

# hibernation & migration

# CIRCLE TIME

5 LESSONS

circle time plans | songs | posters | activities | printables

**Sorting Animals that Migrate**  
Cut and paste the pictures in the correct box.

**Animals that Hibernate**

**Animals that Fly**

**Where are the Animals Hibernating?**  
Color the picture.

In trees. In caves. In leaves. In logs. In burrows. In mud.

**2 Hibernation and Migration**  
Tune: Frère Jacques  
Birds are flying, birds are flying,

**1 Hibernation and Migration**  
Tune: Frère Jacques  
Bear is sleeping, bear is sleeping,  
In his den, in his den.  
When the winter's over,  
When the winter's over,  
He'll wake up, he'll wake up.

**Migration**  
Migration is when animals travel a long way to find a warmer place to live for the winter. Animals migrate to find food and stay safe when it gets too cold where they live. They fly, swim, or walk to their new home, often returning when spring arrives and the weather gets warmer. Migration helps animals survive by moving them to places with more food and better weather!

Arctic Tern, Monarch butterfly, humpback whale, zebra, caribou, Ruby-Throated Hummingbird, Canada goose

**Hibernation**  
Hibernation is when animals sleep for a long time in winter to stay warm and safe. Animals hibernate to save energy and keep warm when it's cold and food is hard to find.

chipmunk, snake, hedgehog, groundhog, skunk, bat, bear

**Bear: The Big Winter Sleeper**  
Bears hibernate during the winter to stay safe and warm. They eat lots of food in the fall to build up a thick layer of fat that keeps them fed all winter. When it gets cold, they find a cozy den or cave, curl up, and sleep deeply. While they're hibernating, their bodies slow down, so they don't need to eat or drink. Bears wake up in the spring, rested and ready to explore!

For the winter, birds fly to warmer places. They migrate.

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# Hibernation & Migration

## PRESCHOOL CIRCLE TIME

5 lesson plans | songs | posters | activities | printables

Sorting Animals that Migrate

Sorting Animals that Hibernate

Black Bear Gets Ready for Hibernation

Sorting Migrating Animals

Where are the Animals Hibernating?

### 2 Hibernation and Migration

Tune: Frère Jacques

Birds are flying, birds are flying,  
In the sky, in the sky.  
To a warmer place now,  
To a warmer place now,  
In the south, in the south.

### 1 Hibernation and Migration

Tune: Frère Jacques

Bear is sleeping, bear is sleeping,  
In his den, in his den.  
When the winter's over,  
When the winter's over,  
He'll wake up, he'll wake up.

### Migration

Migration is when animals travel a long way to find a warmer place to live for the winter. Animals migrate to find food and stay safe when it gets too cold where they live. They fly, swim, or walk to their new home, often returning when spring arrives and the weather gets warmer. Migration helps animals survive by moving them to places with more food and better weather!

### Hibernation

Hibernation is when animals sleep for a long time in winter to stay warm and safe. Animals hibernate to save energy and keep warm when it's cold and food is hard to find.

### Bear: The Big Winter Sleeper

Bears hibernate during the winter to stay safe and warm. They eat lots of food in the fall to build up a thick layer of fat that keeps them fed all winter. When it gets cold, they find a cozy den or cave, curl up, and sleep deeply. While they're hibernating, their bodies slow down, so they don't need to eat or drink. Bears wake up in the spring, rested and ready to explore!

For the winter, birds fly to warmer places. They migrate.

**Thank you** for downloading this product; I hope you will enjoy using it and that it will be a valuable resource for you! I value your feedback, so please don't hesitate to contact me if you have any concerns whatsoever as I will endeavour to address them. And if you like what I've done, please let me know by leaving feedback at my online store :)

Lavinia

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**ILLUSTRATIONS** Kari Bolt, Erin Colleen Design, Little Red, Whimsy Clips, PartyHead Graphics, Ramona Majdis, Zip-a-Dee-doo-dah-Designs, Bunny on a Cloud, Krista Wallden - Creative Clips, Creating4 the Classroom, Rainbow Sprinkle Studio - Sasha Mitten, First Class Clipart, ClipArtisan, Muggy Studio

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**PRINTING TIP** This resource has been designed for printing on A4-sized paper. If you are printing on a different size, select "shrink to printable area" or "print to fit page" (or a similar option) in order for the contents of this unit to print correctly.

