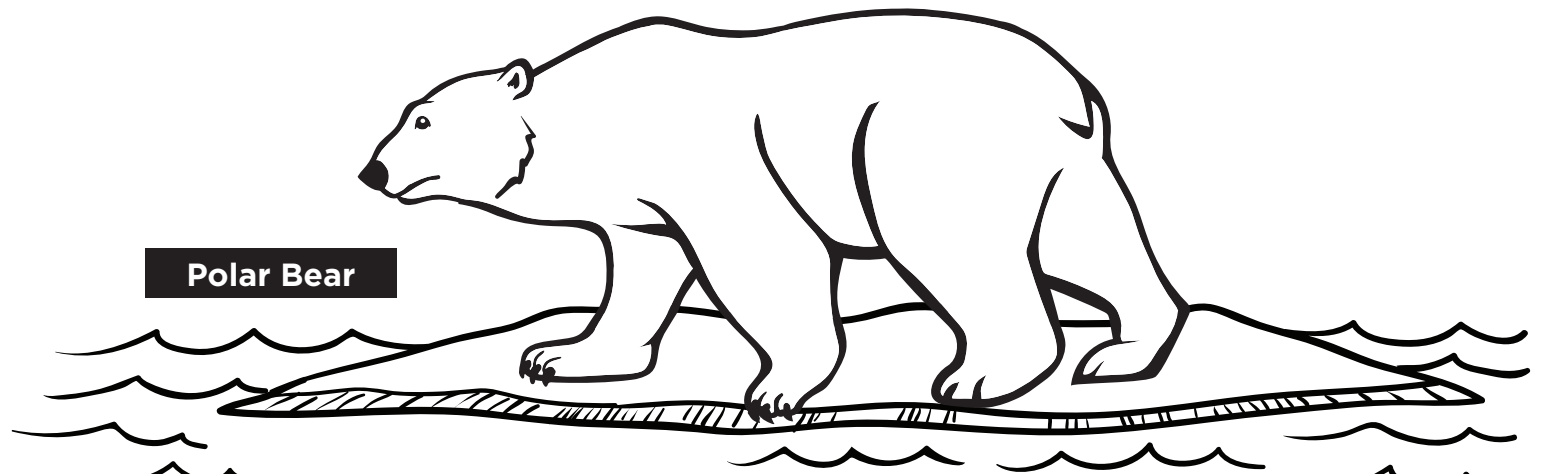
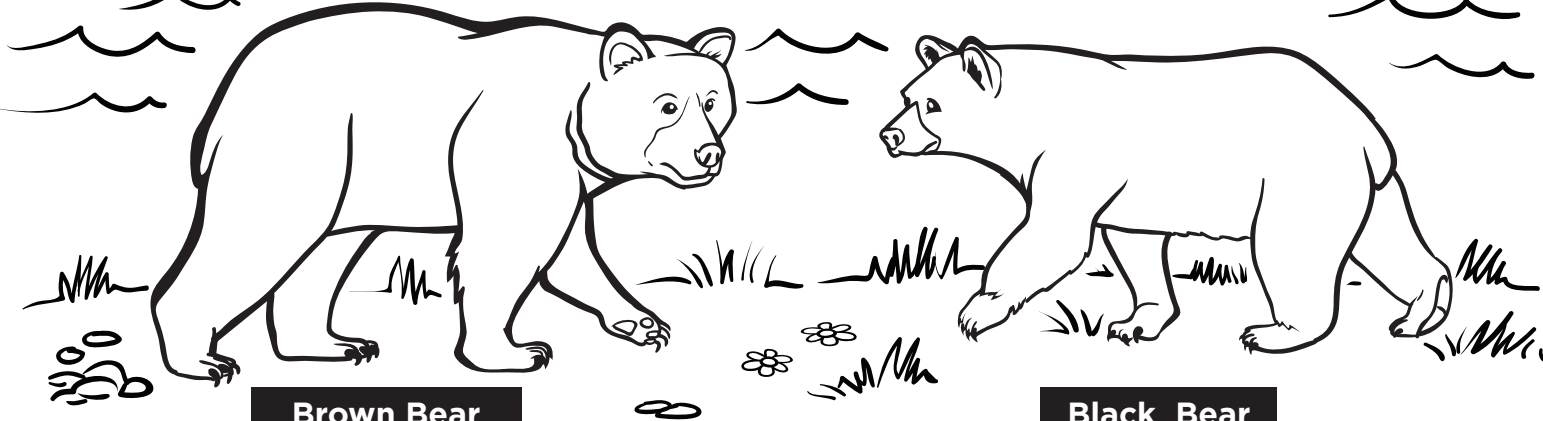


What Is a Polar Bear?



Polar Bear



Brown Bear

Black Bear



Asiatic Black Bear

Andean/Spectacled Bear

Sloth Bear



Giant Panda

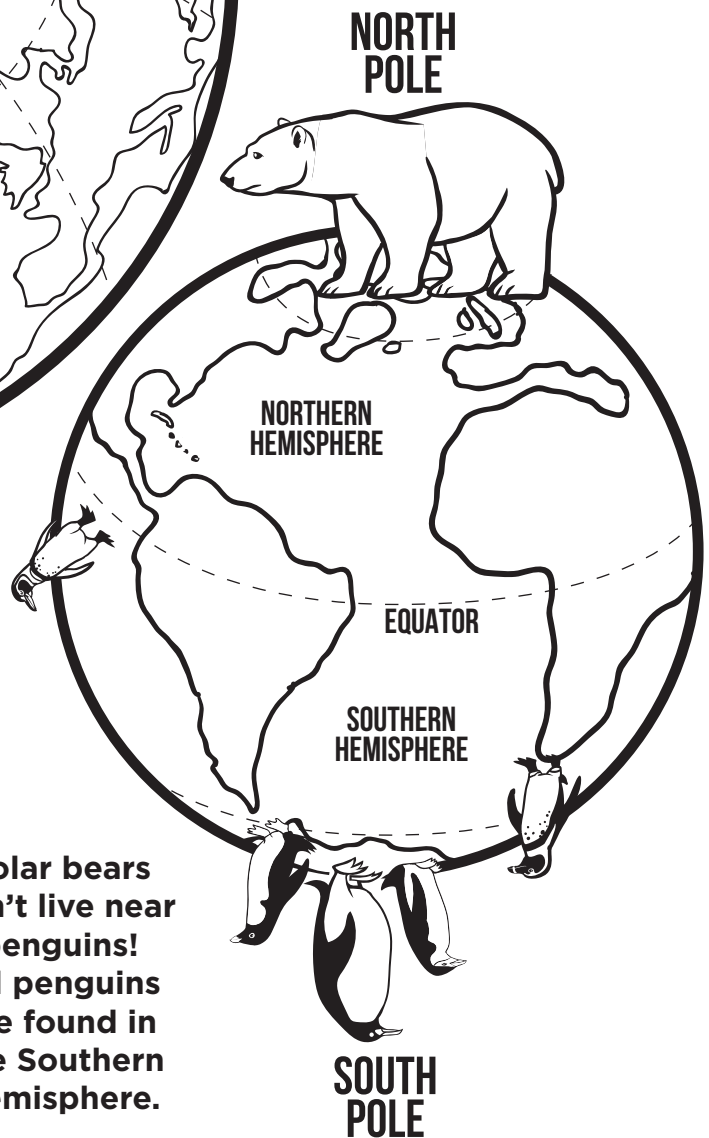
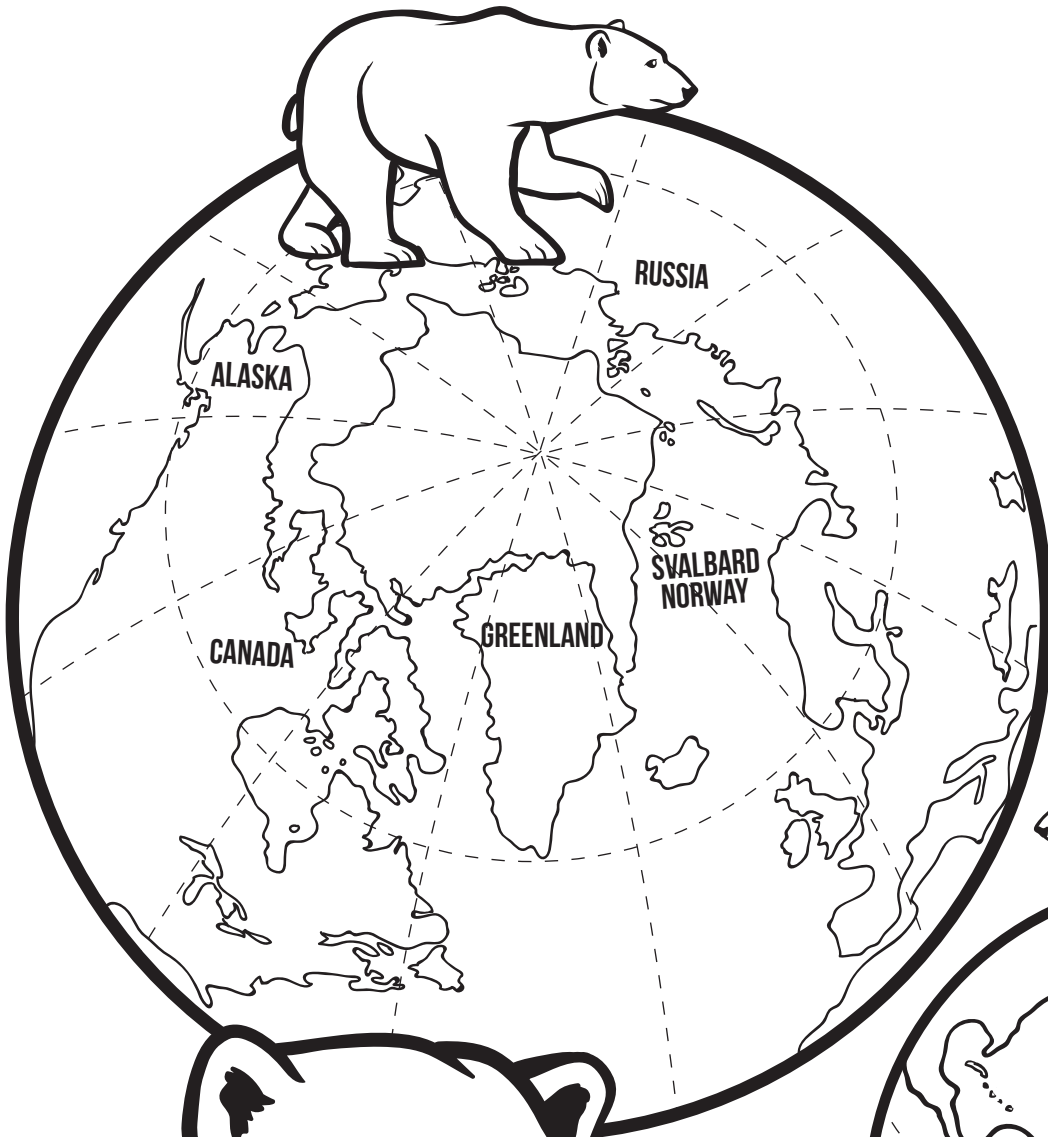
Sun Bear

Polar bears are the biggest bears of all! They are also the only bear that needs the land *and* the sea, because they use sea ice as a platform to find food. Polar bears need sea ice to survive!

