

Polar Bear Sensory Story



Story

Polar bear, polar bear,
where did you go?

I went for a walk
in the cold, soft snow.

Over the mountains
and way up high,

It's chilly and windy
when you're near the sky.

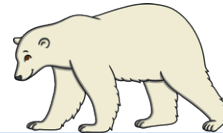
Activity

Bang a drum to encourage stepping to the beat.

Walk up and down graduated ramps.

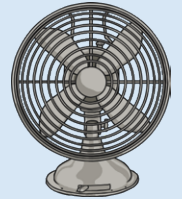
Switch on an electric fan or use a hand-held fan
to blow at the children as they are moving.

Repeat the words from the story when moving:
stomp, trudge, huff, puff.



Resources

- Drum
- Ramps
- An electric fan/
hand-held fan



Polar bear, polar bear,
did you go somewhere nice?

I went for a walk
on the freezing cold ice.

My paws got wet
and I went for a slide,

It felt quite good,
as I started to glide.



Freeze trays of ice and ice cubes for children
to put their hands in to feel and experience
it melting and dripping. You may wish to add
some small world polar animals to slip, slide
and glide over the ice.

Repeat the words from the story as they explore
the ice: slip, slide, weee, slip, slide, weee.

- Trays of ice
- Ice cubes
- Small world
polar animals



Polar bear, polar bear,
what did you hear?

Calls in the air from the
seal, owl and deer.

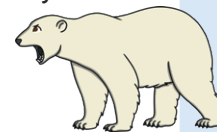
The snow swirled around me,
the wind started to howl,

I carried on carefully
and let out my growl.

Create a snow storm using confetti, scrunched
up paper or use flour sprinkled through a sieve
to create the snow falling.

Recreate the cold wind using an electric or
hand-held fan.

Repeat the words from the story as they
explore: Wooo hooo, brrr and grrrr.



- Confetti, scrunched
up paper or flour
and sieves
- An electric fan/
hand-held fan



Polar bear, polar bear,
what did you see?

I saw clear water,
running so wild and free.

I jumped right in
and got a chilly surprise,

I swam across quickly
and shook myself dry.

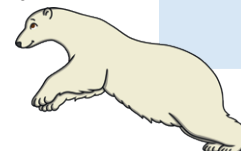


Prepare cold water in deep trays to dip and
splash their hands and feet.

You may like to create puddles of water for
children to jump into.

Use shakers to create a sound as they shake
themselves dry.

Repeat the words from the story as they
explore: dip, paddle, jump, SPLASH.



- Trays with cold water
- Puddles
- Towels
- Wellington boots
- Shakers



Polar bear, polar bear,
how do you feel?

I'm cold and tired and
I need a good meal.

I'll search quietly for food
and prowl and creep,

Then I'll go back to my cave
for a deep, deep sleep.



Create a dark cave for children to creep into.
You could create a den under a table.

Children can cover themselves with blankets.

You may wish to provide torches for children to
use to explore the cave.

Repeat the words from the story as they
explore: step, creep, jump and pounce then
shhhhhh.

- Material for a cave
- Pillows
- Blankets
- Torches

