



MINIS AT HOME

volume 1, issue 10

Greetings kids, parents, grandparents, guardians, friends and neighbors!

Welcome to issue 10 of the Minis at Home newsletter. Each newsletter features a special theme and offers pertinent information, one or more crafts, and recommended reading. Grownups: please work on projects together with your children. Your **pARTicipation** is important! We will offer hints and tips for ways to create art as a twosome or a family.

This week's theme = Hibernation

BURRRRRR....it's getting COLD outside! How do YOU keep yourself safe and warm when it's snowing and the wind is blowing? Do you put on your hats and mittens? Do you sit in front of a warm fire and sip hot cocoa? Do you sleep in your comfortable bed with lots of blankets? Animals don't have hats, hot cocoa or blankets, so how do they keep warm and safe in the winter?

A few weeks ago, we talked about **migration**, when some animals and birds travel to a warmer place for the winter. Animals that don't migrate may **hibernate** instead. To hibernate means to sleep for a very, very long time....sometimes many months! Hibernating animals curl up in cozy dens underground, in mud holes in lakes and ponds, or in lairs or caves.



Many animals hibernate because it is hard for them to find food during the winter. Their typical diet of berries, plants, insects, or mice may be impossible for them to find. When it is really cold, animals can't stay safe, so they look for a warm shelter where they can sleep. They curl up, stay cozy and snooze away the winter. These are some of the

animals that hibernate: bears, bats, raccoons, groundhogs, squirrels, mice, snakes, turtles, frogs and even some insects, like the ladybugs above!





But how do animals sleep for months without eating or even drinking water? Hibernating animals don't need to eat because they use energy that they have stored up in their bodies. During the summer and fall, they eat non-stop because they know winter is coming. They eat as much as possible in order to gain fat on their bodies. This fat will help them stay warm in winter.

Did you know that bears can eat as much as 30 pounds of food a day? That is like adding another “you” onto your body every day! (It would be very hard for your grownup to buy you clothes!!) When you sleep, your body grows very quiet. Your brain makes your breathing and heartbeat slow way down. You are not running around using energy, so this is a chance for your body to rest. During hibernation, animals slow their heart beats and breathing much more than we do at night. Their bodies grow so quiet that they don't need to eat or drink at all. If it's EXTREMELY cold, some animals may wake up to move around and warm up their bodies, but then they settle down again.

For fun, make a cozy place for your stuffed animals so they can “hibernate.” What would you put in your space to make it comfy? Is it big enough for you to sneak inside? If so, ask your grownup if you can bring a snack or a drink into your cave.

Activity: CRAFT

Hibernating Bear



Materials:

White paper plate

Brown paint, crayon or marker

Black paint, crayon or marker

White paint or crayon

Googly eyes (if you don't have any, you can make your own bear eyes by cutting out white paper circles and adding pupils)

Q-tip, paintbrush or finger tip

Aleene's tacky glue

Blue construction paper

Cotton ball (optional)

Small twigs, dried grass or straw (optional)

Procedure:

Cut paper plate in half and cut out the rim so you've made an arch

Color the *back* of the plate rim brown

Color the inside piece that you just cut from the plate rim black

When dry, glue the black paper plate piece onto your blue background first. This will be your bear's cave.

Glue 2 googly eyes or white paper circles to the center of the black paper and add grass, twigs or hay to make the cave cozy for your bear

Glue the brown rim with the back side up, so it's rounded up from the paper. This will make an arch or cave entrance around the black interior.

Pull apart a cotton ball to glue around for snow. You can also dab some white paint on top of the cave.

Add falling snow flakes all over your blue paper using a Q-tip, finger tip or paint brush.

Is your bear cozy? Goodnight, Bear!



Activities: Move and Sing

Snuggle Down, Bear

Here is a cave (Make a fist with fingers)

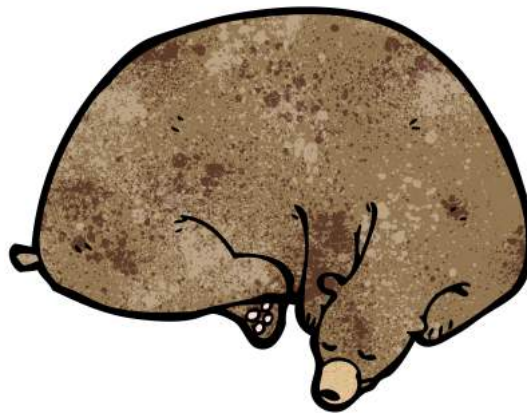
Inside is a bear (Tuck thumb inside fist)

Now he comes out to get some fresh air (Pop out thumb)

