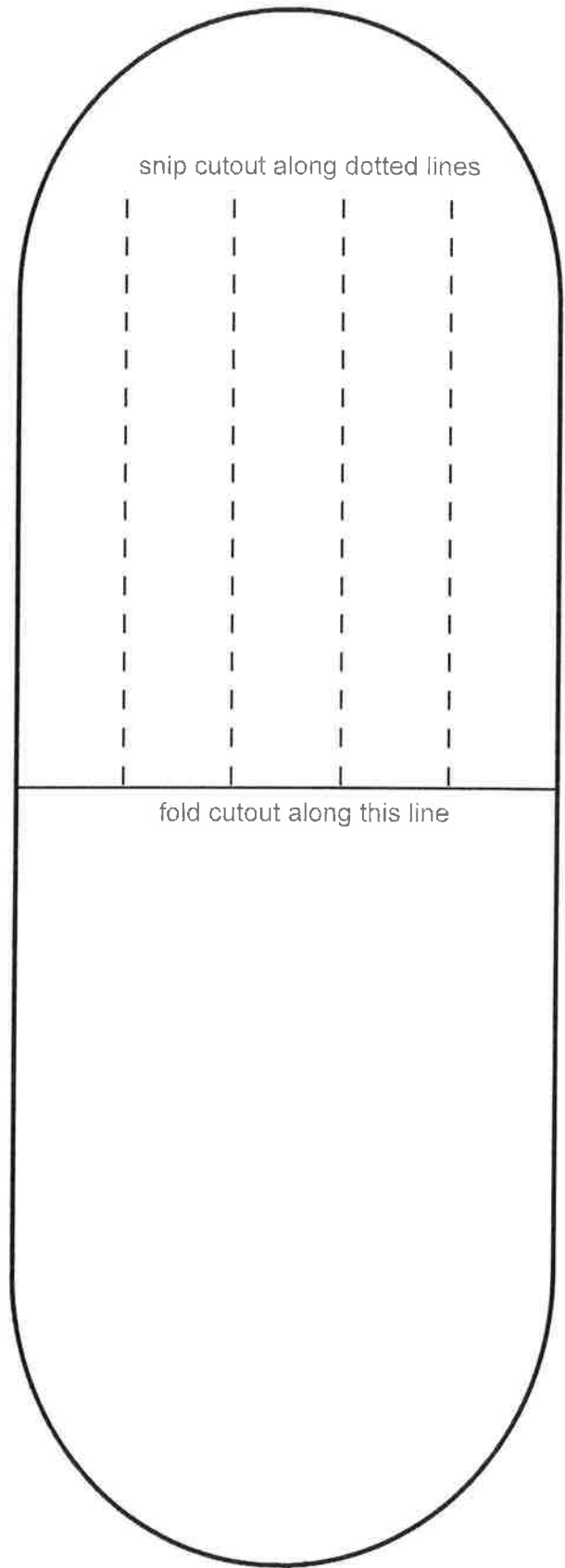
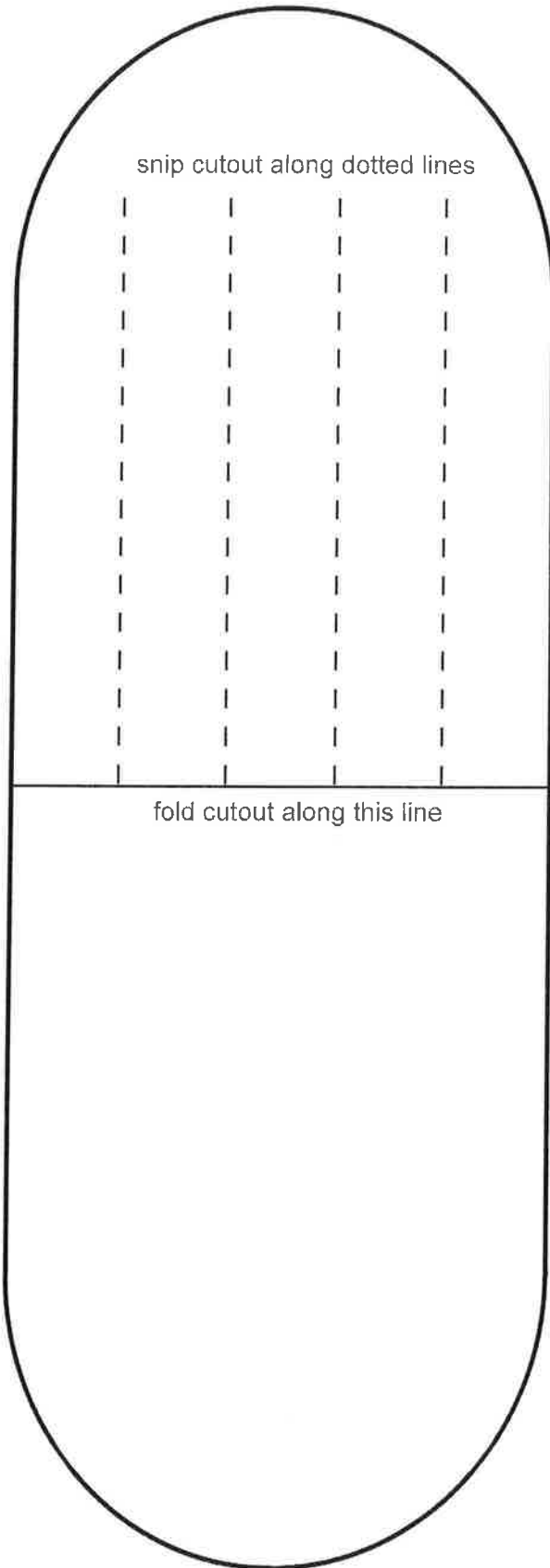
5. Continue weaving the strips in this manner, sliding the rows toward the center as you go, until you've completed the heart.

