



Hibernation & Brumation

What do you do when it's really cold outside?

People might snuggle in a warm blanket. What do you think animals do when it's cold outside? Some animals have thick fur, some have stored fat, some fluff out their feathers, and some move to warmer areas.

Other animals spend lots of time sleeping. Animals have different types of winter sleep: **Hibernation**, **Brumation**, or **Torpor**.

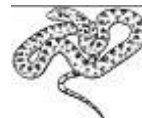
LESSON

Hibernation: Only *mammals* Hibernate. A mammal is a creature that is *warm blooded* and has fur or hair. Hibernation is a way for some creatures to survive cold winters without having to look for food.

They slow their body down, their body temperature, their breathing, and their heart.



Brumation: Only *cold-blooded* animals Brumate. These are *reptiles* and *amphibians*, which don't have fur or feathers. They include frogs, lizards, snakes, and turtles. The animal's body slows down and it may not move, eat, drink, or poop for weeks or even months.



Torpor: Is a little different because it usually only lasts for a *few hours*. Animals like mice, and bats, and even hummingbirds use torpor to survive during the coldest part of the day. Its body just slows down on its own, without the animal even thinking. Hummingbirds have been found in trees hanging upside down in Torpor.



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A great place at Wetlands Park to do today's activity: [Boardwalk Pond](#)

Warm-Blooded or Cold-Blooded?

Warm-blooded animals have fur to stay warm. They **HIBERNATE**.
Cold-blooded animals depend on the sun to stay warm. They **BRUMATE**.

Below are some animals that "sleep" during cold weather.
Check the box for either Warm Blooded **OR** Cold Blooded
AND whether the animal Hibernates **OR** Brumates

ACTIVITY



Ground Squirrel

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



Lizard

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



King Snake

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



Bat

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



Desert Tortoise

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



Frog

- Warm Blooded
- Cold Blooded
- Hibernate
- Brumate



Takeaway... A question for today:

Can you think of another animal that hibernates? [Click here to answer.](#)



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Just for Fun

Animals Need to Stay Warm and Conserve Energy in Cold Weather.

Can you pretend to do these things?

1. Find some sun to sit in. (lots of animals)
2. Hang upside down in a tree and take a nap. (hummingbirds sleep)
3. Fluff your feathers up. (lots of birds)
4. Look under some rocks. (insects rest under rocks)
5. Find a hole to hibernate in. (mice and tortoises)
6. Find a crack between rocks. (snakes and lizards)
7. Find some mud to dig into to brumate. (frogs)
8. Shiver. (lots of mammals)
9. Snuggle next to someone else. (bats and rats)
10. Eat something. (all animals)
11. Go to sleep for the whole winter. (maybe not for humans)
12. Run around. (Just kidding, that's just fun for humans)

Sing the “Chilly Hummingbirds” song! (to the tune of “Ring Around the Rosie”)

Hummingbirds get chilly

And seem a little silly

Torpor, Torpor

Don't fall down!

