








# January

# HIBERNATION

## Activity Calendar

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|--|---|---|
| <p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant<br/>Calendar Translated by: Manuela Rodriguez</p>    |  |  | <p>1. Start this month off by wearing pajamas all day and staying in bed with your child as long as you can!</p>   | <p>2. <b>ACTIVITY PAGE</b><br/><u>The Very Long Sleep</u></p>  | <p>3. When animals hibernate, their breathing slows down. Do some deep breathing exercises with your child to calm them.</p>  | <p>4. <b>Weekend Wrap-Up</b><br/>Gather some books about hibernation to read this month!</p>  |
| <p>5 <b>Bears</b></p>    | <p>6. Make a bear cave using blankets and sheets draped over chairs and other furniture. Curl up inside with some favorite snacks and books!</p>                                 | <p>7. "Bears are sleeping, bears are sleeping, All winter long, all winter long. They are hibernating, they are hibernating. Snug and warm, snug and warm!"</p>          | <p>8. Help your child "feed" a brown paper bag bear pictures of foods from magazines. Seal the bag shut, draw two dark lines for shut eyes, and lay the bear down for a long winter's sleep.</p> | <p>9. <b>ACTIVITY PAGE</b><br/>"Wake up Sleepy Bear"</p>   | <p>10. Teddy Trail Mix- Honeycombs cereal; mini marshmallows; raisins; pretzels; and teddy grahams! Yum, yum!</p>   | <p>11. <b>Weekend Wrap-Up</b><br/>Now, the focus is on bears! Gather some books about bears and learn more about how they hibernate!</p>      |
| <p>12 <b>Groundhogs</b></p>   | <p>13. Groundhogs hibernate underground. Fill a bin with dirt and let your child dig holes and drop small plastic animals in them, cover them up, and then dig to find them!</p> | <p>14. Groundhogs love carrots, lettuce, peas, and zucchini. Sounds like ingredients for a tasty salad! Mix the ingredients and let your child eat like a groundhog!</p> | <p>15. Let your child help you make chocolate instant pudding and use a vanilla wafer (groundhog) to dig into the pudding (dirt) when it's time to eat!</p>                                      | <p>16. <b>ACTIVITY PAGE</b><br/>"Awake, Asleep!"</p>   | <p>17. Line up kitchen chairs into 2 rows. Attach masking tape from each chair to the chairs across from them, making a tunnel. Have your child army crawl under the tape like a groundhog!</p>                 | <p>18. <b>Weekend Wrap-Up</b><br/>Groundhog Day is coming soon! Find some books about this famous animal!</p>                                 |
| <p>19 <b>Snakes</b></p>    | <p>20. Snakes find a place to hide when they hibernate. Sounds like a good time to teach your child how to play hide-and-seek!</p>   | <p>21. Play a game of freeze tag to teach your child that the best thing to do if they see a snake is to freeze in place until they slither away.</p>                    | <p>22. Playdough is a great material to create snakes of all sizes and put them into different shapes, too!</p>  | <p>23. <b>ACTIVITY PAGE</b><br/>"Paper Chain Snake"</p>  | <p>24 Snakes shed their skin as they grow. Purchase a rubber snake and let your child squeeze layers of liquid glue on the snake. Let it dry overnight. Peel and see if you can keep the skin in one piece!</p> | <p>25. <b>Weekend Wrap-Up</b><br/>Read, read, read about snakes! Fiction and non-fiction books are great resources to learn about snakes!</p> |
| <p>26 <b>Bats</b></p>    | <p>27. Have your child lay on their back in a chair with their head hanging upside down. This is how bats sleep!</p>   | <p>28. Soak cotton balls in extracts or sprinkle spices on them and have your child identify them by smelling, like a bat!</p>   | <p>29. Pour black food coloring into a baggy of bow-tie pasta, shake it, and let it dry. Now, your child has bats to play with!</p>  | <p>30. Color coffee filters black. Clip a clothespin in the middle to make the bat's wings. Fly around and then hang them upside down!</p> | <p>31. Hide and shake a rattle. Your child will use their sense of hearing, like a bat uses theirs, to find you!</p>  |   |



## The Very Long Sleep

By Polly Noakes

Fox has picked the wrong friends to be his roommates. Bear, Chipmunk, and Marmot are all animals who hibernate. After their home is made and the weather gets colder, all of Fox's new friends settle in for a long winter's nap. He tries everything to wake them up and even cooks their favorite foods in case they wake up and they are hungry. But it's no use. His friends will not wake up. After reading this book, ask your child what breakfast meal would wake them up from a deep sleep. Pancakes? Cinnamon rolls? Whatever it is, make it for them the day after reading the book. Ask your child, "Do you think your favorite breakfast would have woken up Bear, Chipmunk, and Marmot?" Who knows, maybe it would have!



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## Wake up, Sleepy Bear!

You will need a few players for this game. Maybe your whole family or play it when some friends are over. One player lies down in the middle of a circle that the other players have created. The player in the middle is the BEAR. The bear will close his/her eyes and one of the other players will sneak up on the bear and gently tap his/her back. The bear will have one chance to guess which player woke up **THE BEAR!** If they guess correctly, they get to stay in the middle and hibernate a little longer. If they guess wrong, the player who woke up the bear becomes the **THE BEAR!**





## Awake, Asleep

When an animal hibernates, they basically go into a long state of sleep. In this game, carpet squares or pillows will be placed in a circle on the floor. When music is playing, you and your child dance, hop, jump, or any other action around the pillows or carpet squares. But, when the music stops, find a place to lay down and sleep. When the next round starts, take one carpet square or pillow away. The game will continue this way until only one soft spot is left. Who will be the one to grab the last place to hibernate! This is a fun way to teach your child the basic rules of “Musical Chairs”!





## Paper Snake

Cut construction paper into 2-inch strips. Show your child how to bring the ends of the strips together to make a circle. For the first circle, use a glue stick to stick the ends together. The second strip needs to be inserted into the first circle and then ends are glued together. The chain can be as long as your child would like it to be. Once the chain is done, flatten the first circle and draw two beady eyes and two dots for nostrils. Finally, cut a small strip of red for the snake's tongue. Now, have your child find a hiding spot where their snake can hibernate!



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