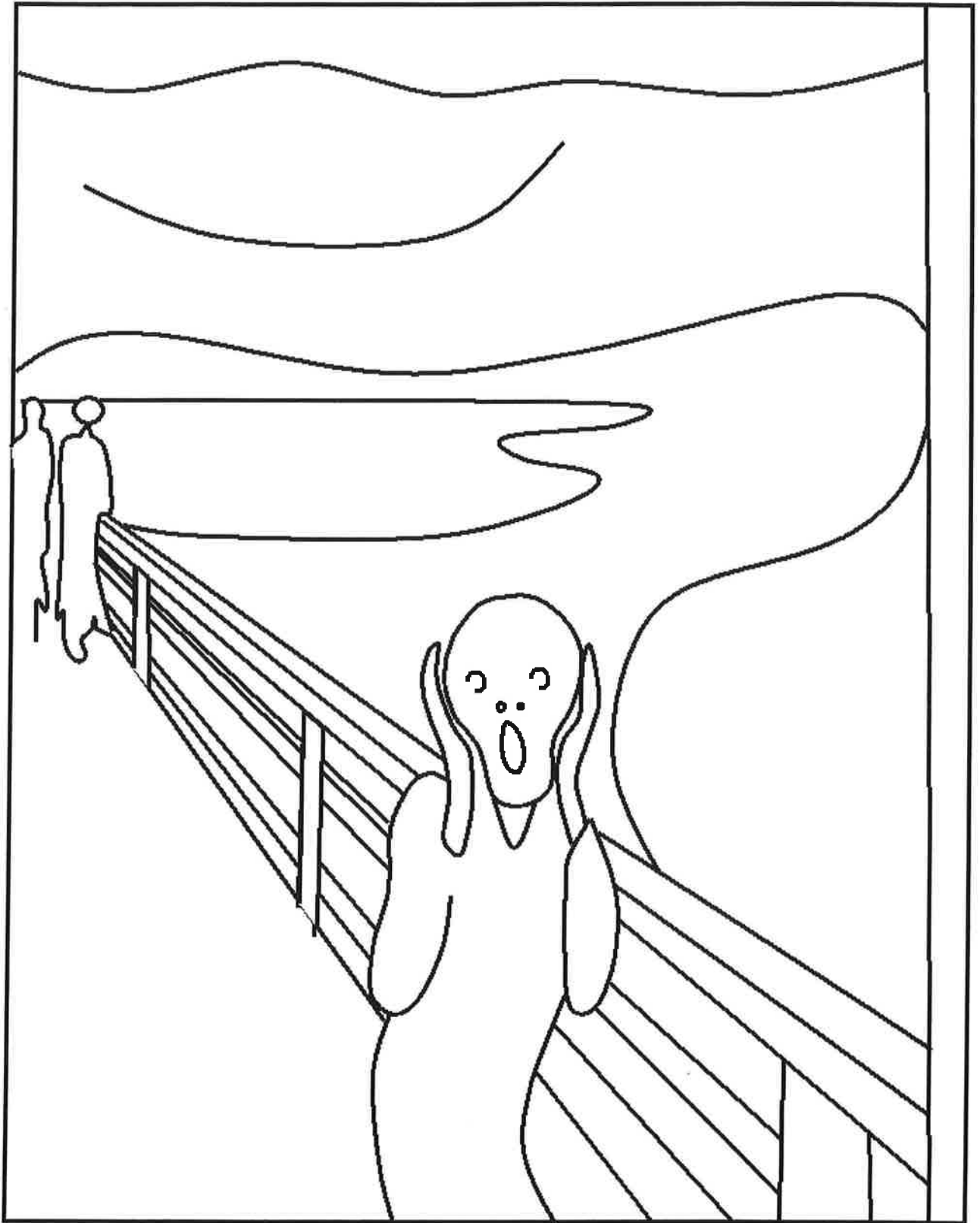
6. For the basket handle, knot the ends of a short length of ribbon, and tape the knots to the inside of the basket.