Where Do Polar Bears Live?

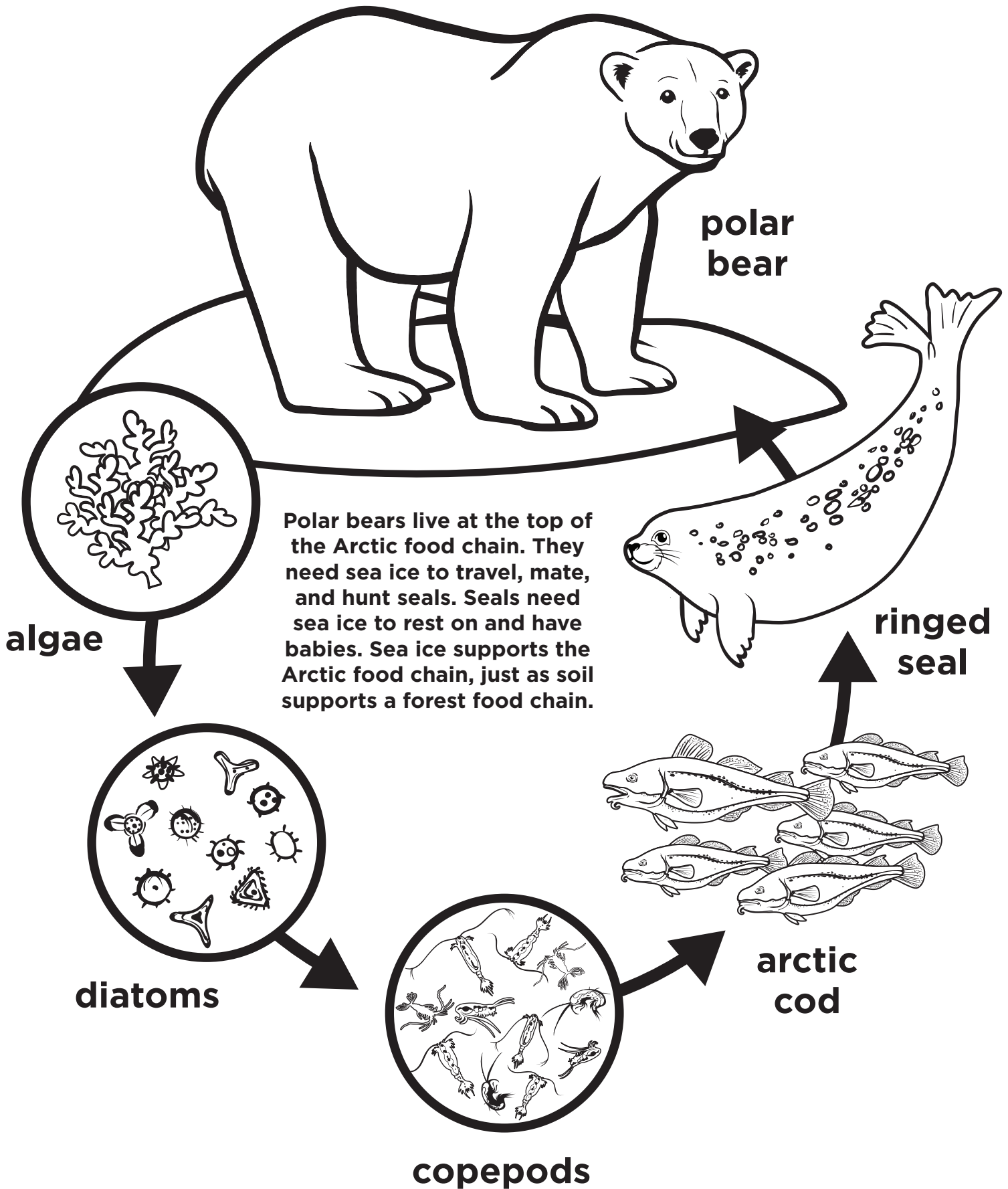
Polar bears are found in Canada, the U.S. (Alaska), Greenland, Norway (Svalbard), and Russia.

They are called by different names across the Arctic, including nanuq and isbjørn.

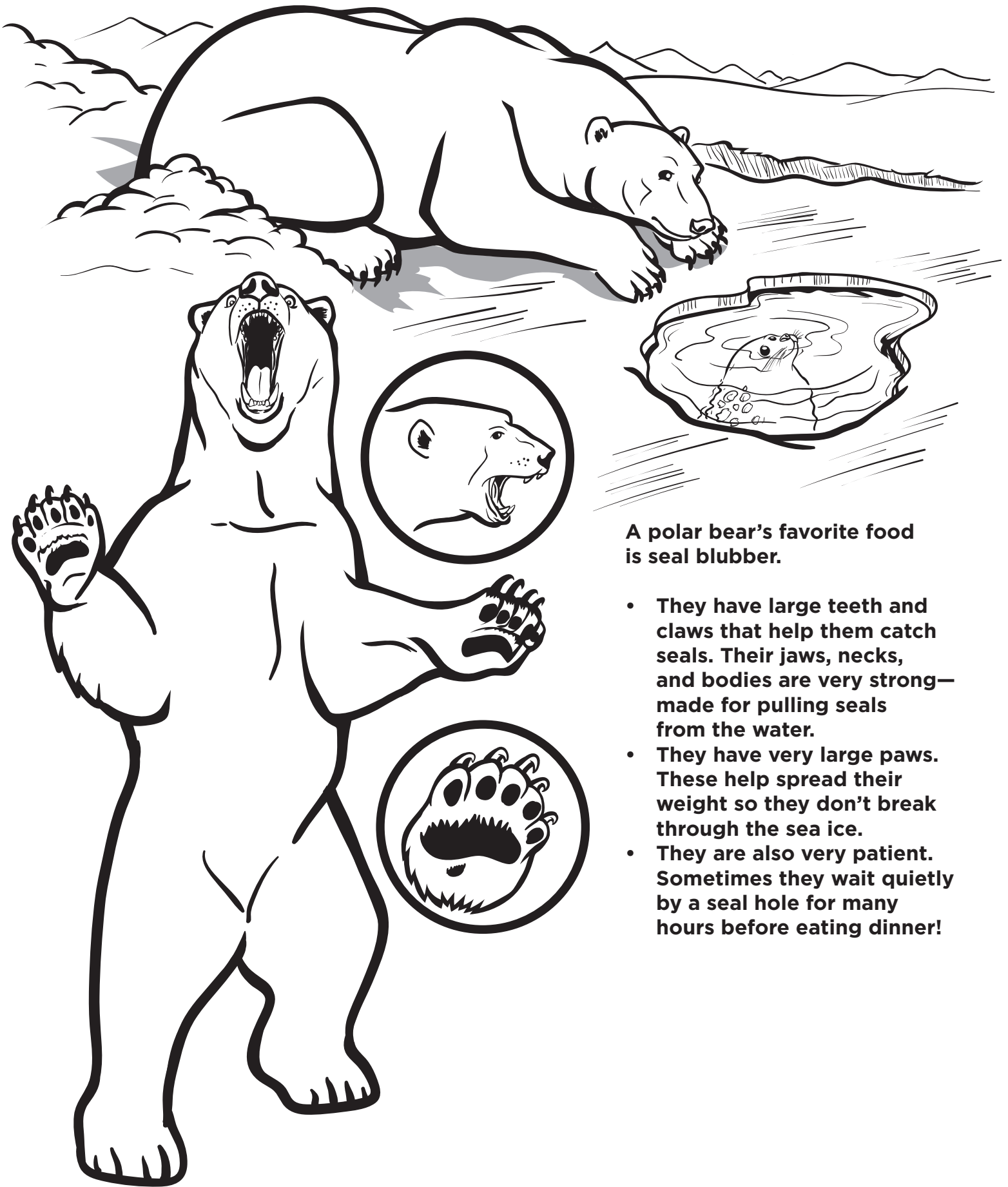


Polar bears don't live near penguins!
All penguins are found in the Southern Hemisphere.

Sea Ice Is Important



Built for Hunting Seals



A polar bear's favorite food is seal blubber.

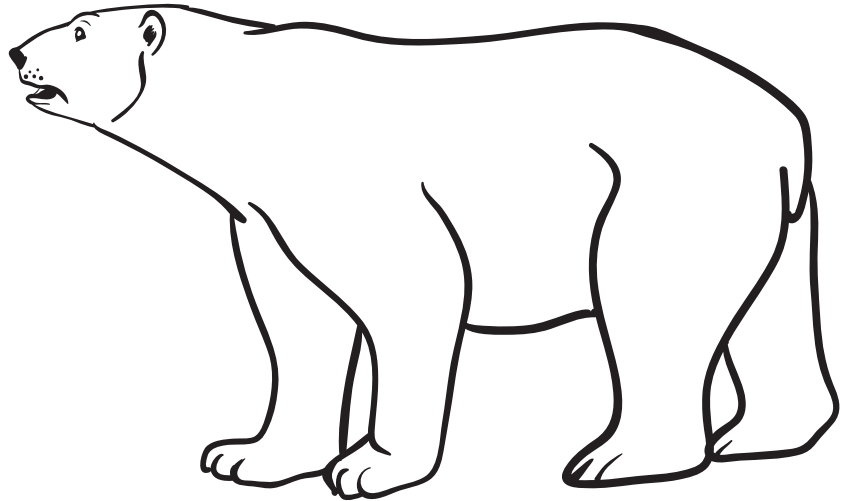
- They have large teeth and claws that help them catch seals. Their jaws, necks, and bodies are very strong—made for pulling seals from the water.
- They have very large paws. These help spread their weight so they don't break through the sea ice.
- They are also very patient. Sometimes they wait quietly by a seal hole for many hours before eating dinner!

Comparing Polar Bears to ...

The polar bear is the largest bear in the world!

The brown bear is the second largest.

On all four legs, a polar bear is 1.5 meters, almost as tall as an adult man.



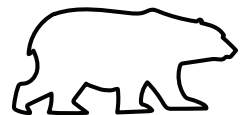
A standing polar bear is three meters tall. That is nearly as tall as a regulation basketball hoop.



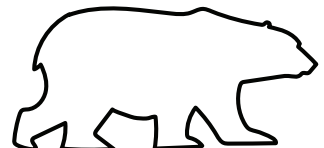
Polar bears have paws the size of dinner plates.

Male polar bears are MUCH bigger than female polar bears.

