



Polar Bear Fun!

An activity guide for kids and families

This guide features fun facts about polar bears, activities and tips to take action to help polar bears and other wildlife.



Polar Bear Fun!

Activities to learn more about *Ursus maritimus*, the Polar Bear.

Polar bears are one of the most iconic winter animals! They are big, bold and one of the most beautiful bears on the planet.

Polar bears only live in the Arctic, you can find them in Alaska, Canada, Russia, Greenland, and some northern islands owned by Norway, such as Svalbard. Most polar bears occur north of the Arctic Circle to the North Pole, and there are some populations south of the Arctic Circle in the Hudson Bay of Manitoba, Canada.

Check out the resources and activities in this guide to learn more about polar bears, how you can help them, and have a little bit of fun while school is out! This guide is for elementary school-aged kids. Some of the activities are online and others are printable.

Featured resources and activities:

- Read: Polar Bear Fun Facts
- Activity: Can You Guess? (printable)
- Activity: Polar Bear Coloring Pages (printable)
- Watch: My Name's North, My Life as a Polar Bear (online)
- Activity: Learn How Polar Bears Stay Warm (online)
- Activity: Polar Bear Snow Gauge; (online)
- Read: Actions to Help Polar Bears
- Activity: Create a "Take Action" Poster (printable)
- Activity: Make a Dessert: Polar Bear Ice Cream Treat (online)



Fun Facts about Polar Bears

Did you know?

Polar bears are considered marine mammals.

- Polar bears are the largest land predator in the world. Adult males can be 10 feet long and stand 13 feet high when on their hind legs. They can weigh as much as 1750 lbs.
- Polar bears are carnivores, which means they eat meat. Their favorite food is seals because the seals supply a lot of blubber. The bears need to eat blubber to build up their own layer of fat to survive in the cold Arctic.
- Polar bears are solitary animals that usually live and hunt alone (aside from mothers and cubs).
- While polar bears can appear to be pale yellow or snowy white, their hair is actually hollow tubes. The skin beneath it is black.
- Polar bears' long heads and muzzles, or noses, give them a very strong sense of smell. They can smell seals and other prey over twenty miles away.
- On the snow and ice, polar bears' large paws work like snowshoes. Even though they can weigh as much as a small car, they can walk on ice that is too thin for humans to cross.
- Polar bears have massive legs that are useful for hunting but take a lot of energy to move. Their slow, lumbering walk helps conserve energy.



