This week your child is reading *Antarctic Journal: Four Months at the Bottom of the World*, a selection in which the author recounts her true adventures in Antarctica.

**Vocabulary on the Go**  Together, plan a trip to Antarctica. Discuss some of the things you would like to see and do there. Try to use some of these words as you talk about the trip.
- stranded
- weariness
- vision
- huddle
- graceful

**Getting Warmer**  Some people believe that the temperature on Earth keeps getting warmer. What are some effects that this warming trend might cause in Antarctica? Together, make a list of possible effects.

**Extreme Places**  Help your child search the Internet to find images and information about the hottest, coldest, wettest, or driest place in the world. Learn a few facts about the place.

Together, make a postcard from the place you chose to learn about. Choose a picture to put on the front of the postcard. Then write a message on the back.
At Opposite Poles  Read and discuss this article about polar regions with your child.

The North and South Poles

What’s the difference between the Arctic and the Antarctic? Well, they’re poles apart! Earth’s geographic North Pole is in the Arctic, and its geographic South Pole is in the Antarctic.

Both polar regions get similar sunlight, though at opposite times of the year. At the poles themselves, the sun rises and sets only once each year. For half a year it is light, and for half a year it is dark. A polar “day” lasts six months!

The Arctic includes the Arctic Ocean and northern North America, Europe, and Asia. The Antarctic includes the Southern Ocean and the continent of Antarctica. Both regions are cold, but the Antarctic is much colder than the Arctic.

The Arctic tundra is home to people, plants, and animals such as the polar bear. Green plants don’t grow on ice-covered Antarctica, so animals find their food in the sea instead. Some Antarctic animals, such as penguins, do spend time on land.

A Long Day’s Night  What would it be like to live in a polar region where the sun never sets for six months a year? Talk about living in the land of the midnight sun. How would you decide when to go to sleep? What kinds of activities could you now do in the evening?

Book Links

- Snowflake Bentley, by Jacqueline Briggs Martin
- The North Pole Was Here, by Andrew C. Revkin

Internet Challenge  The author of Antarctic Journal describes meeting penguins. With your child, search for websites that tell about penguins. Then talk about why penguins are unusual and fascinating birds.