

# Primary Worksheets: Polar Bear

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The polar bear, also known as the sea/ice bear, are the world's largest land predators. They can be found in the Arctic and other countries that have covered seas of the Northern Hemisphere. There are around 25,000 to 40,000 polar bears that roam the Arctic.

Male polar bears can grow up to 10 feet tall and weigh over 1400 pounds. Females are smaller in size, reaching 7 feet and weighing around 650 pounds. In the wild they can live up to the age of 25.

Female polar bears can start breeding at the age of four or five. They dig a cave in a large snow drift to have their litter. Usually, they only have two cubs per litter. When born, a polar bear cub can be as small as a rat, weighing just over a pound. In a year they can grow to the same size as a man if they have lots of food.

Did you know, a polar bear is not actually white!



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A polar bear's fur is not white. They look white because each hair reflects the light as they are hollow. Their fur is oily and water repellent, making it easy for polar bears to shake free of water or any ice that may form after swimming.

Underneath their fur polar bears actually have black skin! The skin is able to soak up the sun's heat and helps them to stay warm. Underneath their skin is 4 layers of fat which prevents them losing any of their heat. They do not give off any heat, making them very hard to find!

Polar bears are great swimmers thanks to their wide front paws and slightly webbed toes. They paddle with their front feet and steer with their hind feet. The pad on their paws prevents them from slipping on ice!

Do you know what polar bears like to eat?



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Polar bears primarily eat seals. They have a special liver that allows them to eat all the seal fat that has a lot of vitamin A. Seal fat allows polar bears to survive and grow very quickly. They hunt the seal by approaching them quietly and charging it, biting its head or grabbing it with its massive claws.

Polar bears only have one predator and is us! Most often, baby polar bears starve to death because of the lack of food. Seals can be hard to find, especially when the ice has melted. In the Arctic, humans mine oil and coal, making less space for the polar bear to live. If a bear has oil on its fur, it cannot control its body temperature. Pollution is also another big cause of death.

They are considered to be marine mammals, just like whales and dolphins! They are related to the brown bear but evolved over time to live in the cold climate.



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**Answer the questions.**

What is a polar bear?

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What makes them special?

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Why are they good swimmers?

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**Answer the questions.**

What do they like to eat?

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Why are they endangered?

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