

Sol's ARCTIC ADVENTURE



A Whale & Narwhal Activity Book
with Coloring, Mazes, and Puzzles
-Supports Ocean Conservation!



Sol's Arctic Adventure


**A Whale & Narwhal Activity Book
with Coloring, Mazes, and Puzzles
-Supports Ocean Conservation!**


ElloraNova

Copyright © 2025 by ElloraNova

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the publisher, except in the case of brief quotations embodied in critical articles or reviews. For permissions or inquiries, please contact:

 elloranova3@gmail.com

 www.elloranovatales.com

ISBN: 979-8-2895-8974-3

First Edition, 2025

This is a work of fiction. Names, characters, places, and incidents are either products of the author's imagination or are used fictitiously. Any resemblance to actual events, locales, or persons, living or dead, is purely coincidental.

A portion of the proceeds from this book will be donated to Whale and Dolphin Conservation (WDC) to support marine life protection.

Printed in the United States of America

Dedication

To the marine life—

the silent swimmers, the deep-sea drifters,
the protectors of coral gardens, and singers of
ancient songs.

This story is a small ripple of gratitude
for your beauty, mystery, and resilience
beneath the waves.

A portion of the royalties from this book
will be donated to Whale and Dolphin
Conservation (WDC)

to support real-world ocean conservation and
protect the voices of the sea.

May we always listen, learn, and protect.

— ElloraNova

To every small heart that chooses
courage in quiet moments.
To those who lift others when no one is
watching.
And to the breath—the very first one—
that begins it all.

This story is for you.

— ***ElloraNova***

Table of Contents

Part I: The Story

1.The Frozen Silence	8
2.A Promise in the Cold	9
3.Ice Between Friends	10
4.The Baby Below	11
5.The One Minute	13
6.The Sinking Glow	14
7.The Breaker of Light	16
8.The Lift	17
9.The First Breath	19
10.The End	20

Part II: Coloring & Activities

- Color the Picture
- Spot the Differences
- Circle the Bubbles
- Narwhal Ice Maze .
- Polar Path Maze

1 – The Frozen Silence

The Arctic ocean stretched wide and still,
covered in sheets of mist and memory.

Sol swam beside his mother, Auriel,
his small fin flicking nervously against hers.

“Mama,” he whispered,
“why does the sea feel... like it’s waiting?”

His mother slowed, watching the ice drift
above them.

“Because something is listening,” she said.
“And something important is about to begin.”

The ocean didn’t answer.
But it felt like it was holding its breath.

2 – A Promise in the Cold

“My old friend Noora is near,” Auriel said.
“She’s going to have her baby today.”

Sol’s heart fluttered.

“A baby whale?”

“A baby narwhal,” she said.

“They’re born into silence. But the sea always knows they’ve arrived.”

Sol imagined the little calf — quiet, glowing,
held gently by the ocean.

Then—**crack.**

A sharp sound split the sky above the water.
The iceberg shifted, trembling under its weight.

Sol looked up.

“That was her path,” Auriel whispered.

3 – Ice Between Friends

They found Noora caught in a jagged trench,
her long spiraled tusk glinting like a frozen
star.

She wasn't crying out.
She didn't need to.
She was stuck — not crushed, but held
between two slow-moving shelves of ice.

Auriel swam to her without hesitation.
She nudged her gently, calling low.

“She's strong,” Auriel said.
“But even the strong need help when the sea
closes too fast.”

Sol stayed behind, his heart beating like a
distant drum.

4 – The Baby Below

Beneath Noora,
a tiny shape began to drift.

Pale. Still. A newborn calf.

Her eyes were closed.
Her tusk flickered faintly — a soft spiral of light
that didn't know how to shine yet.

Sol leaned forward.

“Why isn't she swimming?”

“Because she hasn't breathed,” Auriel
answered.

“And she has one minute to do it.”



The Baby Below

5 – The One Minute

The current trembled.
Even the coral below seemed to pause.

Sol could feel the weight of the moment.
It pressed against his chest.

“I’ll help Noora,” Auriel said.
“But Sol—listen—you must help the baby.”

Sol froze.

“Me?”
“Yes. Only you can reach her in time.”

His tail flicked once. Then he dove.

6 – The Sinking Glow

Down in the cold dark,
Tuli floated like a snowflake — drifting, fading.

Sol circled her gently.
He brushed her side. No response.

Her tusk blinked once,
but her flippers didn't move.

Sol's heart pounded louder than the sea.

“Come on,” he whispered. “Please... breathe.”

Then—

from the deep beneath him,
something stirred.



7 – The Breaker of Light

A shape rose from the deep — huge, slow, silent.

A great white whale. Ancient. Gentle. Unbothered.

It swam toward a crystal wall of ice, and, with a simple lift of its back, pressed against the frozen sheet.

Crack.

A fracture opened.

Light spilled through like a waterfall.
It bathed Tuli's body in silver. Her eye twitched.
Her flipper flicked. Sol's breath caught.

“She's trying.”

8 – The Lift

He dove beneath her.

Pushed gently — careful not to scare her.

Her small body followed the path of light,
up, up toward the surface.

The great whale turned and vanished
into the blue without a sound.

