

Objective

By the end of this lesson, you will be able to understand the concept of hibernation and how animals adapt during winter.

Materials and Prep

- Animal picture cards (with hibernating and non-hibernating animals)
- Whiteboard or large paper
- Markers or crayons
- Optional: Books about hibernation

Activities

1. Introduction: Start by asking the student if they know what hibernation is. Show them pictures of hibernating animals and ask them to identify them.
2. Discussion: Explain that hibernation is when some animals sleep for a long time during the winter to survive when food is scarce. Discuss how animals prepare for hibernation and what changes occur in their bodies.
3. Group Activity: Divide the whiteboard or paper into two sections - one for hibernating animals and one for non-hibernating animals. Ask the student to help you sort the animal picture cards into the correct sections. Discuss why each animal belongs in its respective category.
4. Art Activity: Provide the student with blank paper and markers or crayons. Ask them to draw their favorite hibernating animal and its winter habitat.
5. Conclusion: Review the concept of hibernation and ask the student to share what they have learned. Encourage them to ask any questions they may have.

Preschool Grade Talking Points

- "Hibernation is when animals sleep for a long time during the winter."
- "Animals hibernate because food is scarce in winter, and they need to save energy."
- "Hibernating animals prepare for winter by eating a lot and finding a safe place to sleep."
- "During hibernation, an animal's body temperature drops, and its heart rate and breathing slow down."
- "Some examples of hibernating animals are bears, bats, and snakes."
- "Non-hibernating animals, like birds and squirrels, find food and stay active during winter."
- "Hibernating animals wake up when winter ends and food becomes available again."