

HIBERNATION HOW-TO

The hibernation schedules of animals are as different as the animals themselves. Some *garter snakes* (below) gather in large groups. They hide out in empty mammal burrows or under big rocks until spring, when they slither back out into the sunshine.



► The *spadefoot toad* uses its strong back feet to dig deep into mud. As the mud dries up, the toad stays still and safe underground. When spring rain softens the earth around it, the toad digs its way back to the surface to eat and mate.





► Some *snails* huddle together on a fence post and then seal off their shells with dried slime. How cozy!

◀ This tree's bark isn't black, red, and bumpy. It's covered in hibernating *lady beetles*! Also known as *ladybugs*, these insects gather by the thousands to share warmth and a safe spot while they sleep the winter away.



► On a warm winter day, this chipper *Eastern chipmunk* may wake up and take a nibble from the food it stashed in its burrow during fall.

FOR A
HIBERNATOR,
A MID-WINTER
SNACK IS LIKE
RAIDING THE
FRIDGE IN THE
MIDDLE OF
THE NIGHT!



RISE AND SHINE

Many animals that hibernate still need to periodically wake up so they can stretch their muscles, eat, and go to the bathroom. Other animals, such as bears, can sleep for months without moving at all.



Regardless of the animal or how long they have been hibernating, all the animals must wake up eventually. You might think hibernators would wake up in spring **refreshed** and full of energy. But waking up from hibernation is hard work. Drowsy mammals have to shiver for hours just to get their chilly bodies moving again. By the time they warm up, they're ready for a good meal!

