



# MUSIC & GEOGRAPHY: Polar Regions

**Age Range:** Elementary, with modifications by age

**Learning Objective:** Students will learn characteristics of the two polar regions and hear music inspired by these regions.

## ENGAGE students

**DISCOVER.** Show students a [map](#) of the world. Have them guess where the two polar regions are. Show them [this map](#). Point out Antarctica at the bottom and the Arctic (region above the red line) at the top.

## EXPLORE sounds

**EXPLAIN.** “The Arctic is the name for the area surrounding the North Pole. Antarctica is the area surrounding the South Pole.”

**WATCH.** Show students [this video](#) exploring the two regions. (5 min.)

**LISTEN.** Watch one or both videos featuring Arctic-inspired music:

- This [video](#) features ice as an instrument and is filmed in Norway. (5 min.)
- This [video](#) features Inuit throat singing, native to the Arctic. (3 min.)

**LISTEN.** Listen to the third movement, [Penguin Ballet](#), from *Antarctica Suite for Guitar*. (3 min.)  
While listening:

- **Grades K-2:** Color this [coloring page](#) featuring polar bears and penguins.
- **Grades 3-6:** Design and draw a home for Antarctica. What features would your home have? What animals might be around your home?

## EXTEND learning

*Choose one or more activities to extend learning.*

**MOVE.** Use our Penguin Ballet Movement Guide for a guided movement activity.

**REVIEW.** Read each statement below and ask the students to pick the correct regions. Students can point up (“North”) for Arctic and point down (“South”) for Antarctica.

- ✓ “This region is a continent.” (Antarctica)
- ✓ “This region is an ocean covered with ice.” (Arctic)
- ✓ “This region has polar bears.” (Arctic)
- ✓ “This region has penguins.” (Antarctica)
- ✓ “This region has permanent human settlement.” (Arctic)
- ✓ “This region has no permanent human settlement.” (Antarctica)

**LISTEN.** Learn more about Inuit throat singing in [this video](#), or check out this [animated video](#) featuring ice instruments and Inuit throat singing.