

Celebrating St. Lucia

Teach your children about St. Lucia, the Scandinavian Festival of Light. BY ANYA BRITZIUS

Next month, on Dec. 13, Scandinavians will honor the legend of St. Lucia, a young martyr known for her love and kindness. The day represents the start of the Christmas season and centers around faith, hope and light. Many families celebrate St. Lucia Day in their homes, while schools and churches have annual St. Lucia pageants. Kids can dress up for the holiday — girls wear white gowns and a crown of candles while boys don cone-shaped hats with silver stars — and the entire family can join in the fun!



Fun Fact:
“Lucia” comes from the Latin word “Lux,” meaning “light.”

→ To see Family Matters pages from previous issues, go to sonsofnorway.com, log in and select “Cultural Programming” then “Family Matters.”

RESOURCES

Print Coloring Pages

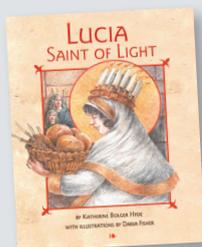
Go to 15printcoloringpages.pindesktop.com and search “St. Lucia.”

“Hanna’s Christmas”

by Melissa Peterson
amazon.com

“Kristen’s Surprise”

americangirl.com



“Lucia: Saint of Light”

by Katherine Bolger Hyde
amazon.com

“A Crown of Candles: How to Throw a Fabulous Lucia Party”

by Joanna Powell Colbert
amazon.com

“Scandinavian Christmas”

by Trine Hahnemann
amazon.com

St. Lucia Crown

Go to kiddley.com and search “St. Lucia Crown”

Activities for Young People



PRESCHOOL

Tell the Story

Gather around and tell the story of St. Lucia. Wonderful children’s books include “Lucia: Saint of Light,” “Kristen’s Surprise” and “Hanna’s Christmas.” Print St. Lucia coloring pages for little ones (see resource list).

EXPAND IT: Learn the St. Lucia song, “Sankta Lucia.” Download sheet music at free-scores.com.

ELEMENTARY AGES

Make a Crown

In Scandinavia, St. Lucia crowns are typically made from lingonberry branches. Traditionally, the oldest daughter wears a crown with candles while younger siblings wear plain crowns. Find a tutorial for a paper crown at sweetpaulmag.com/crafts/santa-lucia-crown-printables.

EXPAND IT: Boys dress as “star boys” and wear cone-shaped hats with silver stars. Use construction paper to make a hat. Cut out stars to glue on the hat or paint them with glitter. crayola.com/lesson-plans/st-lucia-day-star-hat-lesson-plan/

TEENAGERS

Time to Bake!

Gather in the kitchen as a family to bake St. Lucia saffron buns (*lussekatter*). Find a recipe for Lucia bread in “Scandinavian Christmas” by Trine Hahnemann.

EXPAND IT: Throw a St. Lucia Party on Dec. 13. Kids can dress up and serve coffee and buns while singing traditional Lucia songs.