Pretend to be a Polar Bear

A Mama polar bear makes **chuffing** sounds when she is worried and looking for her polar bear cub.

A polar bear cub **hums** when cuddling or sleeping in the den with Mama bear.

A polar bear **growls** and **hisses** when a little bit angry.

A polar bear **roars** when very angry.

A polar bear **comes nose-to-nose** with another bear to ask a question. "Can I have some of your food?"

A polar bear **moves its head side to side** when it wants to play.

Try This:

1. Make sounds like a polar bear. Chuff, hum, growl, hiss and roar.
2. Move like a polar bear. Walk on all fours. Stretch up tall on your two legs. Move your head side to side, and then come nose-to-nose with another "polar bear." Be tiny like a polar bear cub.
   Be big like a Mama polar bear.
3. Put the sounds and actions together. Be the very best polar bear you can be.

Let's Play:

- What sounds do you think the other characters in the Nanook story would make? Imagine it. Make up the sounds of a **beluga whale**, the **North wind**, a **walrus**, and the **northern lights**.

- Take turns picking animals. Imitate the animals' sounds. Vote who made the best sound, the funniest, the loudest, the scariest, or the most real.
- Sing "Old MacDonald Had A Farm." Include the characters from the Nanook story as well as other animals.

Take it Further:

1. Listen to audio files online of the actual sounds animals make.
2. Listen to audio files of animal sounds in other languages. In English, a dog sound is **woof**. What is it in French? Spanish? Inuktitut? Russian? Another language? Say the sounds.