



# A Lesson Plan Grade 3-5

But Why is led by you, kids! Kids all over the world send us questions, and we find the answers. We've created these learning units to be used in a classroom setting or at home. Watch the video first and then use this guide to deepen your understanding of what you've learned. Find more episodes at [butwhykids.org](http://butwhykids.org).



## But Why: Adventures! Northeast Nature | JANUARY: HIBERNATION

### DRIVING QUESTION:

How do adaptations like hibernation help some animals survive in harsh conditions?

### Objectives:

 Students will

- Learn the importance of hibernation for some animals' well-being.
- Make connections between hibernation and the ways people take rest to nurture their emotional well-being.
- Identify the connections between environmental conditions and adaptations, like hibernation, that help animals survive.

### Activities:

1. Take students on a nature walk to observe and describe winter in your environment.
2. Have students create a "hibernation corner," filled with cozy items and restful cues, like in animal hibernation dens. With supervision, students will identify things that bring them comfort and rest.
3. Share books about hibernation.
4. Identify common places animals in the Northeast hibernate.

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### VELS (K-3): SC 2:1, DS 2:2 | Learning Targets: Grades 3-5

#### NGSS

3-LS1-2

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3-LS4-3

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4-LS1-1

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**BUT WHY**

# Watch & Connect

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### WATCH & CONNECT:

**Draw or write  
in the boxes.**



**K (Know).** What do you know about hibernation?

**W (Want to know).** What do you want to know about hibernation?

**L (Learn).** What did you learn about hibernation?



# Watch & Doodle

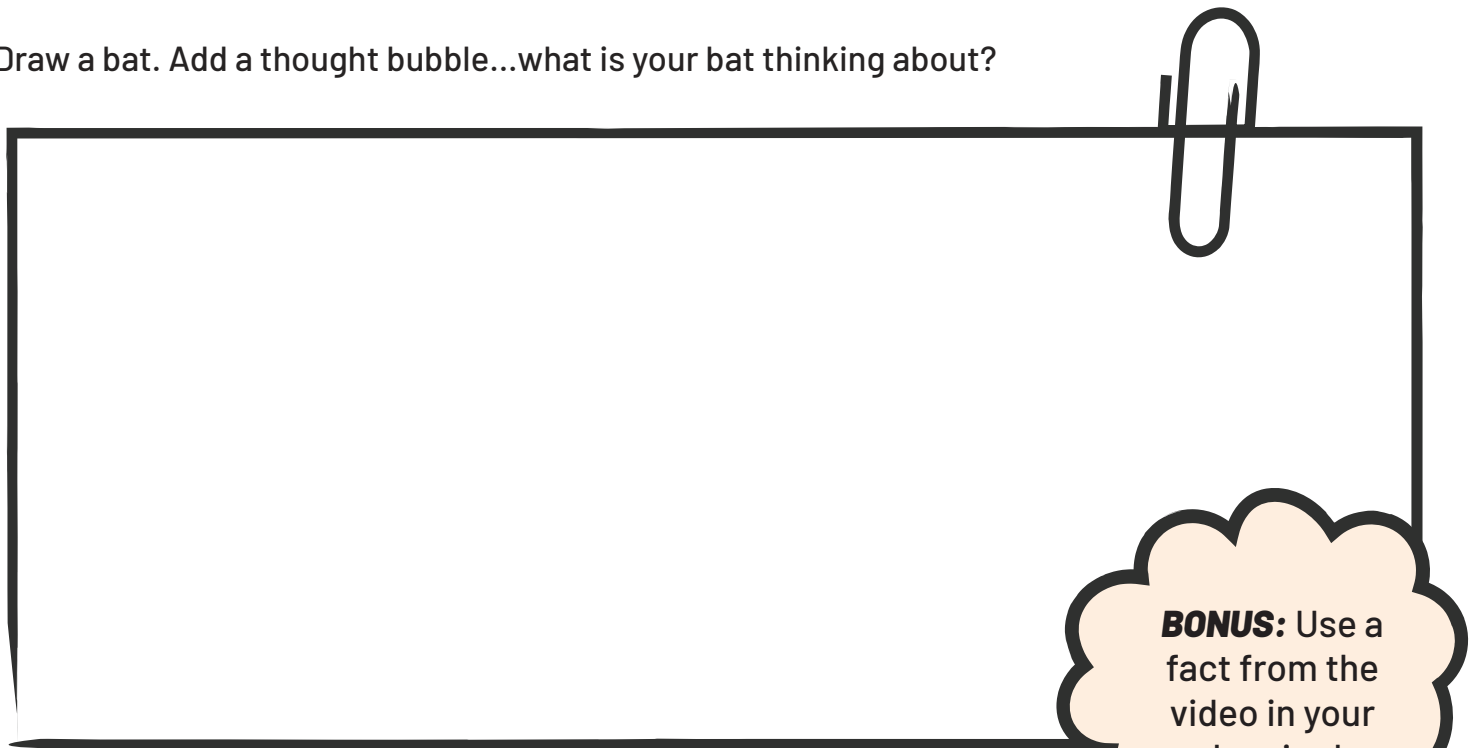
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## But Why: Adventures! Northeast Nature | JANUARY: HIBERNATION

