

# Create a Hibernating Bear Den

Bears hibernate during winter cozying up in a den to sleep the cold months away. Your child can learn more about bears and hibernating by making his own creative and comfy den. He can use his finished den while pretending to hibernate through the long cold winter months!

You will need:

- \* A large box-about 3 feet by 3 feet
- \* Packing tape
- \* Paint/crayons



What you do:

Share a story with your child about bears and hibernation.. After reading about bears, discuss hibernation and see if he knows any other animals that hibernate during the winter months.

First, help your child seal the box with packing tape.

Invite your child to help create the den by painting/drawing on the outside of the big box. They can use a large paintbrush and brown paint to transform the box into a cave – encourage imagination!

While the box cave is drying look for pillows and cozy blankets to place inside the cave along with having a nice snack to help them stay full, just like a bear does before hibernating. Bears love to eat nuts and berries before their long sleep, so a bowl of mixed nuts and cut berries might be in order!

Help your child by cutting a large hole in the side of the box for them to use for getting in and out of their bear cave.

Now your child can find the perfect spot to position their cave for hibernating. Encourage them to curl up inside and see if they are ready to hibernate!

Did you know: Bears hibernate for up to 6 months of the year! While bears hibernate their heartbeat slows and their body temperature drops to 88 degrees. A bear's normal temperature is the same as humans: 98.6 degrees Fahrenheit!