

**Good websites with information about the Arctic.**

[http://www.coolantarctica.com/Antarctica%20fact%20file/arctic\\_animal.php](http://www.coolantarctica.com/Antarctica%20fact%20file/arctic_animal.php)

<http://www.activewild.com/arctic-animals-list/>

<http://www.ngkids.co.uk/places/ten-facts-about-the-arctic>

## **SOCIAL:**

### **Arctic introduction**

<https://www.youtube.com/watch?v=kA-aro3II>

**Target:** peer interaction

### **Arctic Animals Discussion**

Read through the list of arctic animals at the bottom of the activity plan information. Download a picture of each animal and as you show the children the animals explain to the children briefly the characteristics of each animal. Before you show the children the pictures asked each child what they think they would see in the Arctic or what they think the arctic is. **Target:** Sharing ideas (use the above video links to educate yourself on the arctic)

### **Watch video of different Arctic Animals**

There are several different video links on this website and link

<http://www.giftofcuriosity.com/arctic-animals-9-learning-activities/>

**Target:** group discussion

### **Pass the Ice**

Played just like hot potato only with an ice cube. Have the children sit in a circle and then pass the ice cube around the circle. As you play music. When the music stops have the child drop the ice cube in a bowl of water in the center of the circle. Have the next child pick the ice cube out of the water and start the game again until ice cube melts. Discuss what is happening with ice as it melts.

**Target:** taking turns

### **Hibernation Party**

Let the children hibernate one day. They can come to the Day Home in their pajamas (tell them to bring their teddy bears). You can make dens out of pillows and blankets.

**Target:** teamwork

## **PHYSICAL**

### **Fine motor**

#### **Play dough**

Add plastic arctic animals to your play dough materials. **Target:** grasping

#### **Painting**

Give the children plastic arctic animals to paint with. **Target:** eye hand coordination

**Ice Fishing:**

Cut and laminate fish shapes from poster board; put a paper clip on its mouth end. Tie a string to a stick or ruler and tie a magnet (I used one with a hole in the middle) to the string. Place the fish in a large box **Target:** hand manipulation

**Snowball counting and transfer game (snowballs are mini marshmallows)**

<http://stayathomeeducator.com/eight-arctic-themed-preschool-activities/>

**Target:** grasping

**Gross motor**

**Polar Bear, Polar Bear Turn Around**

Recite this rhyme and make the movements together:

Polar bear, Polar bear,  
Turn around,  
Polar bear, Polar bear,  
Make no sound.

Polar bear, Polar bear,  
Dance on your toes,  
Polar bear, Polar bear.  
Touch your nose.

Polar bear, Polar bear,  
Show your paws.  
Polar bear, Polar bear,  
Hide your claws.

Polar bear, Polar bear,  
Reach up high  
Polar bear, Polar bear,  
Wink one eye.

Polar bear, Polar bear,  
Say good-night,  
Polar bear, Polar bear,  
Shut your eyes tight.

Polar bear, Polar bear,  
Wake up now,  
Polar bear, Polar bear,  
Take a bow.

**Target;** Coordination

### **Feed the Leopard Seal**

Draw a large seal shape on poster board. Cut a fairly big size opening for the mouth. Place it on the floor and use bean bags or plastic fish to "feed" the seal. Just toss the bean bag or fish to try to land it on the seal. A polar bear shape also works.

**Target:** large muscle coordination

### **Snowflake Dance**

(Sung To: "Are you Sleeping")

Dance like snowflakes, Dance like snowflakes

In the air, In the air

Whirling, Twirling snowflakes, Whirling, Twirling snowflakes

Here and there, Here and there

Play music softly in the background for the children to move and dance like snowflakes. You can add different speeds and beats of music and have the children move faster and slower to the beat of the music. **Target:** balance

### **What animal am I?**

Show the children different pictures of arctic animals and have the children act out the characteristics of different arctic animals.

