



# Polar Regions



Polar regions are found at the northernmost and southernmost point on the Earth.

They are very, very cold and are covered in snow and ice.



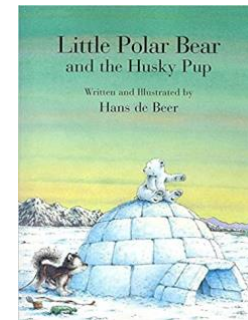
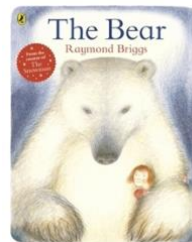
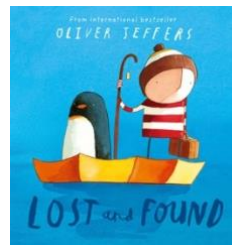
In order for animals and humans to live there they have to adapt to the harsh weather conditions.

Animals usually have a thick layer of fur to keep them warm. This fur is usually white so that the animals can camouflage.



Some animals keep themselves warm with a layer of blubber. These animals usually spend a lot of time in the water and don't want to have wet fur making them cold.

People also live in the arctic. They must wear thick clothes to keep themselves warm.



## Key Vocabulary

**Snow** – Individual ice crystals that accumulate in clouds and then fall to the ground.

**Ice** – Water frozen into a solid state.

**Freeze** – When a liquid is turned into a solid. Its temperature needs to be below its freezing point.

**Melting** – When a solid is turned into a liquid. Heat is usually applied to raise a solid's temperature to or beyond its melting point.

**Arctic** – The polar region at the northernmost point on the Earth.

**Antarctic** – The polar region at the southernmost point on the Earth.

**Polar** – The areas surrounding the Earth's poles (north and south).

**Iceberg** – A piece of ice floating in the ocean.

**Blubber** – A thick layer of fat found under the skin.