Sol didn't look back. He just swam, steady
and strong.

And Tuli rose with him.



9 – The First Breath

The sky was pale. The wind carried mist.

They broke through the surface together.

Tuli gasped. A short, shivery sound.

Her tusk blinked. This time, it shone.

Auriel surfaced beside them. Noora followed, free at last.

Tuli floated beside Sol, her fin brushing his.

She didn't speak. She didn't need to.

He knew.

10 – The End

From that day on, Sol wasn't just a calf.

He was the keeper of a moment the ocean had held its breath for.

He didn't shine. He didn't glow. But something in him remembered.

A breath. A bond. A beginning.

And far below, the sea remembered, too.

Did You Know?

Narwhals don't actually have horns –
–their tusk is a long spiral-shaped tooth
that can grow over 8 feet long!

Some whales, like belugas and dolphins,
use clicks, whistles, and songs to
communicate through icy waters.

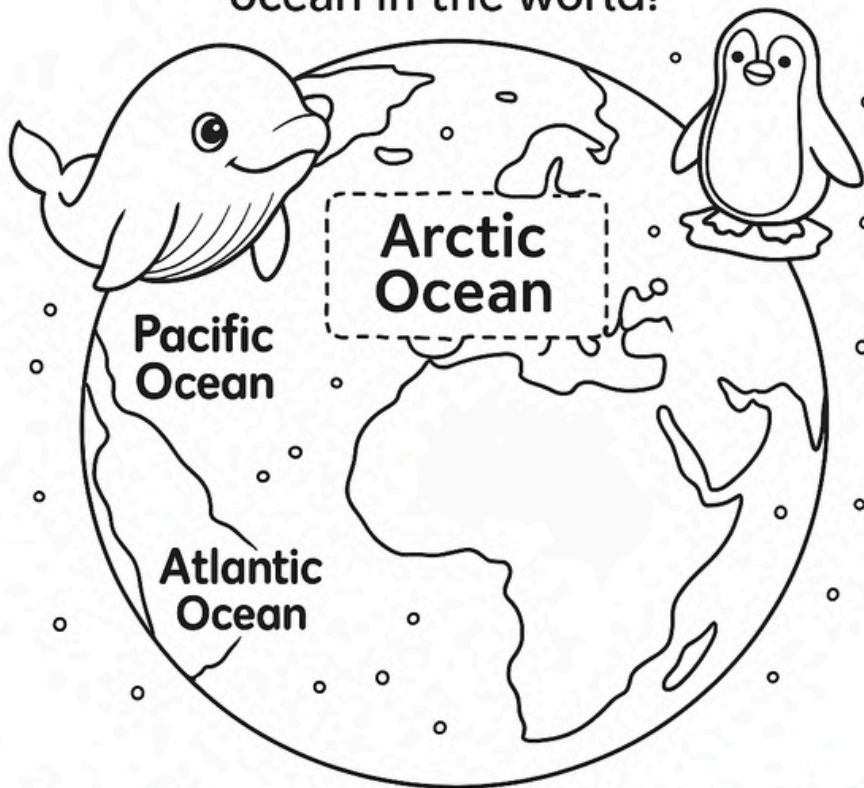
Scientists call the narwhal the “unicorn
of the sea” – but its tusk has over 10
million nerve endings!

– *Scientists*

Arctic Ocean Fun Facts!

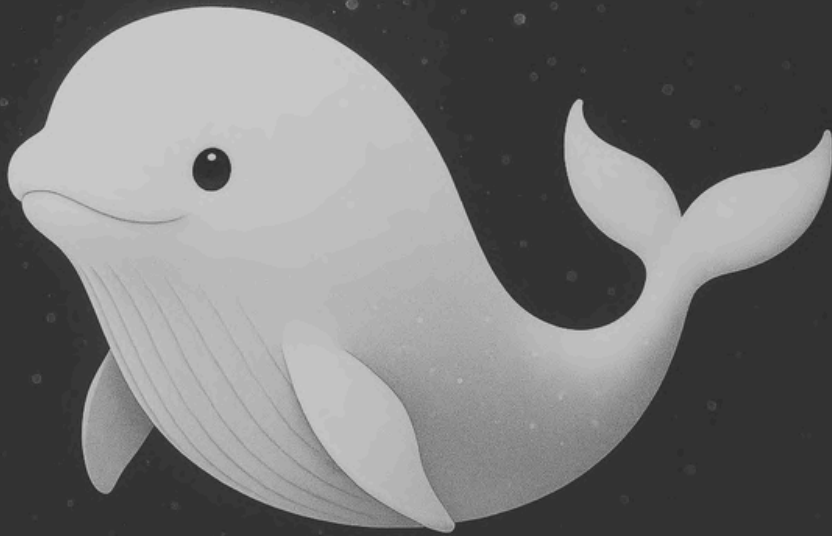
Did You Know?

The Arctic Ocean is the smallest ocean in the world!