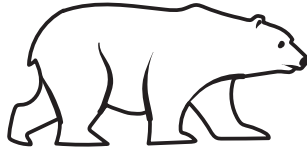
female



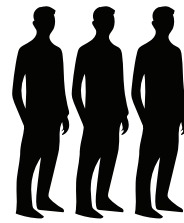
male



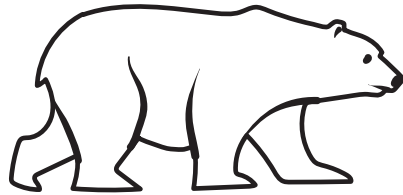
average female
weighs 200 kg



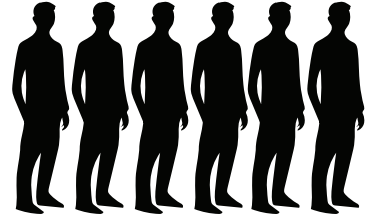
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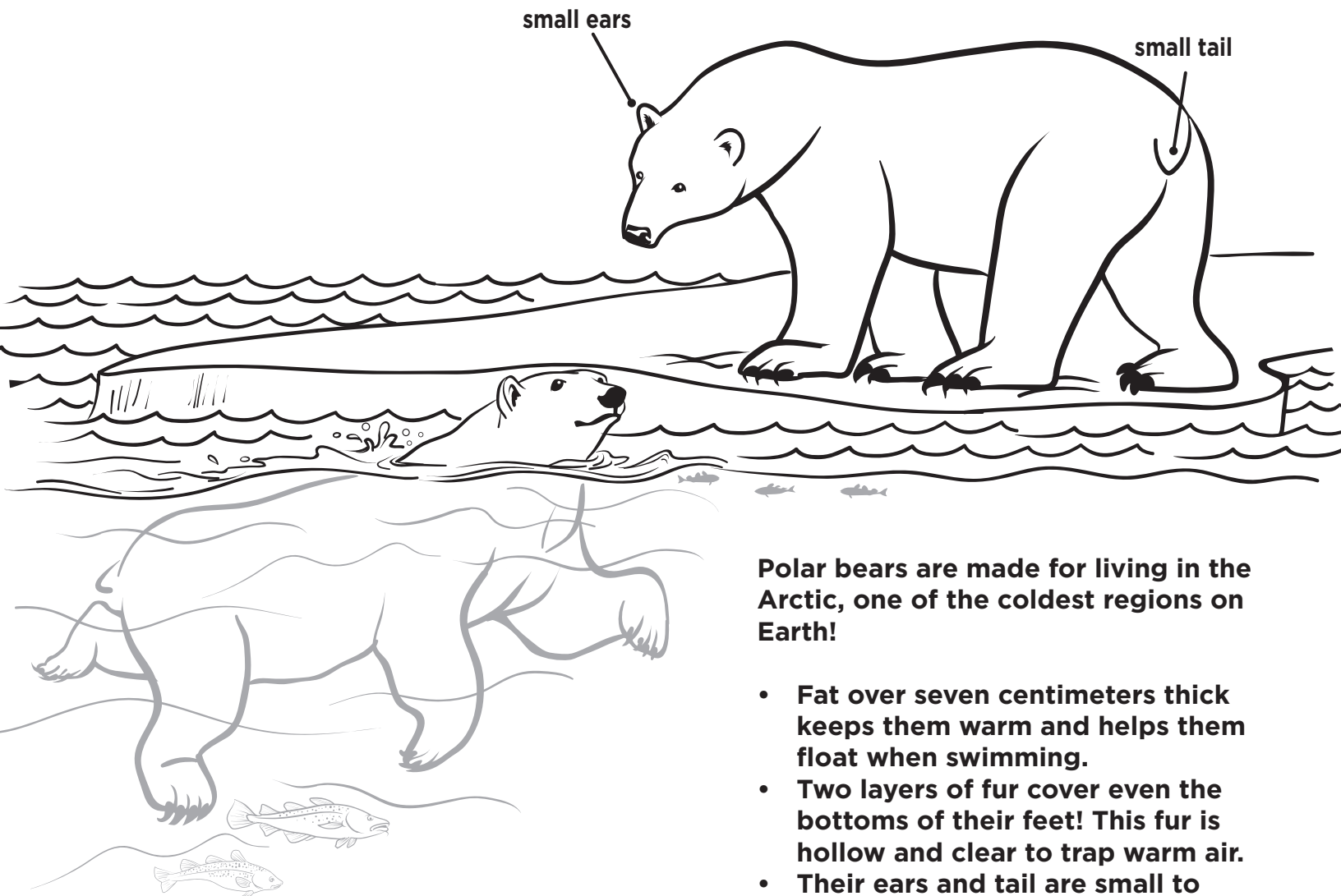
average male
weighs 400 kg



=



Built for Cold

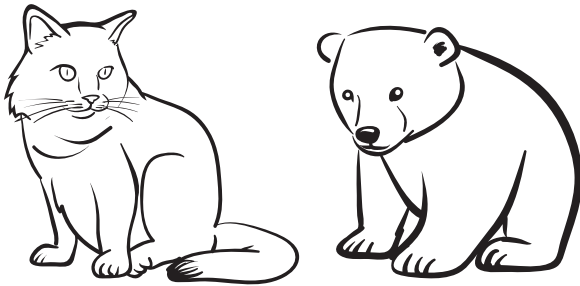
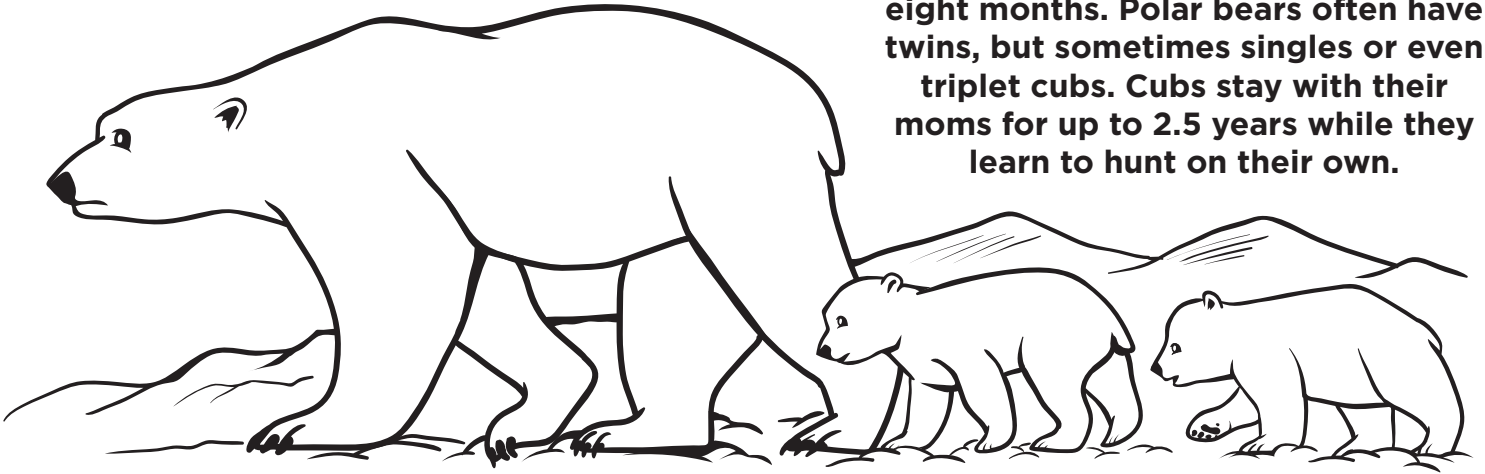


Polar bears are made for living in the Arctic, one of the coldest regions on Earth!

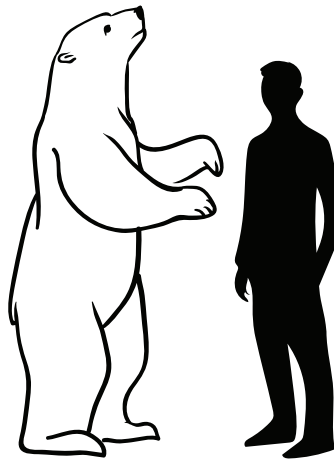
- **Fat over seven centimeters thick keeps them warm and helps them float when swimming.**
- **Two layers of fur cover even the bottoms of their feet! This fur is hollow and clear to trap warm air.**
- **Their ears and tail are small to prevent heat from escaping their bodies.**

Families

Females that give birth to cubs stay on land from July through the following February, about seven or eight months. Polar bears often have twins, but sometimes singles or even triplet cubs. Cubs stay with their moms for up to 2.5 years while they learn to hunt on their own.



A newborn polar bear is only about the size of a stick of butter. After just one or two months, a cub is as big as a house cat.



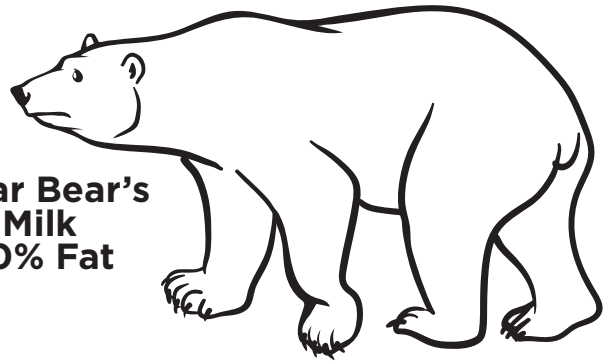
Although cubs start small, by the time they are eight months, they are 90 times bigger than they were at birth. They are also taller than a grown man!



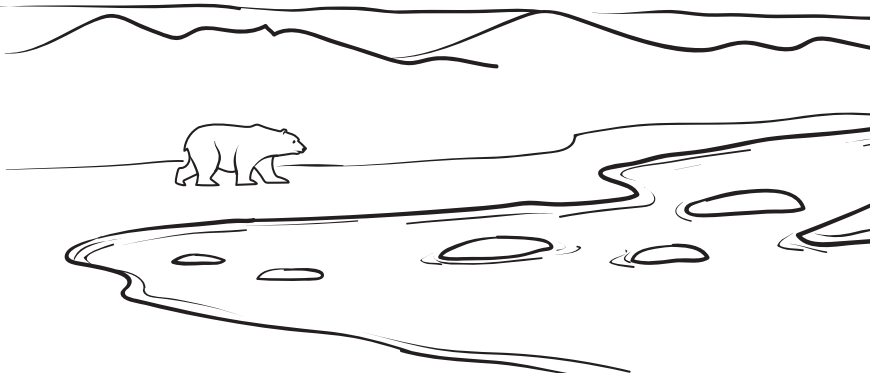
Cow's Milk
4% Fat



Polar Bear's Milk
30% Fat



The main reason polar bear cubs grow so fast is because their mother's milk is high in fat. Polar bear milk is 30% fat. Cow milk is just 4% fat.



Polar bear homes are huge!
One bear can easily cover half a million square kilometers, larger than Canada's Yukon, or California!

What Do Polar Bears Like Doing?



What Do People Like Doing?



