

# Modern Day Princess Study Guide

## Princess Sofia of Sweden, Duchess of Varmland



Born Sofia Kristina Hellqvist

6 December 1984 (age 36) Danderyd Hospital, Danderyd, Sweden

Spouse: Prince Carl Philip, Duke of Värmland (m. 2015)

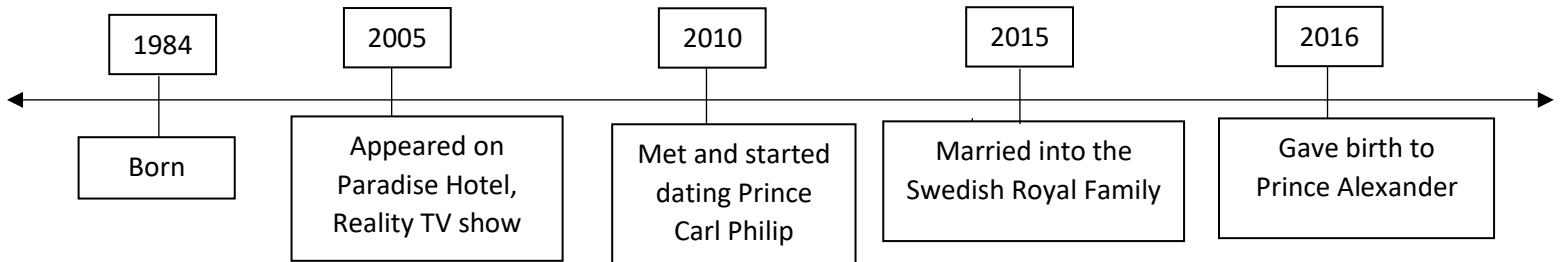
Issue: Prince Alexander, Duke of Södermanland

Prince Gabriel, Duke of Dalarna

House: Bernadotte (by marriage)

Father: Erik Oscar Hellqvist

Mother: Marie Britt Rotman



## Websites

[Princess Sofia of Sweden Just Became a Medical Assistant to Help Fight COVID-19 | Vogue](#)

[Princess Sofia of Sweden shows off her burgeoning bump | Daily Mail Online](#)

[Princess Sofia, Duchess of Värmland - Wikipedia](#)

[Prince Carl Philip, Duke of Värmland - Wikipedia](#)

[Princess Sofia, Duchess of Värmland | Unofficial Royalty](#)

## Family



### The Swedish Royal Family

King Carl Gustaf, Queen Silvia,  
Crown Princess Victoria, Prince  
Daniel, Princess Estelle, Prince  
Oscar, Princess Madeleine,  
Christopher O'Neil, Princess  
Leonore, Prince Nicolas, Prince  
Carl Philip, Princess Sofia, Prince  
Alexander

2016



# Home/ Map



Princess Sofia resides in Vila Solbacken in Stockholm, Sweden with her husband and children.



Image of Stockholm

## *Discussion Questions*

1. What was life like for Sofia before meeting the Prince?
2. How did Sofia meet Prince Carl Philip?
3. How many children do they have?
4. How did Sofia help during the Covid pandemic?

## *Activities*

1. Make a complete timeline of Sofia's life.
2. Make a family tree of the Swedish Royal family. Mark the line of succession.
3. Study Crown Princess Victoria, the heir to the throne. Write a report.
4. Write a list of the charities Sofia supports. Find a charity of your own to support.
5. Sofia was a model before she was a princess. Do your own photo shoot.
6. Sweden used to worship the old Norse gods. Study Norse Mythology. You can use the study guides at - [Mythology - twelveoaksschoolhouse.com](https://www.twelveoaksschoolhouse.com)







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*Kendra Bott*