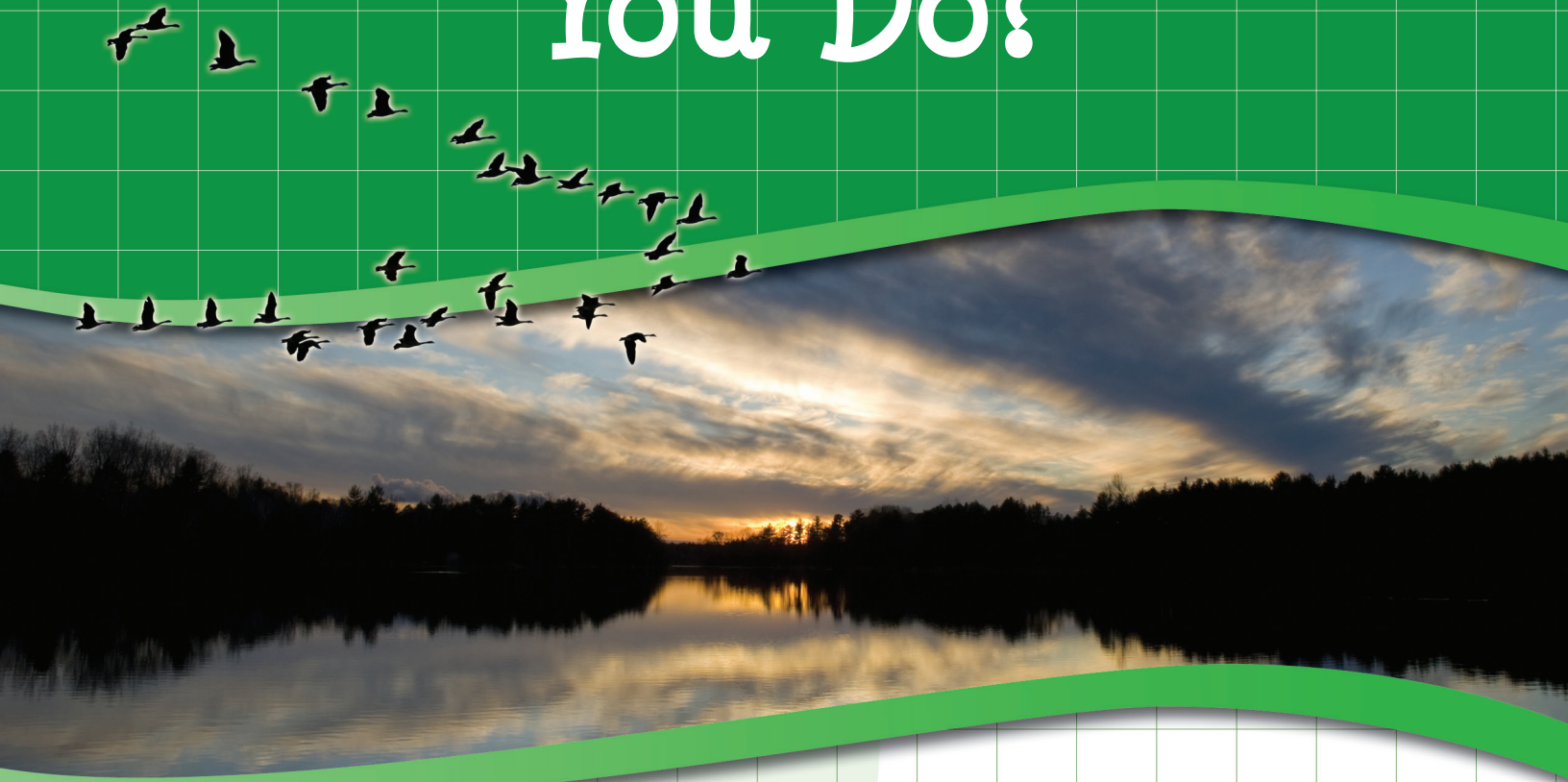


# What Would You Do?



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## Picture your school.



## What things in your school help you survive?



Hopefully, you said air to breathe, water to drink,  
food to eat, and shelter to protect you!

These things are called basic needs.

What other factors, or things, help you feel  
comfortable at school?





Did you say tables, chairs, friends, light, and maybe even the temperature in the building?



Being cold and sitting on the floor by yourself can make it hard to think and learn!

Pretend that you come to school tomorrow, and it is empty and cold!



What would you do?

Think about geese.



What do they do when it gets cold and they cannot find enough food?

That's right! They fly south. Why?



Geese fly south for warmer temperatures and to find food. This movement, or travel, is called migration!



What does migration mean?

m i g r a t i o n  
o v e r  
a v e l

Animals migrate to find food, water, warmer and/or cooler temperatures or to reproduce. You might also see the word *migrate*.

Think about how you feel when the days get shorter and it gets dark earlier.



Do you feel tired earlier? Do you feel sluggish?  
Do you go to bed sooner?

Think about how you feel during the winter when it is cold, gray, and raining.



Do you ever find yourself curled up on the couch under a blanket or two to stay warm?

