

Polar Bear Drama Story

Read out the story and suggested actions/movements to your class for them to perform a drama sequence as a sleepy polar bear waking up after its long winter sleep.

If you wish, ask the children to 'freeze' after they have performed each sequence so they can clearly hear the next part of the story. Say 'go' when you want them to perform again.

Script

Sleeping	Imagine you are a polar bear who has been fast asleep during the Arctic winter. You are curled up tightly in your polar bear snow cave.
Waking up	Slowly uncurl from your deep sleep and stretch out your four legs as you awaken with a big yawn. Stand up on your big, polar bear paws. Stretch out your five toes with their long, sharp claws.
Leaving the cave	Look around your snow cave as you nervously think of venturing outside into the Arctic wilderness. Push the huge amounts of snow away from your cave door as you try to find your way out. Slowly and carefully poke your long nose through the soft, deep snow and step out into it. You have been asleep for a long time so your legs are a bit wobbly! You have a bit of a stumble and wobble as you move around and try to walk again on your huge paws.
Getting clean	You still feel sleepy and tired. Perhaps a nice roll in the snow to get clean might wake you up. Roll around in the snow to perk yourself up!
Smelling the air	What's that smell? Mmm fish! Sniff the air as you smell a tasty fish somewhere nearby.
Finding the water	Use your paws to carefully pad through the snow to search for the water... and some yummy fish!
Swimming for fish	You've found the water. You need to sit here for a while to watch and see if you can spot your breakfast fish, swimming in the icy depths. You move your head from side to side as you look, sitting very still so you don't scare the fish away.

Diving in	You've spotted one! Get yourself ready to dive in. Keep your eyes on the fish... and dive!
Swimming in the ocean	Use your huge paws like paddles to swim through the water. Push the icy water away as you chase the fish. It's very fast and keeps changing direction. Finally, you catch the fish in your strong jaws and climb out of the water and onto a wobbly iceberg.
Eating the fish	You sit down on the ice. Use your sharp teeth to tear the fish apart and gobble it down. Yum! That was good!
A snowstorm	You jump from the iceberg onto the snow as dark clouds begin to fill the sky and snow begins to fall. As you walk, the snow begins to fall heavily, and the icy Arctic wind blows in your face. The weather is too bad so you decide to build a snow shelter.
Building a snow shelter and sleeping	You use your big, strong paws to dig, dig, dig! Push away the snow to dig yourself a big hole that you can climb into and shelter from the cold. Snuggle in tightly. Wrap your paw around your face. You slowly and silently fall back to sleep and wait for the storm to pass.