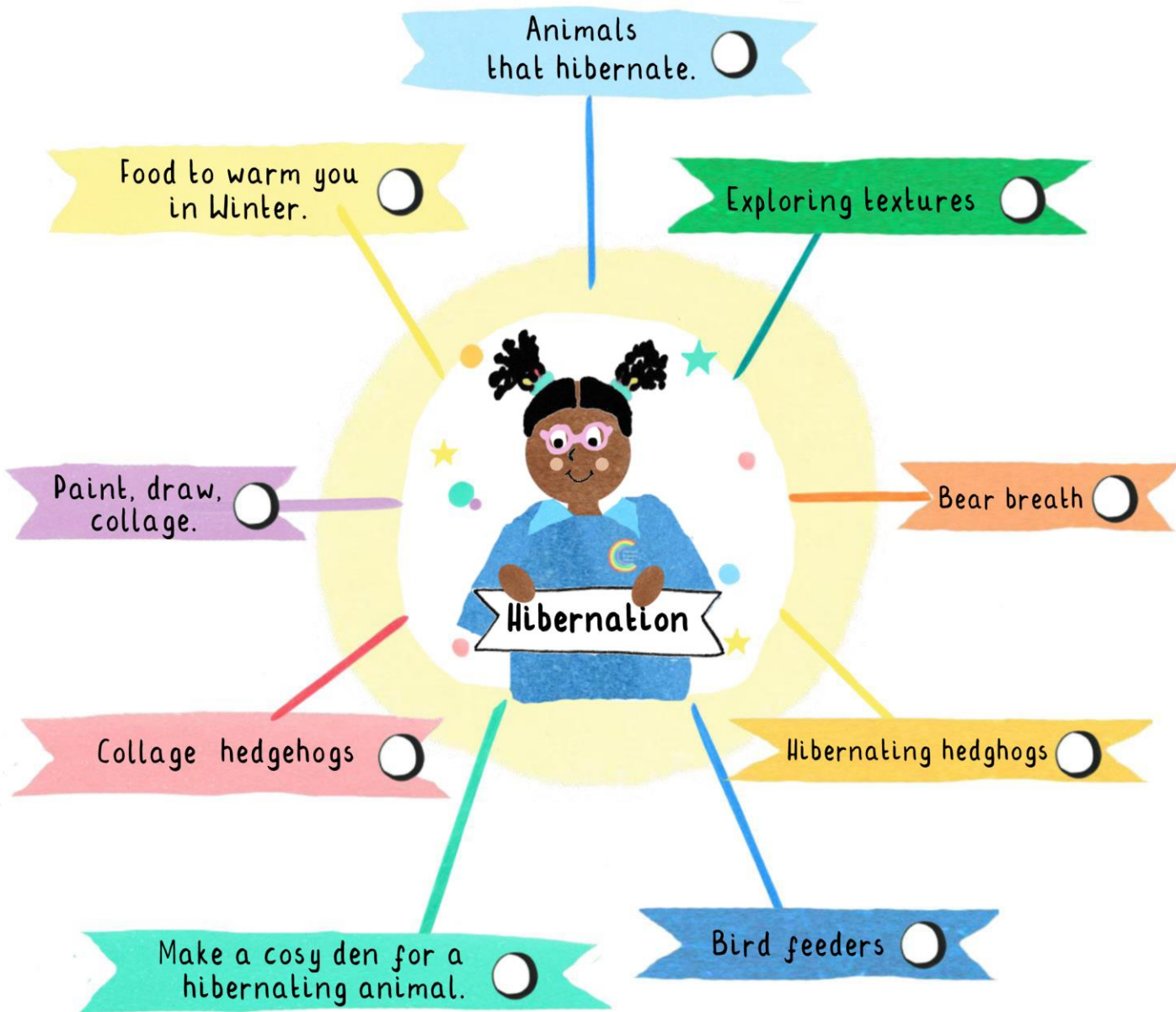


Free Choice Activities



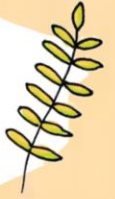
ANIMALS THAT HIBERNATE

Can you watch some videos about hibernation (see suggestions in the rainbow grid) and work with a grown-up to fill out the spaces below...

