

Where are the Polar Lands?

The polar regions are two snowy places at the top and the bottom of the earth. They are called the Arctic (North Pole) and Antarctica (South Pole). The hottest part of the Earth is called the Equator and this is in the middle.

What types of animals are there?

Birds	Insect	Fishes	Amphibians	Reptiles	Mammals

Polar Bear



Polar bears spend much of their life on the sea ice. Their white coats are made up of water proof fur and are great for camouflage when hunting. Polar bears have short snouts and ears that minimize heat loss to the environment. They also have extremely sensitive noses. Polar bears can smell a seal up to 20 miles away or under three feet of ice. They have very sharp teeth and use their large feet to spread their weight when walking on ice. They are excellent swimmers and can run as fast as 40mph.

Adelie Penguin



They have a small compact body, which means less surface area to keep heat in. They also have very dense, thick feathers to keep in heat in as well. Their wings and flippers are short so that they can swim fast under water. They have a spiky tongue so that slippery fish (food) can't escape. The colour of their feather helps with camouflage (black on top and white underneath - makes it harder to see in the sea and helps with warming and cooling while on land).

Arctic Hare

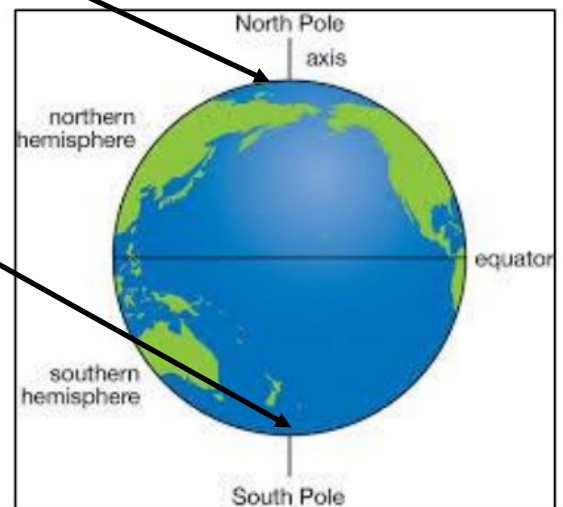


Arctic hares have long claws that help them dig through the snow to find food. They often huddle together in groups to help preserve body heat. Their long, muscular legs make them very fast runners. They have been known to reach speeds up to 40 mph. Arctic hares have bright white fur (changes to grey fur in the summer) to help them camouflage. Their fur is thicker and ears are smaller (less surface area) to keep heat in. To keep warm a hare will tuck their feet, paws and ear in and sit still for hours. They can also swim across small streams and rivers.

Seal



A seal has flippers at the front and back for swimming. It has a smooth and stream line body to pass easily in the water. It has a thick layer of blubber to keep heat in during extreme cold temperatures. Seals have large eyes to see under the water and ice while hunting. Their whiskers are very sensitive and help them feel around in the dark when hunting their prey. They can swim very large distances under water and dive for over an hour up to depths of 600m.



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Arctic Cotton



Arctic Willow



Arctic Heather



Mountain Aven



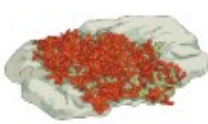
Wintergreen



Yellow Cinquefoil



Alpine Bearberry



Mountain Sorrel



Lapland Rosebay



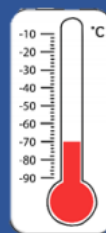
Fireweed



Purple Saxifrage



Lichen



1. There is one day of darkness and one full day on sunlight each year in the Polar Worlds.
2. The Antarctica is the only one of the seven continents to have no humans living there.
3. The Arctic consists of Canada, Russia, USA, Greenland, Norway, Finland and Iceland.
4. The Antarctic contains no countries – the land belongs to nobody.
5. Temperatures fall as low as -70 degrees.