



Bears do it and you can too!

Here are some hibernation activities picked just for you!

Bear Cave Snack: Help your child make a snack fit for a bear (in hibernation!). Start with 3 squares of a graham cracker. Place one at the bottom of a plate for the floor of the cave. Then, hold the other two pieces together, like a triangle, while your child spreads whipped cream cheese to “glue” them together. Have your child put a few teddy grahams into the cave. Tell your child since those bears are hibernating you can give them a few of the bears that didn’t make it into the cave!

Experiment! Polar bears live in the coldest of temperature but they continue to eat, hunt, and sleep as normal all year long because of their blubber! Take one of your child’s hands and place it in a Ziploc bag. Use a rubber band to secure the bag around your child’s wrist. Now, fill another baggie with shortening and place your child’s bagged hand into that one as well. Secure this bag with a rubber band around your child’s wrist again. Finally, place both the bagged hand and your child’s “normal” hand in a dish of ice water. See which hand can stay longer in the water. Explain that the bagged hand is like the blubber on a polar bear and that is why it can stay longer in cold water!

Are you sleepy, are you sleepy, little bear, little bear?

Wintertime is coming, wintertime is coming.

Very soon, very soon!

Find a cave, find a cave, little bear, little bear.

Wintertime is here, wintertime is here,

Go to sleep, go to sleep!

(let your child rock a teddy bear in their arms while singing this song!)

Read bear books in a bear cave! Make a cave out of blankets draped over pieces of furniture. Don’t forget to lay some of those blankets on the floor as well. Pick out some of your favorite bear books and snuggle in for some comfy, cozy reading!