More Facts about Polar Bears

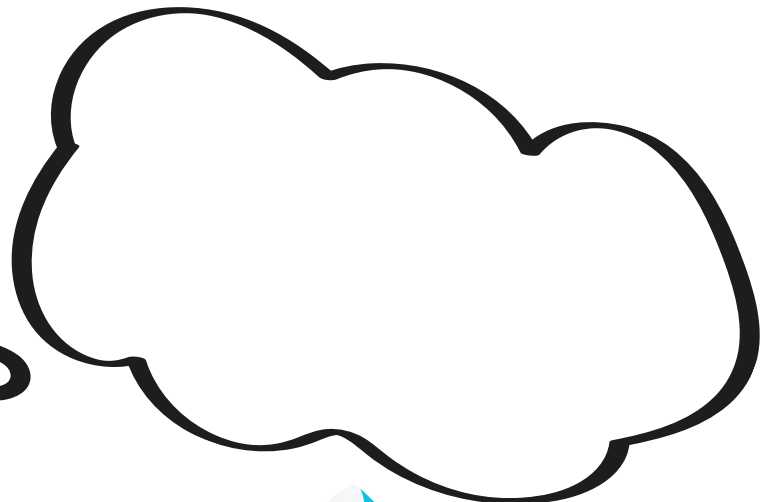
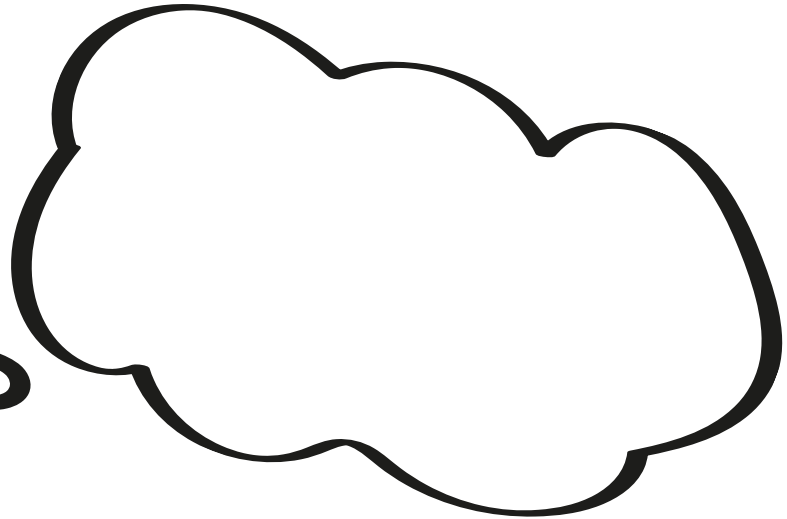
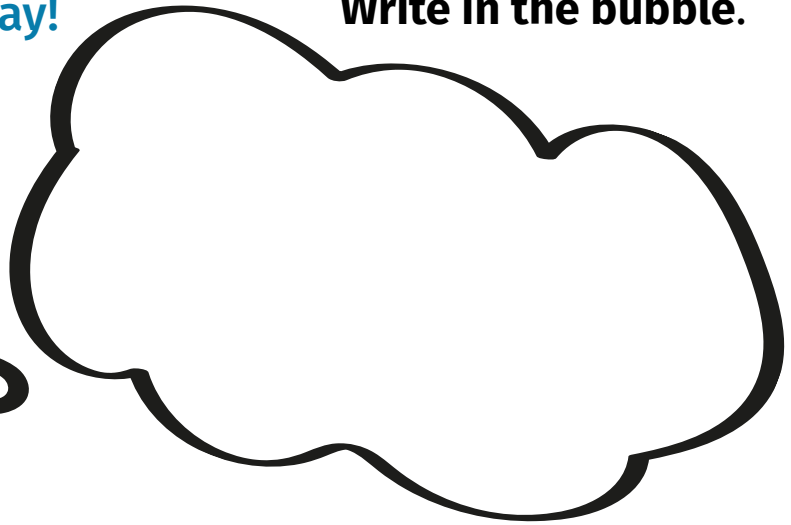
Did you know?
Polar bear cubs love to play!

- Once a female bear is 4-5 years old, she can have babies once every 3 years.
- Polar bear mothers usually have two cubs, although sometimes they have only one or as many as three.
- Polar bear cubs love to play, often tumbling over their mother, but never getting too far from her.
- Polar bear cubs leave the den when they are around three to four months old and stay with their mother until they are around 2-3 years old.
- After they leave the den, cubs live out on the ice with their mother.
- Polar bear milk is high in fat content. It is the only food the cubs will have for a long time. They grow quickly and add a layer of protective fat to help them survive the cold. Polar bear milk is some of the richest in the world, with 30-40% fat content. Human milk is only about 4% fat.



