

# Norsk Høstfest Schoolfest Lesson Plan by Joan Haaland Paddock

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## Nordic Notions: Scandinavian Heritage in Mementos The Lur and the Bunad

<i>Title</i>	Nordic Notions: Scandinavian Heritage in Mementos / The Lur and the Bunad
<i>Subject</i>	Culture/Music/Handcrafts/Nordic History and Society
<i>Author</i>	Dr. Joan Haaland Paddock, Performer for Norsk Høstfest Schoolfest 2020
<i>Grade level</i>	Lesson can be adapted to several ages
<i>Lesson Duration</i>	<u>Nordic Notions</u> Video 6:43, <u>The Lur</u> and the Bunad 14:33 Viewing, Discussion & Activities: one 90 minute class, or two 60 minute classes.
<i>Overview</i>	<p>In <u>Nordic Notions</u>, Dr. Paddock shares personal mementos from her home which are Nordic. Through engaging narration, students gain a glimpse of a few souvenirs, heirlooms, and other items while learning about their cultural context and significance.</p> <p>In <u>The Lur</u>, Dr. Paddock sounds several improvised fanfares on the lur, the Nordic Wooden Trumpet. Donned in Nordland's <i>Bunad</i>, Paddock discusses this Norwegian National Costume of Northern Norway. Other musical folk instruments briefly played include the <i>kuborn</i> (the cow horn) the <i>seljefløyte</i> (the willow flute) and the <i>munneharpe</i> (jaw harp).</p>
<i>Objective</i>	<p>Learn about Nordic items that may also be present in students' homes. Consider heirlooms and/or personal items that give a sense of place and family history.</p> <p>Hear the Norwegian Wooden Trumpet and learn about the lur and the folk costume called a Bunad.</p>
<i>Materials</i>	Video links ( <u>Nordic Notions</u> and <u>The Lur</u> ), glossary, word search, Prillar Guri short story coloring sheet, paper for improvisational drawing and/or story-telling.
<i>Activities, Procedures</i>	Students will watch and listen to <u>Nordic Notions</u> . Discussion ideas: What is an heirloom? Is there a keepsake or tradition in your family that is treasured or important for family history? What story does the item have to tell through your experience (or imagination?) Can you draw the item and tell its story?

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Students will watch and listen to The Lur). The Lur: Listen with eyes open and then eyes closed to the sounding Lur. Draw a picture of a scene that comes to mind when hearing the call.

Discussion Questions: What instruments can you think of that are made out of wood? What instruments are made out of metal? What other materials go into the making of instruments? Dr. Paddock introduces just four of many important folk instruments in Norway. What are the significant instruments in your circle of family and friends and culture?

The Bunad: Is there clothing or a folk costume that depicts your environment and locality? If so what is it? If not, what do you wish it looked like? Students can draw costumes and/or decorate clothing and perhaps compare and contrast folk costumes from many cultures.

Glossary is provided for some new Nordic words and a word search puzzle can be solved.

Picture of Prillar Guri included and can be colored by students.

Teacher provides blank paper for creative drawing and story-telling.

*Conclusions*

Students learn about some Nordic cultural traditions and have the opportunity to consider traditions in their homes and communities. Students will recognize the sound of the LUR and be able to identify it. Please come to the Norsk Høstfest next year and listen for the sound of the LUR and see how many different folk costumes you can identify. Consider visiting different vendors and look at some of their wares and ask them what cultural significance has this or that item. You will learn a lot about additional folk traditions of the Nordic countries.

## Glossary for Words in Word Search Puzzle – Nordic Notions, the Lur, the Bunad by Joan Haaland Paddock for the Norsk Høstfest Schoolfest 2020