Polar Bear Word Search

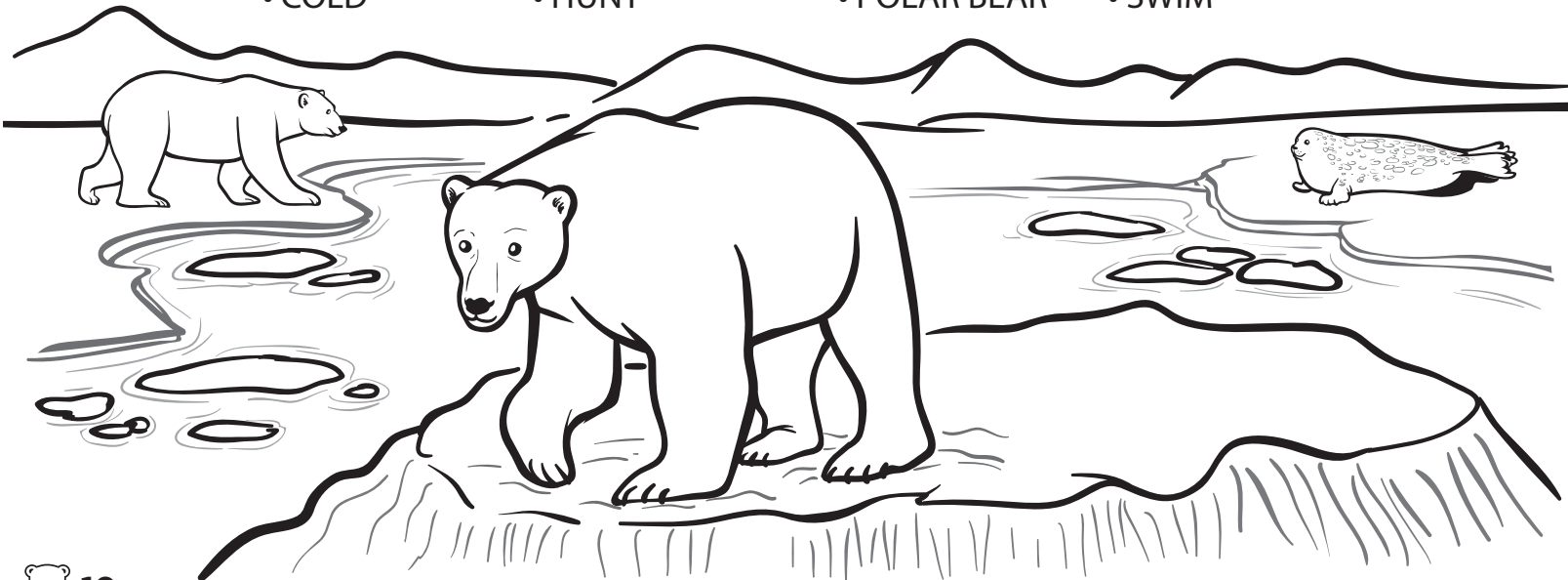
N	A	L	I	A	M	H	T	R	O	N	A
A	O	Y	H	A	D	P	M	S	O	O	R
E	Y	I	R	N	R	A	N	O	L	I	C
C	A	I	T	D	T	W	N	A	O	F	T
I	N	N	E	A	H	S	E	A	F	A	I
E	D	W	I	C	V	S	Y	D	C	T	C
S	F	U	R	W	D	R	T	A	N	P	O
C	L	U	A	E	A	I	E	K	H	A	N
O	Z	L	G	W	O	T	F	S	U	D	S
L	C	N	S	W	I	M	A	A	N	A	T
D	I	E	C	I	A	E	S	L	T	O	R
R	P	O	L	A	R	B	E	A	R	V	C

- ALASKA
- ARCTIC
- CLAW
- COLD

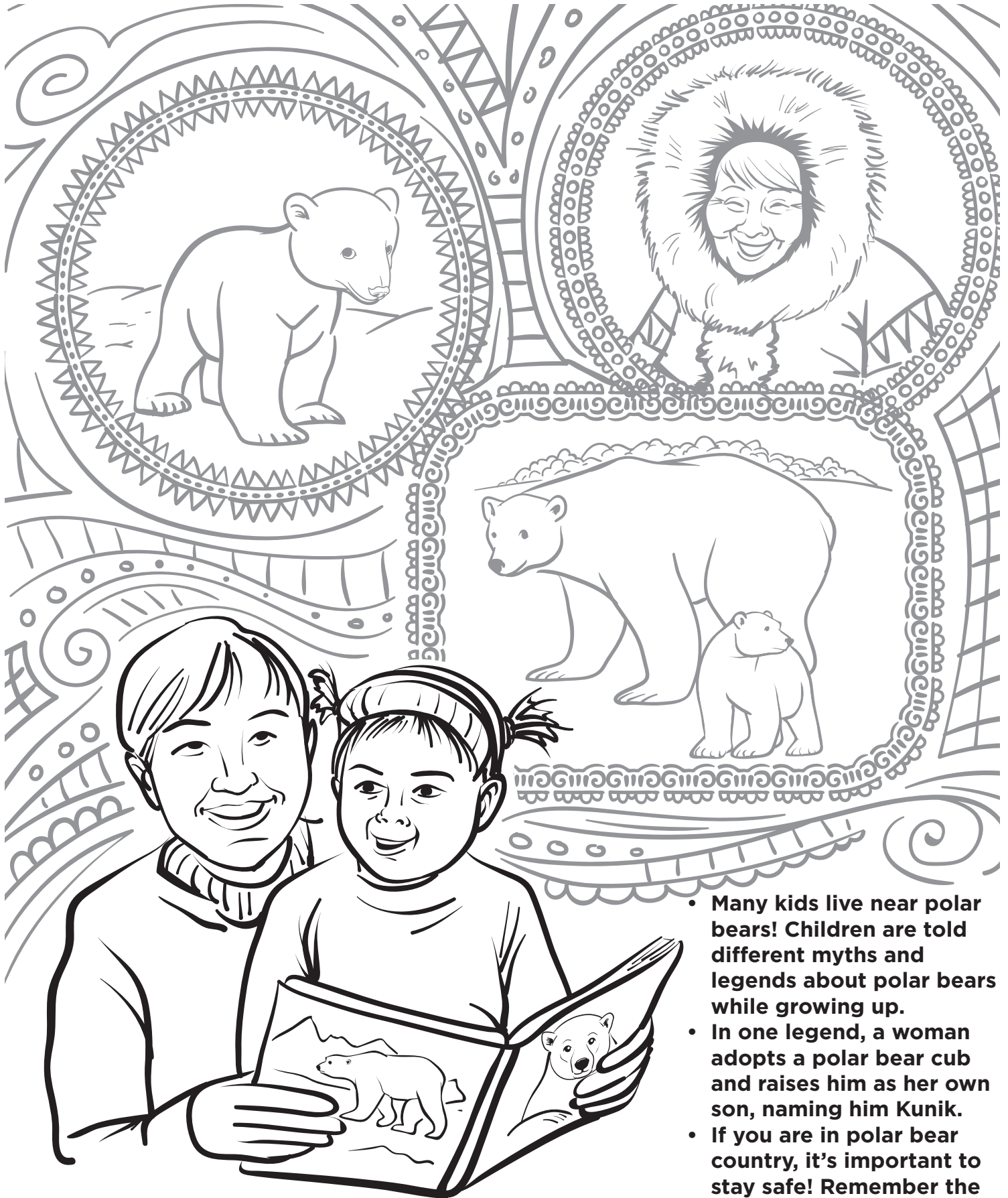
- CONSERVATION
- FAT
- FUR
- HUNT

- MARINE
- NORTH
- PAWS
- POLAR BEAR

- RINGED SEAL
- SAFETY
- SEA ICE
- SWIM

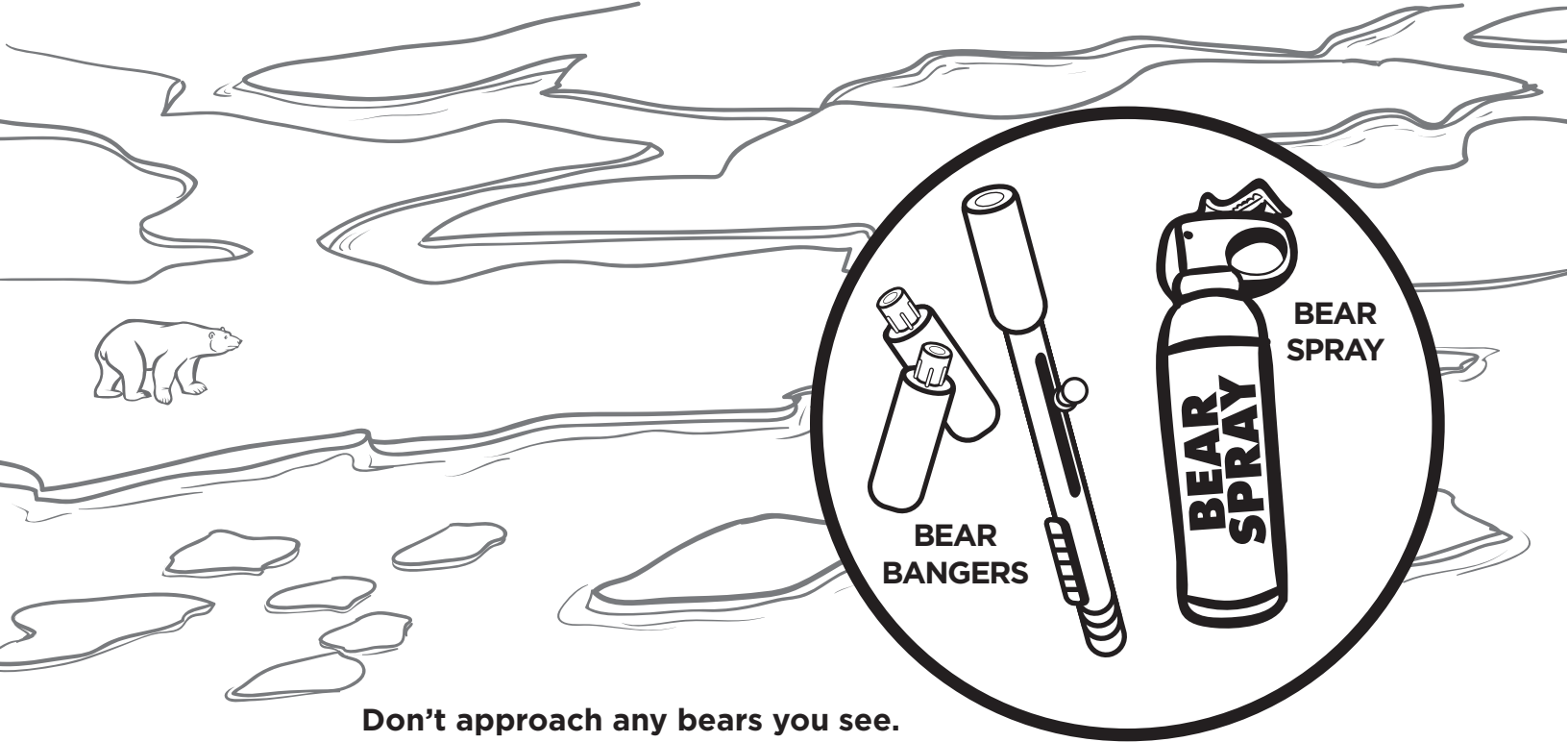


Kids and Polar Bears



- Many kids live near polar bears! Children are told different myths and legends about polar bears while growing up.
- In one legend, a woman adopts a polar bear cub and raises him as her own son, naming him Kunik.
- If you are in polar bear country, it's important to stay safe! Remember the following tips and listen to your elders to stay safe.

A Safe Bear Is a Distant Bear— Close Bears Are Dangerous!



Don't approach any bears you see.

Avoid walking along rocks and near the shoreline.

