

# ALL ABOUT HIBERNATION!

## HIBERNATION LESSON PLAN

### Week at a Glance:

Day One: What is Hibernation?

Day Two: Grizzly Bears

Day Three: Chipmunks

Day Four: Groundhogs

Day Five: Bats



## HIBERNATION LESSON PLAN

Day One: Intro to Hibernation

Objective: The students will be able to define hibernation and describe why animals hibernate.

### LESSON PLAN: DAY ONE

Introduction (5 minutes):

Teacher Says: Have you ever heard of the word: hibernation? What do you think hibernation is? What animals hibernate? Hibernation is how some mammals survive the winter. Their bodies go in to a "sleep-like" state for weeks or even months and use stored body fat to survive. In the winter, it can be very difficult for animals to find food. Hibernation helps animals to live in cold conditions without eating.

## HIBERNATION GRIZZLY UNSCRAMBLE

Directions: Unscramble each word associated with a grizzly bear.

CVEA \_\_\_\_\_  
SVRISE \_\_\_\_\_  
SIAMON \_\_\_\_\_  
ASKIAA \_\_\_\_\_  
OMNVREOI \_\_\_\_\_  
CIWSA \_\_\_\_\_  
CBUS \_\_\_\_\_



## HIBERNATION VOCABULARY SQUARE

Word: hibernation	Definition:
Sentence:	Picture:



## HIBERNATION GROUNDHOG RESEARCH

Directions: Use your resources to find more information about groundhogs. Fill in the information below.

All ABOUT GROUNDHOGS

By: \_\_\_\_\_

Appearance: \_\_\_\_\_

Interesting Facts: \_\_\_\_\_

diet: \_\_\_\_\_

habitat: \_\_\_\_\_



# A FIVE DAY UNIT ALL ABOUT ANIMALS THAT HIBERNATE!

Includes lesson plans, graphic organizers, craft ideas, projects, comprehension questions and more!

FROM YOUR FRIENDS AT



# HIBERNATION

## LESSON PLAN

Week at a Glance:

Day One: What is  
Hibernation?

Day Two: Grizzly Bears

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# HIBERNATION



## LESSON PLAN



Day One: Intro to Hibernation

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## LESSON PLAN: DAY ONE

Introduction (5 minutes):

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# HIBERNATION

## Lesson (20 minutes):

\*The teacher will play the video, "Which Animals Hibernate?" from National Geographic Kids -  
<https://www.youtube.com/watch?v=P60cOGFHJBc>

\*After the video, the teacher will guide the students in completing the "Vocabulary Square" graphic organizer attached below. The students will define hibernation, use the word in a sentence, and draw a picture associated with the word.

## Independent Work (10 minutes)

\*The students will complete the "Hibernation Quick Check" comprehension questions attached below. The teacher will assess answers for understanding of the lesson.

## Closing (5 minutes)

\*Whole Group Discussion: Why do animals hibernate? What do you think life is like for animals in cold conditions that don't hibernate?

# HIBERNATION

## VOCABULARY SQUARE

Word:

hibernation

Definition:

Sentence:

Picture:



# HIBERNATION

## HIBERNATION QUICK CHECK

1. What is hibernation?

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2. Why do animals hibernate?

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3. What kinds of animals hibernate?  
Give examples.

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# HIBERNATION

## LESSON PLAN

Day Two: Grizzly Bears

Objective: The students will be able to identify various characteristics of grizzly bears.



## LESSON PLAN: DAY TWO

Introduction (5 minutes):

Teacher Says: One of the most well-known animals that hibernates are bears! What do you know about grizzly bears? Grizzly bears are large, strong mammals that are typically found in the northwestern region of the United States, especially Alaska. Grizzlies are omnivores, which means they eat plants and animals. They typically eat berries, grasses, insects, salmon and sometimes other small mammals. When it gets cold in the winter, they enter a hibernation-like state to save energy to survive!

# HIBERNATION

## Lesson (15 minutes):

The teacher will read the book, "Grizzly Bears!: A My Incredible World Picture Book for Children (My Incredible World: Nature and Animal Picture Books for Children)". Questions to ask during/after reading - What does a grizzly bear look like? Why do grizzly bears eat so much before winter? How do they survive the colder months? Where do grizzlies live? What do they eat?

\*In partners or small groups, the students will complete the "Grizzly Unscramble" activity sheet attached below.

## Independent Work (10 minutes)

\*The students will research more about Grizzly Bears. They will utilize the "Grizzly Bear Research" activity sheet to record information. Students can extend the activity by creating a poster or writing a nonfiction writing piece.

## Closing (5 minutes)

\*The students will share with the class their "Grizzly Bear Research" activity sheets.

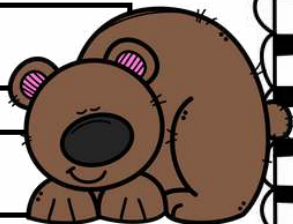


# HIBERNATION

## GRIZZLY UNSCRAMBLE

Directions: Unscramble each word associated with a grizzly bear.

C V E A



S V R I S E

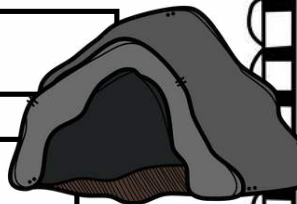
S L A M O N

A S K I A A

O M N V R E O I

C L W S A

C B U S



# HIBERNATION

## GRIZZLY RESEARCH

Directions: Use your resources to find more information about grizzly bears. Fill in the information below.

