

Name: _____

Sleepy Bear

by Lydia Lukidis

Shhh...don't wake up
Bear! He is sleeping.

In fact, he will sleep for many months. This is called "hibernation." Bear has dug his own den. A den is a bear's home. It looks like a dark hole or cave. Bear hibernates because there is not much



food in winter. It is also very cold. While he sleeps, he will relax. He will conserve energy. That means he will save energy. His body temperature will go down. He will not eat. He will not wake up for a while. He won't even go to the bathroom. But don't worry! Bear will survive. He was smart and he ate a lot of food before falling asleep.

Bear will wake up in the spring. He will be well rested. He will also be very hungry! Luckily, there will be a lot of food to eat. Bear will snack on plants, berries, and insects. Sometimes he will eat fish too.

Bear is not the only animal that hibernates. Squirrels, skunks and raccoons are other examples.

Name: _____

Sleepy Bear

by Lydia Lukidis



1. Why does a bear hibernate?

- a. He is bored.
- b. He doesn't like snow on his paws.
- c. He can't find food in the winter.
- d. He is afraid of being buried in the snow.

2. What happens to the bear's body temperature when he hibernates?

3. When the bear wakes up in the spring, what will he eat?
(Circle four answers in the box.)

plants	deer	fish	insects
squirrels	berries	birds	worms

4. Name *three* other animals that hibernate according to the article.

Name: _____

Sleepy Bear

by Lydia Lukidis

Fill in the missing letters to create words from the story.

Then write the full word on the line. Be sure you spell each word correctly.



1. h _ _ b _ _ r n _ _ t i o n

clue: sleep during winter

1. _____

2. c _ _ n s _ _ r v _ _

clue: save

2. _____

3. e n _ _ r _ _ y

clue: ability to do work

3. _____

4. t _ _ m _ _ e r _ _ t u r e

clue: amount of hot or cold

4. _____

5. s _ _ r v _ _ v e

clue: to stay alive

5. _____

Name: _____

Sleepy Bear

by Lydia Lukidis



In the article, "Sleepy Bear," you learned how bears hibernate in the winter.

With an adult's help, use the Internet to research three facts about brown bears. Be sure to write in complete sentences. Choose facts that were not mentioned in the article.

Fact #1: _____

Internet source: _____

Fact #2: _____

Internet source: _____

Fact #3: _____

Internet source: _____

ANSWER KEY

Sleepy Bear

by Lydia Lukidis



1. Why does a bear hibernate? c
 - a. He is bored.
 - b. He doesn't like snow on his paws.
 - c. He can't find food in the winter.
 - d. He is afraid of being buried in the snow.
2. What happens to the bear's body temperature when he hibernates?

The bear's body temperature decreases.

3. When the bear wakes up in the spring, what will he eat?
(Circle four answers in the box.)

plants	deer	fish	insects
squirrels	berries	birds	worms

4. Name *three* other animals that hibernate according to the article.

Squirrels, skunks, and raccoons hibernate in the winter.

ANSWER KEY

Sleepy Bear

by Lydia Lukidis

Fill in the missing letters to create words from the story.

Then write the full word on the line. Be sure you spell each word correctly.



1. h i b e r n a t i o n
clue: sleep during winter

1. hibernation

2. c o n s e r v e
clue: save

2. conserve

3. e n e r g y
clue: ability to do work

3. energy

4. t e m p e r a t u r e
clue: amount of hot or cold

4. temperature

5. s u r v i v e
clue: to stay alive

5. survive