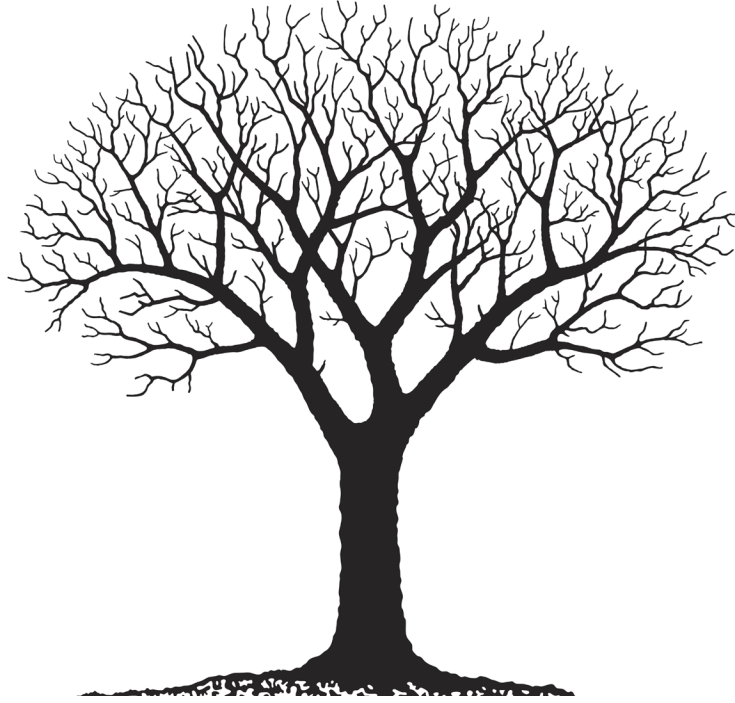
Why do you go to bed earlier? Why do you pile blankets on top of you?



Your body is reacting to your environment.



How do trees save energy when it gets cold and the amount of daylight decreases?



They lose or drop their leaves. Some trees appear to be dead during winter because they are bare. Plants that are alive but not actively growing are in a period of dormancy.

What does dormancy mean?

i  
n  
d o r m a n c y  
c o  
t n  
i s  
v e n e r g y  
e r  
v  
e

Dormancy occurs when a plant stops growing or becomes inactive. Plants conserve energy by waiting to sprout until spring brings warmer temperatures and longer days.

You may also see the word *dormant*.

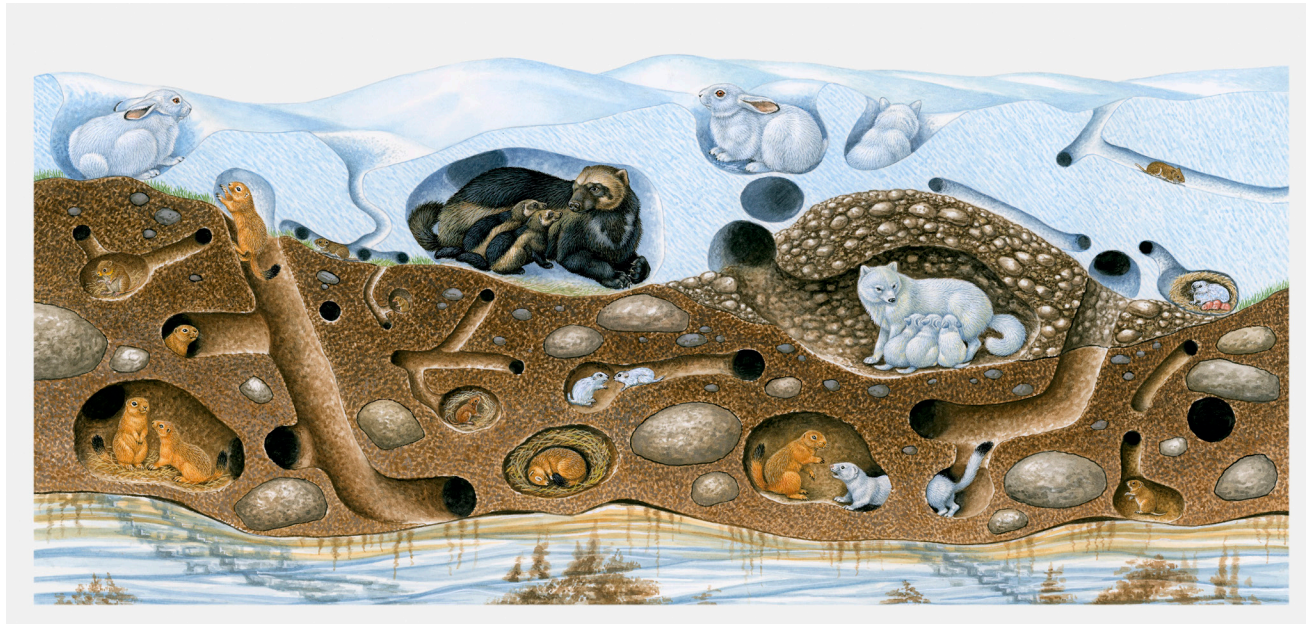
What if you were in an extremely cold, snow-covered area? What if food and water were hard to find and you couldn't get away?



What would you do?



Some animals that live in environments that are extremely cold and snow-covered burrow underground for shelter.



They will eat lots of food during the summer to fatten up. Eating more food helps them not to be hungry when there isn't as much food in winter.

Animals will try to survive the cold temperatures as they wait for warmer temperatures. Some animals will store food.



Other animals will simply go into a deep sleep or become inactive to conserve energy.

The Arctic ground squirrel does some of these things, plus it has the ability to greatly lower its body temperature.



It can live with a greatly lowered body temperature in a deep sleep through the fall and winter to save its energy. This deep sleep is called hibernation.

What does hibernation mean?

h i b e r n a t i o n  
n a c t i v e  
c  
l  
d



Hibernation occurs when an animal goes into a sleep so deep you might think the animal is dead. The neat thing is that the animal is able to raise its body temperature back to normal when it is time to wake up. Only a few animals go through true hibernation!

You may also see the word *hibernate*.

What do some plants and animals do when factors in their environment change?

They migrate, go dormant, or hibernate!

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