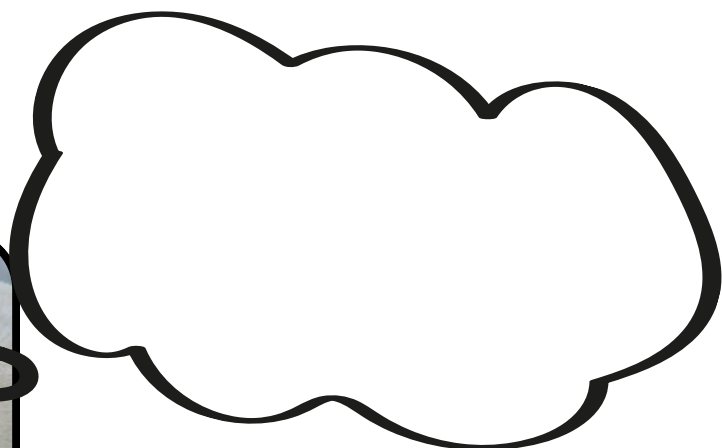
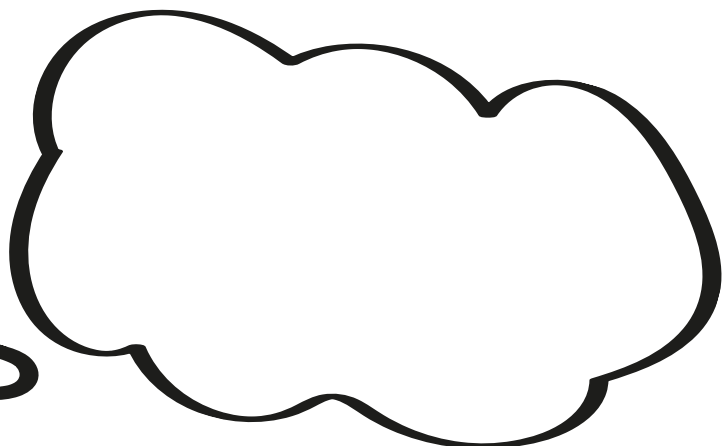
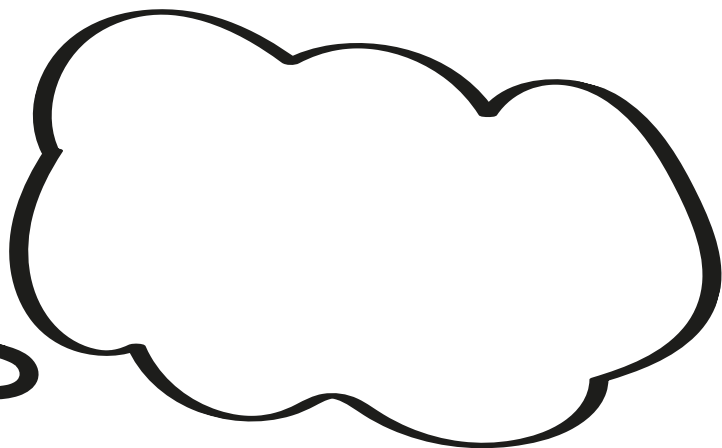
Can you guess what the polar bear
is thinking? For example, I'm hungry!
I'm ready to play!

