

# POLAR EXPEDITION

JANUARY & FEBRUARY 2025

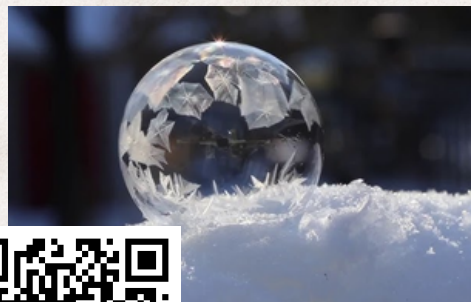


## POLAR EXPEDITION THEME

Get ready to embark on an exciting journey into the icy world of the Arctic, filled with fun, educational, and adventurous activities.

### In This Issue:

- Frozen Bubbles
- Arctic Sounds
- Blizzard Blockbusters
- Icy Treats
- Winter Walk Effects on the Body
- Winter Footprints
- Bird Watching
- Dressing for Cold Weather



### HOW TO MAKE FROZEN BUBBLES

[www.runwildmychild.com](http://www.runwildmychild.com)



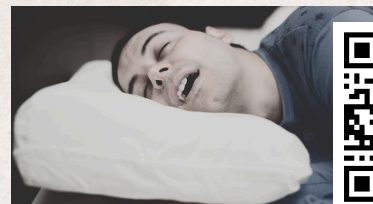
4K Frozen Bubbles video , With Piano Relaxing Music, Meditation Music, Calm Piano, Re...

### 4K Frozen Bubble With Relaxing Music

## EMBRACE THE CALM



Nature Sounds: Play soft background sounds of the Arctic wind, cracking ice, or calming sea waves to immerse everyone in the polar atmosphere.





## “Blizzard” Blockbusters



Create the perfect Arctic escape with icy wind sounds, warm lighting, and winter movies.



## “Icy” Treats



### Frozen Yogurt Snowballs



A healthier, arctic-themed snack! Roll small scoops of frozen yogurt in shredded coconut and freeze again. They look like tiny snowballs and are delicious treats with a hint of winter flair.

### Penguin Crackers

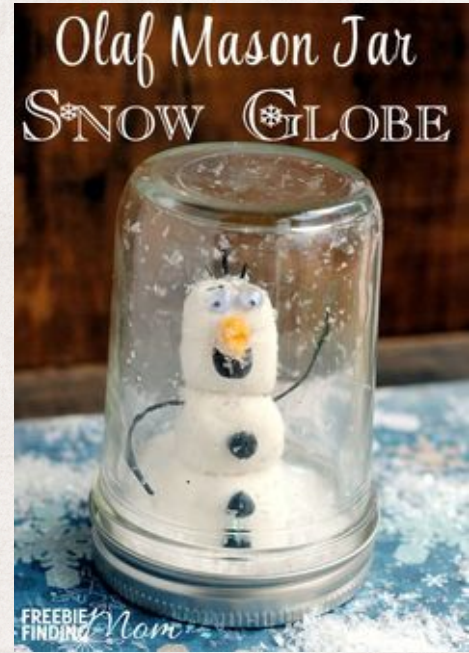


### Frozen Yogurt Bark





“Cool” Crafts



Create adorable polar animals using paper, glue, and materials like cotton, googly eyes, and markers. Cut out shapes for animals like penguins, polar bears, or seals, then glue on cotton for fur or snow effects and add eyes and details with markers.





# WHAT HAPPENS TO YOUR BODY on a Winter Walk

## BRAIN

The hypothalamus sends cues to your muscles to contract and produce more body heat.

## SKIN

Hair follicles rise and trap heat, creating goosebumps. Sweat releases heat to regulate temp.

## LUNGS

The cold can irritate your lungs, possibly triggering coughing, wheezing or shortness of breath.

## MUSCLES

Your muscles contract quickly, or 'shiver' to produce heat and keep your body warm.

## NOSE

Dry winter air can lead to a runny nose as more mucus is created to keep nostrils moist.

## LIPS

Cold, dry air steals moisture away from your skin and can result in chapped lips.

## HEART

To circulate heat, your heart begins to pump harder and faster.

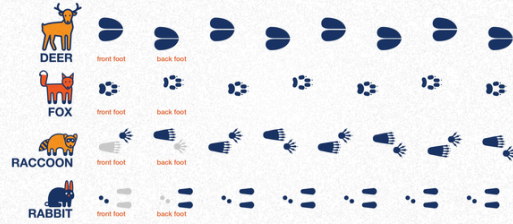
## LIMBS

Blood vessels narrow in the arms, hands, legs and feet to lower heat loss and keep the core warm.



myfitnesspal

## WINTER WILDLIFE Who's been visiting your neighbourhood?



Ontario

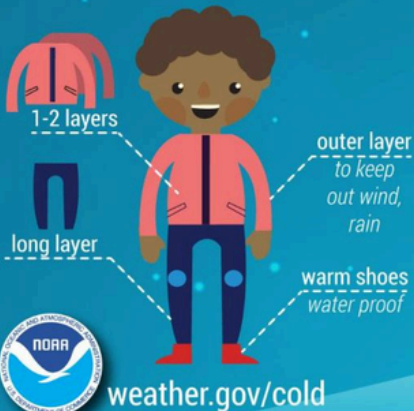
## BACKYARD BIRDS OF ONTARIO



Adding layers will help keep you warm as the temperature drops

## DRESSING FOR COLD WEATHER

### CHILLY



### COLD



### EXTREME COLD



weather.gov/cold

