What animals first live under water and later can live on land and breathe air? Frogs and toads! These amphibians have special, changing bodies that let them live on land and in the water at different times in their lives.

Amphibians are ectotherms. They raise and lower their body temperature using the air or water around them. They do not make their own heat like people.

American toads warm up in the Sun. To cool down, they get wet or sit in the shade.
The smallest frog can fit on the tip of your nose. The largest fills a dinner plate!

Spring peepers get their name from the sound they make.
The common spadefoot toad spends the winter deep in the soil.
In cold areas, toads survive winter by **hibernating**. Some dig down to where frost cannot reach. Wood frogs make **antifreeze** for their bodies. They freeze, but thaw in the spring unharmed.

In deserts, frogs and toads stay deep in the ground until heavy rains awaken them. This may only happen once a year.

**Help Those Hoppers!**

Busy roads, habitat loss, **climate change**, and pollution endanger amphibians. Help them by keeping the Earth clean. Do not keep wild frogs or toads as pets. Look, listen, and learn, and then let them be.