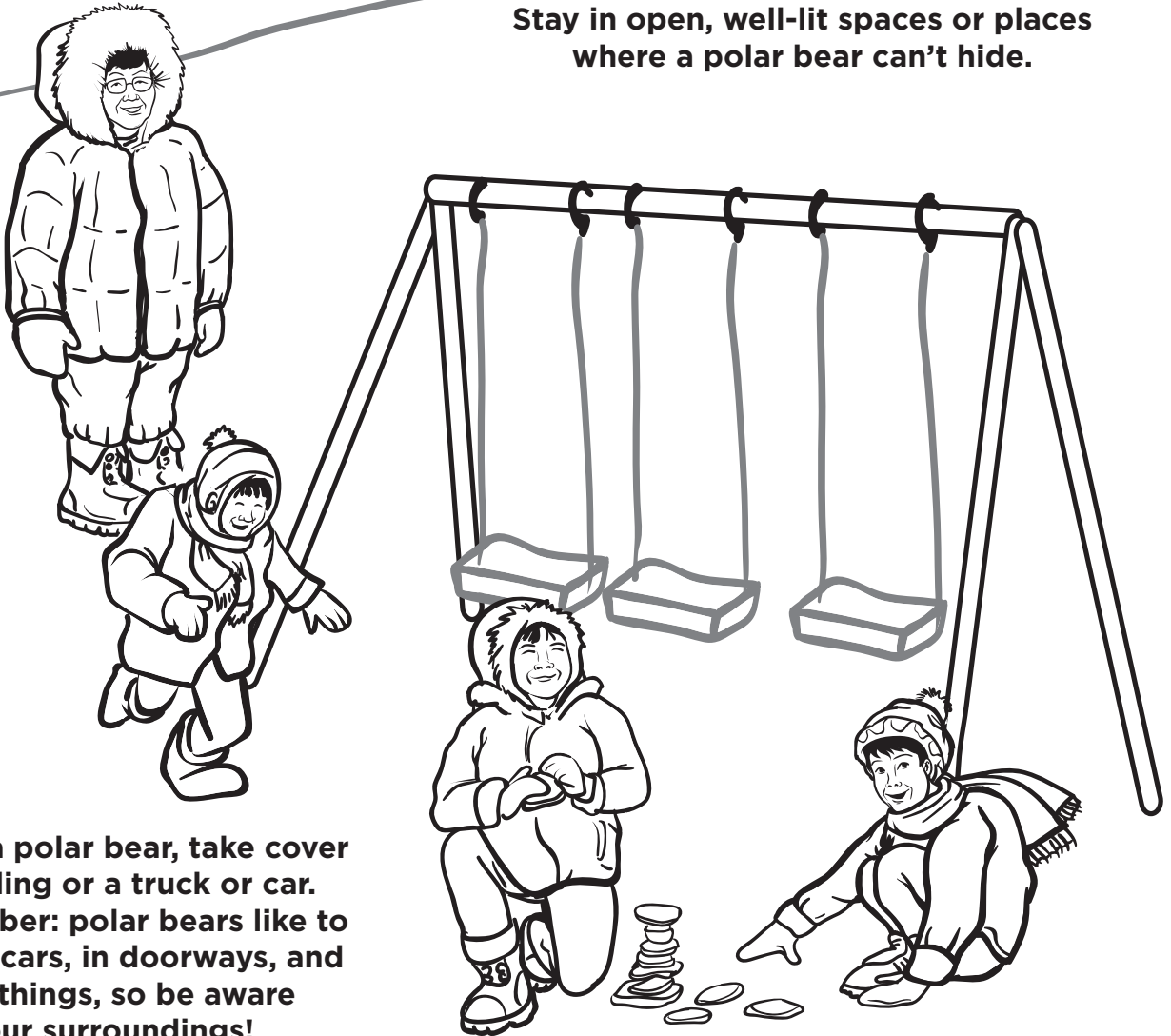
When outside, make sure someone has a bear-scare tool, like bear spray or bear bangers, in case a bear approaches you. Talk to your parents about the best-bear scare tool for you.



Only Play in Safe Areas

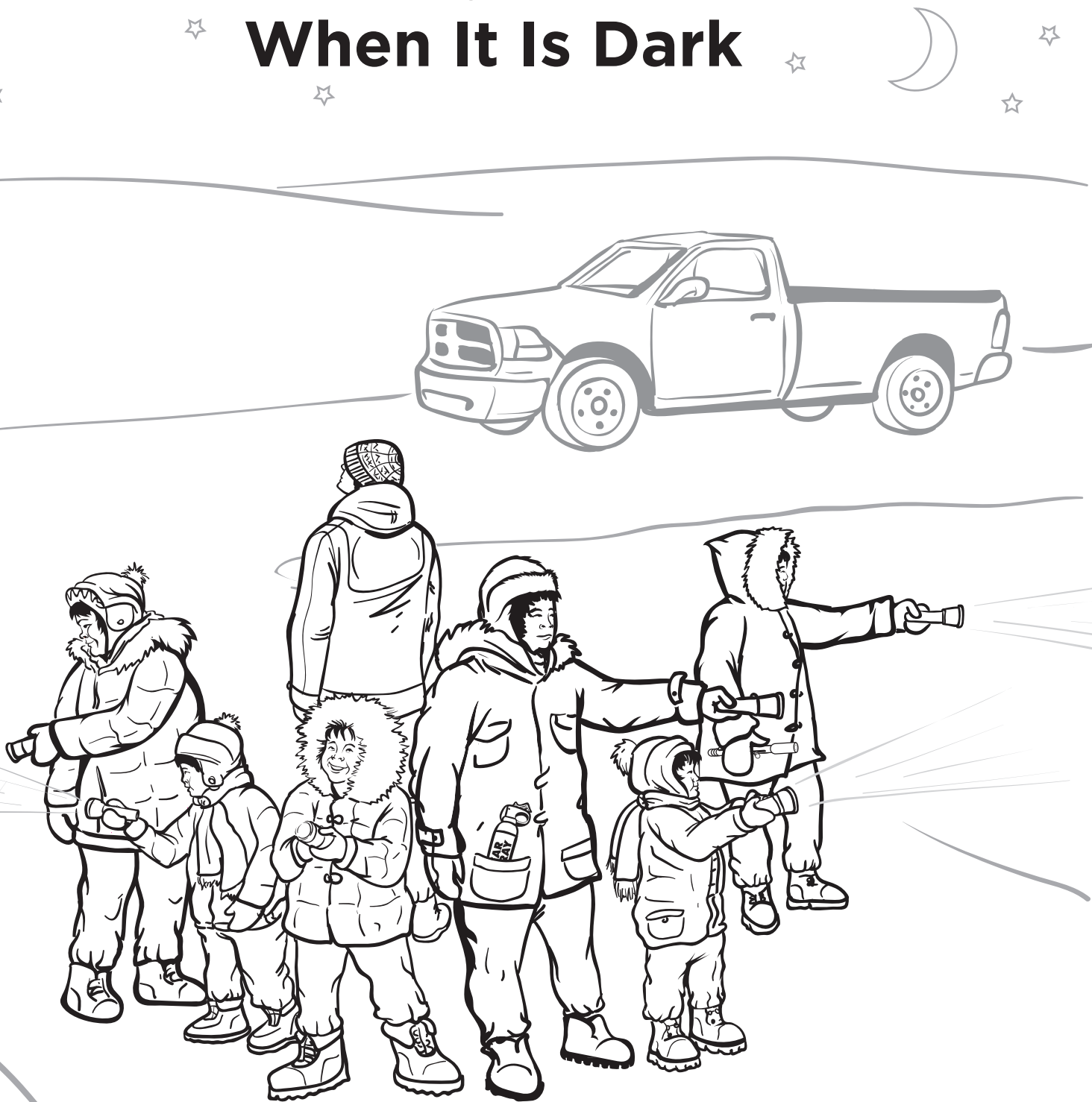


Stay in open, well-lit spaces or places where a polar bear can't hide.



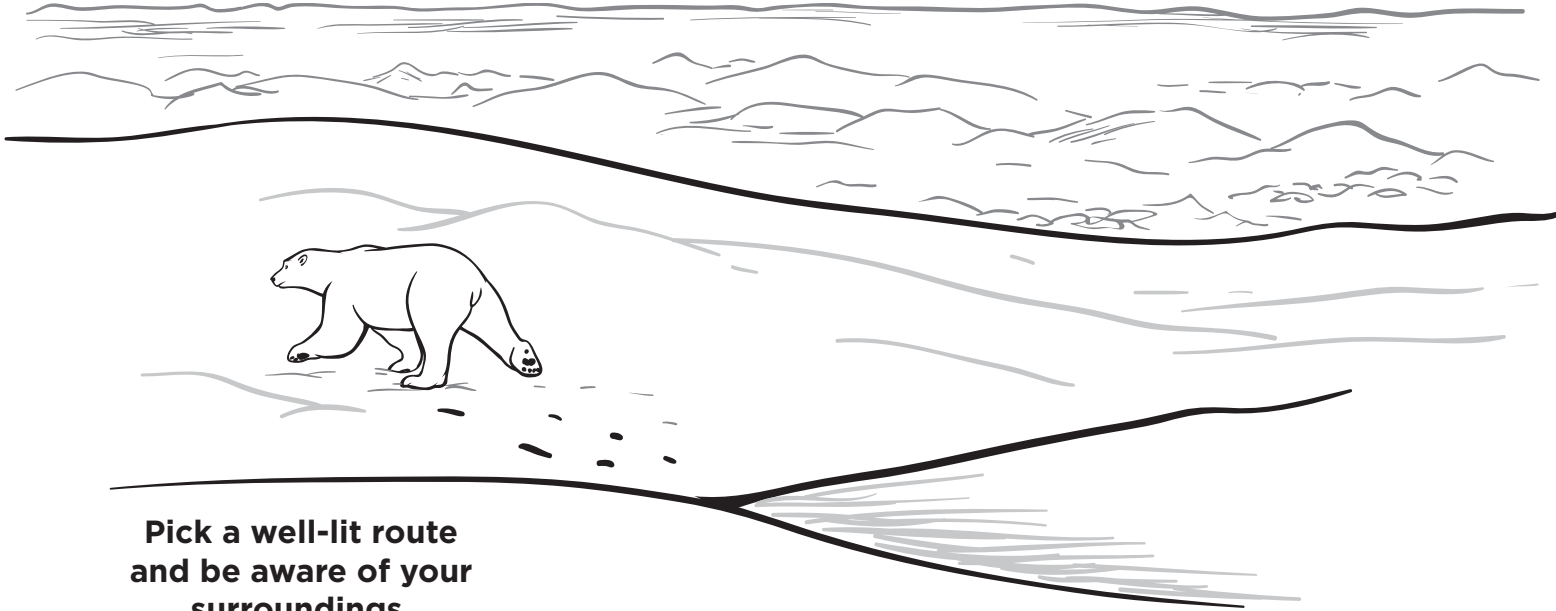
If you see a polar bear, take cover in a building or a truck or car. But remember: polar bears like to rest under cars, in doorways, and behind things, so be aware of your surroundings!

Don't Play Outdoors When It Is Dark



Carry a flashlight and stay in a group (preferably with an adult!) when the sun goes down.

Whenever You Are Outdoors, in Town or out on the Land, Be Aware!



