

Folk Tales, Myths and Legends

Pass Norwegian adventure stories down to younger generations. BY ISABELLE WATTENBERG



Norse folk tales, mythology and legends represent the independence and spirit of Norway. Stories were passed on orally and kept alive by pure memory until the mid-1800s, when two Norwegians, Peter Christen Asbjørnsen and Jørgen Moe, began compiling the legends being told all over Norway. The folk tales combined the everyday life of ordinary people with worlds of fantasy, heroes, villains, supernatural beings, kings, trolls and gnomes.

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

Activities for Young People

PRESCHOOL

Start by reading stories of Norse mythology. The beloved book "Norwegian Folktales," published in 1845, by Asbjørnsen and Moe, was the result of their research and travels.

EXPAND IT:

Bring Nordic legends to life with art! Download Norse Mythology coloring pages at coloring.ws/norse-mythology.htm or check out the "Norse Gods and Goddesses" coloring book at store.doverpublications.com.

ELEMENTARY AGES

Many characters pop up multiple times in Norwegian folk tales, from trolls to bears. Gather the family to read together, and tally how many princesses, princes, trolls, magic pieces of clothing and talking animals you find. Which was mentioned the most?

EXPAND IT:

Make your own memory game. Cut out squares of paper. Draw a picture of a character (including their name), and enhance your memory skills.

TEENAGERS

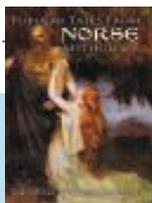
Combine storytelling with newfound knowledge of Norse mythology. Write a newspaper article about heroes, villains and gods living in your city in present day. Create a catchy headline and draw a picture or two to accompany the article.

EXPAND IT:

The whole family can learn about Norse mythology with a trivia game. Help older kids make up a list of questions about the characters and test each other's knowledge.



"D'Aulaires' Book of Norse Myths"
ingebretsens.com



"Popular Tales from Norse Mythology"
By George Webbe Dasent
amazon.com



"East"
By Edith Pattou
amazon.com



"Illustrated Norse Myths"
myubam.com



"D'Aulaires' Book of Trolls"
barnesandnoble.com