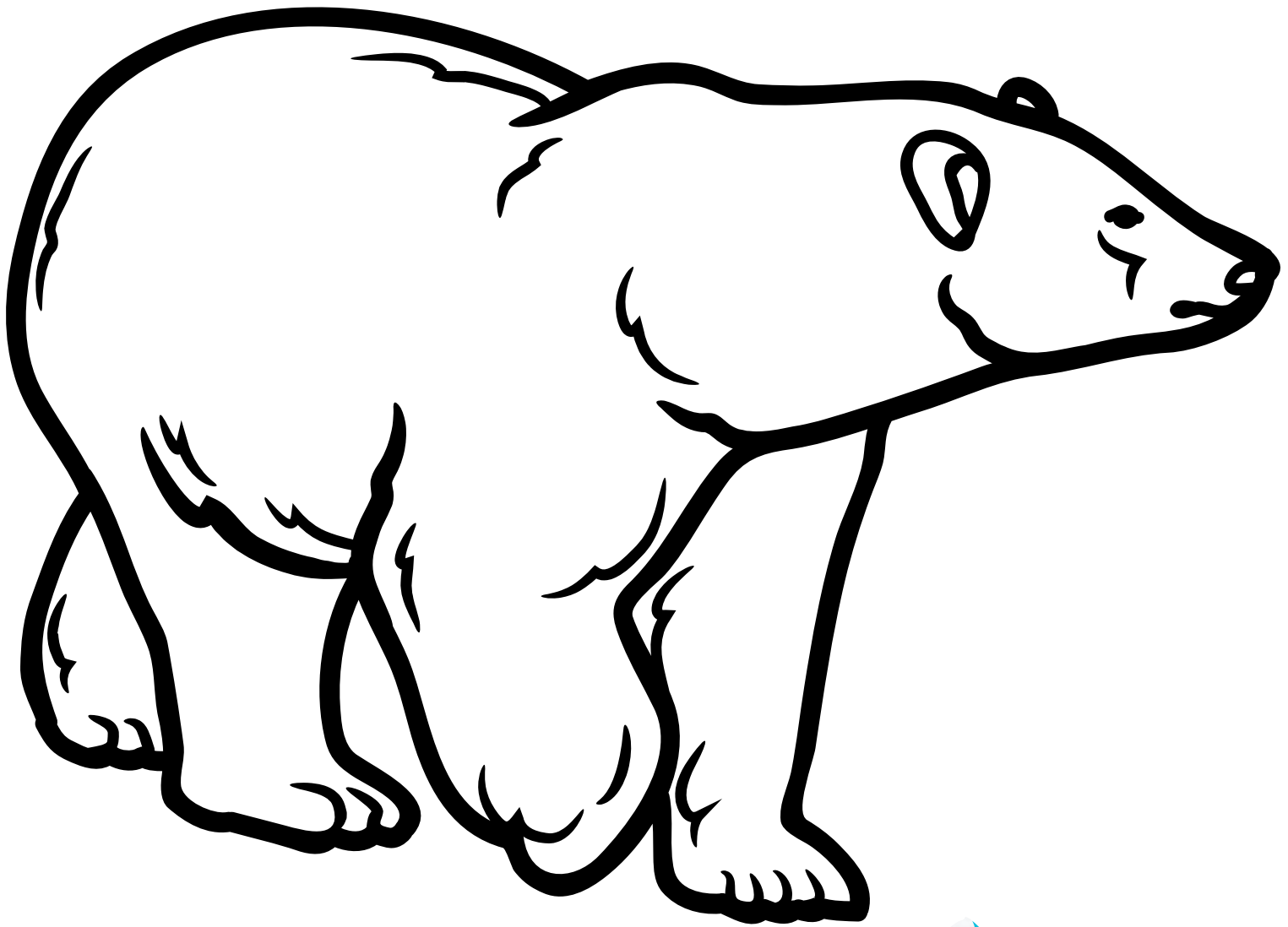
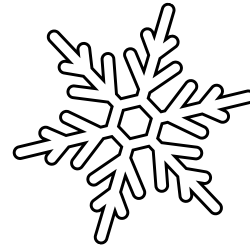
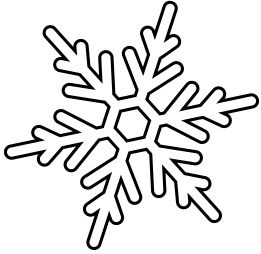
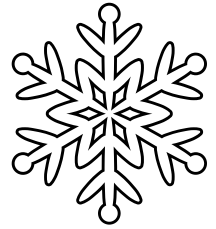
Write in the bubble.