**Pick a well-lit route
and be aware of your
surroundings.**

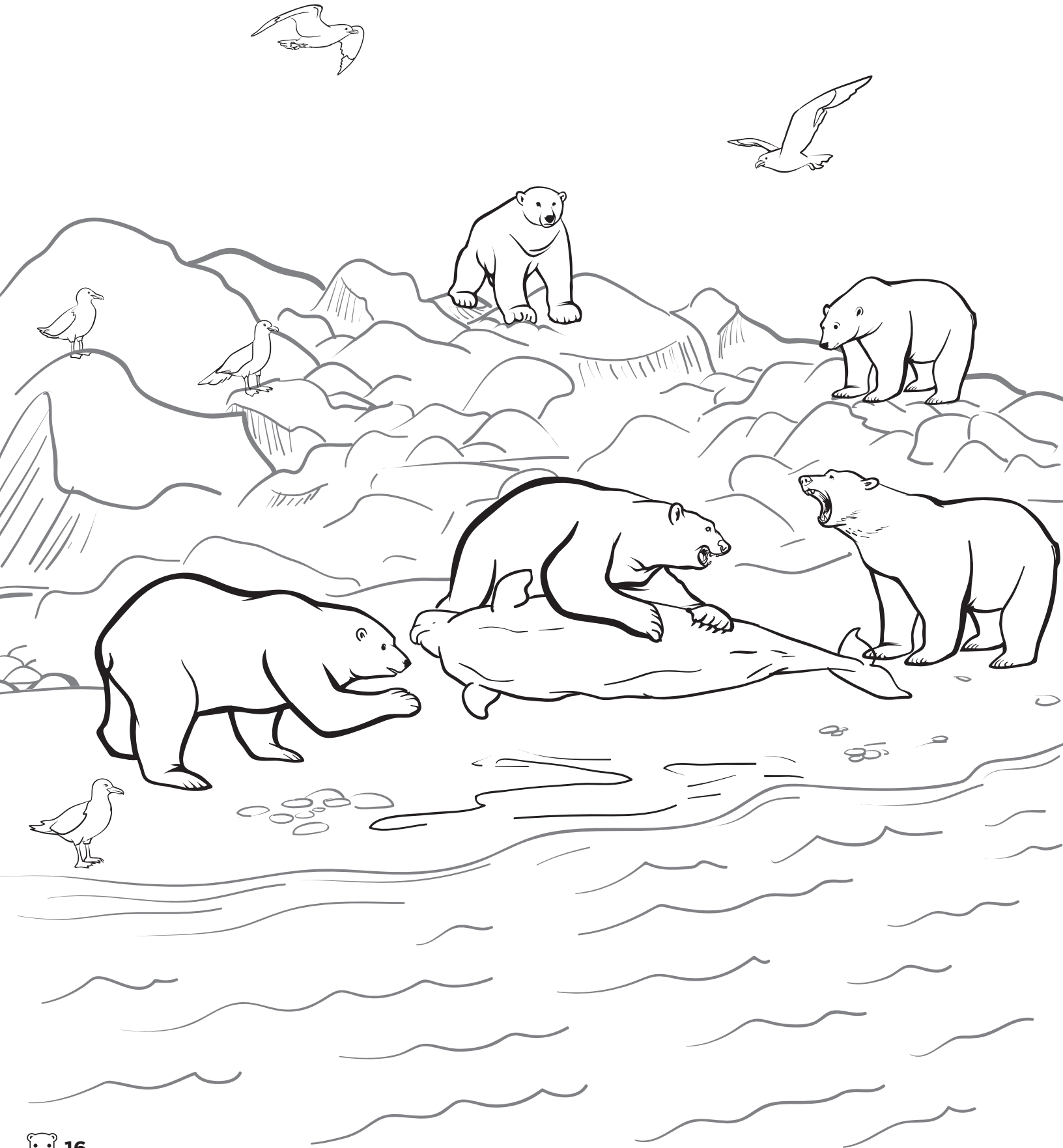
**Make sure someone
knows where you are.**

**When out on the
land, scan your
surroundings
often and carry a
bear-scare tool,
such as bear spray,
to prevent a bear
getting too close.**

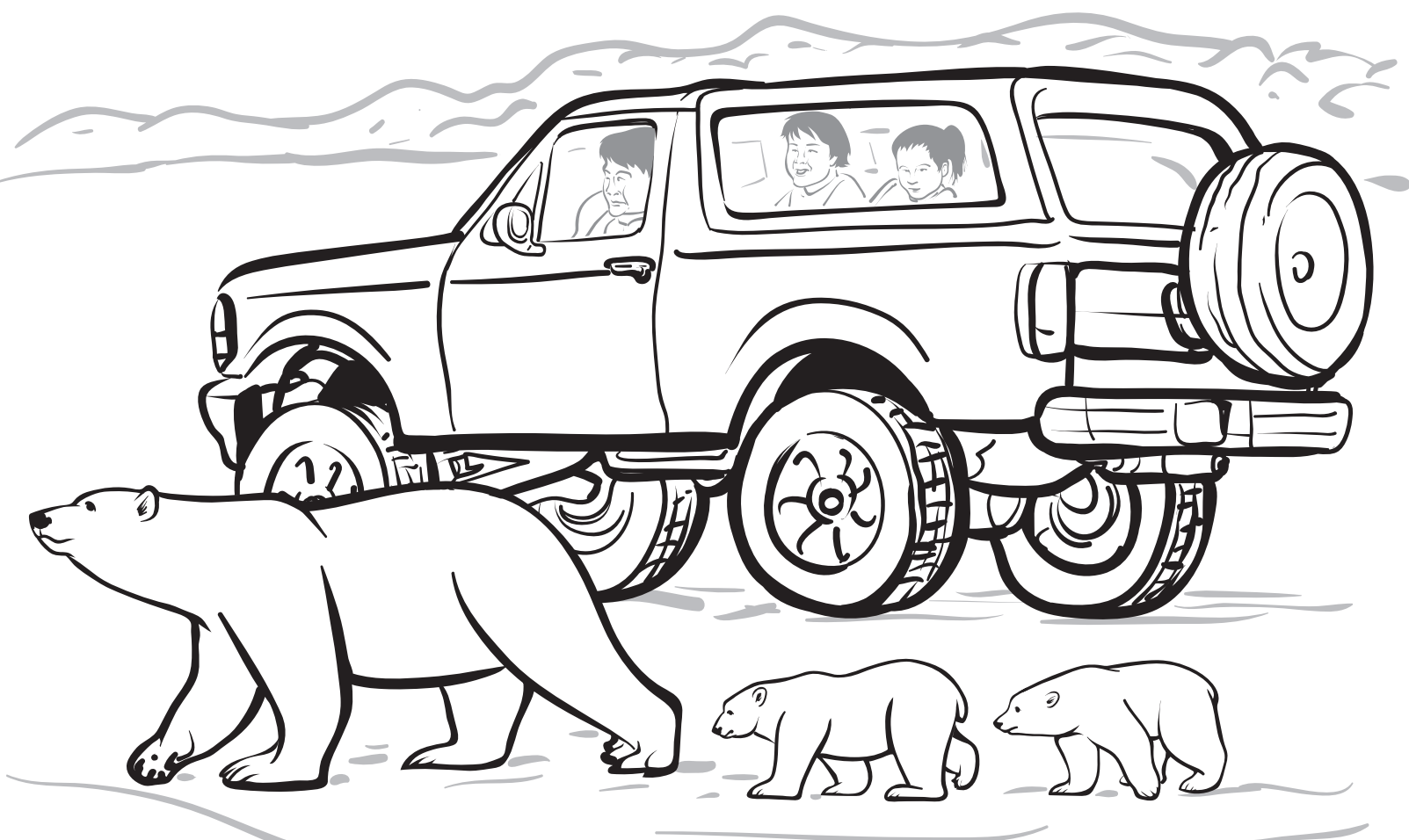


**BEAR
SPRAY**

Avoid Smelly Areas: Don't Play Near Garbage Dumps or Carcasses



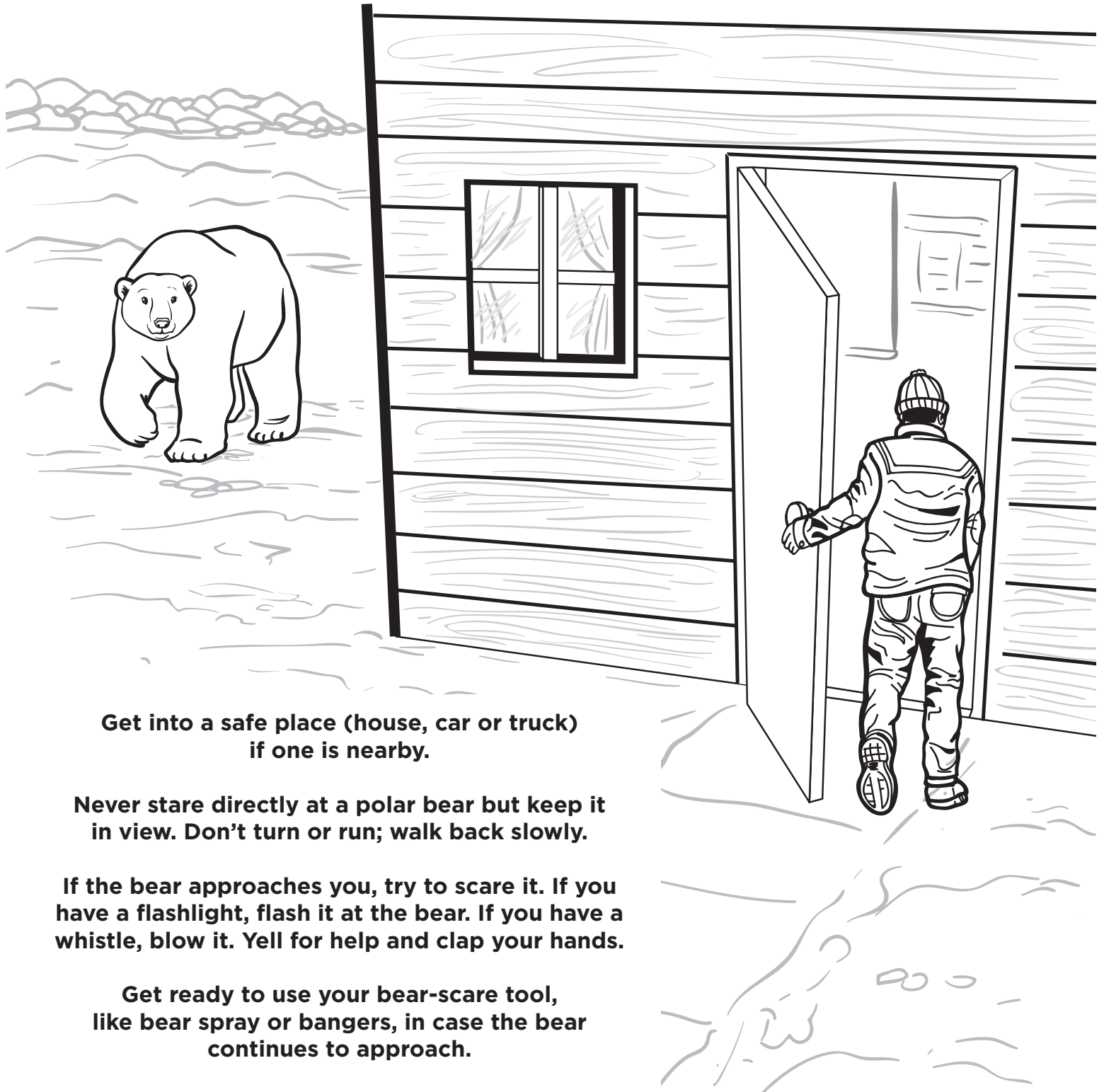
If You See a Bear, Find a Safe Place Indoors and Tell An Adult



**Never feed a
polar bear!**



If a Bear Surprises You Outside and Up Close ...



