

# The Arctic Food Chain

Discover how every animal depends on the other.

## Did you know?

Arctic Ice is home to tiny plants and animals that start the food chain. Sea Ice is as important to the Arctic as soil is to the forest.



Polar Bear



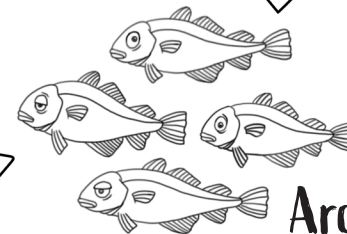
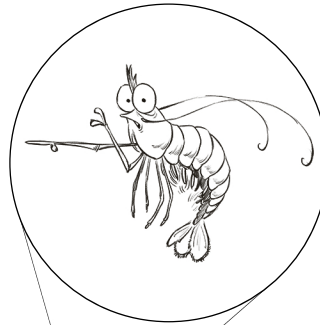
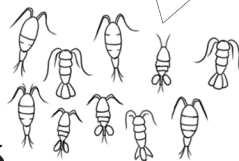
Algae

Without the ice, and the special algae that grows on it, the whole chain could break.

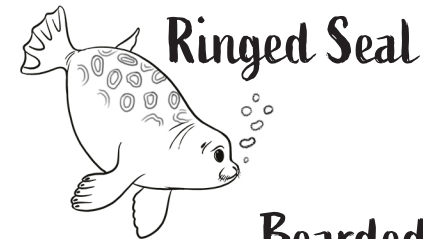
Diatoms



Copepods



Arctic Cod



Ringed Seal

Bearded Seal





# Color & Word Puzzle



## Did you know?

Mother polar bears usually have two babies, and those babies are called **cubs**.

z r v s i y s i r f r u  
n e v w b f i h j a a s  
i c a e z e u m j m e r  
h i y s o o p l i i b d  
m h i y q n j q v z g m  
f e w c n a k w c c z e  
i e o n x u j o b y x e  
l i n q d c t b w b d q  
c g x k p p d s s p l q  
e p y o r l v l n b r e  
z v c i t c r a p o u s  
s n w w r e h t o m w c

