

~ ASK MOTHER NATURE ~



To receive a special Mother Nature Bookmark, send your questions to:
MotherNature@GrandLakeMountainProperty.com

or
 Annie G
 PO Box 573
 Grand Lake, CO 80447



*Dear Mother Nature,
 What animals sleep all winter? Love, Rae H. 6 years old*

Rae, That is an excellent question. In the winter, people live in warm houses. When we go out in the snow, we wear heavy coats. We go to the grocery store for our food. Animals who live in snowy areas do different things to get through the winter. Some of them hibernate (sleep) for part or all of the winter. "True" hibernators appear to be dead. Their body temperature goes very low, and both their breathing and heartbeat slow way down. This allows them to use very little energy and live off their body fat instead of eating. Hibernating takes preparation and animals that hibernate begin preparing for it in the fall. Bears, chipmunks, skunks, frogs, turtles and some bats hibernate.

Naturally Yours, Mother Nature

Check Your Heart Rate



Let's look at your heart rate for a week. Compare your heart rate just after waking up to your heart rate after exercise. To take a simple heart rate, you or have an adult place two fingers on your neck. Count the number of beats in 6 seconds and multiplying the number by 10.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
After Sleep							
After Exercise							

Match the Animal

Frog

Bear

Bat

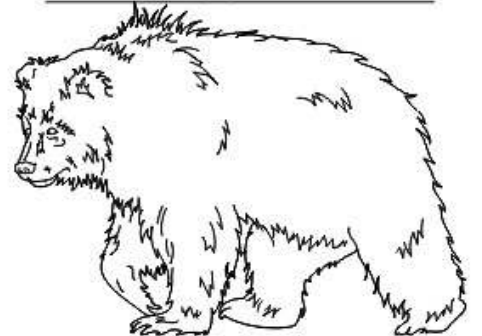
Turtle

Squirrel

Skunk

Snake

MAKE A COFFEE BEAR

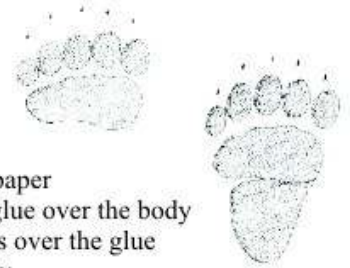


You will need:

- Glue
- Water
- Coffee Grounds
- Construction paper

Directions:

1. Trace bear on a piece of paper
2. Spread watered down glue over the body
3. Sprinkle coffee grounds over the glue
4. Let your brown bear dry.



Feel how animals stay warm in the winter!

Put a plastic bag on your hand and hold a piece of ice.
 The bag is like skin
 Skin alone does not keep us or animals warm.
 Take a second plastic bag and place a lot of shortening in it.
 Put the first bag inside the bag with the shortening.
 Make sure the shortening stays to one side.
 Put your hand into the inner bag with the shortening side on your palm.
 Again hold the ice. They will not feel the cold.
 This is why animals eat a great deal before to build up a layer of fat.
 This layer keeps them warm.

Send your questions to:

MotherNature@GrandLakeMountainProperty.com

or
Annie G (@RE/MAX)
 PO Box 573
 Grand Lake, CO 80447

Animals That Hibernate By Larry Dane Brimner

Do Not Disturb By Margery Facklam

