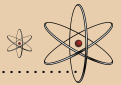


Arctic Animals

How They Stay Warm



Recipe for Science: Insulation & Blubber



Materials: Shortening (or butter), ice, water, large bowl, towel

Directions: Start a conversation about how animals in the arctic stay warm. How do seals and narwhals stay warm in the icy water? They need more than fur. They have a special fat called blubber! How does it work? It insulates! Experience it yourself by substituting shortening for blubber. Cover the index finger of one hand entirely with shortening and leave the index finger of the other hand bare. Put both fingers in the bowl with ice and water. Ask the young scientist which finger was colder and why they think that is. If they want, have them experiment with more or less "blubber" to test warmth.

An Extra Step: This activity can be paired with a book set in the arctic, an art project about arctic animals, or if it is snowy, building forts outside.



SEEDS is passionate about engaging the natural curiosity of youth with science, nature, and art. Please enjoy these hands-on activities with your children and students.

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