7. Now it's time to decorate the basket with flower stickers, heart-shaped faux gems or sequin, and mini snowflakes (cut from the lacy pattern of a paper doily).



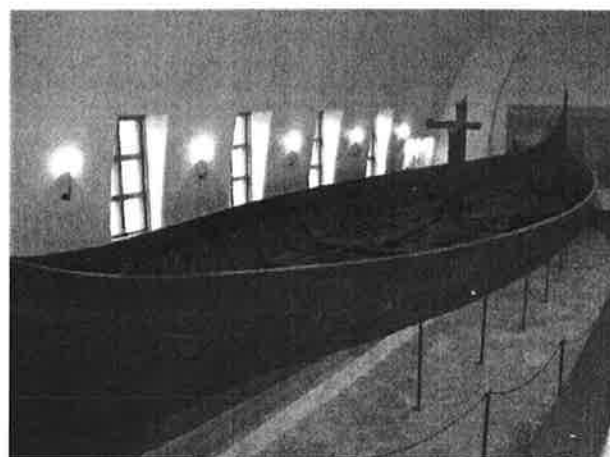
Norwegian Heart Basket Template





Edvard Munch's, The Scream painted in 1893

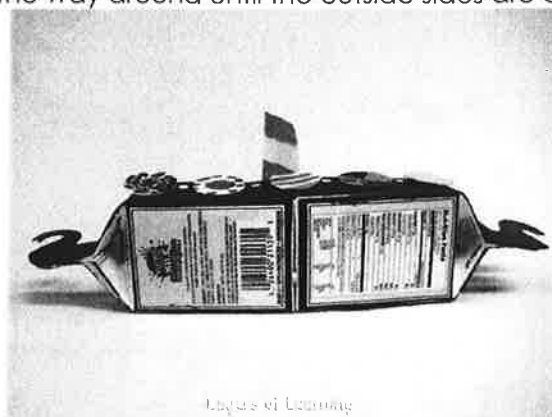
Viking Ship Craft



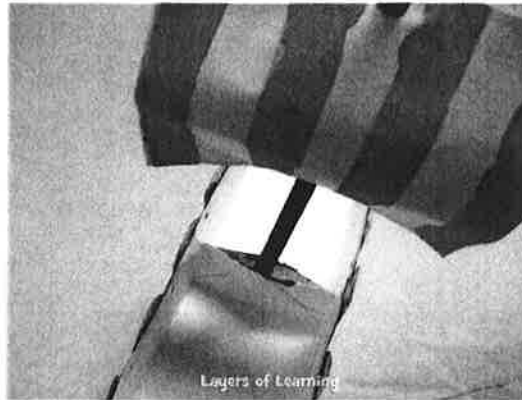
You'll need:

- two milk cartons, smallish
- ruler, pen
- masking tape
- paint, we used tempera, and brushes
- a straw
- paper, plain white printer

1. Start with two milk cartons. We used one pint size, but the school milk size would work as well. Draw a line about one inch down all the way around the milk carton and cut your carton down. We just used one ruler width from the top of the carton, with the carton turned on its side, to make it simple.
2. Now use the other side of the milk carton, the part you cut off, to trace out the prow and stern of the ship. We made ours look (sort of) like a dragon head and tail.
3. Now use masking tape to completely cover a straw (this will make it stronger and paintable).
4. Tape the straw to the flat bottom side of one of the cut down milk cartons and then use masking tape to completely surround your milk carton with tape, strapping it all the way around the boat. This will hold the two halves of your boat together, pinching the mast between them, attach your prow and stern, and again, make a paintable surface. Do another layer of tape, overlapping the first. Keep strapping the entire boat, all the way around until the outside sides are completely covered with tape.



