

# All About the Arctic

Teach little ones about the uniqueness and importance of the high north. BY ANYA BRITZIUS

The Arctic region is found in the northernmost part of the Earth. It's made up of the Arctic Ocean, parts of Russia, Greenland, Canada, the United States, Norway, Iceland, Sweden and Finland. The region is home to indigenous peoples, including the Sámi, who have adapted to one of the harshest environments in the world. It boasts a rich habitat for wildlife, such as polar bears, Arctic foxes, seals and birds, and it contains vast resources — freshwater reserves, fossil fuels and fisheries. It's also an area of the world that's quickly changing and deserves to be celebrated.



To see Family Matters pages from previous issues, go to [sonsofnorway.com](http://sonsofnorway.com), log in and select "Cultural Programming" then "Family Matters."

## Activities for Young People

### PRESCHOOL

#### Animal Identification

Learn the names of Arctic animals with a game. Print flash cards of animals (see resources below), then place them around the room to play "I Spy." Example: "I spy an animal that swims." "I spy an animal that has a tusk."

**Expand It:** In addition to using construction paper, find other paper items around the kitchen to make crafts. Check out instructions for igloo and Arctic fox crafts using cupcake liners and paper plates at [iheartcraftythings.com](http://iheartcraftythings.com).



### ELEMENTARY AGES

#### Polar Habitat Diorama

Learn about the environment where the animals live by making a diorama with a shoebox. Find instructions at [firstpalette.com](http://firstpalette.com).

#### Expand It:

Use a science experiment to talk about temperature change and melting ice. Find a sensory ice play activity at [littlebinsforlittlehands.com](http://littlebinsforlittlehands.com).



### TEENAGERS

#### Polar Explorers

Norway is home to some of the world's greatest historic and modern polar explorers, including Roald Amundsen, Fridtjof Nansen and Liv Arnesen (right). Research the explorers and their achievements. Create a trivia game using the information to test your family's knowledge.



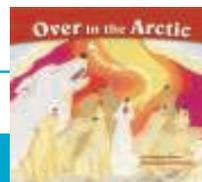
**Expand It:** Check out articles, videos and interactive games about polar explorers and the Arctic at [pbs.org/wgbh/nova/arctic](http://pbs.org/wgbh/nova/arctic).

## LEARN MORE

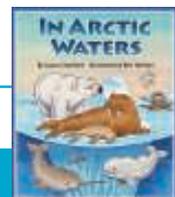
"Animal Activity: In the Arctic"  
[abebooks.com](http://abebooks.com)

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

Arctic Activity Pack  
[embarkonthejourney.com/free-arctic-animals-activity-pack](http://embarkonthejourney.com/free-arctic-animals-activity-pack)



"Over in the Arctic: Where the Cold Winds Blow"  
By Marianne Berkes



"In Arctic Waters"  
By Laura Crawford