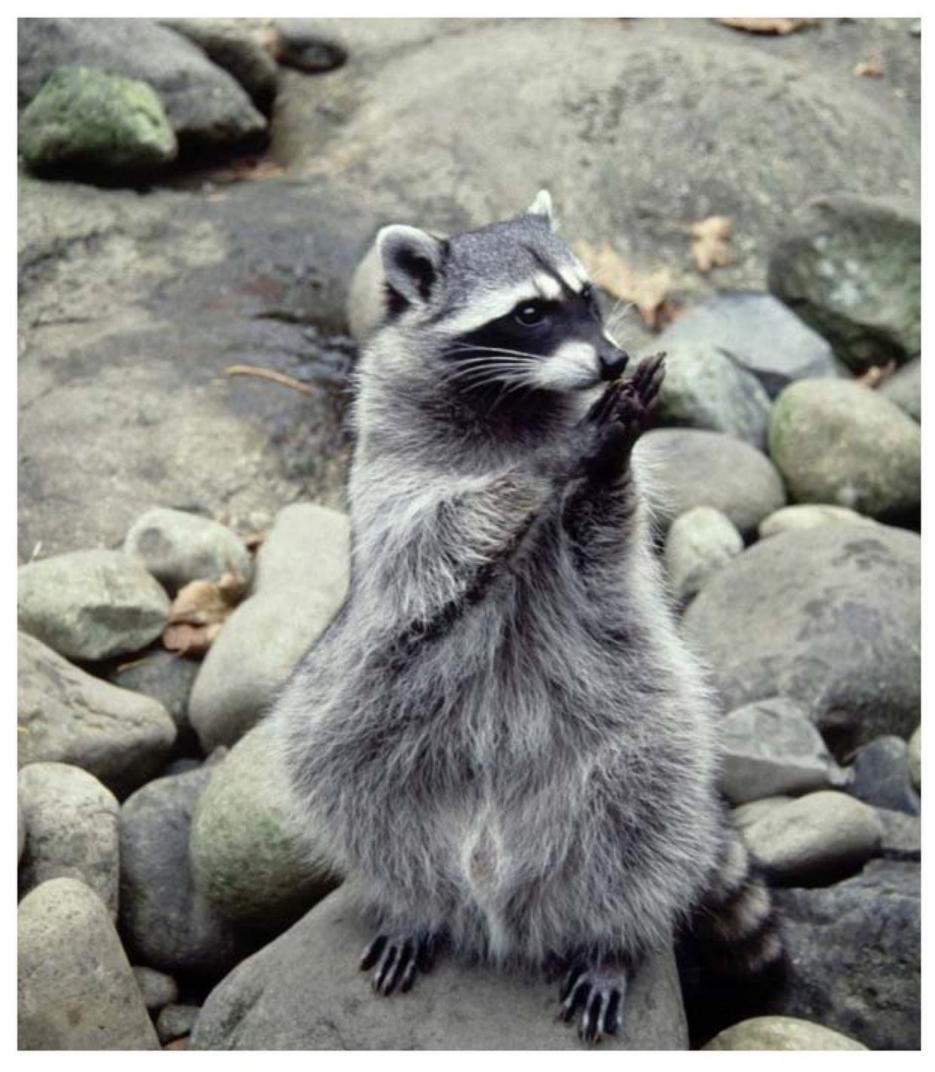


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# Hibernation



Written by Kira Freed

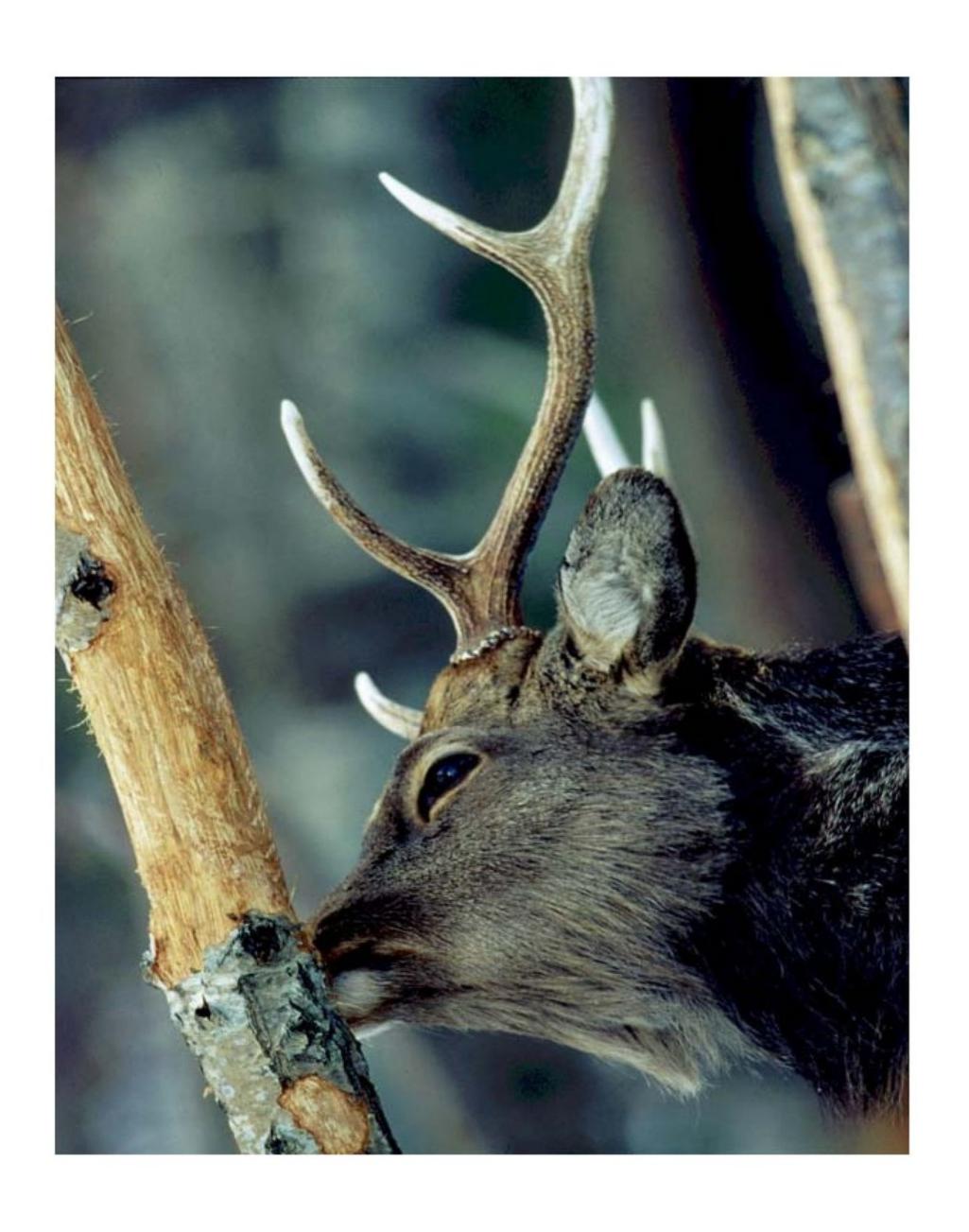
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Hibernation • Level F



#### No Food in Winter

Some animals can't find food in the winter.

Some of these animals hibernate.



### What Is Hibernating?

Hibernating is like a deep sleep. This sleep can last for weeks.