**Target:** movement

## **INTELLECTUAL:**

### **Language**

#### **Read a book about the arctic**

**Target:** vocabulary

#### **Little Bear**

##### **Are you sleeping?**

Are you sleeping little bear

You will sleep all winter

Through the cold, cold winter, little bear

Are you sleeping, are you sleeping, little bear

You will wake in springtime, in the warm, warm springtime, little bear, little bear

(Have the children lay down and pretend to sleep/hibernate)

**Target:** repetition

#### **Polar Bear** (Tune: *My Bonnie Lies Over the Ocean*)

The polar bear lives in the Arctic

He never gets cold in a storm

He swims in cold icy water

His heavy coat keeps him warm

Warm, warm, warm, warm

His heavy coat keeps him warm

Warm, warm, warm, warm

His heavy coat keeps him warm

**Target:** rhythm

### **Time for Sleeping**

Now, its time for sleeping  
The bears go in their caves  
It Keeps them warm and cozy  
Time for lazy days  
When the snow is gone & the sun comes out to play  
The bears will wake up from their sleep  
and then go on to play.

**Target:** rhyming

### **Cognitive**

#### **Arctic Animal Flash cards**

Go to this website to print off the Arctic animal flash cards to create a matching game.

[http://www.kids-pages.com/folders/flashcards/Animals\\_1/page1.htm](http://www.kids-pages.com/folders/flashcards/Animals_1/page1.htm)

**Target:** matching

#### **Matching Animal Tracks in Play Dough**

<http://stayathomeeducator.com/eight-arctic-themed-preschool-activities/>

**Target:** matching

#### **Melting Iceberg Matching Game**

<http://stayathomeeducator.com/eight-arctic-themed-preschool-activities/>

**Target:** counting

### **Blubber Experiment**

#### **MATERIALS**

- Plastic Ziploc Bags
- Shortening
- Bin full of Ice Water

After a discussion about blubber, what it is, and its purpose, I placed a bin full of ice water on the table. I also passed a bag of “blubber” to each student. The blubber was made in advance by putting shortening inside a ziploc bag (to save on clean up, add another bag after the shortening). Each student put one hand inside their blubber bag. I invited the students to first place their bare hand into the ice water and describe how it feels. After the bare hand felt the water, the blubber hand can go in, and again the students describe what they feel. Which hand was colder in the ice water? **Target:** cause and effect

### **Examining Snow**

Put a black piece of construction paper in the freezer. When it snows get your children bundled up and take them out. Have them catch the snow on the paper and then examine the snowflakes with a magnifying glass.

**Target:** comparing

### **Sticky Ice**

Put several ice cubes in a bowl of water (should float on the top) give your children a string and have them try to pick up the ice. They will not be able to do this. Then have them lay the string gently across the ice and shake salt over the ice cubes. Slowly count to 10 and presto the ice will stick to the string.

**Target:** cause and effect

### **Quick Melt**

Fill several different size containers with water and freeze them. Take them outside and pour a lot of table salt on some and not on the others. Ask your children which one they think will melt first. For added fun, add food coloring on the top of each. The one with the salt will melt away into a neat pattern.

**Target:** cause and effect

### **Five Fat Walruses**

Five fat walruses were at the North Pole.  
One climbed on the ice and fell into a hole.  
Four fat walruses swam toward the ice.  
One bumped an iceberg which wasn't very nice.  
Three fat walruses had whiskers on their faces,  
One got bored and went to sleep; he didn't like the places.  
Two fat walruses went to look for food.  
One swam far, far away; he wasn't in the mood.  
One fat walrus was tired of the play.  
She flipped a good-bye with her tail and then she swam away.

**Target:** counting

### **CREATIVE:**

#### **Color the Snow**

Give your children squirt bottles filled with water and food coloring and let them color the snow. (You may want to cut a head hole and 2 arm holes in a plastic garbage bag and put it over the children to protect their clothing)

**Target:** decision making

#### **Arctic sensory bin**

<http://www.giftofcuriosity.com/arctic-animals-9-learning-activities/>

**Target:** sensory

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<http://stayathomeeducator.com/eight-arctic-themed-preschool-activities/>

**Target:** sensory

#### **Igloo**

<http://makingmerrymemories.blogspot.com/2010/12/marshmallow-igloo.html>.

(you can substitute cotton balls for marshmallows. There are also many ideas for igloos that the children can play inside).

**Target:** problem solving

## EMOTIONAL:

**Torn paper snow storm/snowballs:** kids love to tear paper. Give your children some paper (flyers will work as well). Have the children place the torn pieces of paper into a box. The shredded paper will represent snow. When the children are done filling the box stand over the children and dump the “snow” down on them. The children can also crumble the paper or flyers into ball. These can be snowballs and the children can try to throw “the snowballs” onto a container.