Here is a view of the bottom of the ship so you can see how the two milk cartons fit together.



Here you can see how the mast is sandwiched between the two cartons.

5. Now paint your boat any way you like.
6. Cut out small circles from the left over bits of your milk carton to make shields to hang on the sides. Paint them as well.
7. Make oars. We used craft sticks that Tim just carved with a pocket knife. You could also use wooden skewers with a paddle made from masking tape, tape on a rectangle piece and trim to shape with scissors.
8. Make a sail. We used a plain piece of white paper, cut to size, one side covered with masking tape, to make it stronger. Then we painted our sail.
9. After all the paint has dried use a hole puncher to make a place for the mast to poke through the sail, or if you like get fancier and make cross trees and tie your sail on in a more authentic manner.
10. Use a hole puncher to make oarlocks.
11. Tape or glue your shields along the sides.





Prep

- Music (track 12 on *SPARK MS Music CD*) and player
- *Norwegian Polka Jigsaw Cards* (SPARKfamily.org)
- *Norwegian Polka Demo Video* and player (SPARKfamily.org)



Set

- Begin using *Beat It! Poco Loco* as an *ASAP*.
- Form groups of 2 pairs (4 total) to use for 2-part Jigsaw



Teach

1. During *The Norwegian Polka*, you will be learning a folk dance called *Strekkbukse Polka*. *Strekkbukse* means stirrup pants. Does this sound like a very old folk dance? In which decade were stirrup pants popular? (The 1950s)
2. To make this dance easier to pronounce and remember, we will call it *The Norwegian Polka*. This is what it looks like. (*Demo or show clip.*)
3. Turn to your group members. This is your Jigsaw group. There are 2 pairs in this group. Number each pair 1 and 2. Each pair of the Jigsaw Group will join a separate Learning Group to learn the moves to just 1 part of *The Norwegian Polka*. All Number 1 Pairs will learn the "Kick and Kick Turn," the 2s will learn "The Gallops."
4. After learning your moves with your partner, you will rejoin your Jigsaw Group and teach the other pair the part you learned. (*Create 1 or 2 Learning Stations for each number, depending on your class size.*)
5. You have 5 minutes in your Learning Groups to learn your part of *The Norwegian Polka*.
6. On signal, find your Jigsaw Group and teach each other the parts. The order is:
 - a. "Kick Turns"
 - b. "Gallops"
 - c. Repeat all
7. Practice until your dance is smooth like the demo. (*Allow time for Jigsaw groups to teach each other their parts, then practice the entire dance.*)
8. Now let's do *The Norwegian Polka* together. (*Do dance 1 or 2 times as time allows.*)
9. (*Because this is a fairly easy dance to learn, if you have extra time, review as many dances as you can. Rotate partners for partner dances, and rotate positions.*)
10. **Challenges**
 - How sharp can you make the 180° kick-turns?
 - How vigorous can you make your gallops?
 - Can you do all the moves to the beat of the music?
11. **Think about...**
 - Are the dances we learned earlier getting easier to remember? Why? Why not?
 - Is this folk dance a moderate or vigorous physical activity? Explain.

THE NORWEGIAN POLKA JIGSAW

4-35

EXTENSIONS



Heart Rate

Do this folk dance 2X in a row and check your heart rate. Are you in your target zone?



Turns

Add turns on the gallops. On the first 2 gallops go straight forward, and on the last 2, ladies gallop-turn clockwise as they travel forward (turning away from their partners).

(If students do well with that...) Now let's have the gentlemen gallop-turn counter-clockwise on the first 2 gallops. "He goes, she goes."



GLOBAL INTEGRATION

The word polka comes from the Czech word *pulka*, which means little half. It's *not* a word meant to describe getting cheated when you and a friend split a pizza. It refers to the short half-steps that are commonly featured in polka dances. Likewise, Norway is considered a Nordic country. Nordic comes from the French term "*Pays Nordiques*" or "the northern lands." So, you've just learned, "the little half steps from the northern lands!" Plus, you're well prepared for that next round of *Trivial Pursuit*!



STANDARDS ADDRESSED

NASPE

#1, 2 Rhythm and dance skills

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges, appreciation of diversity

Your State (Write in here)



TEACHING TIPS

- Help students if they are having difficulty teaching their moves in the Jigsaw Groups.
- If you have a microphone and can talk over the music, call out the moves as they come. Talk in a rhythmic fashion (*i.e. kick-and-kick-turn; gallop left, gallop right, gallop left, gallop right*). This helps students remember what to do!

NOTES