Hibernation is...



Z
z



Some animals that hibernate include...



Animals might hibernate in these places...



ANIMALS THAT HIBERNATE

Can you cut out the animals and sort them into those that hibernate and those that do not? If they do not hibernate I wonder what else they do to survive the Winter?



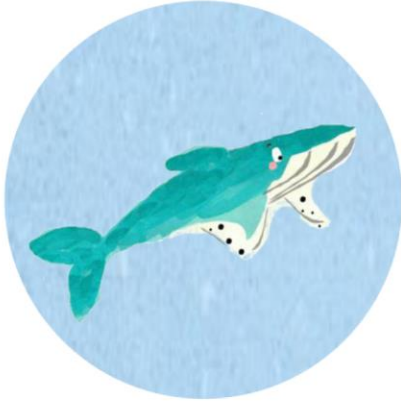
Bear



Worm



Hedgehogs



Humpback Whale



Robin



Rabbit



Monarch Butterfly



Snake



Snail



Bat

ANIMALS THAT HIBERNATE

Can you cut out the animals and sort them into those that hibernate and those that do not? If they do not hibernate I wonder what else they do to survive the Winter?



Box turtle



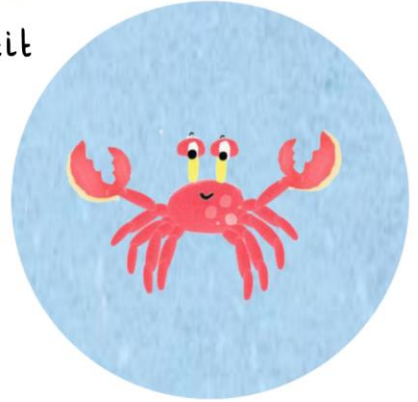
Blue tit



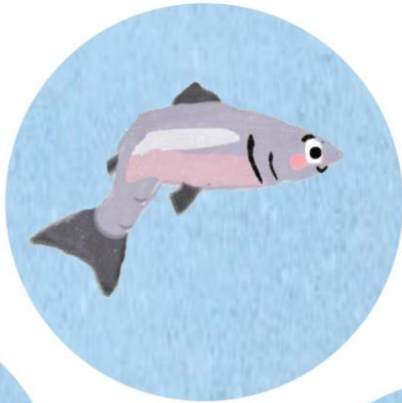
Blackbird



Bumblebee



Crab



Salmon



Ladybird



Seahorse



Dormouse



Human

ANIMALS THAT HIBERNATE

Use this page to sort the animals into those that hibernate and those that do not.

I hibernate.

I do not
hibernate.

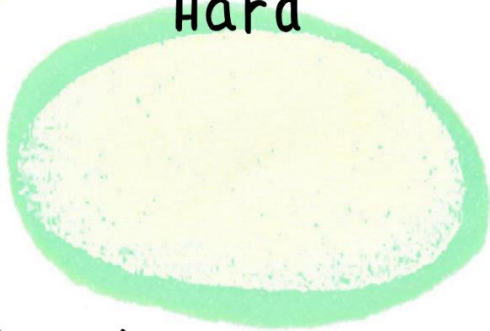
EXPLORING TEXTURES

Hedgehogs feel prickly because of their spikes (ouch!).
Can you make a collection of other objects that feel prickly? Can you sort
them in different ways? Rough... smooth... hard ...soft...squashy?

Can you think of more words to describe them?
Can you draw and label the objects in the spaces
below?

