

# Shhhh!

# Nature is sleeping.



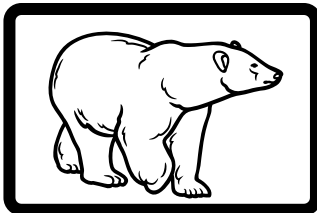
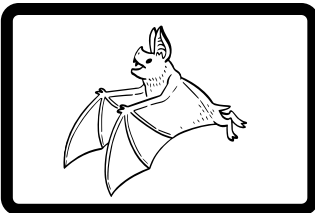
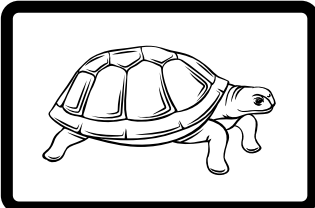
Does the cold of winter make you feel a little extra sleepy?

Animals feel that way too! To survive a season with less food and resources,

many animals cozy-in and rest more during the winter. They often even grow in thicker, warm coats!

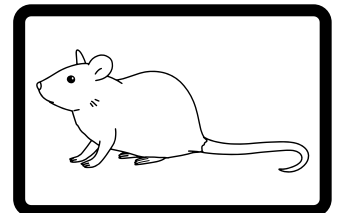
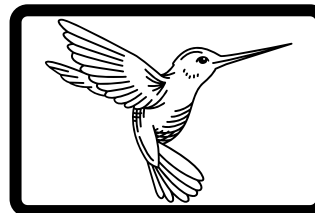
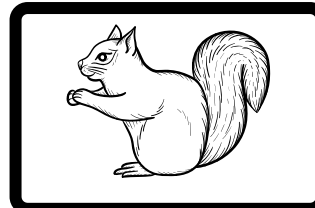
## Hibernation

is when an animal goes into a deep sleep to survive the cold winter months. Their body consumes less energy, and they often eat and drink very little during the winter when food is harder to find. These animals hibernate:



## Winter Torpor

is almost like mini-hibernations, or a really, really deep sleep, where animals become less active and sleep more during the daytime to help them survive the winter. These animals go into torpor:



## Questions for Conversation

- What is winter like where you live? Is it warm, cold, rainy, snowy?
- How does your family prepare for the winter?
- If you were an animal, where would you hibernate?
- Can you name an animal whose fur color changes to match the snow?

### DID YOU KNOW?

Some animals do both! Bears will hibernate for the winter in very cold environments, but may just go into torpor during the winter in more mild ones.