## Instructions

1. Color the mother polar bear and her two cubs.
2. Find the words in the puzzle:

☐ cubs

☐ snow

☐ bear

☐ arctic

☐ ice

☐ mother

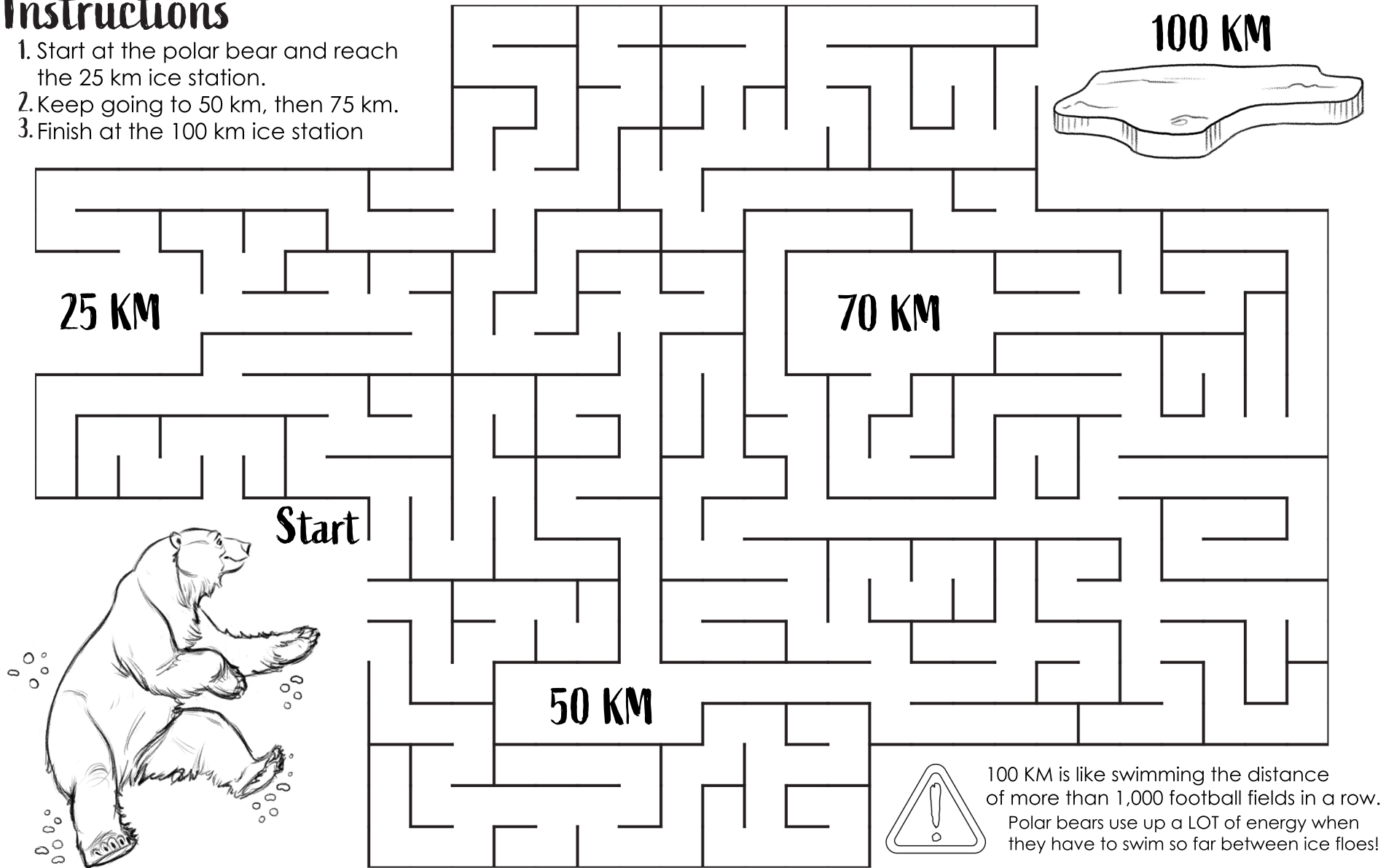


# Polar bears are champion swimmers!

Polar bears can swim about 100 kilometers without stopping!  
They do this to travel between ice, find food, or look for a safe place to rest.

## Instructions

1. Start at the polar bear and reach the 25 km ice station.
2. Keep going to 50 km, then 75 km.
3. Finish at the 100 km ice station

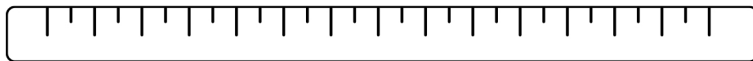
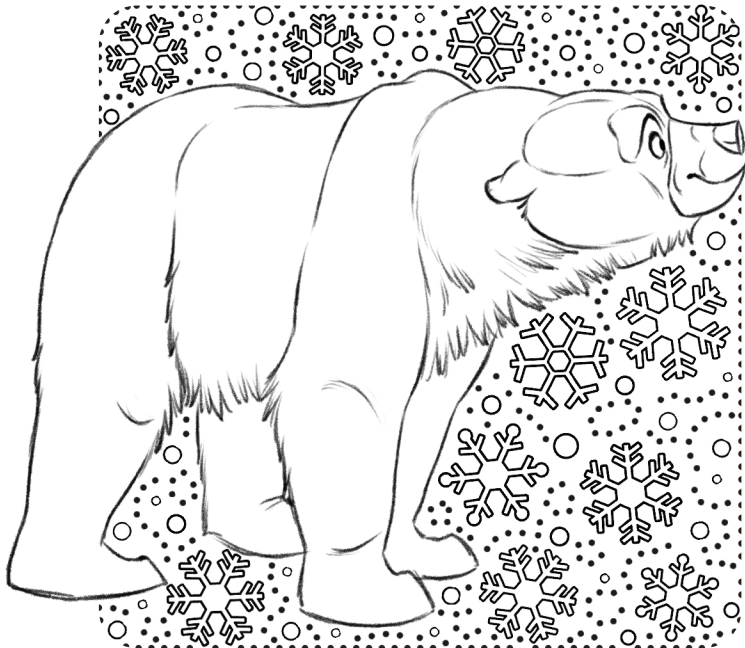


# How Big Are Polar Bears?

## Females

**Weight:**

about 330 to 650 pounds  
(around 150 to 300 kilograms)

