Foundations

The Arctic and the Antarctic
Polar Opposites

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The Earth is shaped like a **sphere** or a ball. At the top is the North Pole. The area around the North Pole is called the Arctic.
At the bottom is the South Pole. The area around the South Pole is called the Antarctic. *Ant*- means opposite. The Arctic and the Antarctic are polar opposites.
The Arctic is a circular area with water in the middle and land around it. Because it is so cold, the water freezes into ice. The water is called the Arctic Ocean.