



# POLAR BEAR

## SUPPLIES

- Large bowl
- 4 cups of ice
- Cold water
- 4 cups of solid vegetable shortening (like Crisco)
- 4 medium-size sealable plastic bags

## INSTRUCTIONS

1. Fill your bowl with water and ice.
2. Put all shortening in ONE plastic bag. Shortening is a kind of fat and fat is what Polar Bears have under their skin.
3. Cover hands With plastic bags. Cover your right hand with a plastic bag. Then place the covered hand inside the plastic bag with the fat and seal it. Move the fat around until it covers your hand. Cover the left hand with the remaining two plastic bags (without fat) and seal.
4. Put hands in water. Set a timer for 30 seconds and put both hands in the bowl of ice water.