

Christmas Polar Bear



Meet Nanuk the Polar Bear – the latest festive addition!

At Pawprint HQ the snow isn't quite glistening (just yet!) but Nanuk has arrived for some festive fun in the run up to the season... it's a Christmas cracker!

For even more programme ideas check out our 'Polar Bear' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

PAWPRINT BADGES

Age 3 - 5



Age 5 - 7



Age 7 - 11



Age 11 - 14



Age 14 - 18



Age 18+



Craft



Food



Games



Other



Award yourselves a badge for supporting your young adventurers in their activities!

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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Craft

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BADGES**

- ★ Make your own ice cooler bowl.

How?

Place a smaller (freezer safe) bowl inside a larger one. Fill between the two with water and, if you like, add plastic toys, petals, leaves, beads, etc...anything that won't dissolve or be damaged by the water. Place in the freezer until completely frozen, then remove the bowls to reveal your super cool ice bowl; perfect for chilling drinks or serving an ice cream sundae!

- ★ Freeze your own ice crayons and get creative!
- ★ Decorate some Christmas cards using polar bears...why not add some festive scarves/hats/mittens?
- ★ Mould a polar bear ornament for Christmas using oven-bake clay.
- ★ Make some black and white baby stimulation cards for a new family member or friend's new arrival.

Why?

Polar bears aren't actually white, under their fur their skin is black! Human babies can only see in black and white just after birth, developing colour vision at around 4 months. They enjoy looking at high contrast patterns so have a go at creating your own.

- ★ Have a go at the Swiss craft of Scherenschnitte (cutting paper in to pictures using scissors or a knife) the silhouettes are black on a white background. Why not make a Christmas scene.
- ★ Create a polar bear decoration for your Christmas tree using felt or other craft materials.
- ★ Make your own constellation torch to show the Ursa Major or Ursa Minor constellations. Prick holes in black card and tape over the end of a toilet roll tube, then shine your torch through the tube to reveal your constellation in the dark.
- ★ Decorate a white Christmas bauble with cotton wool and felt shapes to transform it in to a cute and festive polar bear face.
- ★ Polar bears can smell their pray up to 1km away, create a nice smell for your home this Christmas by mixing up your own potpourri or studding an orange with cloves.



Food

**PAWPRINT
BADGES**

- ★ Make your own ice cream; either adding flavourings to a plain base ice cream or making it from scratch.

Why?

Polar bears are classified as marine mammals because they depend on the ocean for their food and habitat, spending most of their life on the sea ice of the Arctic Ocean.

- ★ Make a fish based dish i.e. tuna pasta bake.
- ★ Find out about the polar bear food chain; what do polar bears eat and what do those animals eat?
- ★ Make your own Christmas cake in a half size baked bean tin and decorate with a fondant icing polar bear.
- ★ Taste test different types of fish and find out about where they come from. What does 'from sustainable source' mean?
- ★ Learn to prepare a fish by gutting, scaling and filleting. You could ask a local fishmonger to demonstrate for you.
- ★ Make something from foraged foods, i.e. blackberry jam or crab apple/rowan jelly.

Why?

The Inuit people are indigenous to the Arctic and have developed skills, adapting to the severe living conditions, living off foraged berries and hunting for meat.

- ★ Use royal icing or desiccated coconut to create a furry polar bear cupcake and decorate with chocolate drops for eyes and nose. Alternatively, make polar bear paw prints with chocolate buttons.
- ★ Build your own constellation model of Ursa Major or Ursa Minor using spaghetti and marshmallows, alternatively use writing icing and sugar stars to decorate biscuits with the constellations.
- ★ Decorate your hot chocolate to look like a polar bear using marshmallows for the nose and ears and writing icing to add eyes.
- ★ Bake your own polar bear cake pops for a festive treat...why not sell them as a fundraiser or give them as a gift?
- ★ Make your own snow cones. No snow? Put ice in a blender!



Games

PAWPRINT
BADGES

- ★ Have a black and white scavenger hunt, collecting only items that are black or white.

Why?

Polar bears are not actually white! Beneath all their fur their skin is jet black. Their fur is actually translucent and appears white because it reflects the visible light.

- ★ Play a game of icebergs ('islands' to you and me)... find out how by searching 'islands' on our website.
- ★ Have a snowball treasure hunt to find cotton wool balls that have been hidden around the place...how many can you find?
- ★ Testing in 2006 revealed the existence of polar bear-grizzly bear hybrids, also known as grolar bears/pizzly bears. Invent your own animal mashups and see if you can get others to guess which animals they come from. You could create collages for your craft challenge or just invent your own names!
- ★ Polar bears can swim at speeds of up to 6mph. Have your own speed tests and race water droplets on wax paper (baking paper), blowing them along using straws.
- ★ Have fun with water using water pistols to push plastic cups along a string. Thread the string through the base of the cup, tying the string up at both ends (like a washing line), using your water pistol to move the cup along the string. Race with your friends/family.
- ★ Make your own sledge and have races...no snow? Add wheels and make a soap box racer instead!
- ★ Go hunting and make your own 'fishing' game using magnets and paper clips...can you hunt seals like a polar bear?
- ★ Race against the clock or another team to wrap a player in toilet roll and turn them in to a polar bear, kneeling on all fours. Then race to unwrap them... why not turn your toilet roll in to snowballs and have an indoor snowball fight?
- ★ Invent your own polar bear/Christmas themed game.
- ★ Play plastic free snap using our free resource and check out our Reduce, Reuse and Recycle challenge packs for more game ideas to help you reduce your environmental impact.



Other

PAWPRINT
BADGES

- ★ Create your own fizzing ice cubes in a science experiment. Check out our Pinterest board for some ideas and how-tos!
- ★ Experiment with science and find out which kind of salt melts ice the fastest.

How?

Create a frozen ocean in a bowl using water and blue food colouring; add some marine animal toys, shells or other ocean items. Once frozen, pile up different kinds of salt on different areas of your ocean and see which one melts it the fastest.

- ★ Create your own shadow puppets and put on a play; maybe you could create polar bear puppets and tell the story of the melting ice caps.
- ★ Set yourself a challenge to swim a set number of lengths per day or for a sponsored event; polar bears can swim for days at a time.
- ★ Have a go at star gazing and see if you can see Ursa Major and Ursa Minor (The Great Bear and The Little Bear).

Why?

The word Arctic comes from the Greek word for bear 'Arktos' which refers to the two constellations that are seen in the Northern sky, Ursa Major and Ursa Minor.

- ★ Make an insulating glove to keep your hand warm in the polar ice and see which materials insulate best. Fill plastic bags with different materials, i.e. cotton wool, flour, newspaper or lard before putting your hand in and placing in a bowl of iced water.
- ★ Adopt a polar bear with the WWF, find out more at wwf.org.uk.
- ★ Find out how you can reduce your plastic waste this Christmas and present your findings in a fun way to help others reduce theirs too!
- ★ Watch a documentary or film about polar bears.
- ★ Read a polar bear or Christmas themed story.
- ★ Find out where polar bears live and work out how close your nearest polar bear neighbour is.
- ★ Male polar bears have a shoulder height between 1 and 1.6 metres. Check out dimensions.com/element/polar-bears to see how this measures up to an adult human.

Adventure Complete?

Reward your young adventurers with their Christmas Polar Bear badge to **mark their achievements!** Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced **adventure**? Made **memories**? Then it's time to create a **keepsake**! Our Pawprint Family camp blankets are the perfect place to **sew your badges** and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are **big, bright and bold**...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of **free activity ideas** and resources you'll find **loyalty stickers** in every order and you can claim Children's University learning hours too!



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