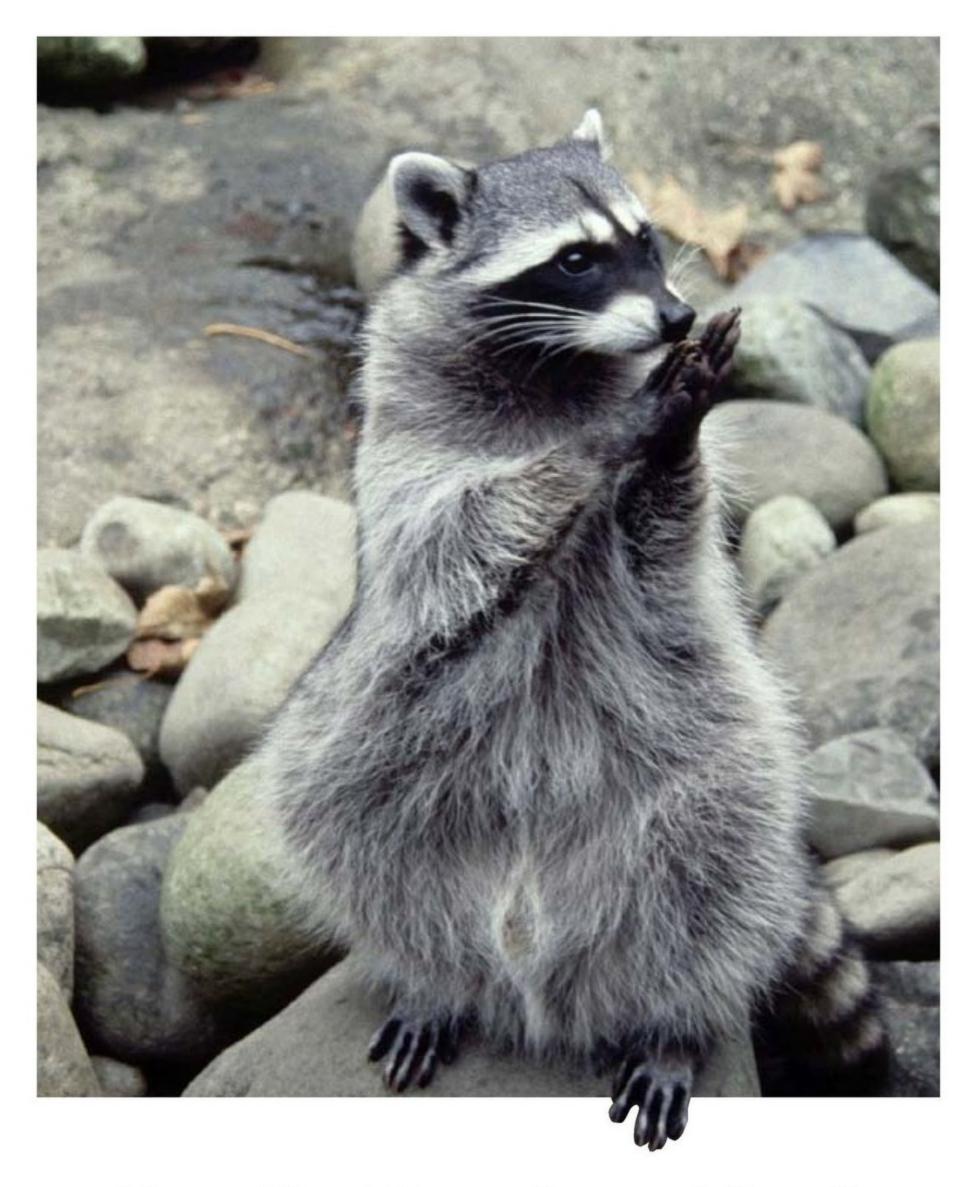
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Animals breathe slowly when they hibernate.

Their hearts beat slower. They do not eat.



