

# Hibernation

Some people think that animals sleep all the time when they hibernate, but that's not true. Animals actually wake up during hibernation. How often and how they wake up depends on whether they are deep sleepers or light sleepers during hibernation.



Light sleepers wake up more often during winter and act like usual when they're awake. Their body functions, like temperature and breathing, go back to normal when they wake up and then slow down again when they go back to sleep.



Deep sleepers, like true hibernators, find it hard to wake up because they sleep very deeply. They might wake up every few weeks to eat or use the bathroom in their burrows, especially as spring gets closer.

Name: \_\_\_\_\_

# Hibernation Facts

**Directions:** Fill in the blanks. Look for the correct answer inside the box below.

1. Some animals hibernate during \_\_\_\_\_.
2. Some animals eat a lot of \_\_\_\_\_ before hibernating.
3. Hibernation is like a deep \_\_\_\_\_.
4. Frogs or turtles will go to the bottom of the \_\_\_\_\_  
or \_\_\_\_\_ to hibernate.
5. During hibernation, some animals' \_\_\_\_\_ and \_\_\_\_\_  
may slow down.
6. Some hibernating animals \_\_\_\_\_ lots of food before they hibernate.
7. Light sleep hibernators wake up more often during winter and continue  
with their usual activities while they are \_\_\_\_\_."

breathing	pond	eat	sleep	winter
awake	food	lake	heartbeat	

Name: \_\_\_\_\_

# What Animals Hibernate During Winter?

Directions: Circle the correct answer.

bird

turtle

bear

kangaroo

gopher

seal

mouse

tiger

skunk

rabbit

squirrel

toad

snake

shark

badger

raccoon

crocodile

fox

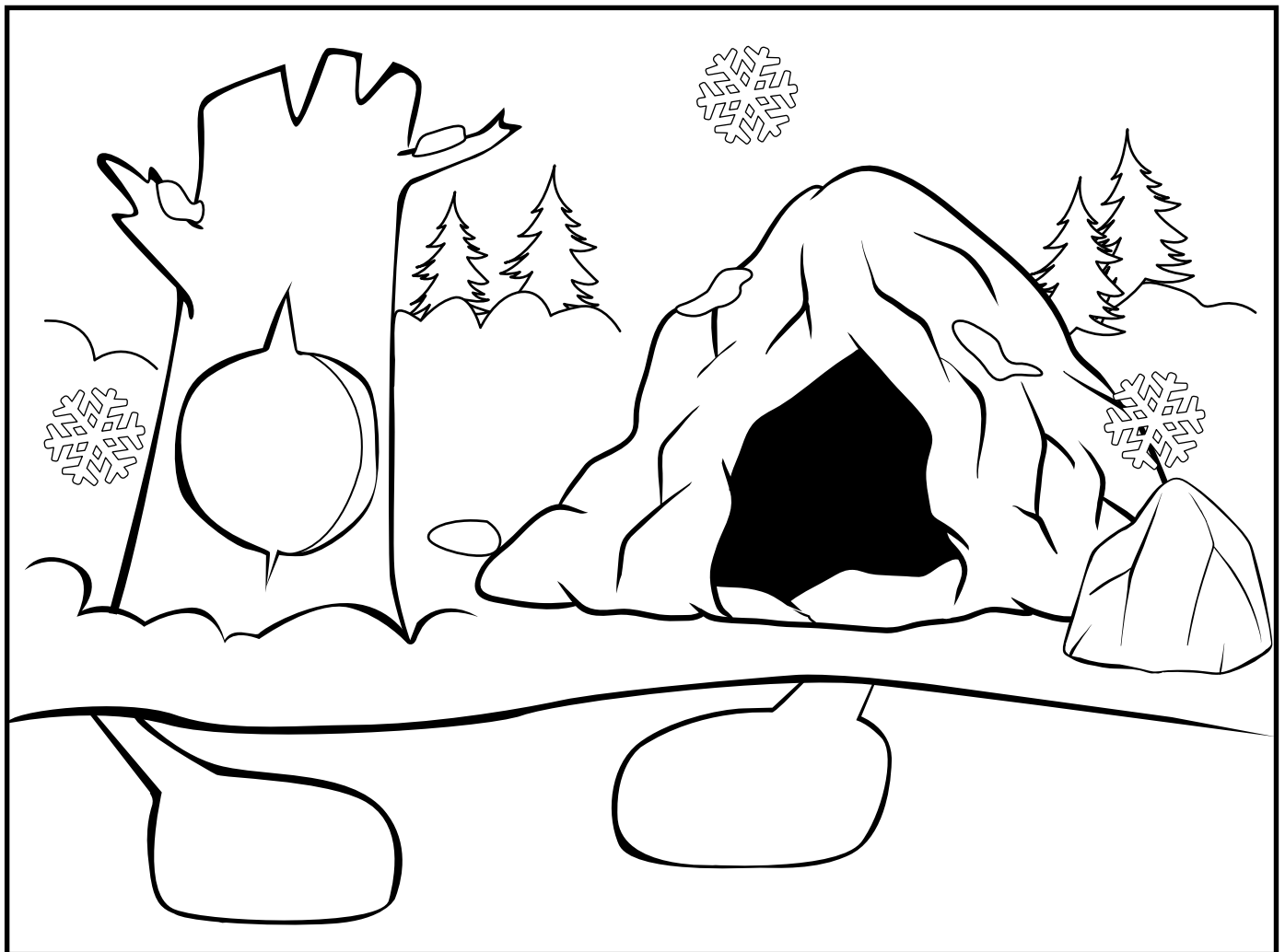
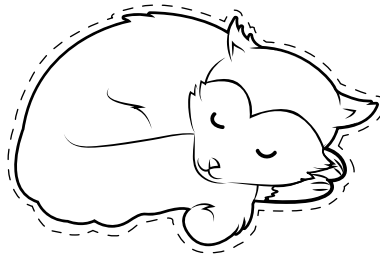
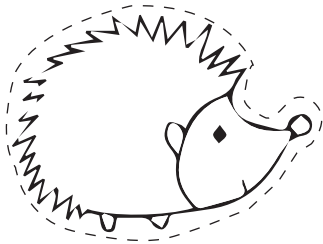
beaver