Prickly objects and materials

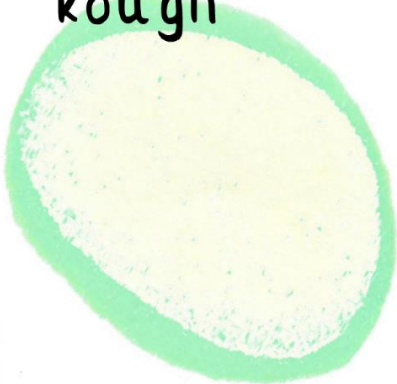
Hard



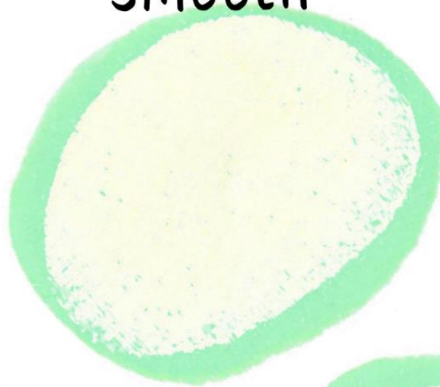
Soft



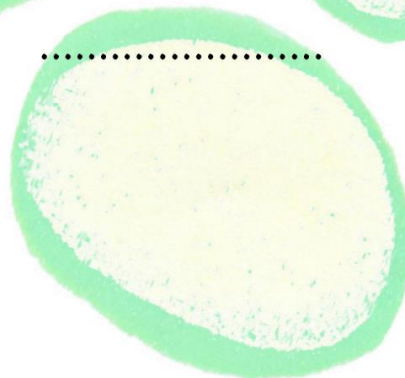
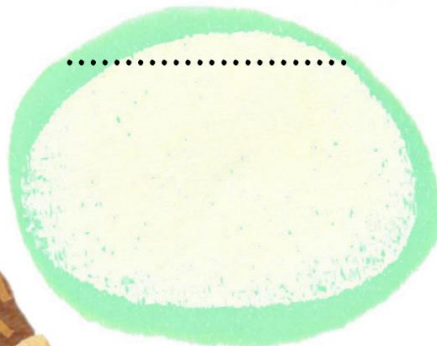
Rough



