black, which absorbs the sun’s warmth. In fact, polar bears feel hot if the temperature rises above freezing.

The polar nights are long and dark, but sometimes there’s a light show in the sky. The northern lights, which are called the aurora, are often green or pink. They seem to wave and dance in the sky. Auroras are caused by gas particles that were thrown off by the sun. These particles collide in Earth’s atmosphere and make a beautiful show.

Few people live in the Arctic because it’s so cold, but Canada, Greenland, Norway, Iceland, and Russia are good places to see the midnight sun and the aurora. In fact, Norway is often called the Land of the Midnight Sun.

As you travel south from the North Pole, there is less midnight sun and fewer northern lights. It gets warmer, too. Soon, the sun sets at a time you’re used to. Also, you can wake up all year with the sun shining brightly.