

Hibernation Facts



Hibernating animals need a safe place to sleep. They need to be safe from the cold and wind. They also need to be safe from hungry animals.



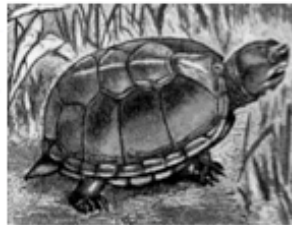
Dormouse



Groundhog



Frog



Turtle



Snake burrow

Animals that hibernate

The animal's body temperature drops, and its heartbeat and breathing slow down so that hardly any energy is used.



3

Which requires more energy?

Circle the word to show which requires more energy.



Rest



Activity

4

From a normal body temperature of 99 degrees F, the temperature of a hibernating mammal may be as low as 36 degrees F. A normal heart rate of more than 100 beats per minute may drop to four or five, and breathing may slow to less than one breath per minute.

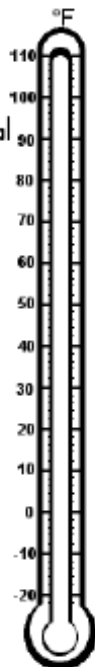


For example, a hibernating woodchuck's heart rate slows from 80 to 4 beats per minute, and its temperature drops from 98 F to as low as 38 F.

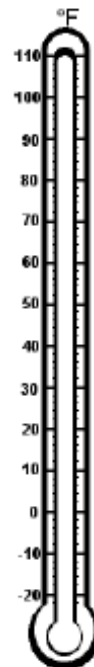


Temperature

The normal body temperature of a mammal is 99 degrees. Show the normal body temperature of a mammal on the thermometer.



A hibernating woodchuck's temperature drops as low as 38 F. Show the hibernating woodchuck's temperature on the thermometer.



Most animals will eat large amounts of food before they go to sleep, they stuff themselves with food to build up fat reserves that will nourish them during hibernation.



Before hibernating, a woodchuck eats so much that its stomach touches the ground when it walks.



7

The animal will use up the body fat it stores and not lose any muscle. This causes the animal to come out of hibernation thinner but still as strong as it was in the fall.



8

Some animals are not true hibernators, but they become dormant over winter.

Many animals that live in dens and burrows store food to eat. They stay inside and sleep much of the winter. Skunks, raccoons, some chipmunks, and beavers are such animals. They sleep during the coldest weather.



During warmer winter days they will wake and eat some of the stored food. They may lie in the sun to soak up its warmth. As soon as the temperature starts dropping, they move into their shelters and go back to sleep.

What happens to an animal when it hibernates?

Its body temperature _____.

Its breathing and heartbeat _____.

When an animal hibernates it hardly uses any _____.

Animals eat large amounts of _____ before they go to sleep.

Is a hibernating animal easy to wake up? Yes No ₁₀

