

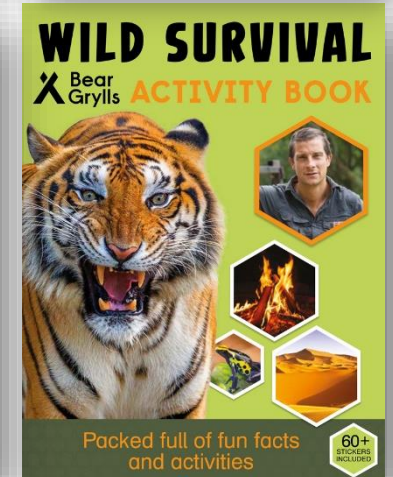
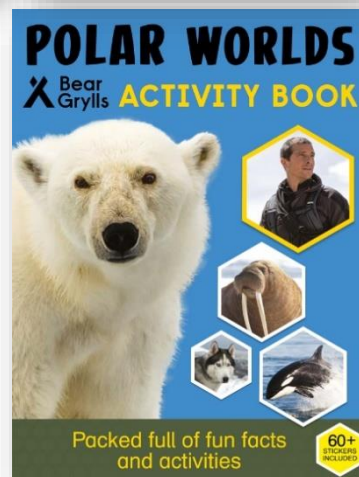
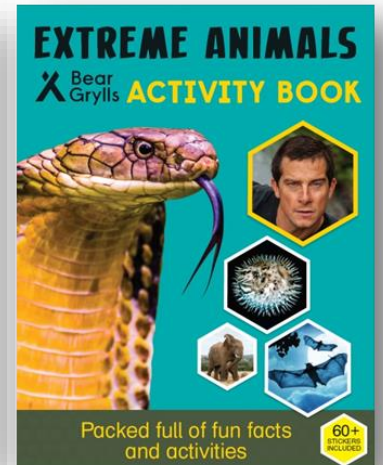
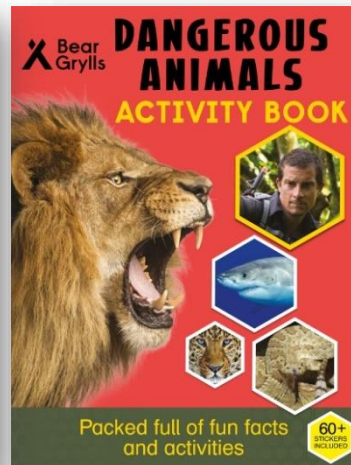
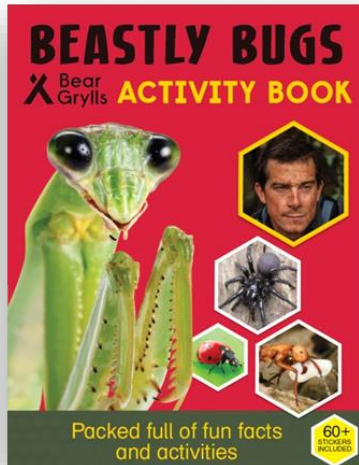
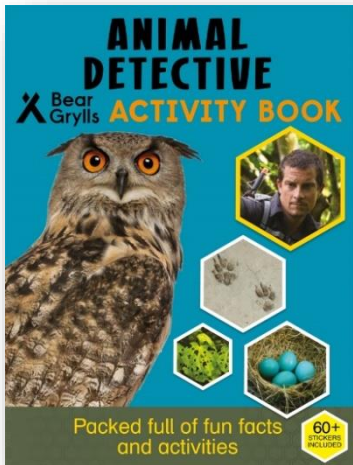
BEAR GRYLLS ACTIVITY BOOKS

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- Includes 60+ stickers.
- Lots of tips from Bear Grylls.
- Filled with fun, unusual facts.
- Packed with exciting activities: mazes, word searches, quizzes and more.

QUICK QUIZ

1. Arctic terns spend the summer and winter months in the Arctic. **TRUE** / **FALSE**

2. Puffins have very dull bills all year round. **TRUE** / **FALSE**

3. Albatrosses sometimes spit a smelly mixture onto predators. **TRUE** / **FALSE**

4. Tundra oceans are slow swimmers. **TRUE** / **FALSE**

5. Male snowy owls are white all over. **TRUE** / **FALSE**

ADAPTABLE ANIMALS

To survive the different seasons of summer and winter, Arctic animals have to adapt. During the white winter months, many animals, such as Arctic foxes, grow thick white fur to cope with the extreme cold. The white fur acts as a brilliant camouflage against the white snow, making it difficult for hungry predators to find them. When summer arrives, their fur grows thinner and turns a brown color to match the summer landscape.

Arctic foxes have short ears and legs which stops them losing too much heat. They also have fur on the sides of their feet so that they can walk on the snow and ice without getting too cold – just the way they like it!

These adaptations mean that they can cope with temperatures as low as -40°C (-40°F). How many Arctic foxes can you spot in the Arctic winter and summer scenes? Find the missing stickers.

BEAR SAYS
 Arctic foxes have really bushy tails, which they use to keep them warm. They don't stand up like you do when you're sleeping.