Smooth



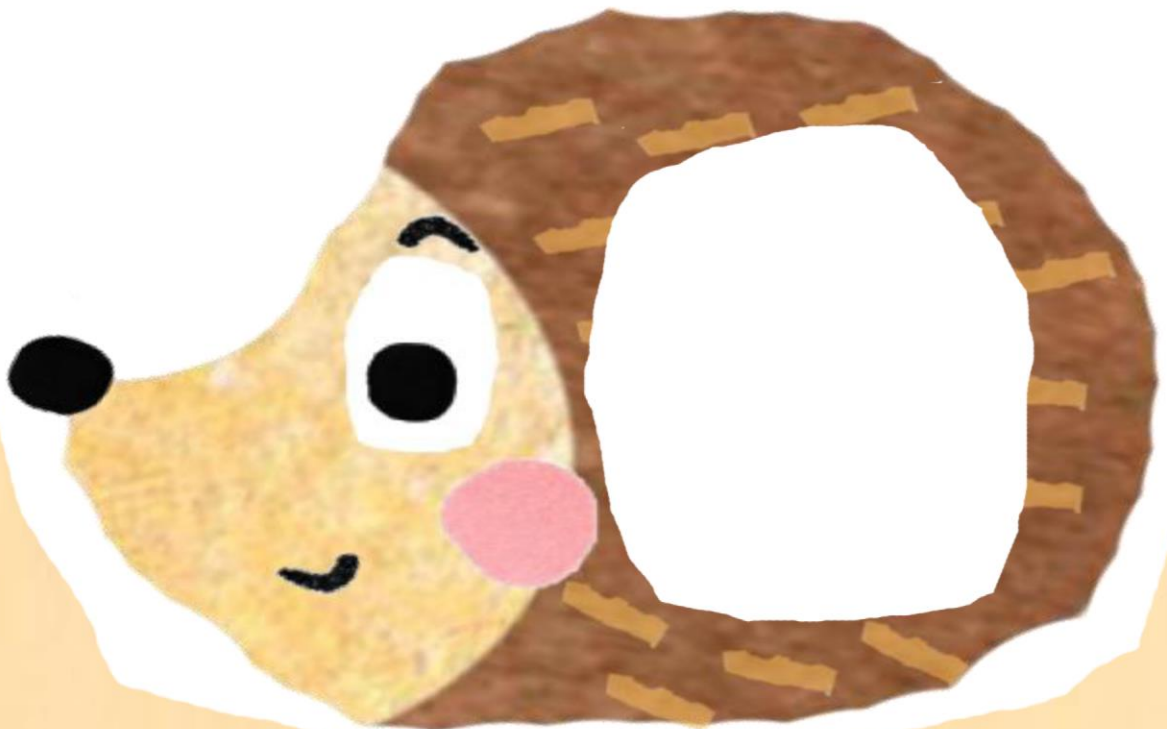
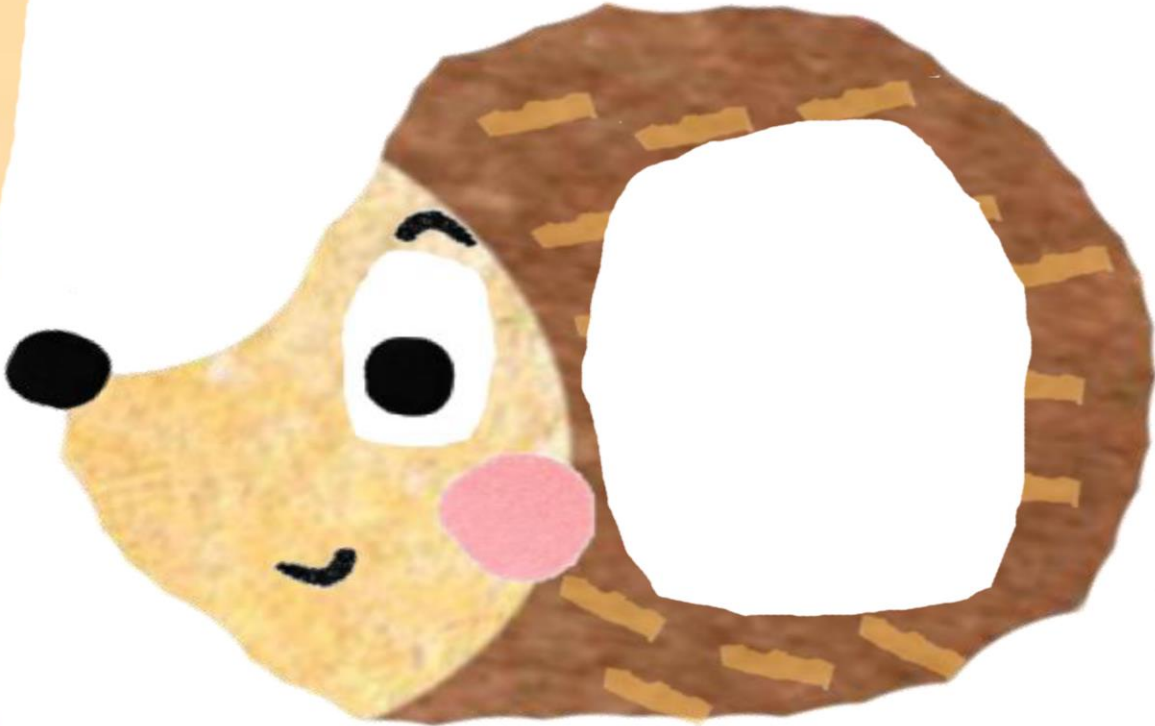
Squashy



HIBERNATING HEDGEHOGS



Can you make, draw or print these hedgehog shapes and put a number or substitising dots on each one? Then, cut the hedgehogs out and clip the correct amount of clothes pegs to represent the prickles. Can you add 2 of the hedgehogs' prickles together? How many are there in total?



