

Invincible Summer Polar Bear at Home

What We Do at Camp

At Miniwanca, campers can start each morning with a plunge into the cold waters of Stony Lake or Lake Michigan. This provides a fresh, fun start to the day and is preceded by the infamous Polar Bear call:

“Polar Bear, Polar Bear,
RAH RAH RAH!
Polar Bear, Polar Bear,
HA HA HA!”

Polar Bear at Home

(Adult supervision required!)

Have adult recording you doing the Polar Bear call before **carefully** doing one of the following:

- Stepping into a shower with the temperature set low
- Plunging into a cool bath
- Jump into a swimming pool/local body of water
- Pouring a cold bucket of water over your head outside

Log on to the AYF Invincible Summer Canvas course and earn the Polar Bear Badge!



Share what you're doing for Polar Bear on social media with #InvincibleSummer!