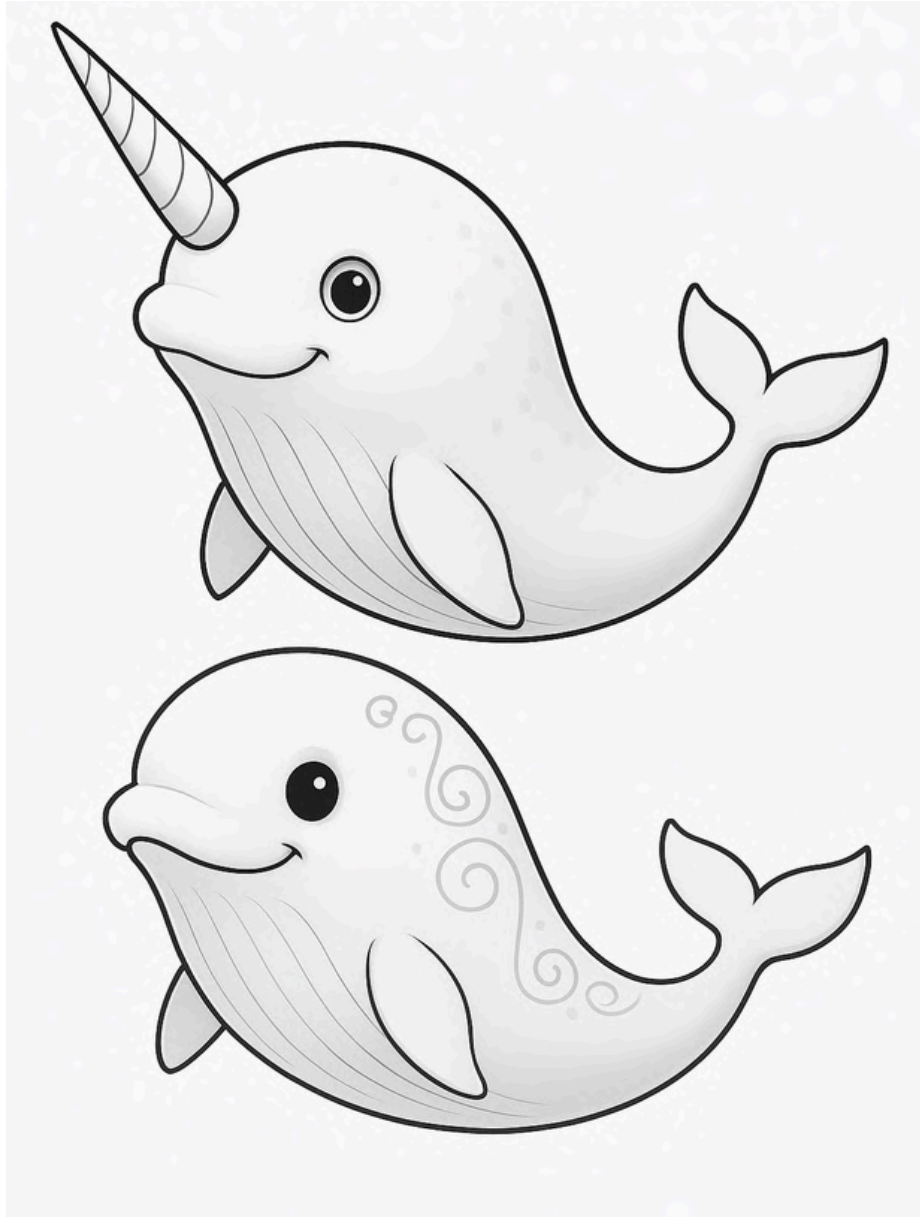
Color the oceans and find something that doesn't belong in the Arctic Ocean. Hint: It waddles!