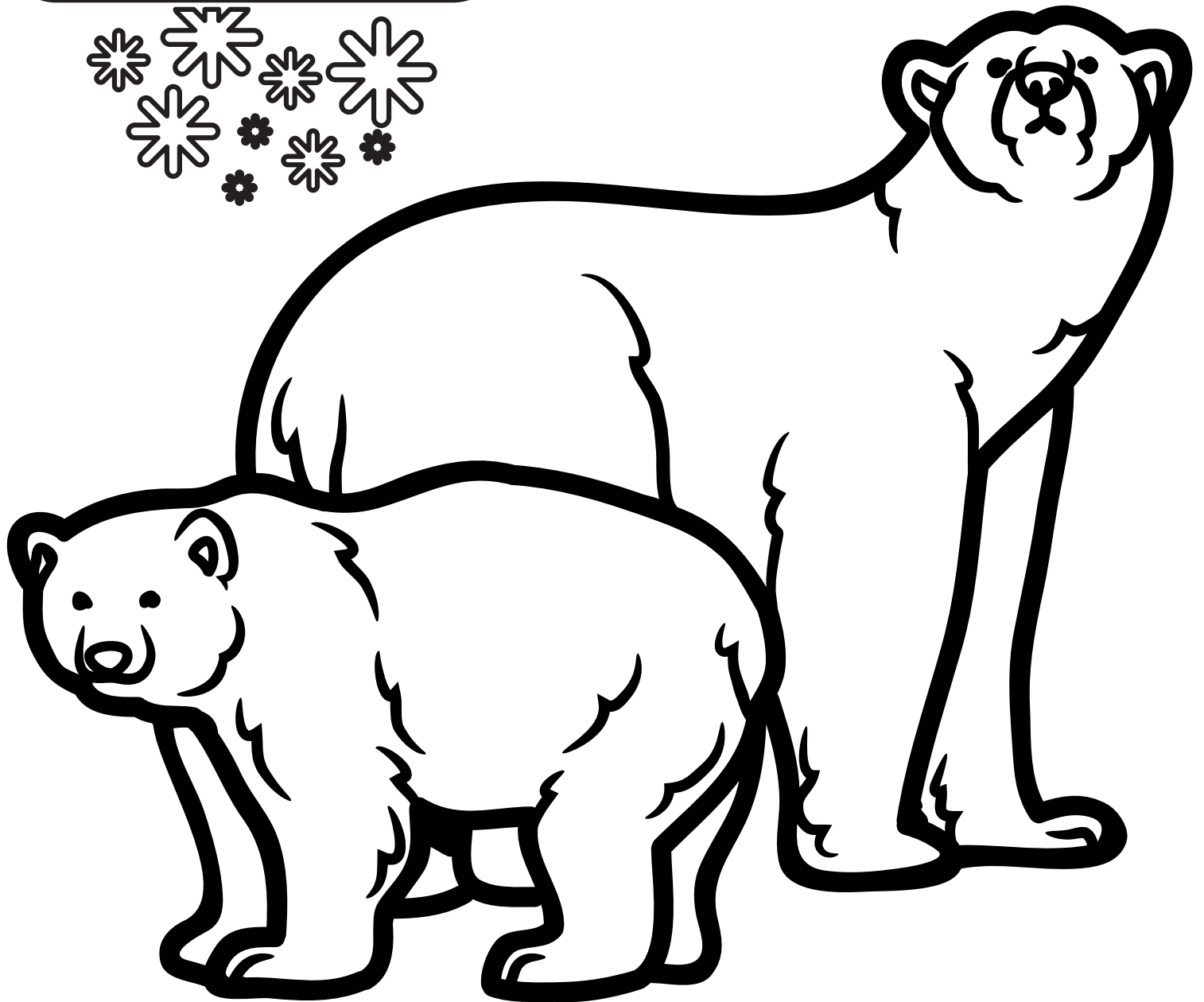
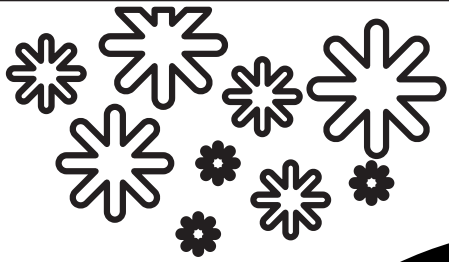
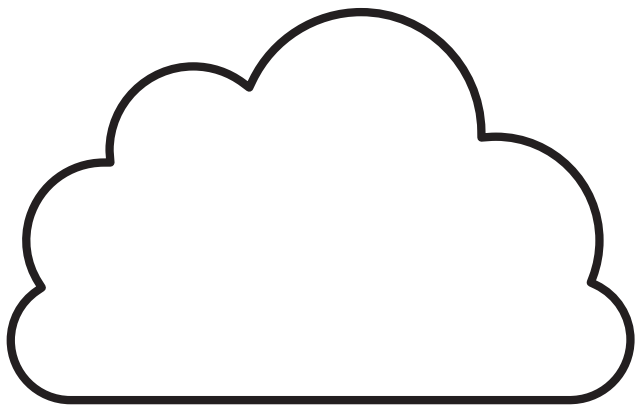