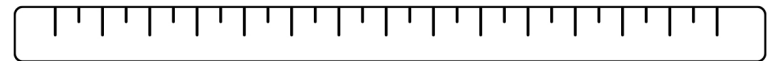
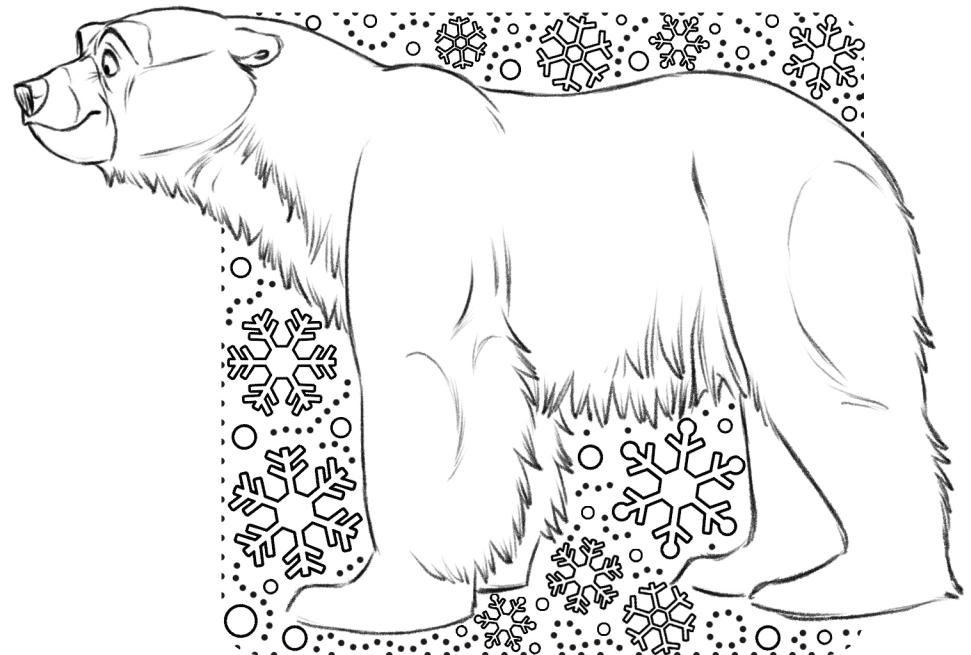


**Length:** about 5 to 10 feet long  
(1.5 to 2.5 meters)

## Males

**Weight:**

about 775 to 1,200 pounds  
(around 350 to 550 kilograms)



**Length:** about 6½ to 12 feet long  
(2 to 3 meters)

— A 10-year-old weighs about 66 lb/30 kg. —  
How many kids equal a big male polar bear (1212 lb/550 kg)?  
Your answer:



# The 5 Biggest Land Predators in North America

During their time on land, polar bears are the largest predators out there.

## Instructions

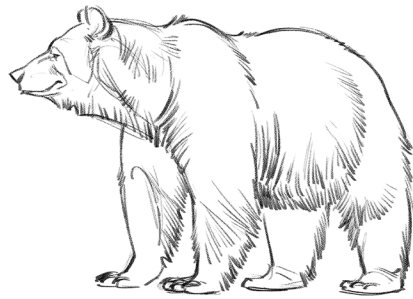
1. First, look at the weights and write the numbers 1 to 5 to show which are from biggest to smallest.

2. Then, draw a line to connect each animal to its average weight.



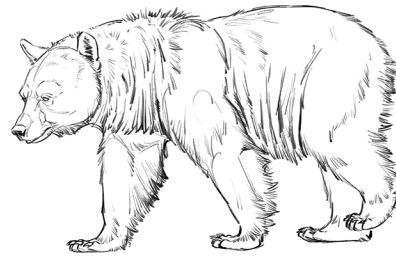
Polar Bear

#1



Brown Bear

#2



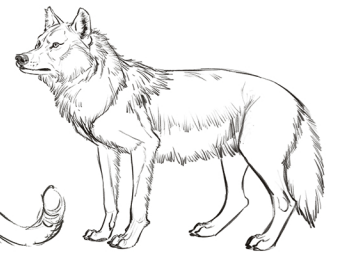
American  
Black Bear

#3



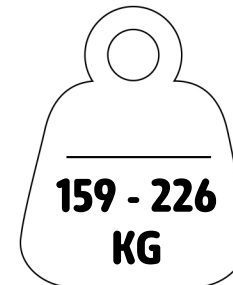
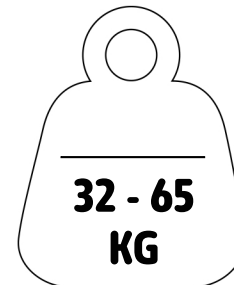
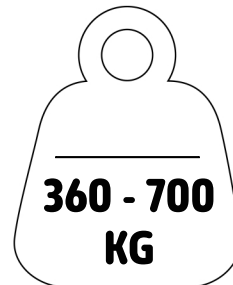
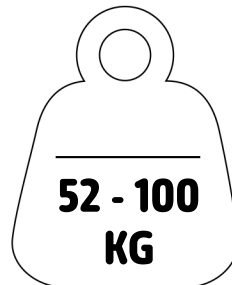
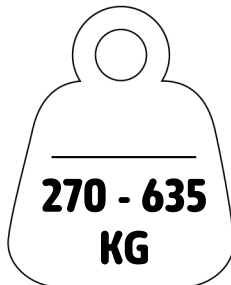
Mountain  
Lion

#4



North American  
Wolf

#5



# Where Do Polar Bears Live?

For polar bears, home is on the Arctic sea ice, where they hunt seals from a platform of ice.