**Target:** self expression

### **Polar Bear Hand**

#### **Materials:**

- light blue construction paper
- white paint
- black marker



#### **Directions:**

1. Brush hand with white paint and press onto light blue paper. Allow to dry.
2. Draw details of the face and feet with a black marker.
3. Add a snowy background if you like.

**Target:** independence

## Winter Animals Snacks

### **Edible Polar Bear**

Make a polar bear face by using an English muffin or bagel as the base. Cover the base with cream cheese to create the white fur. Add two banana slices at the top for the ears. Use raisins to create the eyes, nose and mouth of the edible polar bear. **Target:** independence

### **Hibernation Cupcakes**

Hibernation cupcakes! "Cavecakes". Mix cake mix or muffin mix as directed. fill cupcake tin half way. place a teddy graham in middle. cover teddy grahams with the rest of cake mix and bake. frost with frosting. We had these for hibernation day at school. I told the kids it was a bear in a cave with snow on top :). They loved finding the bear...fun!!!

**Target:** team work



### **Dramatic Play Ideas**

Materials that can be added to the dramatic play area: winter clothing, stuffed bears, back pack, flashlight, camera, winter clothes.

### **Book Suggestions for the Library**

Reading a book can be an activity used on the calendar as well: **Target:** language

Polar Bear Polar Bear What do you hear? By Eric Carle

Little Polar Bear by Hans de Beer

I'm a Little Whale by Francis Crozat

This Place is Cold (Imagine Living Here) by Vicki Cobb

Animal Babies in Polar Lands by Jennifer Schofield

The Three Snow Bears by Jan Brett

### **ARTIC ANIMAL Information**

Polar Bear: The fur on the polar bear is water-repellent and has a thick layer of blubber underneath. A polar bear can actually become hot in the frozen north! Sometimes they have to roll around on the ice to cool down.

1. Where polar bears live. (The Arctic)
2. What scientists call the polar bear? (Ursus Maritimus - which means "sea bear")
3. What it likes to eat. (Seals)
4. What the physical characteristics of a polar bear are. (Small ears, extra eyelids, webbed paws, teeth, fur)
5. Why polar bears do not have eyelashes. (They would freeze and have icicles)
6. How long a male polar bear is. (About 10 feet)
7. How much a male polar bear weighs. (750-1100 pounds)
8. How it keeps warm. (Blubber)
9. What polar bear babies are called? (Cubs)
10. How fast a polar bear can run? (40 miles per hour)

Arctic Hare: The strong back legs help the hare run from enemies. The white fur blends in with the snow and helps to protect the hare from being seen. To stay warm a group of hares hide together in a hole they dig in the snow.

Walrus: The walrus has strong back flippers to move through the water. Its large tusks are used to hook into the ice and pull the walrus around on land.

Arctic Fox: This fox turns white to blend in with the snow. It has sharp teeth and claws that can dig for food. Sometimes they eat scraps left over from polar bears.

Beluga Whale: This mammal makes lots of noise! The sounds bounce off objects and help the Beluga find food and locate holes in the ice so that they can breathe.

Seal: The seal is also a mammal. It has a layer of blubber that holds the heat in the body. They spend a lot of time in the cold water. When they come up for air they might get snatched by a polar bear.

Snowy Owl: This kind of owl hunts at night and in the day also. It builds nests on the ground because there are no trees. The owl has very good eyesight.

Snow Geese- Snow geese are strong flyers and move to the frozen area to start a family. In the winter they fly south. That is how this animal adapts.

Wolverine: Wolverines are the largest member of the weasel family and are very mean. They spray any leftover food with a terrible odor so no other animal will bother the food.

Arctic Wolf: The Arctic wolf can go for long periods without food. It has good senses of smell, sight and hearing. Its coloring blends with the snow and two thick coats of fur keep the wolf warm.

Caribou: The caribou is a member of the deer family and built for the cold north weather. Its hooves are broad and can dig through the snow for food. The coat of the caribou has hollow hair making for easier floating in the water. The hair is also thick and kinky to keep it warm. The caribou moves to warmer areas when the winter comes.

Narwhal: Known as the “unicorn of the sea” because of its single tusk, the narwhal is a fast swimmer when it wants to be. Sometimes, though it floats on its back making it look dead. Four inches of fat protect it from cold temperatures.