**Get into a safe place (house, car or truck)
if one is nearby.**

**Never stare directly at a polar bear but keep it
in view. Don't turn or run; walk back slowly.**

**If the bear approaches you, try to scare it. If you
have a flashlight, flash it at the bear. If you have a
whistle, blow it. Yell for help and clap your hands.**

**Get ready to use your bear-scare tool,
like bear spray or bangers, in case the bear
continues to approach.**

**NEVER play dead! If you have no other choice,
get ready to fight back with anything available-
rocks, sticks, scrap metal, etc. Continue to shout
for help and make as much noise as possible.**



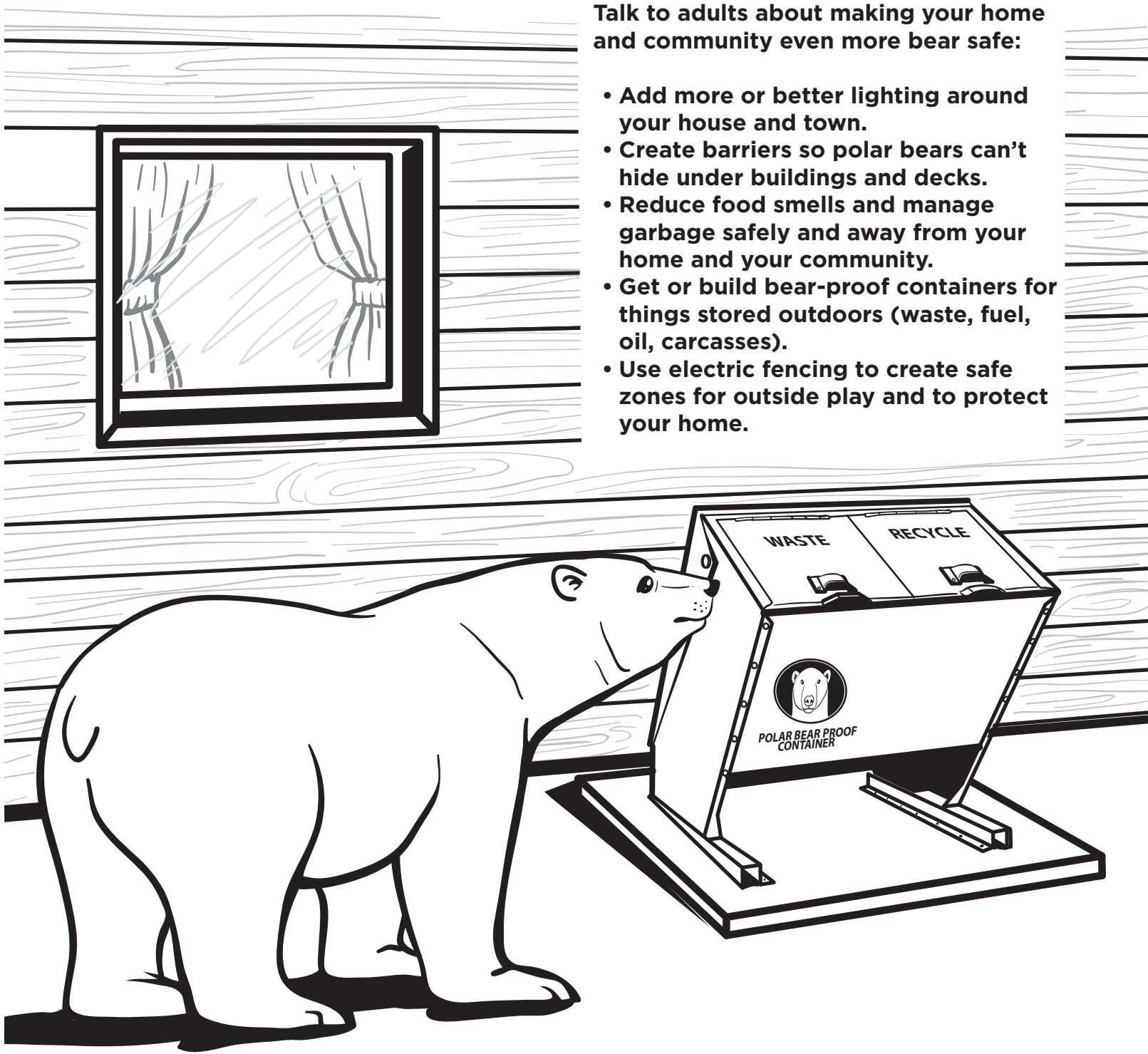
Move Through the Maze and Find a Safe Place Outdoors



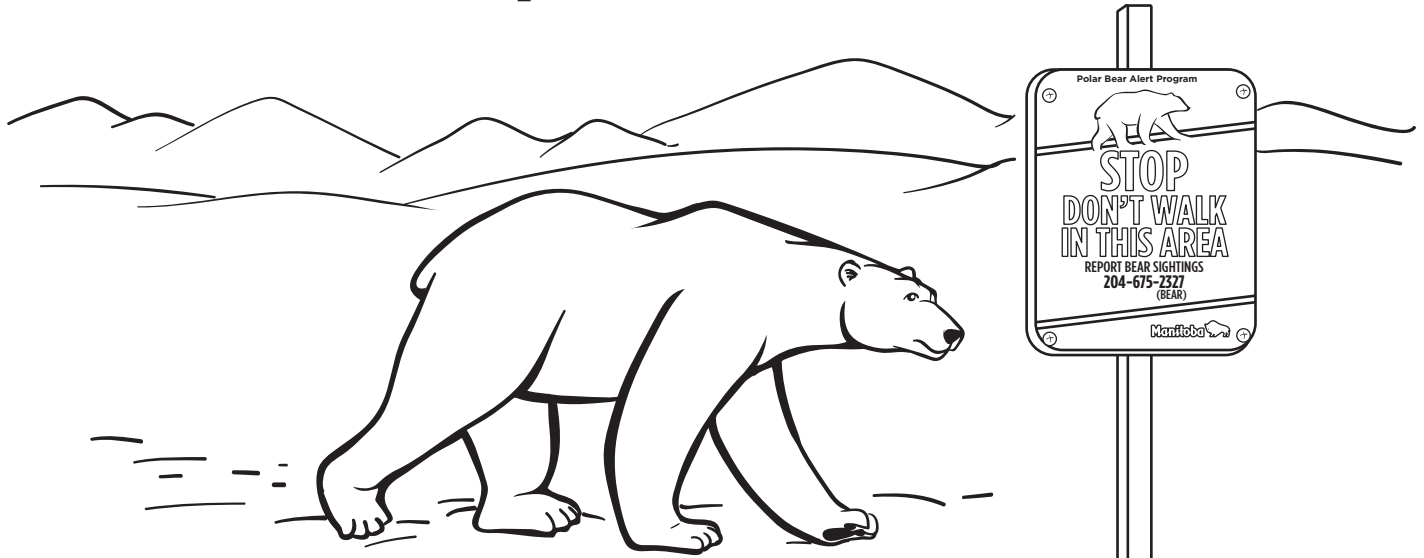
How Can You Help Polar Bears and Stay Safe?

Talk to adults about making your home and community even more bear safe:

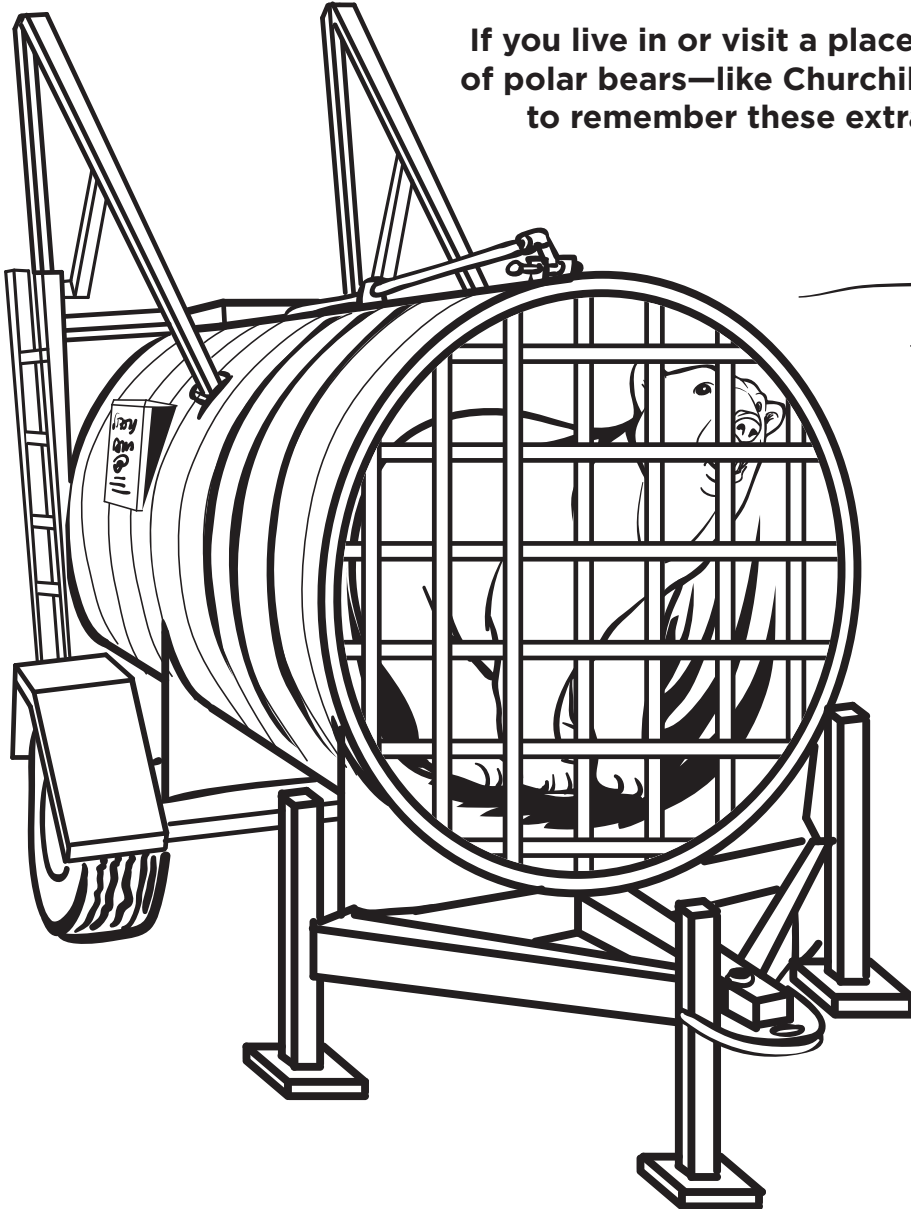
- Add more or better lighting around your house and town.
- Create barriers so polar bears can't hide under buildings and decks.
- Reduce food smells and manage garbage safely and away from your home and your community.
- Get or build bear-proof containers for things stored outdoors (waste, fuel, oil, carcasses).
- Use electric fencing to create safe zones for outside play and to protect your home.



Churchill, Canada Is the Polar Bear Capital of the World!