DESIGN YOUR OWN SWIRL PATTERN

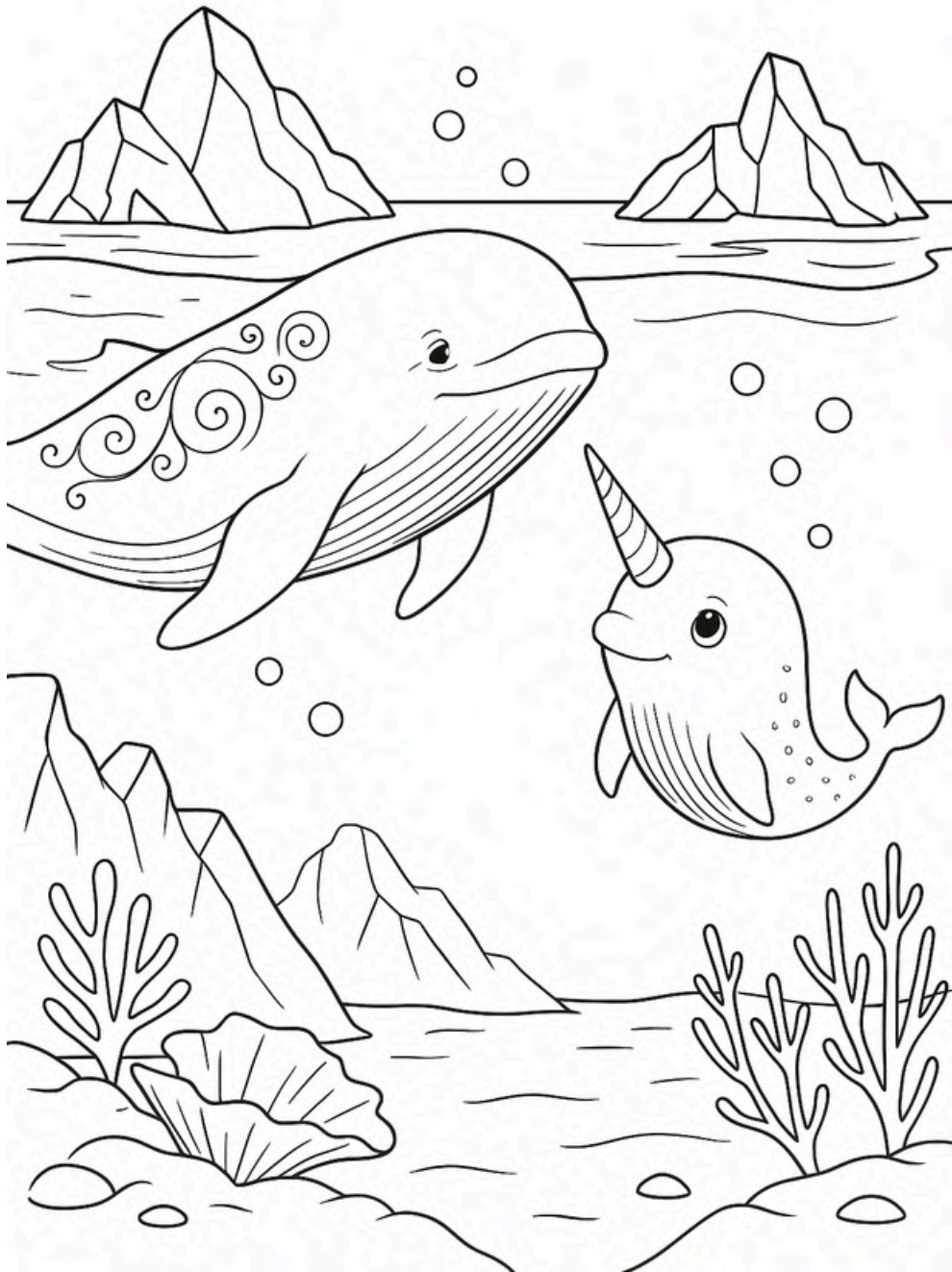


Sol's glowing swirls tell a story.
What would your story look like?
Draw your own pattern of light!

Color The Picture



“Color the Arctic” Scene



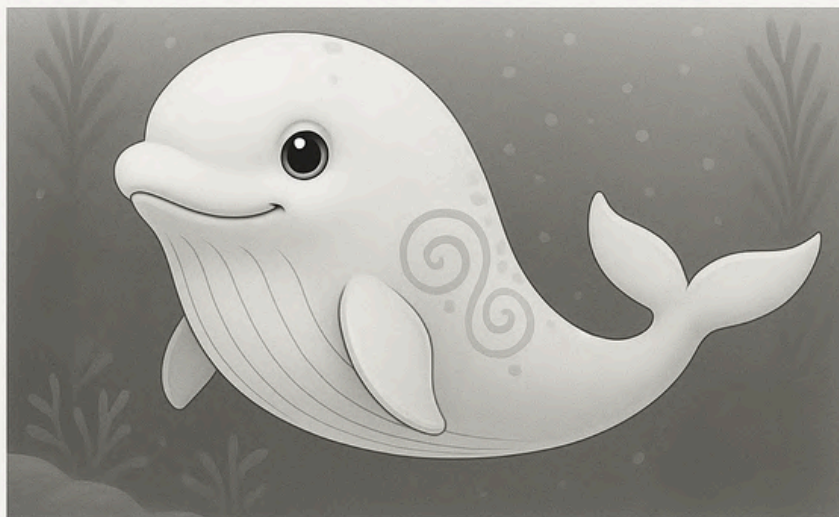
Color The Picture

CRACKS IN THE ICE



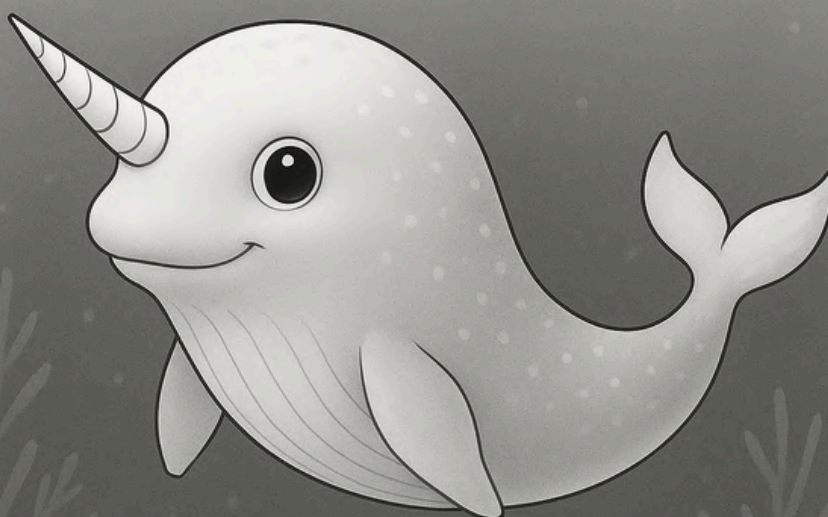
Spot the Difference - Sol's Pose

Can you find what's different between
the two pictures of Sol?