When snow starts to fall, he'll hurry inside (Put thumb back inside fist)

To his cozy shelter to sleep & hide! (Turn your head to the side, one ear down and tuck your fist underneath)

(adapted from funwithmama.com)



Sleepy Bear Song

(Tune: Frère Jacques)

**Bear is sleeping
Bear is sleeping**

**In her lair
Without a care**

**Soon it will be springtime
Weather getting warmer**

**Wake up, bear
Wake up, bear!**

(pretend to sleep by stacking your hands, turning your head to one side, ear down, and sliding hands underneath)

(pretend to wake up slowly, by moving head upright and sliding hands away and down)

(adapted from funwithmama.com)

Literacy: POEM TO SHARE

(The rhythm of this poem was inspired by Petula Clarks's song, "Downtown.")

If you're not familiar with the song, you can listen to it here: [youtube.com/watch?v=Zx06XNfDvk0](https://www.youtube.com/watch?v=Zx06XNfDvk0) .

This poem can be read or sung)

Hibernate!

by Constance Del Nero

If you're a bear
and winter chill's in the air,
you can hunker down and

hi-ber-nate

If you're a cold bug
and you want to feel snug,
just hunker down and

hi-ber-nate

Hibernating lets you have a long, long comfy sleep
when the weather's turning cold
and snow is growing deep

just find a lair...

The light is much dimmer there:
you can forget all your troubles,
forget all your cares

hi-ber-nate

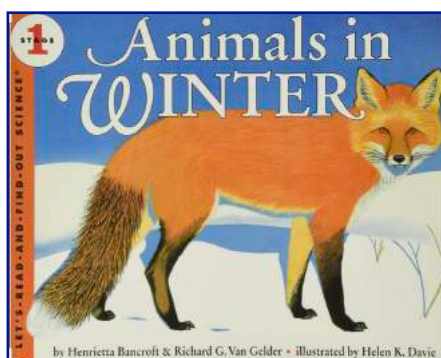
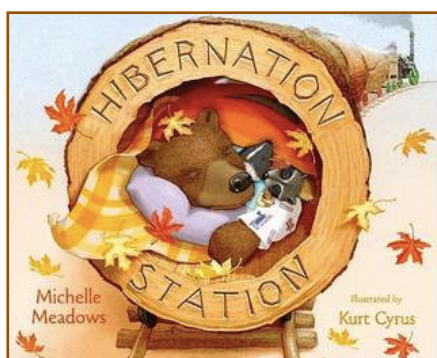
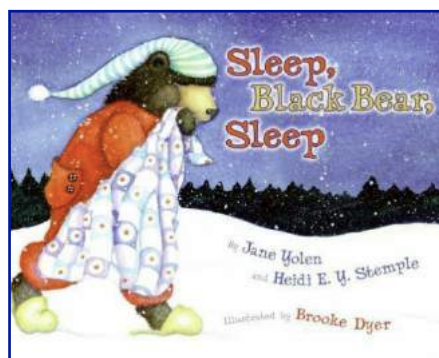
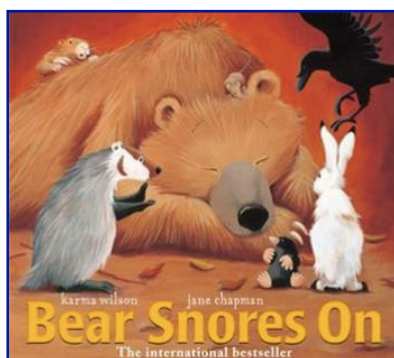
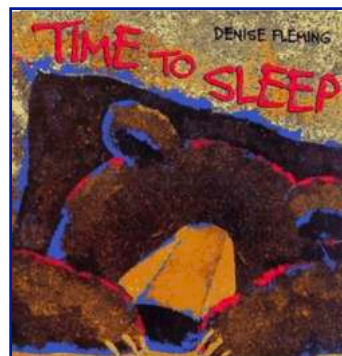
Things will be great when you hibernate—
a world of peace is waiting for you!



Literacy: RECOMMENDED BOOKS

Snuggle up in a big comfy chair
and read together

Time to Sleep by Denise Fleming
Over and Under the Snow by Kate Messner
Bear Snores On by Karma Wilson
Sleep, Black Bear, Sleep by Jane Yolen
Hibernation Station by Michelle Meadows
Animals in Winter by Henrietta Bancroft



See you next week with issue 11 of *Minis at Home*!

Share your work on <https://www.instagram.com/minimastersaam/>

or email pictures to Ann Hansen
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Please Like us on Facebook: <https://www.facebook.com/minimastersacademy>

Creatively yours,

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