# Exploring the Frozen Poles with Finn

Bundle up and join Finn the Dolphin on an icy adventure to the ends of the Earth!

- **The Arctic is located at the very top of our planet, known as the North Pole.**
- **The Antarctic is a continent found at the very bottom of our planet, known as the South Pole.**
- **Temperatures in the polar regions stay below freezing for most of the year, creating a habitat of snow and ice.**
- **A glacier is a huge, slow-moving mass of ice that stays frozen all year round.**
- **Because it is so cold, very few plants can grow in the polar regions; the ground is often covered by a frozen layer called permafrost.**

> *Did you know? Did you know? The Arctic is mostly frozen ocean surrounded by land, while the Antarctic is a massive continent covered in a thick layer of ice! That is why you find polar bears in the North and penguins in the South.*

**Key vocabulary: Arctic · Antarctic · Glacier · Iceberg · Hemisphere · Tundra**