<b>Birch</b>	Birch Bark is wrapped around the Lur in its final construction
<b>Bunad</b>	National Folk Costume, every region's bunad is different
<b>Christiania</b>	City is now known as Oslo; was named for King Christian IV, ruler of Denmark/Norway Kingdom in earlier times
<b>Fanfare</b>	An audible signal to announce a happening or event
<b>Fjell</b>	Pronounced "FeeYell" Mountain in Norwegian
<b>Fjord</b>	Pronounced "FeeYord" Deep body of water between mountains and land masses in Norway
<b>Handverk</b>	Hand Work and hand crafts, such as Hardanger embroidery, knitting, weaving, silver work, felting, and more.
<b>Har-det-bra</b>	Pronounced "Ha-deh-Bra" Have it fine! Roughly translated see you later, have a good time.
<b>Heirloom</b>	Keepsake item or memory passed down in a family through generations
<b>Hilsen</b>	This means "Greetings" in Norwegian
<b>Jente</b>	Pronounced "Yenta" and means "Girl" in Norwegian
<b>Kuhorn</b>	Instrument made from the horn on a cow's head
<b>Lip-Vibrated</b>	Air passes through the lips which vibrate and both help to produce the sound on the lur.
<b>Lur</b>	Nordic Wooden Trumpet
<b>Nordland</b>	County in Northern Norway
<b>Norge</b>	Pronounced "Nor-Geh" Norwegian for Norway
<b>Norsk</b>	Pronounced "Norskh" All things Norwegian
<b>Oslo</b>	Capital City of Norway
<b>Prillar Guri</b>	Young girl who sounded the Lur in 1612 to save Norway from Scottish invasion during the Battle of Kringen
<b>Saeter</b>	The cabin and mountain pasture were milkmaids took care of goats, sheep and cows during the summer time.
<b>Saeterjente</b>	girl or dairy maid who stays during the summer at the mountain-side cabin and meadow to take care of the farm's animals who have gone to the highlands to graze.
<b>Solje</b>	Pronounced "Sol-ee-ya" - Ornamental brooch with reflective cups that deflect evil and trolls
<b>Spruce</b>	Wood from this tree is used in making the Lur
<b>Stavkirke</b>	Pronounced "Stahv-sheyerka" Medieval Nordic Stave Church
<b>Sámi</b>	Indigenous Nordic People who live in Norway, Sweden, Finland, and Russia; known to some as 'reindeer herders'
<b>Tinn</b>	Pewter, a metal used in making of housewares and jewelry
<b>Troll</b>	According to Norwegian folklore, the troll can live for hundreds of years, can be very slow, not too smart, usually causes trouble, and must stay out of the sunlight or it will turn into stone.
<b>Tromsø</b>	City in Northern Norway above the Arctic Circle

# Nordic Notions and Lur Word Search

M S P R U C E P Y Q F A N F A R E N L I  
 D P U Y S O T R W A N B Z J C W J L Y L  
 S O L J E Z I I M W R O B K S V K V I N  
 X S J B H V N L S A E T E R J E N T E E  
 T X D L H E N L V T F W F V F B U N A D  
 R V P U G D I A C K X S á M I P N P Y R  
 O K V R J H P R W H C H N X Y J O Z H O  
 L S C L Q K P G L Y R F J O R D R N C S  
 L H T J I P R U Y O J I Z O G C D O R L  
 S N A A R P H R O L O E S K E X L R R O  
 A O B N V N V I J B Q M H T F H A S K B  
 E R M A D K A I F E N B S G I N N K B Z  
 T G N U Y V I F B T H K H X I A D E Y H  
 E E L M Q Q E R R R R L U W D W N Q X V  
 R Y S C X H W R K G A O U H A B D I V B  
 J P G D M Z V U K E U T M A O Y I P A W  
 E H A R D E T B R A Z M E S Q R K R B M  
 N Y S Q E O A M Z Y K J N D ø U N K C S  
 T D H I L S E N T E O K P T V X H P P H  
 E P H P E L G F T F H F A F J E L L Z G

Lip-vibrated

Saeterjente

Christiania

Prillar-Guri

Stavkirke

Har-det-bra

Nordland

Handverk

Heirloom

Tromsø

Fanfare

Saeter

Kuhorn

Spruce

Sámi

Troll

Hilsen

Solje

Fjell

Fjord

Bunad

Norge

Birch

Jente

Norsk

Oslo

Tinn

Lur

Prillar Guri  
sounds the Lur  
in 1612 in the Battle  
of Kringen during  
the Kalmar War to  
save Norway from  
Scottish Invasion.  
A saetergirl, at age  
16, she becomes a  
great heroine for  
her country.