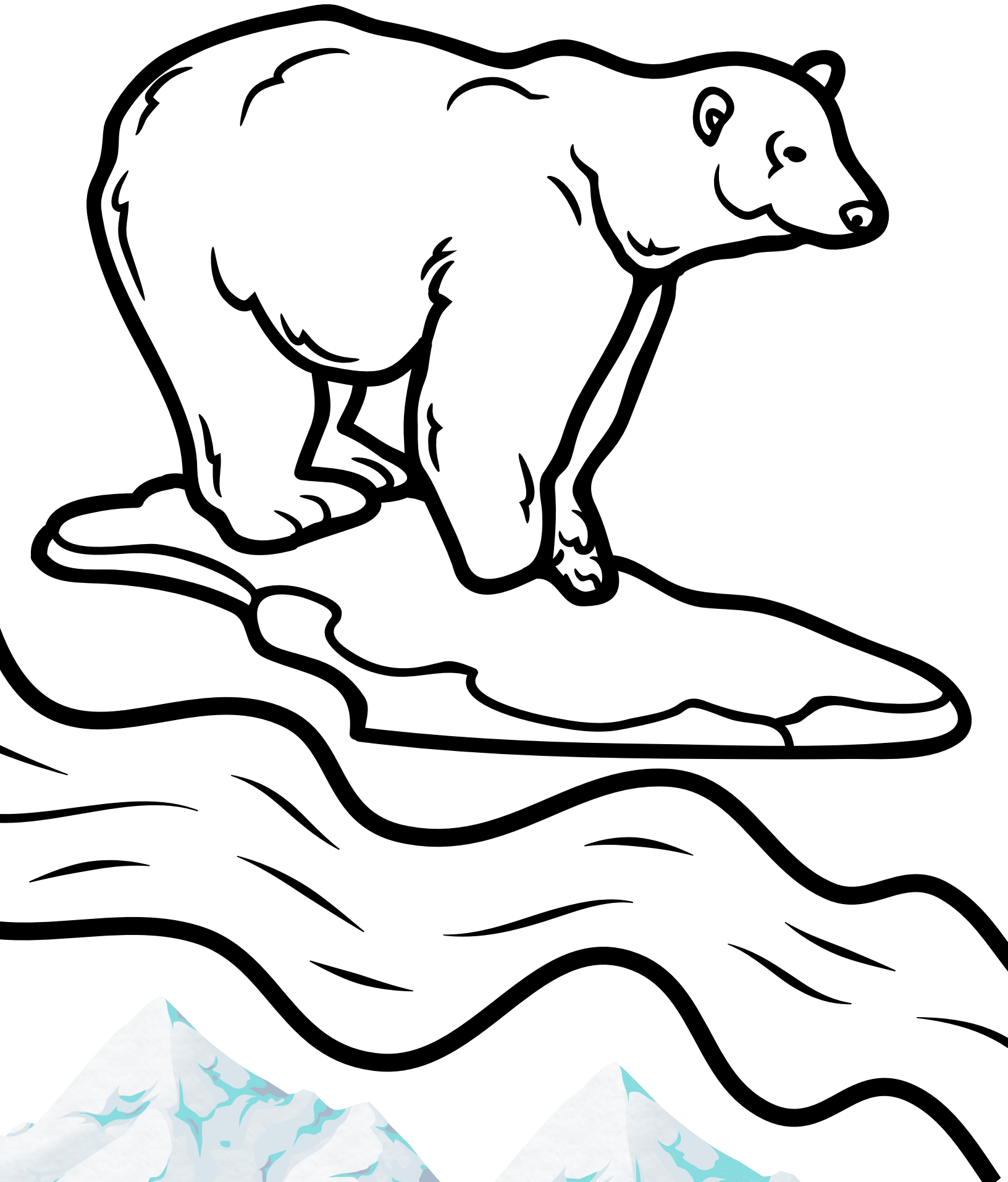
Can you guess what the polar bear is thinking?