COLLAGE HEDGEHOGS

Print out this hedgehog or draw your own large outline of a hedgehog.

Make it realistic using natural materials for example leaves, sticks, fir cones or grass.

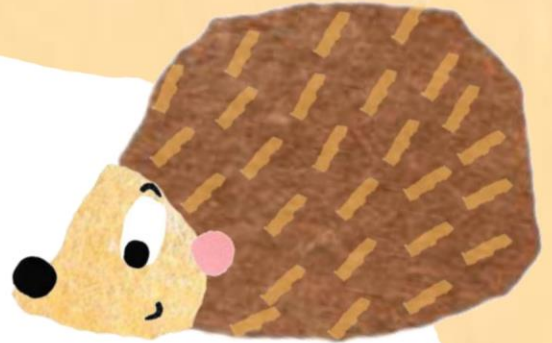
Be creative and have fun.



COLLAGE HEDGEHOG

How would your collage hedgehog hibernate?

What else can you find out about hedgehogs and how they hibernate? As you research can you write some of the key words you come across below?



BEAR BREATH

Look at Go Noodle Bear breath and have a go at breathing deeply and gently.

<https://www.youtube.com/watch?v=9p2c6J9exv0>

Bears breathe slowly when they are awake and even slower when they are hibernating. Are you ready to relax with bear?

1. **SIT DOWN** somewhere cosy and close your eyes.

2. **BREATHE IN** (inhale) through your nose gently.

3. **PAUSE** for 1, 2, 3.

4. **BREATHE OUT** (exhale) for 1, 2, 3.

5. Can you count 10 breaths?

How did Bear breaths make you feel?

Can you think of other ways to calm down and relax?



MAKE A COSY DEN FOR A HIBERNATING ANIMAL



Use a shoe, egg or cardboard box to create a den for a small animal. What can you add to make it cosy and warm?



My Den

Can you make your own den for yourself? Use blankets or sheets. What else would you like inside your den? Can you draw a picture of it? If you were a hibernating animal how would you make your den cosy and warm?



BIRD FEEDERS

Garden birds do not hibernate and they need to continue finding food throughout the Winter months. Can you give them a helping hand by making a bird feeder?

What you will need...

A small stick (7 to 12 cm)

Handful of bird seed

Handful of unsalted peanuts

Dry oats or bread

Grated cheese or raisins

Hard fat (lard or suet at room temperature)

Piece of string (approx. 30 cm)

Clean yoghurt pot

Method

1. Mix the dry ingredients in a bowl

2. Put a small hole in the bottom of the yoghurt pot. Thread the string through so that approx. 20 cm of string is hanging out of the bottom of the pot.

3. Place the stick on the yoghurt pot and tie the string around it so that it fits snug to the top of the pot.

4. Warm up the fat (1 part) and mix it with the dry ingredients (2 parts) and fill the pot with the fat mixture.

5. Allow to cool in the fridge. Once set remove the yoghurt pot. Hang your bird feeder from a branch and see if you can spot those hungry birds!

