

# HOW TO LIVE LIKE A BEAR



## PANDA

### KNOW YOUR HABITAT:

I live in western China, nestled in the mountains and forest. My days are wonderful! I roam from tree to tree in search of the most perfect bamboo.

**EAT WELL:** No meat for me, please. A delightful bunch of bamboo is all I need to live. Depending on my mood and the mouthwatering bamboo, I can enjoy between 26 and 84 pounds of bamboo each day!

**FRIENDS & FAMILY:** I'm an easygoing bear, and I like to spend my time raising my cubs and showing them how to find great bamboo. I like to think I'm pretty peaceful. Aside from spending time with my cubs, I prefer keeping to myself and eating bamboo.

**HELP ME STAY HAPPY:** Make sure I have plenty of bamboo to eat.



## RED PANDA

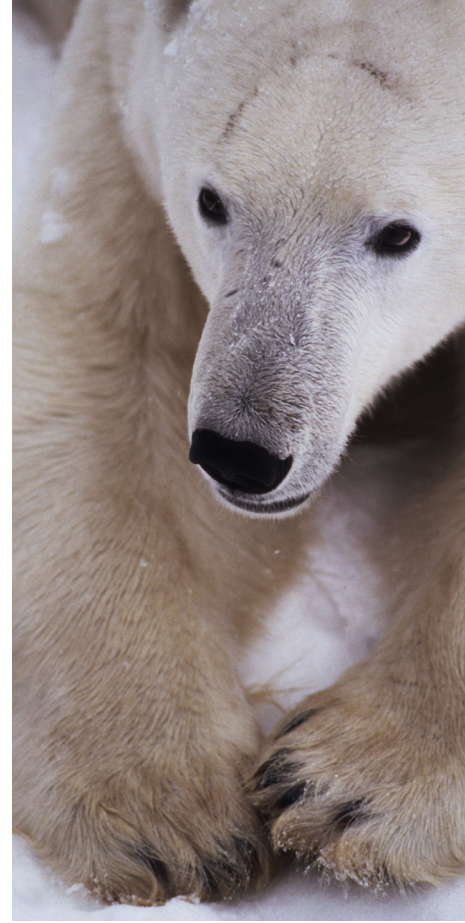
### KNOW YOUR HABITAT:

My favorite place to be is up in the trees. My home is in the dense forests of the eastern Himalayas.

**EAT WELL:** My favorite snacks are plants and bamboo. Did you know that my name even comes from the Nepali word *ponya*, which means "bamboo" or "plant-eating animal"? And that is exactly what I am.

**FRIENDS & FAMILY:** I've been known to be territorial, which means I don't like sharing my space with other animals. But I'm also pretty cool because I'm a natural gymnast—I can balance and move from tree to tree with ease.

**HELP ME STAY HAPPY:** Make sure I have enough trees so I can perform my famous gymnastic moves!



# HOW TO LIVE LIKE A BEAR



**GRIZZLY BEAR**

**KNOW YOUR HABITAT:**

My habitat is a mix of forests and meadows. I especially like living by streams and rivers. I can be found in the northwestern United States, Alaska and Canada.

**EAT WELL:** I'm not a picky eater. That's because I'm an omnivore, which means I eat plants *and* animals. Depending on the season, sometimes I can only find grass or berries to munch on, but I love it when I come across an elk or deer.

**FRIENDS & FAMILY:** I usually prefer my alone time, but if there's good food to be had, I will sometimes join a group of grizzlies for dinner. There's nothing like juicy salmon to bring all the buddies together!

**HELP ME STAY HAPPY:** Help me keep lots of space to roam, from meadows to forests and rivers.



**POLAR BEAR**

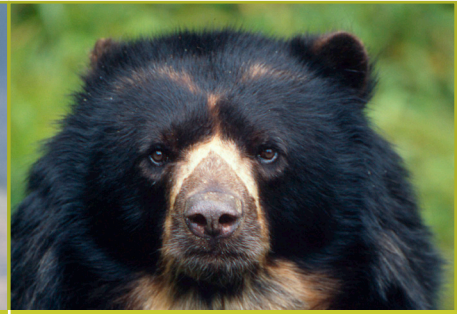
**KNOW YOUR HABITAT:**

I live on the sea ice of the Arctic Ocean, and let me tell you ... it's COLD! But that's OK, because my thick skin and fur keep me warm and dry.

**EAT WELL:** It takes me a long time to find dinner, and sometimes I spend half of my time searching rather than eating. I mostly hunt seals because they provide me with the nutrients I need to live in this harsh climate.

**FRIENDS & FAMILY:** I'm not overly social, but I do like playing with my fellow polar bears. When I was a little cub, I used to play-fight with my siblings and we would wrestle for hours. I still enjoy some of that playfulness today.

**HELP ME STAY HAPPY:** Help me figure out what to do if my ice melts! Where will I go then?



**SPECTACLED BEAR**

**KNOW YOUR HABITAT:**

Home for me is the slopes of the Andes in South America. Lining the Pacific Ocean, the dense forests provide me with lots of food and water.

**EAT WELL:** My paws are made for climbing, and I've been known to build a platform in the trees just to reach a piece of fruit. While I eat leaves and rodents alike, I prefer vegetarian meals more.

**FRIENDS & FAMILY:** I spent the first year of my life hanging with my mother, and then it was time to go off on my own. I have a few friends, but I don't like competing for food so I keep to myself for the most part.

**HELP ME STAY HAPPY:** Help me preserve my dense forest habitat so I can continue climbing.

