

HIBERNATION FACT SHEET

Why do some animals hibernate?

During winter, it is harder for many animals to stay warm and find enough food. By sleeping until spring, they can skip the most difficult part of the year!

How do they hibernate?

When it's cold, some animals enter a state called TORPOR which means that their body processes slow down. Torpor allows animals to save energy because their body isn't working hard to keep its temperature high. Hibernation is an extended period of torpor where certain animals fall into a deep sleep for months.

Be careful when moving large piles of leaves - hedgehogs often hibernate in them!



Where do they hibernate?

It depends on the animal, but they tend to choose areas that seem safe and covered.

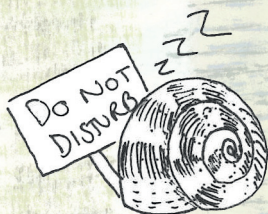
Sometimes frogs hibernate by burying themselves in the mud at the bottom of ponds. Cosy!



Do only animals with fur hibernate?

Lots of creatures who are unable to stay warm during winter hibernate.

Certain species of butterflies hibernate, as do hedgehogs, frogs, and snakes!



Did you know?

Some species of snail hibernate through cold winter months by blocking the opening of their shell with slime!

Do birds hibernate?

British birds do not hibernate, but many migrate to warmer countries during winter - read "Little Home Bird" by Jo Empson to find out more!

"The Very Long Sleep" by Polly Noakes

Find more activities at:

<http://childs-play.com/parent-zone/activities.html>

