

ideas by the Bushel



Here are some activities picked just for you to learn about two popular winter animals- penguins and polar bears!



Before you begin any of these activities, look through books and magazines so your child can see real pictures of penguins and polar bears. Talk about how these animals live in very cold places and spend time in the water and on land.

Art: Trace and cut out a large penguin and polar bear. For the penguin, first mix equal parts hot water and Epsom salts. Make sure the salt is dissolved in the water. Let your child use this mixture to paint the cut out of the penguin. As it dries, the dissolved salt will crystalize and leave a frosty covering all over the penguin! For the polar bear, mix equal parts of shaving cream and glue. Have your child paint the cut out of the polar bear. When it is dry, the polar bear will be covered in a puffy texture!

Polar bear science: Explain to your child that polar bears have a layer of fat under their skin called blubber that keeps the polar bear warm. To demonstrate, have your child place their hand in icy, cold water. Then, have them stick that same hand into a baggie filled with Crisco shortening. The shortening represents the blubber on a polar bear. Finally, have your child place the hand covered in shortening back into the icy, cold water and they will see that the water doesn't seem as cold because the layer of "fat" helps to insulate their skin, just like the polar bears!

Movement: To mimic waddling like a penguin, have your child place a medium-sized ball between their knees. Tell your child to "waddle like a penguin" so they won't drop the ball. To move like a polar bear, tell your child to move around the house or the yard by balancing and moving on their feet and hands.