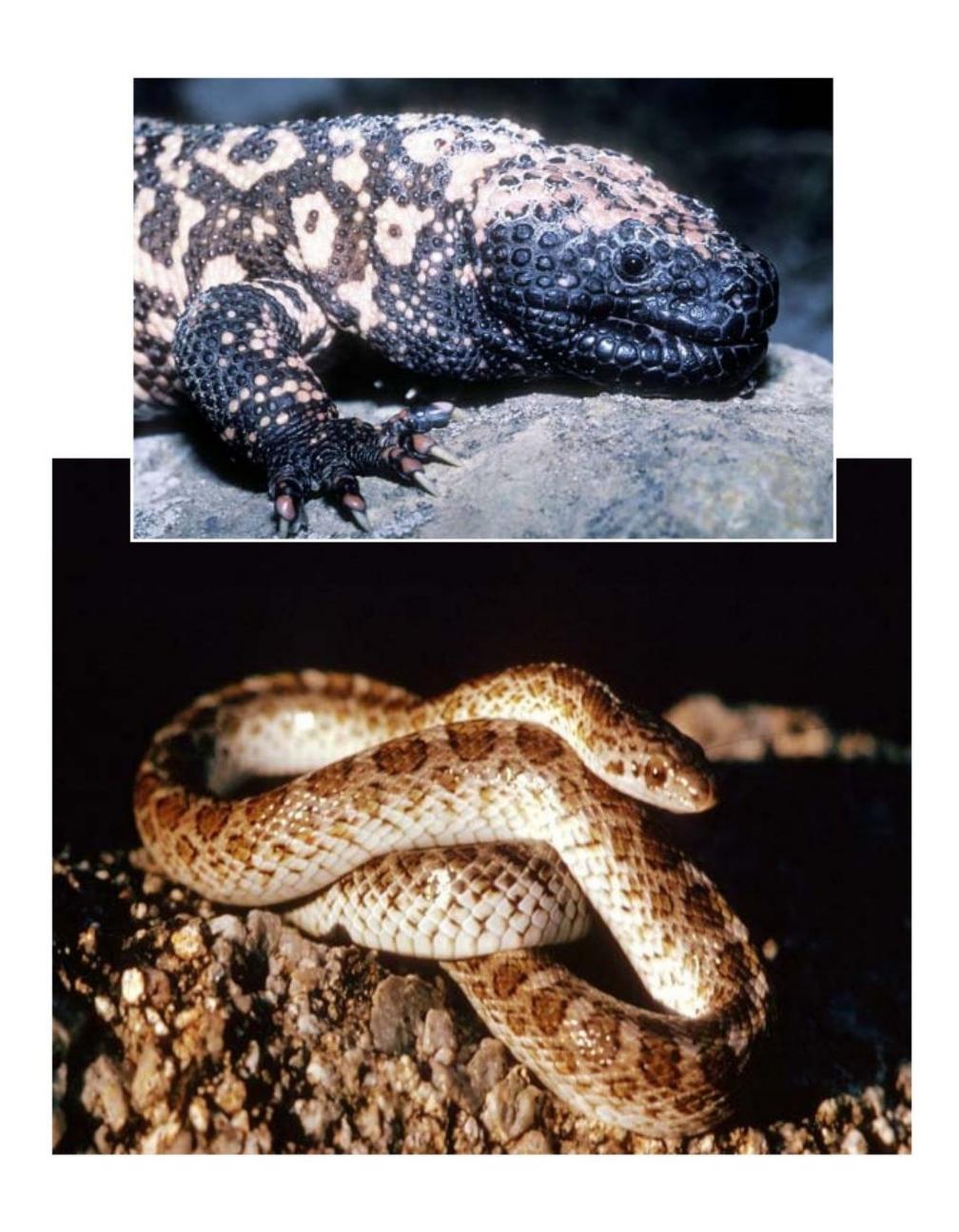
# How Do They Stay Alive?

Hibernating animals eat lots of food before winter.

The food stays in their bodies as fat.

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Animals live off this fat while they sleep.

They also need a safe place to sleep.



They need to be safe from the cold.

They need to be safe from hungry animals.

Hibernation 

Level F



## Hibernating Animals

Snakes and frogs hibernate.

Turtles and mice hibernate.

Squirrels and bats hibernate.



Bears hibernate.
Raccoons and skunks
hibernate, too.
All the hibernating animals
wake up in the spring.

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