## Activity: Where Do You Live?

Can you find where you live?  
Color your country on the map!

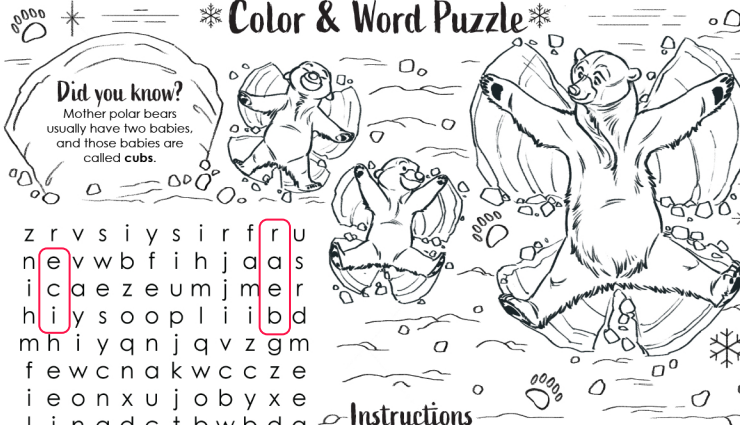
**Then think:**

Which polar bear nation is closest to you? \_\_\_\_\_

# Solutions

**Color & Word Puzzle**

**Did you know?**  
Mother polar bears usually have two babies, and those babies are called **cubs**.



z r v s i y s i r f r u  
n e v w b f i h j a a s  
i c a e z e u m j m e r  
h i y s o o p l i i b d  
m h i y q n j a v z g m  
f e w c n a k w c c z e  
i e o n x u j o b y x e  
l i n q d c t b w b d q  
c g x k p p d s s p l q  
e p y o r l v i n b r e  
z v c i t c r a p o u s  
s n w w r e h t o m w c

**Instructions**

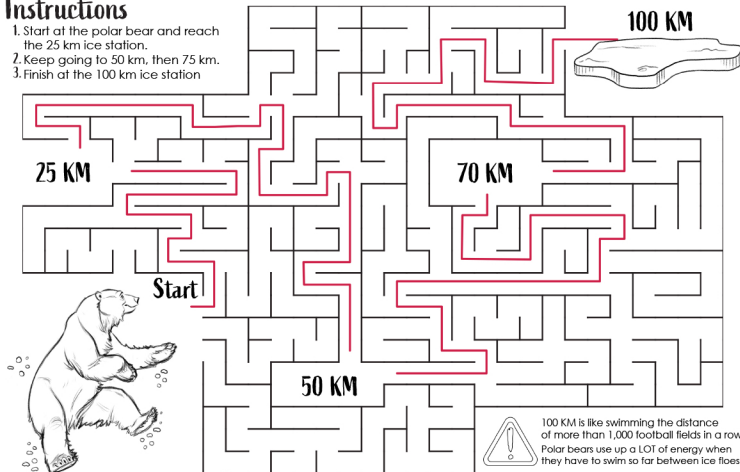
- Color the mother polar bear and her two cubs.
- Find the words in the puzzle:
  - ☐ cubs
  - ☐ snow
  - ☐ bear
  - ☐ arctic
  - ☐ ice
  - ☐ mother

## Polar bears are champion swimmers!

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### Instructions

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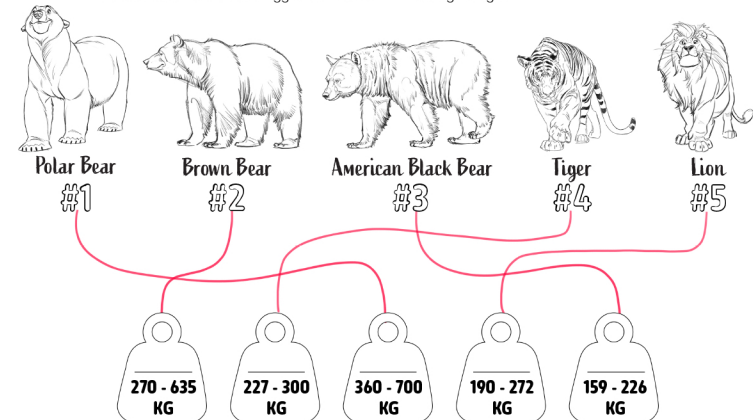


## The 5 Biggest Land Predators

Polar bears are the world's largest non-aquatic predators.

### Instructions

- First, look at the weights and write the numbers 1 to 5 to show which are from biggest to smallest.
- Then, draw a line to connect each animal to its average weight.



## Credits

Illustrations & Design

Created by The Art of Aaron Blaise

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Scientific Review & Educational Content

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Reviewed for environmental context and conservation messaging.

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