Write in the bubble.









***My Name's North,
My Life as a Polar Bear
Click to Watch***



Ranger Rick



Ranger Rick Activity: **Learn How Polar Bears Stay Warm**



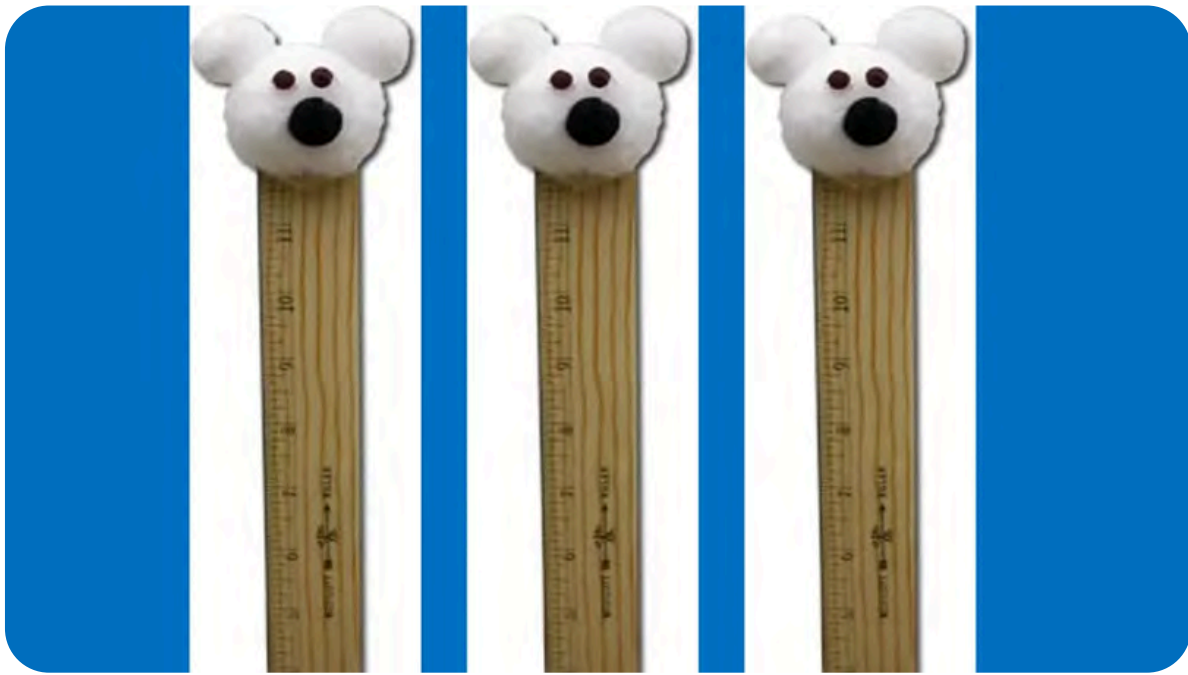
Ranger Rick

**Why do polar bears have a thick
layer of fat under their skin?**

**Click here to learn how
polar bears stay warm.**



Ranger Rick Activity: **Polar Bear Snow Gauge**



Ranger Rick

Before you jump in, make a polar bear snow gauge to measure how deep the snow is! Click here to make a polar bear snow gauge.