Spot the Matching Tusk

Only one of these tusks belongs to Tuli. Can you find the right one?



1



2



3



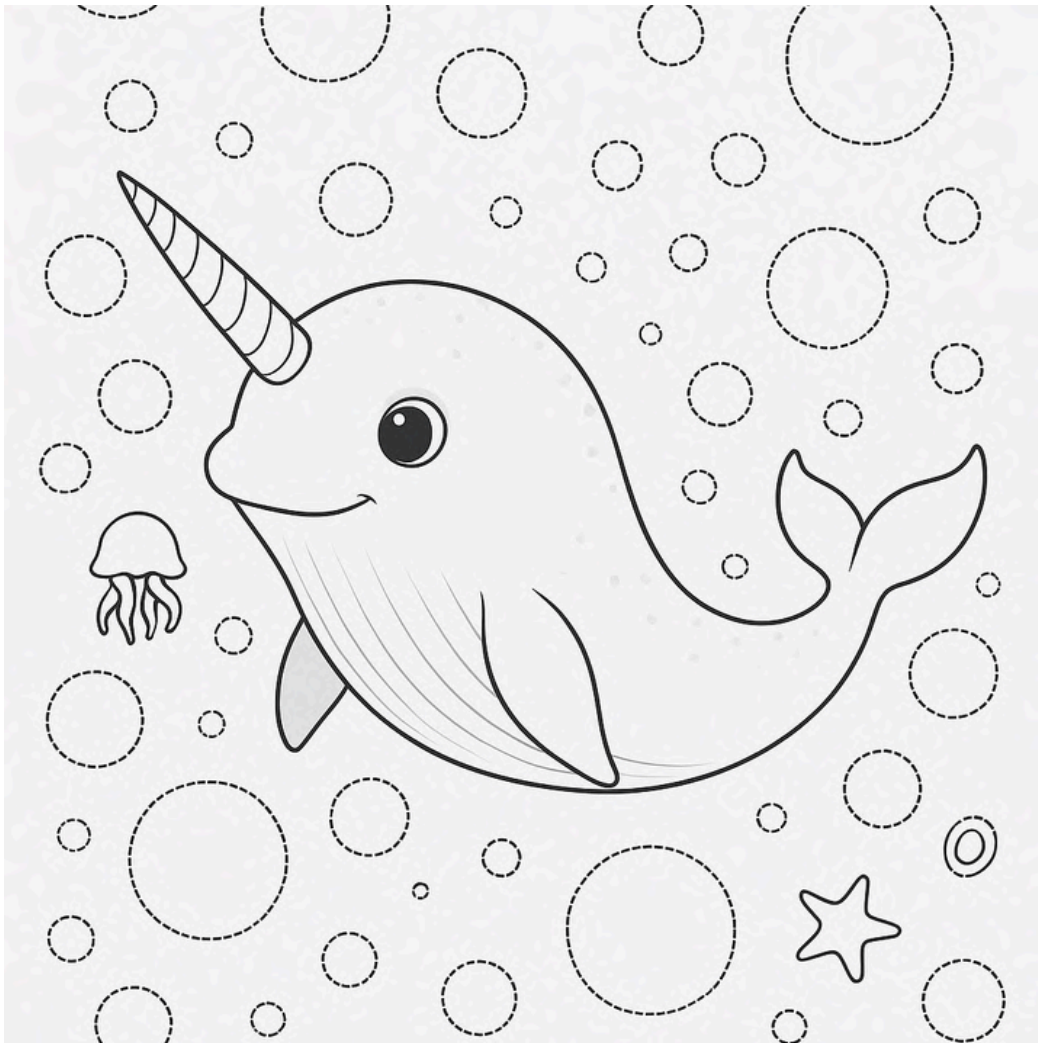
4



5

CIRCLE THE BUBBLES

Tuli is rising to the surface. Can you circle all the bubbles around her?