### WATCH & DOODLE:

Draw a bat. Add a thought bubble...what is your bat thinking about?



**BONUS:** Use a fact from the video in your drawing!



**First,** draw the wings of your bat.



**Then,** give your bat ears, a face and feet.



**BUT WHY**

# Feelings: Connections

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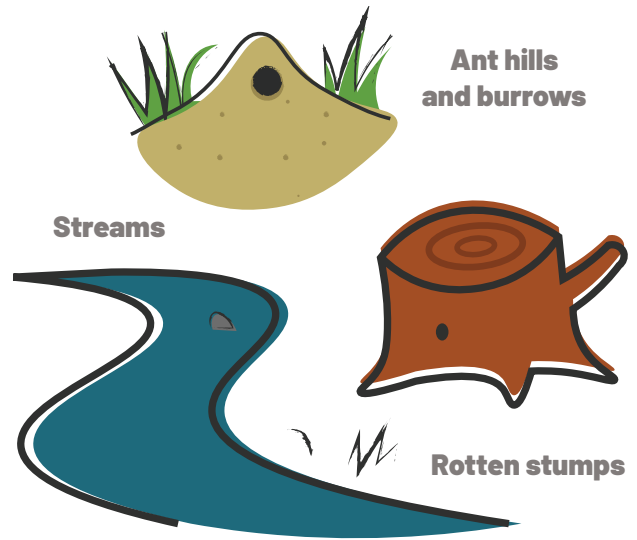


## But Why: Adventures! Northeast Nature | JANUARY: HIBERNATION

**SOCIAL EMOTIONAL CONNECTIONS:** We are all connected.

### Read and reflect:

Animals use hibernation as a way to get through harsh conditions so they can be at their best when they emerge. While they are hibernating, they have lowered heart rates and slower breathing patterns. There are common places that animals find rest including decaying root systems, caves, streams or burrows. We as humans benefit from the same things! We don't hibernate, but we do need to find time to rest for our well-being.



**Example:**



**Belly breath**

**Example:**



**Deep breath**



**Your own example:**



**BUT WHY**

# Wellness: Connections

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## But Why: Adventures! Northeast Nature | JANUARY: HIBERNATION

**BIG IDEA:** What happens to your breath and heart when you do these breathing techniques?

**Share a drawing or poem in the boxes.**

**Breath**

**Heart**





# Hibernation

[ high-burr-NAY-shun ] • *noun*

A period of torpor lasting more than a day and allowing an animal to conserve energy and survive harsh seasonal conditions. Hibernation can last just a couple of weeks or up to several months. Some animals wake frequently during hibernation while others stay mostly dormant the entire time.



# Torpor

[ TORE-purr ] • *noun*

A period of mental and physical rest that allows animals to survive with minimal food and movement. In torpor, an animal's bodily functions like heart rate, breathing and metabolism slow way down. Some animals spend all winter in a state of torpor, while others experience daily torpor triggered by temperature and environmental changes.



# Chiropterologist

[ kye-ROP-turr-AW-luh-jist ] • *noun*

A bat scientist!



# Triage

[ TREE-ahj ] • *noun or verb*

To quickly assess the needs of a patient to decide who needs help first and what kind of treatment they need.

••• **What new words did you learn?** Make your own vocabulary cards. •••

