

NATURE CRAFT

BEAR DEN

In winter, many animals enter a state of dormancy to survive, but bears are not considered true hibernators.

True hibernators, like groundhogs, ground squirrels, and some bats, drastically lower their body temperatures and slow their breathing and heart rates, sleeping so deeply that it's nearly impossible to wake them.

Bears, often called “super hibernators,” can wake quickly to react to danger. Their large size helps them conserve body heat, and while their breathing and heart rates decrease in their dens, their body temperatures do not drop as drastically as true hibernators. They can even maintain muscle and bone mass despite months of inactivity.



CREATE YOUR OWN BEAR DEN

MATERIALS

Paper plates, cotton balls, scissors, glue, crayons, white paper, and natural materials

DIRECTIONS

1. Cut out the inside of a half paper plate and glue it onto a sheet of paper to make the den
2. Cut out and color the sleepy bear, then glue it inside the den
3. Tear a cotton ball and glue it outside the den to make snow
4. Glue natural materials under the bear to create a comfy bed
5. Decorate the landscape with crayons as desired

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