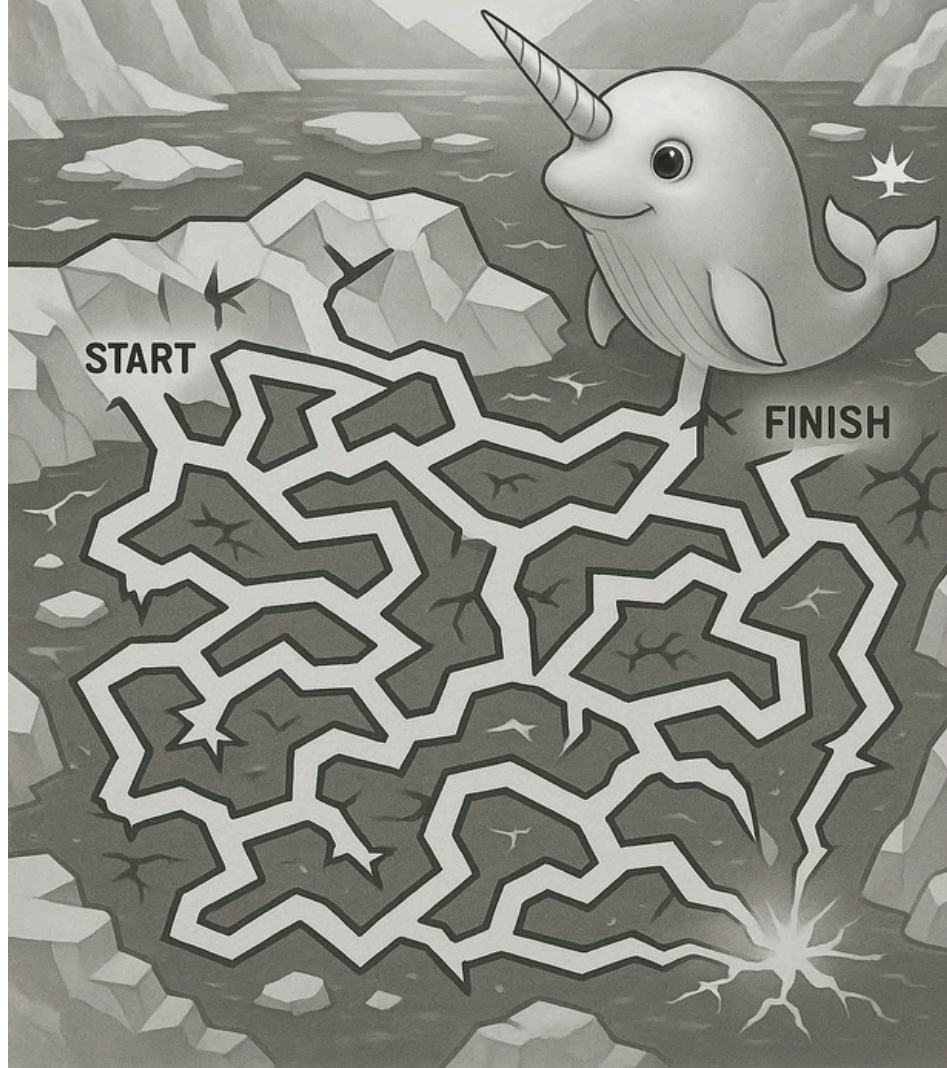


**Help Sol swim through the icy
maze to reach the surface before
time runs out!**

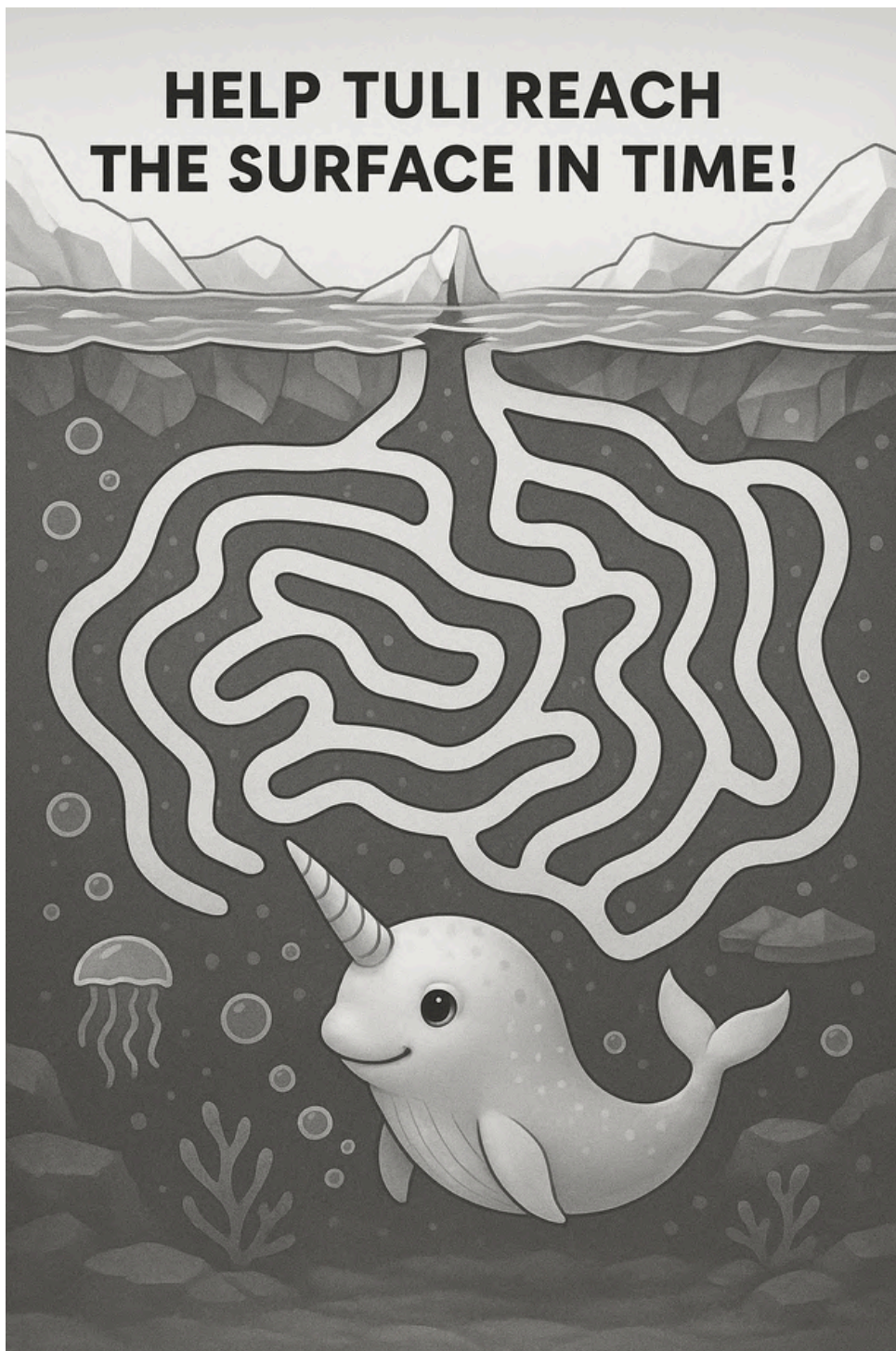


Find a Safe Path Through the Cracking Ice!

The ice is breaking all around! Tuli must swim through the safest path. Can you help her avoid the cracks?



**HELP TULI REACH
THE SURFACE IN TIME!**



Tuli's Twisting Tusk Trial

Follow the Tusk Twist to Find Tuli!

