

# Nordic Days of the Week

**DID YOU KNOW** people of Old Nordic times did not observe the days of the week? Week days were integrated during the adoption of the Christian calendar. Although the Nordic people adopted the new calendar, they used their folklore and mythology as inspiration to make it their own.

Match the English week day with its correct Nordic day name

**Sunday**

**Tysdagr  
Týr's Day**

**Monday**

**Sunnudagr  
Day of the Sun**

**Tuesday**

**Mánadagr  
Day of the Moon**

**Wednesday**

**Þórsdagr - Day of  
Þórr (Thor)**

**Thursday**

**Laugardagr  
Bath Day**

**Friday**

**Óðinsdagr  
Odin's Day**

**Saturday**

**Frjádagr  
Freya's Day**

## FUN FACT

In the Old Norse language, Sunna (or Sól) means sun and Máni means moon. Sól is a goddess and Máni is a god.

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## Answer Page

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