

- www.travel.fi/int/Lapland/climate.html
This site has basic information about the five seasons in Lapland.
- virtual.finland.fi/
This site provides excellent information about all things relating to Finland.

Suggested Print Resources

- Alatalo, Jakko and Jaakko Alatalo. *In a Nordic Village*. Benchmark Investigative Group, New York, NY; 2002.
- Benhard, Emery and Durga Bernhard. *Reindeer*. Holiday House, New York, NY; 1994.
- Green, Jen. *People of the Polar Regions*. Steck-Vaughn, Barrington, IL; 1998.
- Miller, Debbie S. and Jon Van Zyle. *Arctic Lights, Arctic Nights*. Walker and Company, New York, NY; 2003.
- Parkison, Jami and Andra Chase. *Inger's Promise*. Marsh Media, Shawnee Mission, KN; 1995.



My Family from Lapland

Grades K–4

TEACHER'S GUIDE

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Families Around The World Video Series

includes these 24 programs:

- MY FAMILY FROM BRAZIL
- MY FAMILY FROM GREENLAND
- MY FAMILY FROM ICELAND
- MY FAMILY FROM INDIA
- MY FAMILY FROM ISRAEL
- MY FAMILY FROM ITALY
- MY FAMILY FROM JAPAN
- MY FAMILY FROM JORDAN
- MY FAMILY FROM KOREA
- MY FAMILY FROM NEW YORK CITY
- MY FAMILY FROM SERBIA-MONTENEGRO
- MY FAMILY FROM SOUTH AFRICA
- MY FAMILY FROM SOUTH KOREA
- MY FAMILY FROM VIETNAM
- MY INUIT FAMILY FROM LAPLAND
- MY INUIT FAMILY FROM CANADA
- MY XHOSA FAMILY FROM SOUTH AFRICA
- MY FAMILY FROM BURKINA FASO
- MY FAMILY FROM CHINA
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From Asia to Africa, city to suburb, or rural farm to tropical rain forest, the presence of the family is common to all people and present in every culture throughout the world. Studying families from different places helps us to learn and appreciate both the similarities and differences between ourselves and others. Also, through exposure to cultures that are unfamiliar to them, children can learn to be accepting of people, lifestyles and traditions that may be very different from their own. The family — that special group of adults and children who care for, love, protect, and help each other — is both explored and celebrated in *Families Around the World*.



Program Summary

In *My Family from Lapland*, students will meet 8-year-old Anna Katarina, her mother, father and two brothers. Anna Katarina's father is a reindeer herdsman, and her mother is a nurse. Anna Katarina enjoys school, especially learning the language of Sami, which is the language of the Kolta Sami, the original natives of Lapland. Anna Katarina's father is a descendent of these native peoples, and she loves practicing her Sami with him at home.

At the end of nearly every day, Anna Katarina and her family go for a family session in the sauna! They believe that it is a healthy, great way to relax together.

Anna Katarina is preparing for Mother's Day by baking a special raspberry and fresh cream cake, a local favorite, for her mother. Anna Katarina and her family picked the raspberries themselves the previous fall. They stock up on all kinds of berries so that they have them to eat during the winter months. Anna Katarina is especially excited for this particular Mother's Day because her grandmother, who she doesn't get to see very often, will be coming for a visit.

Geographical Information

Lapland is a region which stretches across Finland, Sweden, and Norway and into the Kola Peninsula of Russia. It lies above the Arctic Circle. Finnish Lapland, where Anna Katarina and her family live, is approximately 99,000 square kilometers, and has a population of about 200,000. The administrative capital of Lapland is Rovaniemi. The indigenous inhabitants of Lapland are the Sami, and the Sami language is both spoken and taught in schools. Reindeer herding has long been associated with Lapland. In fact, there are about 220,000 reindeer in Finnish Lapland; more reindeer than people!

The European country Finland is the northernmost country in the world. Its capitol is Helsinki, and both Finnish and Swedish are its nationally recognized languages.

Pre-viewing Discussion

Using a web, brainstorm with your students to determine who they consider to be members of their family. Share with your students that families come in all shapes and sizes, and that a family is a group of adults and children who care for, love, protect and help each other. Use the following questions to help students access their thoughts and ideas about families:

- Who do you care for, love and help?
- Who cares for, loves and helps you?
- Does a family member have to be a person who lives with you?

After this discussion, ask students to draw a family portrait which includes all the people who they consider to be members of their family.

Follow-up Discussion

After viewing the program with your class, discuss the similarities and differences between their families and Anna Katarina's family. Refer students back to the original definition of a family: *A group of adults and children who care for, love, protect, and help each other.* Ask them to provide examples from the video that demonstrate how this particular family expresses love, shows care and provides help for each other.

Follow-up Activities

- Anna Katarina's father is a reindeer herdsman. Have young students make a reindeer using tracings of their hands and feet. Trace around the child's foot using brown construction paper, and then cut out. This will be the reindeer's head. Trace around the child's hands using tan construction paper, and then cut out. These will be the reindeer's antlers. Glue the antlers to the top of the head. Add a black paper nose!
- Students can color and label the different parts of a reindeer. A good print-out can be found at: www.enchantedlearning.com/subjects/mammals/deer/labelreindeer/index.shtml
- The region of Lapland has five different seasons. Divide your class into groups of five to find out about what characterizes Lapland's different seasons. Have students create presentations showing their research and illustrating each season. Alternatively, students can compare and contrast the seasons of Lapland with the seasons that occur where they live.
- The Sami people are known for inventing narrative songs that tell about the brave deeds or everyday lives of their people. Using the tune of a popular children's song ("Old MacDonald," for instance) ask students to compose narrative songs of their own, which tell about their families.
- Anna Katarina lives in a place that experiences both the Midnight Sun and the Polar Night. Have your students think about what it might be like to live in a place that is dark from November till January, and light from May till July. How might these unusually long days and nights affect the way people live and the activities they do? Are there advantages? Disadvantages?
- Anna Katarina and her family spend time in the fall gathering different kinds of berries that they freeze and use over the long winter. Have students create a berry recipe book, which contains favorite foods or drinks that can be made with berries, or invite someone into your class to can berries with your students.
- The region of Lapland extends through several countries. Have students locate and label all Scandinavian countries, and then locate the region of Lapland on their maps.

Suggested Internet Resources

Periodically, Internet Resources are updated on our Web site at www.LibraryVideo.com

- www.gingerich.com/BerryList.html

This Web site has many recipes using a variety of berries.

(Continued)