A spiral tusk path winds through the Arctic ocean.
Only one leads to Tuli — can you find the correct twisty trail?



**HELP TULI REACH
THE SURFACE IN TIME!**



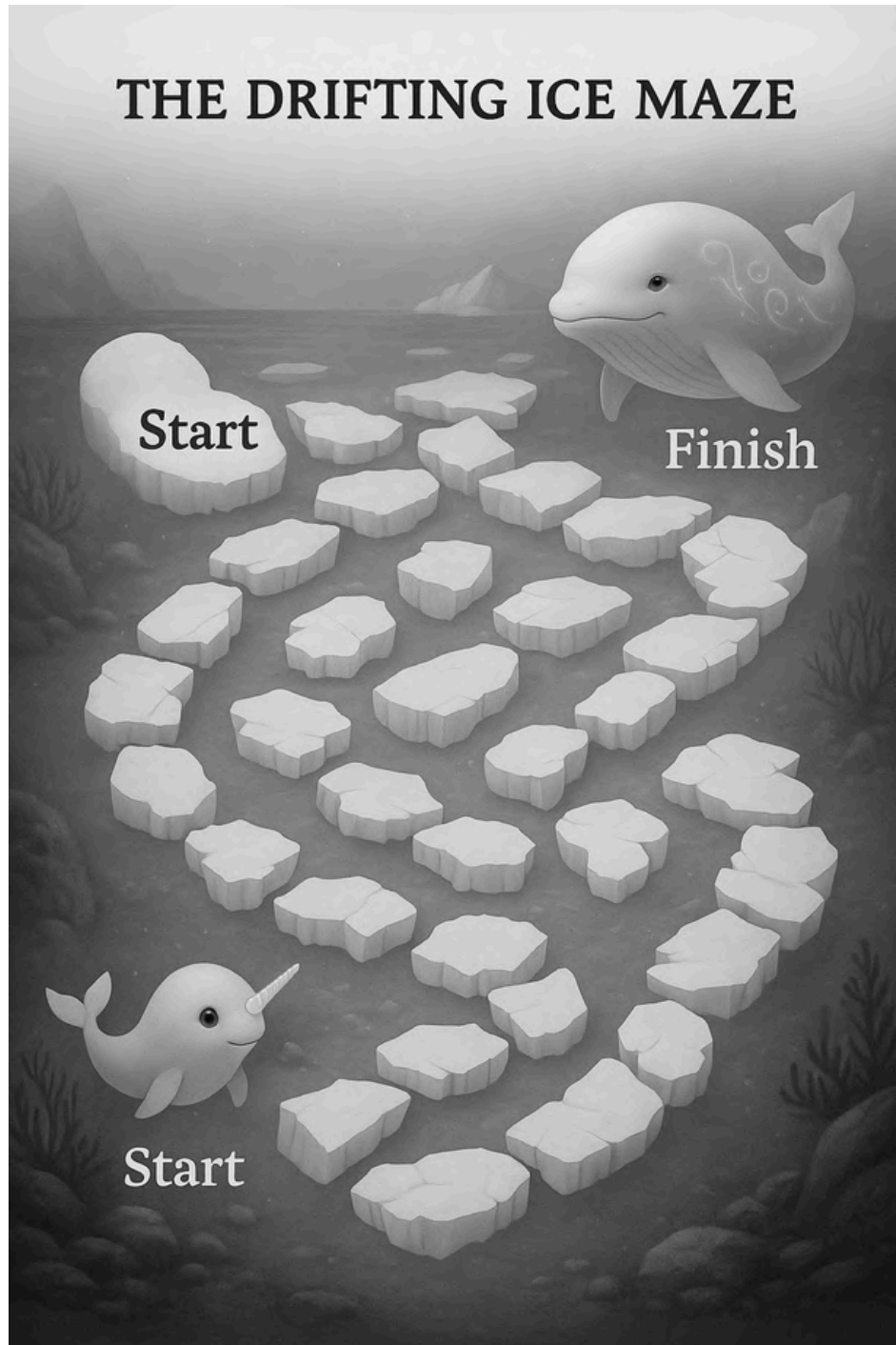
Tuli's Spiral Swirl Trail

START

FINISH



THE DRIFTING ICE MAZE



Breathe Like Sol

Gentle Breathing Adventure

Sol helped Tuli rise to the surface with calm, steady strength. Now it's your turn to practice a **gentle breathing movement**—just like the ocean.



