

Norway Challenge



Grab your passport and jet set to Norway!

Explore Norwegian culture, traditions, taste the food and maybe pick up a phrase or two as you adventure your way across the globe.

For even more programme ideas check out our 'Norway' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11						
Age 11 - 14						
Age 14 - 18						
Age 18+						

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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Craft

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- 📍 Norway is one of the best places in the world to see the northern lights. Create your own northern lights inspired magical sky using coloured chalk or oil pastels on black card.
- 📍 Edvard Munch was a Norwegian painter that created one of the most famous paintings of all time, *The Scream*, in 1893. Paint a picture in the style of Edvard Munch.
- 📍 Decorate a rock to look like a troll. Use paint, googly eyes, and yarn for hair to create a unique character full of personality.

Did you know?

Trolls have been part of Norwegian fairytales for over 800 years, with the very first book including a troll character dating all the way back to around 1220!

- 📍 Knit or crochet the Norwegian flag using red, white and blue yarn.
- 📍 The heather is the national flower of Norway. Craft a heather out of paper.
- 📍 Draw a picture of a moose, the national animal of Norway.
- 📍 Use recycled cardboard to build your own version of Bergen's famous brightly coloured wooden houses. Paint them with bold reds, yellows, and oranges, and add details like windows and doors to make your miniature Norwegian street come to life.
- 📍 Try ice painting by mixing food colouring into water, pouring it into ice cube trays, and popping in some sticks. Once frozen, you can enjoy using the ice paints as they glide across your paper.

Why?

In Norway, you can stay in hotel made completely of ice and snow which is open 365 days a year!

- 📍 The Vikings came from Scandinavia, known better as Norway, Sweden, and Denmark. They used wooden shields to protect themselves from weapons. Design a shield using our free resource.
- 📍 Parts of Norway experience something called the 'midnight sun', which is 24 hours of daylight. This means that between the months of May and July, the sun does not set at night. This happens because the Earth is tilted, and in summer the North Pole leans towards the sun. Craft your own sun-catcher.



Food

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BADGES**

- 📍 Bake some skolebrød, also known as school bread, a sweet Norwegian bun filled with custard and topped with coconut.
- 📍 The largest gingerbread man weighed 651kg and was made by IKEA Furuset (Norway) in Oslo on 9th November 2009. Enjoy making some gingerbread men and decorate them with icing and sweets.
- 📍 Norwegian waffles are a popular afternoon snack in Norway and are often topped with brown cheese (brunost), jam, or sour cream. Make your own waffles and cut them into heart shapes to get as close as possible to the traditional Norwegian style.
- 📍 Cook a recipe of your choice that uses cheese of one of the main ingredients.

Why?

In 1925, Norwegian cabinet maker Thor Bjørklund invented the cheese slicer after becoming frustrated that he couldn't cut cheese properly with a knife.

- 📍 Enjoy some classic Norwegian meatballs, served with a brown gravy, boiled potatoes, stewed peas, and lingonberry jam. Vegetarians/vegans could swap out the meatballs for a plant-based alternative.
- 📍 Norway is one of the coldest countries in the world, with the lowest temperature ever recorded at a freezing cold -51.4°C ! Prepare some of your favourite dishes and pack them into containers to freeze for later. You could even use leftovers that you don't feel like eating right now.
- 📍 Rømmegrøt is a traditional Norwegian dish that is typically served at special occasions. It is a rich, comforting porridge made from sour cream, milk, and flour. Why not try making it for yourself or serve it as a celebration?
- 📍 Celebrate Norway's national animal, the moose, by whipping up a delicious chocolate mousse or making a mousse cake.
- 📍 Norway is the world's second-largest fish exporter. Prepare a dish of your choice using fresh fish.
- 📍 Caraway, mustard, horseradish, dill, coriander and wild celery were all grown and used in Viking cooking. Have a go at growing your own and/or taste them. What do you think of the flavours?
- 📍 Make your own lefse, a soft Norwegian flatbread that is rolled up like a crepe and served with butter, sugar, or cinnamon.