### GRIZZLY BEARS

By: \_\_\_\_\_

Appearance

diet

HABITAT

Interesting Facts

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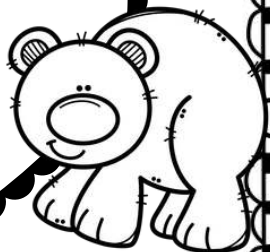
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# HIBERNATION

## LESSON PLAN

Day Three: Chipmunks

Objective: The students will be able to describe characteristics of chipmunks.



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## LESSON PLAN: DAY THREE

### Introduction (5 minutes):

\*Teacher Says: Have you ever seen a chipmunk? Where do you think chipmunks live? Did you know that chipmunks hibernate? Chipmunks are small mammals that can be found in forests, woodlands and even your own backyard! They are known for being energetic, quick and curious. They forage for food like nuts, seeds, berries and grains. Chipmunks dig burrows underground and in the colder, winter months spend most of their time resting and sleeping there.

# HIBERNATION

## Lesson (15 minutes):

- \*The teacher will read the book, "Chipmunks!: A My Incredible World Picture Book for Children". Questions to ask during/after reading - Where do chipmunks live? What do they eat? How do they survive in the winter? Where do they store their food?

- \*The students will work in small groups to complete the "Fact or Fiction?" activity sheet attached below.

## Independent Work (10 minutes)

- \*The students will research more about chipmunks. They will utilize the "Chipmunk Research" activity sheet to record information. Students can extend the activity by creating a poster or writing a nonfiction writing piece.

## Closing (5 minutes)

- \*The teacher will give each student a sticky note or index card. They will write three things about chipmunks.

# HIBERNATION

## FACT OR FICTION?

Directions: Color the facts in green. Color statements that are fiction in red.

Chipmunks  
live in rivers  
and lakes.

Chipmunks  
live in  
burrows.

Chipmunks  
are most  
active  
in the  
winter.

Chipmunks  
are carnivores  
and eat only  
meat.

Chipmunks  
store food in  
their  
burrows for the  
winter.

Chipmunks  
eat berries.

They make  
a chip-chip  
sound to  
communicate.

Chipmunks  
only live  
in Asia.

# HIBERNATION

## CHIPMUNK RESEARCH

Directions: Use your resources to find more information about chipmunks. Fill in the information below.

### ALL ABOUT CHIPMUNKS

By:

Appearance

diet

HABITAT

Interesting Facts



# HIBERNATION

## LESSON PLAN

### Day Four: Groundhogs

Objective: The students will be able to describe characteristics of groundhogs.



## LESSON PLAN: DAY FOUR

### Introduction (5 minutes):

\*Teacher Says: When you hear the word groundhog, what do you think of? Groundhogs are very well known for digging large burrows underground and for hibernating during the winter. We even have a day every year called, "Groundhog Day!" What happens on Groundhog Day? The groundhog usually comes out from hibernating, and it is said that if the groundhog sees its shadow, there will be six more weeks of winter. If they don't see their shadow, it is said that spring will come early!

# HIBERNATION

## Lesson (15 minutes):

- \*The teacher will play the video, "Fun Facts About Groundhogs" -

<https://www.youtube.com/watch?v=wfrqllbow0w>

After the video, the teacher will lead a discussion on groundhogs. Explain that groundhogs are small mammals in the squirrel family. They usually live in burrows in fields and forests in North America and Canada. They are herbivores, which means they eat plants and grasses.

## Independent Work (10 minutes)

- \*The students will research more about groundhogs. They will utilize the "Groundhog Research" activity sheet to record information. Students can extend the activity by creating a poster or writing a nonfiction writing piece.

## Closing (5 minutes)

- \*The students will share their "Groundhog Research" activity sheets with the class or in small groups.



# HIBERNATION

## GROUNDHOG RESEARCH

Directions: Use your resources to find more information about groundhogs. Fill in the information below.

### ALL ABOUT GROUNDHOGS

By:  
\_\_\_\_\_

Appearance

diet

HABITAT

Interesting Facts

\_\_\_\_\_

\_\_\_\_\_

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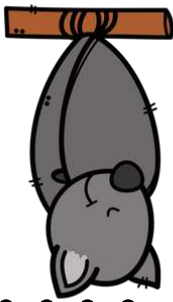


# HIBERNATION

## LESSON PLAN

### Day Five: Bats

Objective: The students will be able to describe characteristics about bats.



## LESSON PLAN: DAY FIVE

### Introduction (5 minutes):

\*Teacher Says: What do you know about bats? Did you know that bats hibernate? Bats mainly eat insects! During the winter, because insects are hard to find, bats hibernate during the winter to be able to survive the colder months without eating. Bats typically find dark places like caves, attics or hollow trees and hang upside down. Unlike other mammals, many bat species hibernate in large groups to stay warm.

# HIBERNATION

## Lesson (15 minutes):

- \*The teacher will show the video, "3 Fun Facts About Bats" -

<https://www.youtube.com/watch?v=2Mii45v85YY>

- \*After the video, the teacher will guide the students in completing the "Bats can, are, have" graphic organizer attached below.

## Independent Work (10 minutes)

- \*The students will research more about bats. They will utilize the "Bat Research" activity sheet to record information. Students can extend the activity by creating a poster or writing a nonfiction writing piece.

## Closing (5 minutes)

- \*The students will share their "Bat Research" activity sheets with the class or in small groups.

# HIBERNATION

b a t s

can

are



have

# HIBERNATION

## BAT RESEARCH

Directions: Use your resources to find more information about bats. Fill in the information below.

### ALL ABOUT BATS

By: \_\_\_\_\_

Appearance

diet

HABITAT

Interesting Facts

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