Try This:

1. Sit still like a resting whale.
2. Put your hand on your tummy.
3. Breathe in slowly through your nose...
1 ... 2... 3 ...
4. Breathe out gently through your mouth...
1 ... 2... 3 ...
5. Imagine you're rising to the surface with Sol.

Do this 3 times.

Feel calm? That's the magic of gentle breathing.



Draw what calm feels like to you!

Thank you for diving into Sol's world—
a place of quiet strength, icy light, and brave
beginnings.

If this story moved you,
share it with someone who might need a little
breath of courage too.

Your support helps us bring more ocean
adventures to life
and reminds us that even the smallest
swimmers can make the biggest waves.

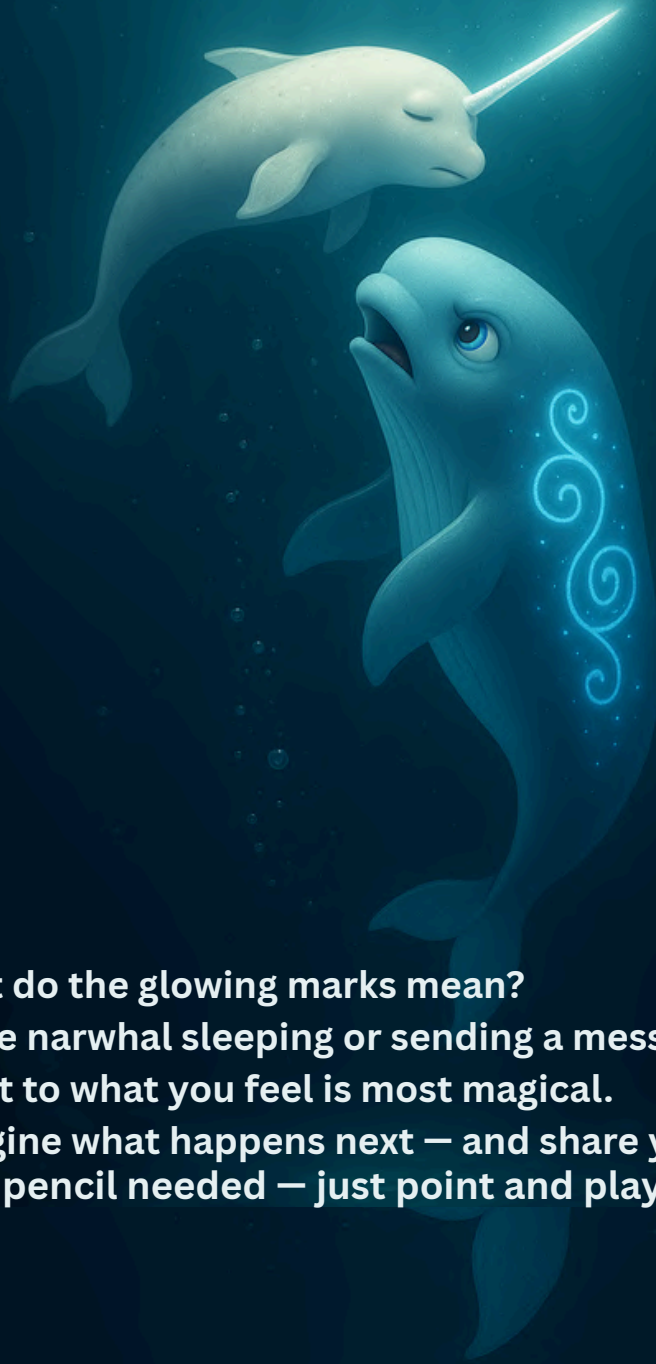
With all my heart,

— *ElloraNova*


**Bonus
Activities
SPECIALLY for
READER NAAEE**

One Breath, One Bond

Emotion Spot & Imagine



- What do the glowing marks mean?
 - Is the narwhal sleeping or sending a message?
 - Point to what you feel is most magical.
 - Imagine what happens next — and share your thought.
- No pencil needed — just point and play!



🐳 Breathe Like Sol – Gentle Breathing Adventure
Sol helped Tuli rise to the surface with calm, steady strength.

Now it's your turn to practice a gentle breathing movement — just like the ocean.

🐳 Try This:

1. Sit still like a resting whale.
2. Put your hand on your tummy.
3. Breathe in slowly through your nose... 1... 2... 3...
4. Breathe out gently through your mouth... 1... 2... 3...
5. Imagine you're rising to the surface with Sol. 🌊

Do this 3 times.

Feel calm? That's the magic of gentle breathing.