Polar regions are cold, windy, and covered in lots of snow and ice, but many animals, birds and fish still survive there!

Polar bears actually have black skin. It is their furry coats that make them look white, as the hollow hairs reflect light!

Some species of seal are perfectly adapted to live in polar regions. They have big eyes to enable them to see underwater, a thick layer of blubber to keep them warm in the icy temperatures, and webbed feet to propel them quickly when swimming.

In some polar regions trees and bushes cannot grow, so many animals make their homes in holes in the ground, or in caves made from the snow.

Polar regions only have two seasons: summer and winter. In summer it never gets dark and in the winter it is dark all of the time.