Take Action to Help Polar Bears

Polar bears (*Ursus maritimus*) are listed as threatened under the Endangered Species Act.

Habitat loss due to climate change is one of the biggest threats to polar bears. The spring thaw begins earlier each year, the winter freeze is starting later, and glaciers are receding at an accelerated rate. Images taken by the National Aeronautics and Space Administration (NASA) satellites show that the polar ice cap (the mass of sea ice that sits atop the Arctic Ocean year-round) is shrinking each year.

Since polar bears live only in the Arctic and as the sea ice continues to melt, the polar bears' primary habitat becomes more threatened. Polar bears are incredibly specialized hunters that have adapted to life in the Arctic environment. The sea ice is their hunting grounds, and they depend on it for survival. They spend months wandering across the frozen surface of the Arctic seas.

Review the following actions to learn how you can conserve natural resources and help polar bears and other wildlife and their habitat. Choose one action and create a poster to educate and engage your family and friends.

Conserve energy:

- Turn off the lights, computer, and TV when you are not using them.
- Unplug electronics and chargers between uses.

Conserve water:

- Take shorter showers and do not fill the tub full when you take a bath.
- Turn off the water while you are brushing your teeth.



Take Action to Help Polar Bears and Other Wildlife

Reduce waste:

- Buy less stuff!
- Use reusable bags at the store.
- Bring reusable water bottles to use at school.
- Recycle your paper, cardboard, plastic, glass, and cans (according to what materials are accepted for recycling in your community).
- Find out what your plastic eco-score is and adopt a new habit to reduce single-use plastic waste.

Use your voice:

Be a Voice for Polar Bears and Other Wildlife. No matter how big or small we think we are, when we speak up together, our voices can have a huge impact! Tell your friends and family a cool fact about polar bears, or another favorite wildlife species!

Parents! Learn about laws that protect polar bears and other wildlife and share with your kids:

- Endangered Species Act
- Marine Mammal Protect Act
- Recovering America's Wildlife Act



Create a “Take Action” Poster

Choose one of the actions or come up with your own action and design a poster to educate and engage your family and friends to help polar bears and other wildlife.

When designing your poster, consider including the following information:

- Drawing or photo of the animal or plant you are taking action for.
- Text that describes the action you want people to take (e.g., plant a native tree, unplug electronics, etc.).

You can use the template on the next page for your poster, or create your own!





Ranger Rick Activity: **Make a Polar Bear Ice Cream Treat**



Ranger Rick 

**Kids love ice cream, especially when
it's made to look like a polar bear!**

**[Click here to make a polar bear
ice cream treat.](#)**



Learn More About Polar Bears and Other Bears

- Read: Polar Bears – A Life on Ice
- Read: Want to Know About Polar Bears
- Check out NWF's online wildlife guide, and learn more about the black bear, grizzly bear and the polar bear
- Read: World of Bears
- Read: The Bear Necessities
 - Game: The Bear Necessities
- Read: The Other White Bear (the spirit bear)
 - Watch: Spirit Bears
- Watch: Why Do Bears Rub Trees?
- Watch: Grizzlies Fishing for Salmon
- Activity: Draw a Bear
- Make a Dessert: Bear Paw Cookies

The following resources were used in the development of this guide:

- NWF's Climate Classroom Kids
- NWF's Green Hour
- NWF's Wildlife Guide
- NWF's Ranger Rick
- Polar Bears International
- U.S. Fish and Wildlife Service

This guide was designed in Canva.

