



Scandinavian Bingo



B	I	N	G	O
Take time for Fika and enjoy restorative breaks	Watch an Ingmar Bergman movie such as <i>The Seventh Seal</i>	Practice Lagom and learn to live in moderation	Try cooking a Scandinavian food like Lefse or Kanelbullar or some other goody	Read <i>Big in Sweden</i> by Sally Franson (this year's Community Read)
On Saturday eat candy according to Lördagsgodis	Read <i>Big in Sweden</i> by Sally Franson (Community Read 2025)	Attend a PT Library program this month	Practice the Norwegian Friluftsliv and take a walk in nature	Listen to an ABBA song/album
Learn about the health benefits of Vinterbading aka cold plunges	Read a book or article about Nordic Happiness	FREE SPACE	Visit the StoryWalk at Kah Tai Lagoon and read a <i>Pippi Longstocking</i> adventure	Learn about the health benefits of saunas
Practice Sisu to learn about inner strength and grit	Try Icelandic Skyr	Read an Astrid Lindgren book	Read <i>Big in Sweden</i> by Sally Franson (Community Read)	Practice the Danish Hygge and get cozy
Read <i>Big in Sweden</i> by Sally Franson (Community Read 2025)	Practice Gokotta and get up to listen to bird songs outside	Try a Scandinavian food like Salmiak Liquorice or Lutefisk	Learn about the Sami People and Lapland -checkout a movie or book	Read a Nordic Noir novel



Did you get a Scandinavian Bingo?



Bring your winning card to the library to be entered into a raffle for a Nordic goodie basket!

Drop off the Bingo at the Circulation Desk

Name: _____

Email: _____

Phone Number: _____

Glossary of Scandinavian terms/words:

Fika is a Swedish tradition that means to take a break, sit down with friends or family, and enjoy a cup of coffee or tea with something to eat

Friluftsliv is a Norwegian concept that means "open-air life" or "life in the outdoors". It's a cultural and philosophical approach to nature that's deeply rooted in Scandinavian culture, especially in Norway

Gökotta is a Swedish word that means "dawn picnic to hear the first bird song"

Hygge is a Danish tradition that evokes cozy quality that makes a person feel content and comfortable

Kanelbullar is a traditional Swedish (cinnamon buns) made with a perfectly soft and chewy cardamom dough, a buttery cinnamon-sugar filling, and twisted into cute little knots

Lagom is a Swedish word that means "just the right amount" or "not too much, not too little". It's a philosophy that encourages people to find balance in all aspects of their lives, including work, school, social life, and relaxation

Lefse is a traditional Norwegian flatbread made from potatoes, flour, butter, and milk, cream, or lard. It's a soft, versatile food that can be eaten sweet or savory, and is often served folded and buttered

Lutefisk is dried whitefish, usually cod, but sometimes ling or burbot, cured in lye

Skyr is an Icelandic yogurt

Lördagsgodis is a Swedish tradition where people eat candy or sweets mainly or exclusively on Saturdays. The term translates to "Saturday candy"

Nordic Noir is a genre of crime fiction, film, television, and video games that is set in Scandinavia and is characterized by dark, complex stories and a bleak atmosphere

Salmiak Liquorice is a salty tasting licorice

Sauna is a Finnish word for a room or building designed as a place to experience dry or wet heat sessions

Sisu is a Finnish word that conveys inner strength, determination, and resilience in the face of adversity

Vinterbadning is a Danish term that translates to "winter swimming" in English. It's a popular activity that involves swimming in cold water during the winter season