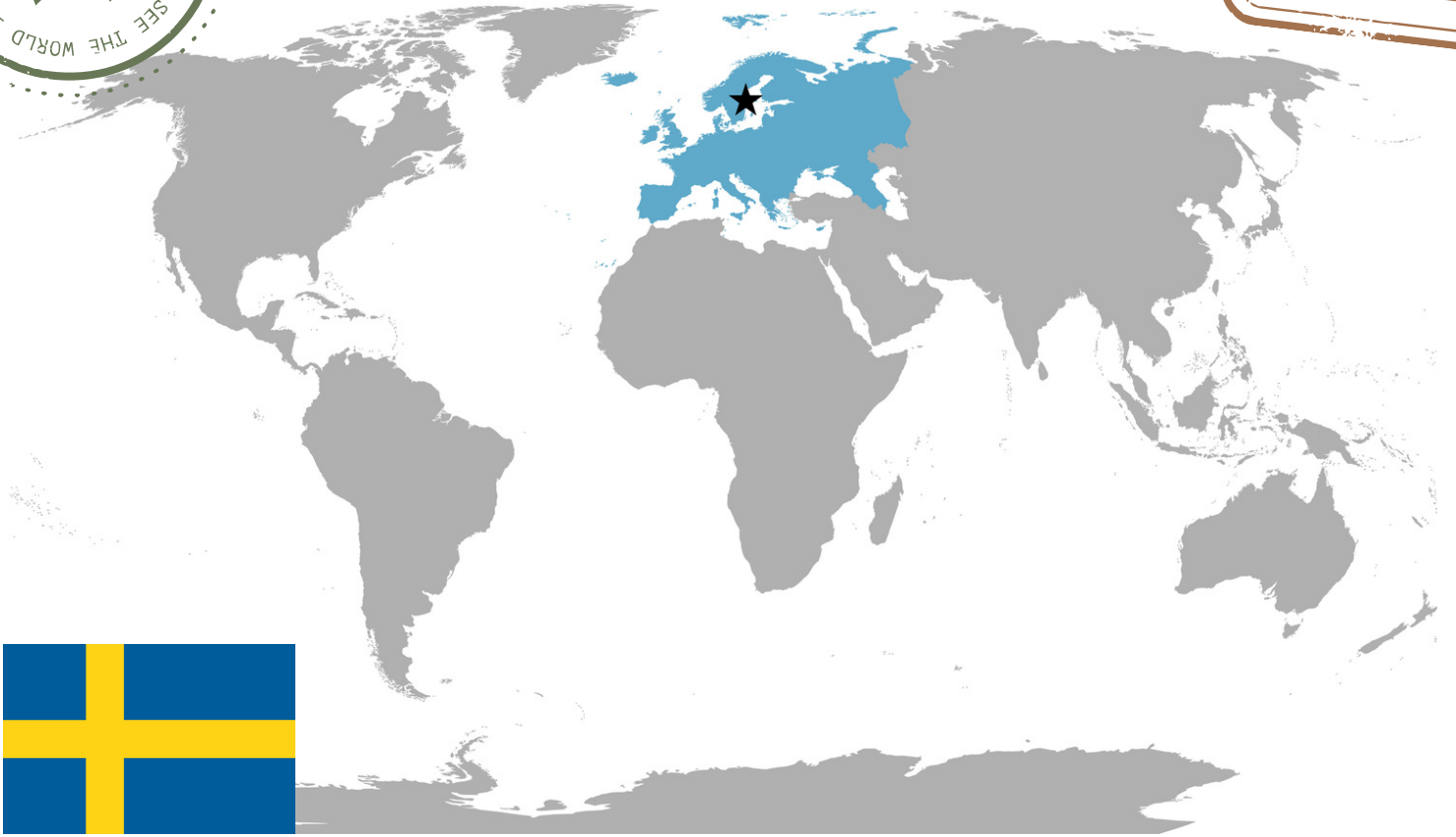




STOCKHOLM

Välkommen till Sverige



Sweden is located in Europe

NORTHERN LIGHTS

In Sweden you can view the Northern Lights also known as the Aurora Borealis. When charged particles from the sun strike atoms and molecules in Earth's atmosphere, they excite those atoms, causing them to light up.
[See a video of the lights.](#)

SAY HELLO

Hejsan - Hello
Tack - Thank you
God morgon - Good morning
God dag - Good day
God middag - Good afternoon
God natt - Good night
Hur mår du? - How are you?

MAYPOLE

You are likely to find a Maypole at the May Day festivals in Sweden. A pole or a stake is put in the ground with ribbons attached to the top. The children each hold their ribbon and walk in a circle to weave the ribbon around the pole until all of the ribbon has been wrapped around it.

FUN FACTS

- Sweden's Arctic north has been called the "land of the midnight sun," because during the summer months the sun never sets. Even in the capital of Stockholm in the south, the summer nights last only four hours and the sky doesn't deepen beyond twilight.
- Two-thirds of Sweden's land is forest.
- A popular ice cream flavor in Sweden is saltlakrits, or salty licorice.
- Jukkasjärvi is home to the world's first ice hotel, built in the 1990s by Yngve Bergqvist.





READ ALOUD

Pelle på planetfärd by Jan Lööf - story read by Woodland parent, Jennie Hancock

BOOK SUGGESTIONS

The Tomten by Astrid Lindgren

Can You Whistle, Johanna? by Ulf Stark

Goodbye Mr. Muffin by Ulf Nilsson

MAKE YOUR OWN SWEDISH MEATBALLS

CELEBRATE IN SWEDEN

Cinnamon Bun Day — October 4th: Invented in 1999 by the Swedish Home Baking Council (yes, that's a real organization in Sweden), Kanelbullens Dag is exactly what it sounds like. They are available in every cafe and grocery store, but it's always a good idea to make your own and have them for fika.

Midsommar — the Summer Solstice: On the longest day of the year, Sweden grinds to a halt. Everyone takes to the nearest parks to make flower wreaths and eat pickled herring while dancing around a pole and pretending to be frogs. This is the most important holiday, and it centers around family and celebration of the Sun — in a country with some of the darkest, longest winters in the world, it makes a lot of sense.

Santa Lucia — December 13th: Part of the Swedish Christmas celebration, the Feast of Santa Lucia is beautiful and easily recognizable by its distinctive dress. Typically, girls dress up like the saint herself, wearing long white robes and leafy wreaths decorated with long white taper candles. Boys are encouraged to dress as "Star Boys", carrying wands with stars on the end, and wearing long conical hats decorated with stars.

Stockholm, Sweden

LAGOM

Everyone loves to say "moderation in all things", but the Swedes take it to a cultural level and feel it in their bones. Lagom means "just enough", and informs everything from opinions on politics to the amount of fermented herring you might like on your plate. This concept of calm moderation encourages everyone to find their own middle ground and is a useful tool to incorporate into any lifestyle — as long as you use it, too, in moderation.



LET'S PLAY

Kubb is a classic viking game for children in Sweden. Children as young as six years old can play this game, and you can play in small or large groups. There is no set number of people that may play, however 1 or 2 people on a team is ideal. More people may be on a team if it is an informal game, and you may even have more people on one team than the other. Children take turns throwing sticks at a "king", the king can be an object or an actual Kubb game set. When they throw the stick it should not go end-over-end, they must be thrown underhanded or vertically, and they must knock down all of the "kubbs" before they can knock down the king. The team that knocks down the king first wins.

Kaiser Woodland PFO Read-A-Thon