



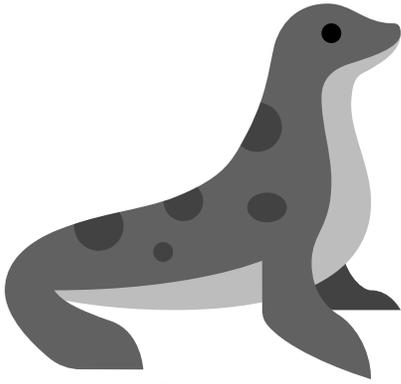
# POLAR PLUNGE

Our Polar Plunge activity is a great way to show kids how effective blubber is at keeping an animal warm! Kids will be testing out how long they can keep their hands in cold water. They'll be testing their bare hand and a hand that is covered in blubber!

**Supplies You'll Need:** Ice, Water, Zip-Lock Bags, Tape, Crisco Shortening, A Bowl, Timer, Paper Towels

## Steps:

- 1) Fill a bowl with ice-cold water and add ice.
- 2) Make a prediction of how long you can keep your hand submerged in the ice-cold water.
- 3) Have one person hold the timer and start it when you put your hand in the water. Keep your hand submerged until you wish to pull it back up. Dry your hand.
- 4) Record how many seconds you were able to keep your hand in the water.
- 5) Make a prediction of how long you can keep a hand covered in "blubber" submerged in the ice-cold water.
- 6) Place your hand in a zip-lock bag and tape around it so that way no water can enter the bag.
- 7) Dip your covered hand into the Crisco shortening. Have someone help spread a thick layer of shortening over the hand.
- 8) Once a layer of shortening - a.k.a. blubber - is covering the hand, place it in another zip-lock bag and tape around it so that way no water can enter the bag.
- 9) Repeat steps 3 - 4.
- 10) Record your observations.



**Hypothesis 1:**

I predict that I can keep my bare hand submerged in the ice water for \_\_\_\_\_ seconds.

**Results:**

I submerged my bare hand for \_\_\_\_\_ seconds.

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**Hypothesis 2:**

I predict that I can keep my "blubber" hand submerged in the ice water for \_\_\_\_\_ seconds.

**Results:**

I submerged my "blubber" hand for \_\_\_\_\_ seconds.

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**Conclusion:** How do you think blubber can help arctic animals based on this activity?