Games

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BADGES**

📍 Did you know that, in the 1980s, Norway began exporting salmon to Japan? This helped introduce salmon sushi, which is now one of the most loved sushi fillings. Use our free resource to enjoy a game of Sushi Bingo.

📍 Play Viking horn hoopla.

What?

We've all seen the Viking horned helmets. Make one or use a bought one for a game of hoopla. However, there isn't actually any evidence that Viking helmets had horns. The stereotypical image we know today originated in the 1800s when artists included the headgear in their portrayals and when Wagner staged his "Der Ring des Nibelungen" opera in the 1870s with horned helmet costumes, the stereotype was cemented!

📍 The fastest time to eat a Ferrero Rocher with no hands is 8.04 seconds and was achieved by Thomas Gangstad in Norway on the 23rd of February 2015! Challenge friends or family to see who can eat a chocolate in the fastest time without using your hands. Remember, if you are using Ferrero Rocher chocolates, they contain nuts so check for allergies.

📍 Wild reindeer can be found in the high mountains on southern Norway. Race to make your own reindeer antlers!

How?

Each person will need a pair of tights and a bunch of inflated (but smallish) balloons. Race against each other to pack the balloons in to the legs of your tights and then pop the waist band on your head to make a pair of antlers. For young adventurers children's tights will be easier as you'll need fewer balloons but this one is definitely fun for all ages!

📍 Tafl and hnefatafl are ancient Nordic strategy games. Find out how they're played and why not have a game or two?

📍 The 2012 Disney film *Frozen* was heavily inspired by Norway with the magical kingdom of Arendelle being inspired by the city of Bergen. Take part in a game where you must guess the items trapped in the ice.

Leaders!

Freeze a variety of items into large blocks of ice and have your young people guess the items. Make sure the items won't get damaged by water!

📍 There are around 2,000 different plant species found in Norway. Have a go at naming as many types as you can by looking at pictures.



Other

- 📍 Read a travel guide or watch a documentary about Norway.
- 📍 Enjoy a film that is set in Norway or inspired by Norwegian landscapes or culture such as *Frozen* (PG) or *How To Train Your Dragon* (PG).
- 📍 Listen to some traditional Norwegian folk music.
- 📍 Watch a video of the aurora borealis, also known as Norway's northern lights. How many colours can you see across the night sky?
- 📍 York has a rich Viking history. Visit the city and complete the York Pawprint Trail. Why not read *Alfie and the Minster Ghosts of York* too?
- 📍 The Nobel Peace Prize award ceremony has taken place at Oslo City Hall in Norway every year since 1990. Explore past Nobel Peace Prize winners and discover what they were awarded for.
- 📍 Norway is home to over 450,000 freshwater lakes, with the largest being Lake Mjøsa which covers approximately 369 square kilometres of eastern Norway. Find out what the largest lakes are in the country where you live. If possible, why not visit one?
- 📍 The Trafalgar Square Christmas tree in London has been sent from Oslo every year since 1947 as a token of Norway's gratitude after World War II. Write your own thank you letter from the UK to Norway, showing your appreciation for this special gift and what this tradition represents.

Here's an idea!

Why not visit the Trafalgar Square Christmas tree this year and see it in person?

- 📍 Visit a library to find out more about Viking history.
- 📍 Did you know that forests cover around a quarter of Norway? Find out what animals live here as well as the different kinds of trees you can find.
- 📍 Celebrate Norway's National Day on the 17th of May.
- 📍 The highest mountain in Norway is Galdhøpiggen and is 2,469 m/8,100 ft high. Compare this to the highest mountain in your country.
- 📍 Learn some words in Bokmål or Nynorsk – the two official written languages of Norway. Try using them in a sentence or see if you can teach them to a friend or member of your family.

Adventure Complete?

Reward your young adventurers with their Norway Challenge badge to mark **their achievements!** Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made **memories?** Then it's time to create a **keepsake!** Our Pawprint Family camp blankets are the perfect place to sew your **badges** and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are **big, bright and bold...**the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of **free activity ideas** and resources you'll find **loyalty stickers** in every order and you can claim Children's University learning hours too!



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