frog

Name: \_\_\_\_\_

# Animal Hibernation

**Directions:** It's time for the animals to hibernate for winter. Color the pictures.  
Cut and paste the each animal in its own resting spot.



Name: \_\_\_\_\_

Directions: Cut, sort and paste the pictures under the correct heading.  
Write the animals below.

## Animals that hibernate.

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bear

skunk

hedgehog

chipmunk

## Animals that don't hibernate.

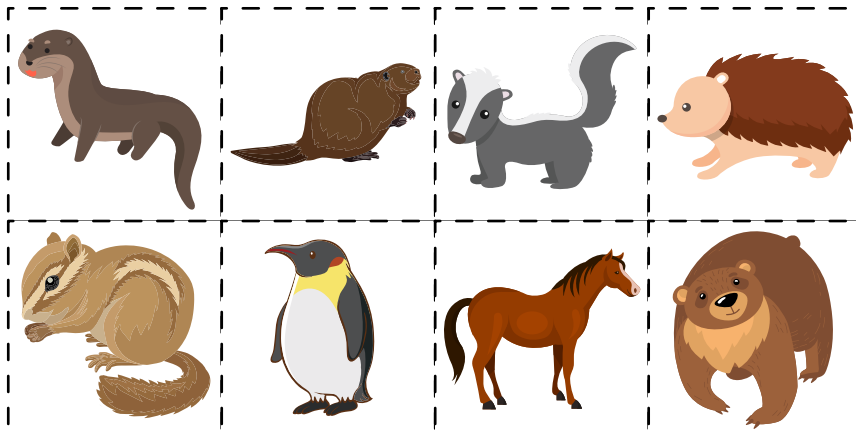
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otter

horse

penguin

beaver



Name: \_\_\_\_\_

# Hibernation Crossword Puzzle

Directions: Look for the animals that hibernate.

O	R	T	P	A	D	A	S	H	S	U	V	C	F	T
D	J	I	S	N	A	S	S	N	X	G	T	S	M	R
X	I	R	B	Q	Q	R	L	X	H	F	S	S	Q	N
K	A	G	N	I	T	S	E	N	V	B	M	U	H	O
N	K	T	I	Y	M	I	E	T	F	A	L	K	G	I
Z	W	A	K	Y	X	Z	P	G	L	V	U	E	K	T
G	P	A	C	G	N	I	H	T	A	E	R	B	A	A
U	Y	P	O	S	K	Z	L	Z	A	I	H	E	N	N
A	S	C	L	B	D	N	D	A	I	K	B	S	G	R
Q	W	S	D	O	H	E	Q	H	G	T	W	L	Z	E
C	D	E	N	Q	Q	X	O	U	R	I	N	G	S	B
A	G	M	N	E	F	M	D	A	L	R	H	R	T	I
E	I	P	D	B	P	S	E	U	I	S	W	T	I	H
P	G	D	K	F	M	H	F	X	Y	G	O	X	U	B
V	R	E	T	N	I	W	H	P	Z	X	Z	U	F	C

HIBERNATION

WINTER

COLD

HEARTBEAT

BREATHING

SLEEP

SHELTER

NESTING

DEN

ADAPT



**Bear**



**Lemur**



**Gecko**



**Cheetah**



**Chipmunk**



**Hedgehog**



**Skunk**



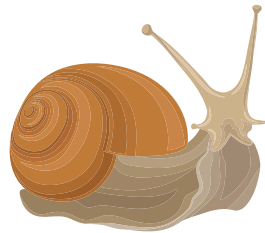
**Alligator**



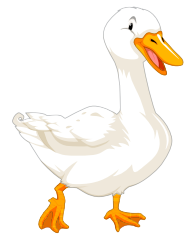
**Frog**



**Raccoon**



**Snail**



**Duck**



**Bumblebee**



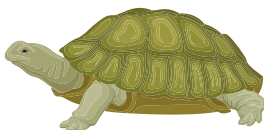
**Kangaroo**



**Moth**



**Horse**



**Turtle**



**Snake**



**Bat**



**Dog**

Name: \_\_\_\_\_

# Hibernating Animals

**Directions:** Cut out the images. Paste them inside the correct boxes.

Hibernate

Do not Hibernate