

# Make a Cozy Den for Sleepy Bear

Explore winter adaptations with a hibernating bear craft!



## Materials Needed:

Printed Sleepy Bear printable (or draw your own), tissue paper in several colors, half of a paper plate, white paper, cotton balls, scissors, glue, crayons. *Optional:* Star stickers.

## Instructions:

**Step 1:** Cut out the inside of the half plate and glue it to a sheet of paper. This will be your den.

**Step 2:** Make it cozy! Glue colored tissue paper inside the den.

**Step 3:** Make it snow! Tear cotton balls and glue onto the outside of the den. Optional: Add star stickers to the sky.

**Step 4:** Cut out and color the sleepy bear. Glue inside the den!



## Black bears and grizzly bears spend cold winter months in their dens.



During the winter, there isn't enough food available for bears to stay active. Bears eat plenty of food in the summer and fall to build up their fat reserves for winter. Bears make dens in rock crevasses, under roots or logs, or in hollow trees. During hibernation, a bear's breathing and heart rate become very slow! They will not eat, drink, or go to the "bathroom" all winter long. In cold climates, bears hibernate\* for 6 months or more. A sleepy bear will emerge again hungry in the spring!

\*Bears were previously not thought of as true hibernating animals because their body temperature does not drop dramatically. Now many biologists are re-defining hibernation to include bears. Find out more: [bear.org/do-black-bears-hibernate/](http://bear.org/do-black-bears-hibernate/)

*Image: mrpolyonymous, flickr.com.*

# Sleepy Bear Printable

Choose the size that best fits your paper plate. Color and cut out.