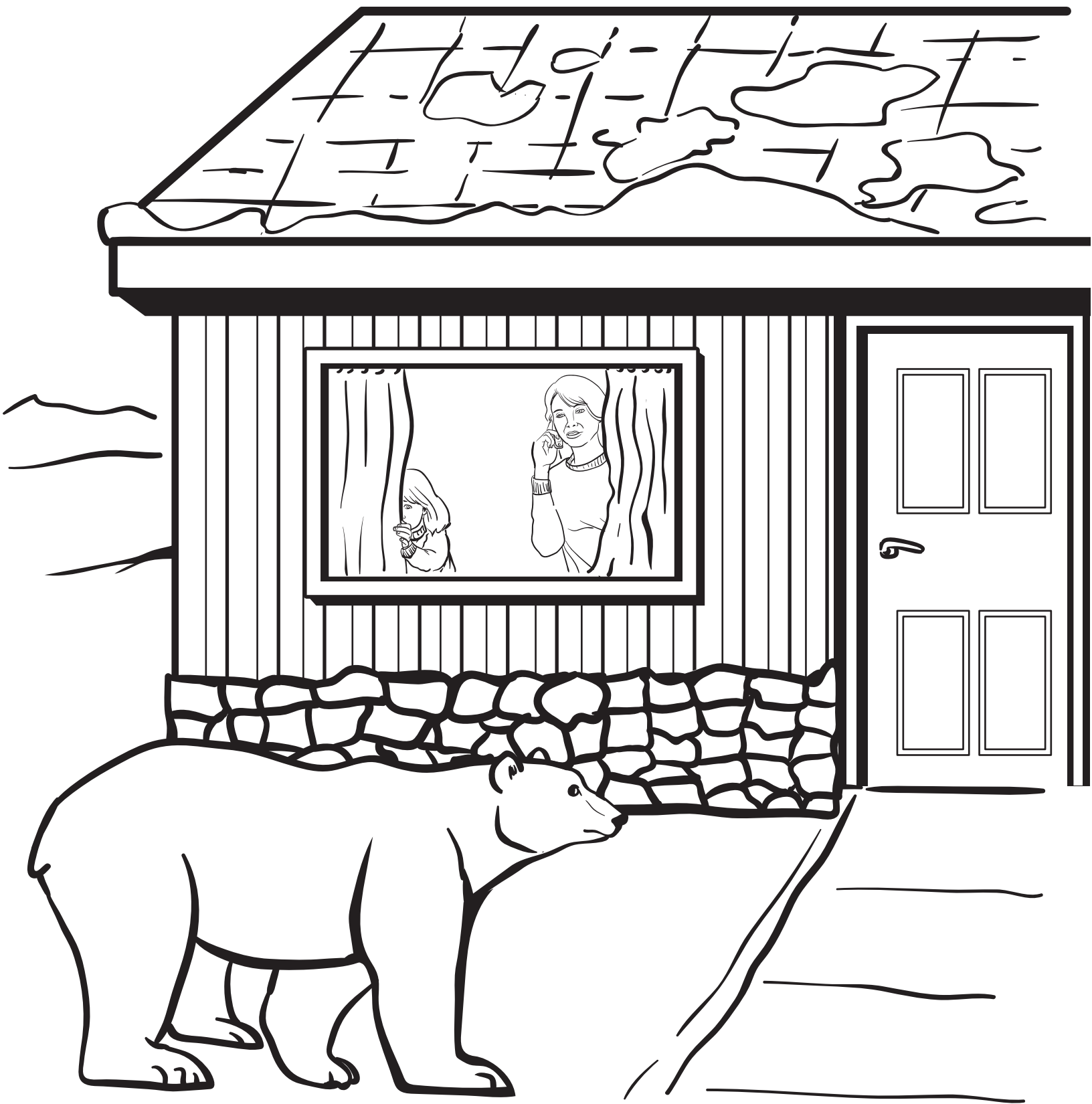


If you live in or visit a place with lots of polar bears—like Churchill—be sure to remember these extra tips!



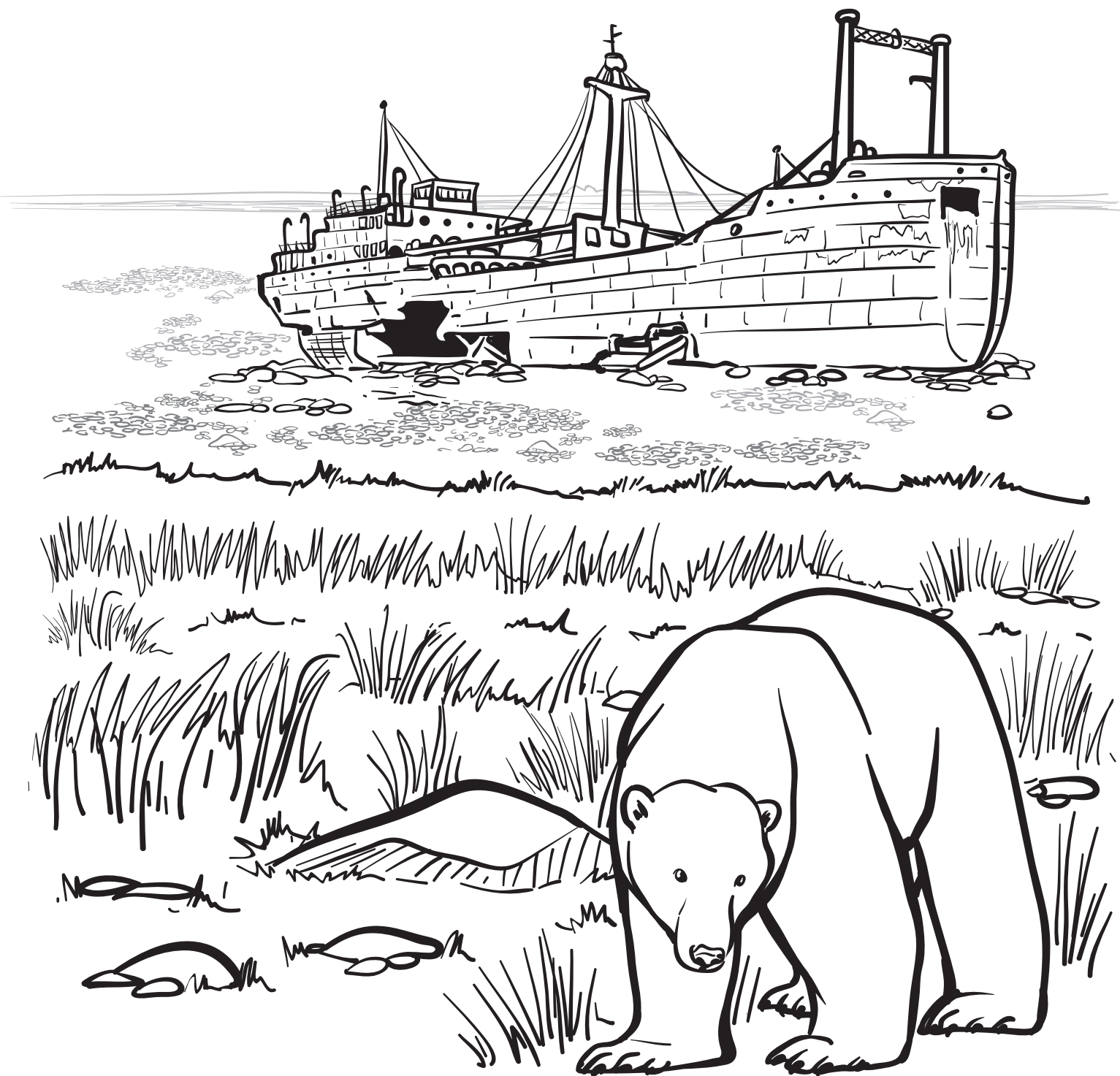
Obey all signs.

Keep away from bear traps.



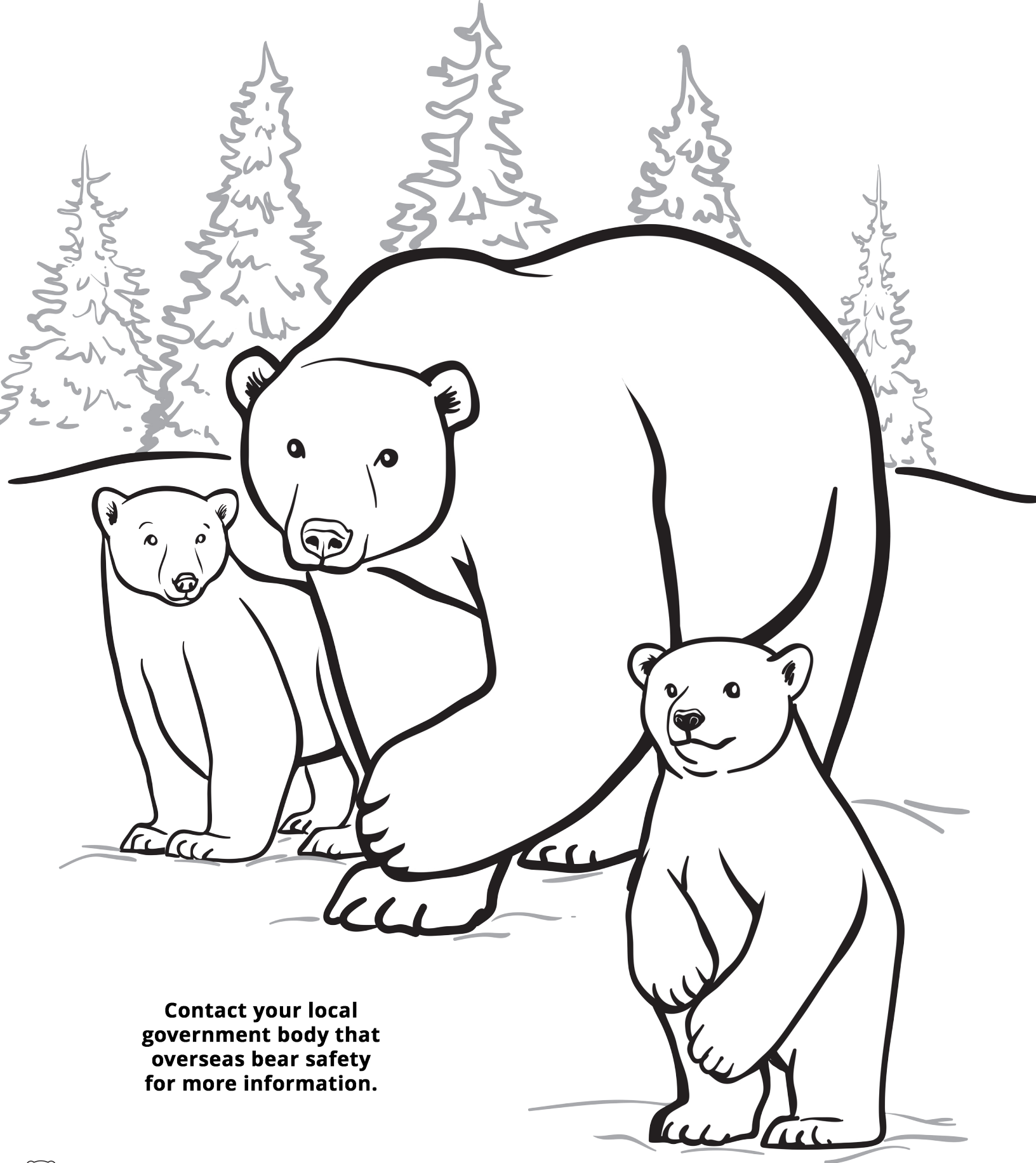
If you see a polar bear, tell an adult, who will report it. If you hear gunshots, move away from the sound. Get indoors as soon as you can.





Don't play on the beach by yourself or at night. Watch out for rocks or ridges. Polar bears can hide behind them! Don't walk alone. Be sure to always carry a bear-scare tool!

Learn More About Polar Bears!



**Contact your local
government body that
overseas bear safety
for more information.**