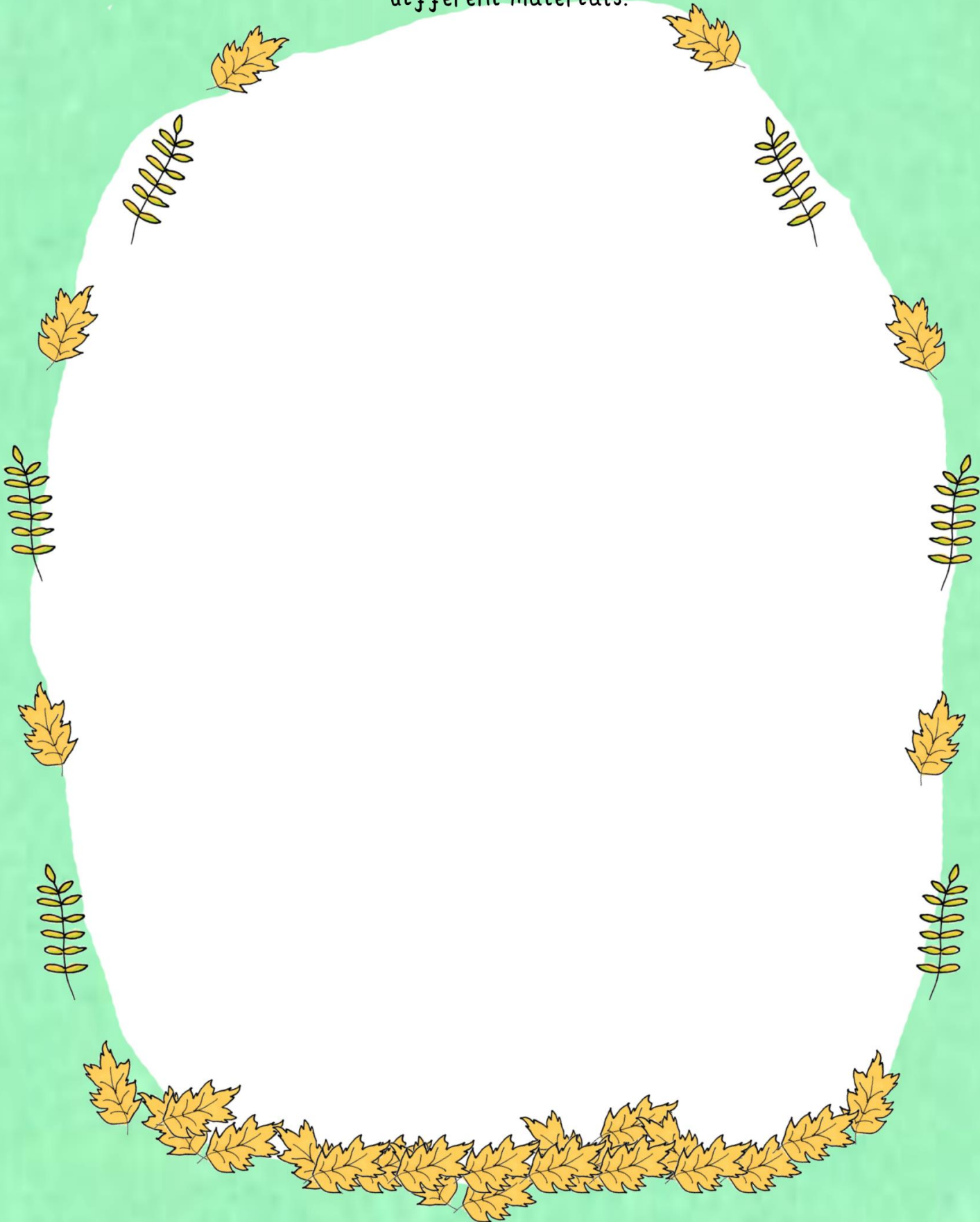
Cross section

Bird's eye view

PAINT, DRAW, COLLAGE

Can you draw, colour or paint your favourite hibernating animals?

Label your picture - can you write the name of your animal? Maybe you could write a sentence about it? You could make a collage - make a nest using some different materials.



FOOD TO WARM YOU IN WINTER

Humans don't need to hibernate but we do like to stay nice and cosy in Winter. Look at the tasty recipe on Tapestry. for a heart warming rice pudding.

Would you like to taste it?

Could you make it with a grown-up?

How does it taste?

YUM!



YUK!



Which foods warm you up in Winter?