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# Introduction

The **Hibernation & Migration Preschool Circle Time Plan** introduces young learners to the fascinating ways animals adapt to winter. Through interactive discussions, songs, stories, and hands-on activities, this comprehensive plan engages children in exploring why some animals hibernate while others migrate. Perfect for preschoolers, this circle time plan fosters curiosity, builds vocabulary, and develops a deeper understanding of seasonal changes and animal behaviors.

## What's Included:

### 1. Detailed Circle Time plans

Each day of the week is planned with a structured circle time agenda that includes:

- *Introduction:* A brief and captivating introduction to the daily theme, setting the stage for the day's activities.
- *Song:* A fun and educational song related to the daily theme, designed to engage children and reinforce learning through music and movement.
- *Read aloud and discussion:* A carefully selected picture book paired with thought-provoking discussion questions to enhance comprehension and encourage interaction.
- *Activities:* Creative and hands-on activities that complement the day's theme, fostering gross and fine motor skills, creativity, and critical thinking.

### 2. Posters and props

Enhance Circle Time with visual and tactile aids:

- *Posters:* Vibrant posters featuring the lyrics and illustrations for each daily song, making it easy for children to follow along and participate. The product also includes non-fiction posters, providing educational content alongside the fun.
- *Props:* Printable props related to each song and theme help bring the songs and stories to life and engage children in interactive play.

### 3. Printables for all activities:

Not all days include activities that require printables. However, optional printables are included for each day if you would like to use them. They include:

- Group activity printables
- Worksheets
- Craft templates

## Why You'll Love This Resource:

- **Comprehensive and convenient learning:** A complete week of themed learning activities and resources in one packet.
- **Easy to use:** Detailed plans, printables, and props make it straightforward to create a dynamic and engaging circle time experience.
- **Educational and entertaining:** Each component is designed to be both educational and fun, keeping children excited and involved.

Happy Teaching :)

# Hibernation & Migration

	Objective	Read Aloud	Activity
Day 1	<p><b>What is Hibernation?</b></p> <p>Children will understand the concept of hibernation and identify animals that hibernate.</p>	<p><b>Book:</b> "Bear Snores On" by Karma Wilson</p> <p><b>Discussion:</b> Bear's friends had a party while he slept. Other animals that might hibernate like Bear.</p>	<p><b>Bear in a Cave Craft</b></p> <p>Children will create a craft of a bear sleeping in the cave while snow is falling.</p> <p><b>Materials:</b> bear printable, paper plates, construction paper, paint, cotton balls</p>
Day 2	<p><b>Why Do Animals Hibernate?</b></p> <p>Children will learn why animals hibernate and how it helps them survive.</p>	<p><b>Book:</b> "Time to Sleep" by Denise Fleming</p> <p><b>Discussion:</b> Why the animals needed to sleep through winter. What they did to get ready for hibernation.</p>	<p><b>Animal Bedding Experiment</b></p> <p>Children will use a variety of materials to create bedding for animals that hibernate.</p> <p><b>Materials:</b> Various materials (leaves, cotton balls, shredded paper, fabric scraps, twigs), bowls</p>
Day 3	<p><b>What is Migration?</b></p> <p>Children will understand the concept of migration and identify animals that migrate.</p>	<p><b>Book:</b> "Home at Last: A Song of Migration" by April Pulley Sayre</p> <p><b>Discussion:</b> Animals that migrated. Where they went.</p>	<p><b>Paper Plate Sea Turtle Craft</b></p> <p>Children will create a sea turtle using a template and a paper plate.</p> <p><b>Materials:</b> Printable turtle template, paper plate, tissue paper, glue, scissors, googly eyes</p>
Day 4	<p><b>Why Do Animals Migrate?</b></p> <p>Children will learn why animals migrate and how it helps them find food and stay warm.</p>	<p><b>Book:</b> "Is This Panama? A Migration Story" by Jan Thornhill</p> <p><b>Discussion:</b> The bird traveled a long way to find a warm place to stay. Why migration is important for animals.</p>	<p><b>Migration Bird Craft</b></p> <p>Children will use the template and paper to create a scene of a bird flying into the autumn sky.</p> <p><b>Materials:</b> Printable bird template, paper, scissors, glue, crayons</p>
Day 5	<p><b>Comparing Hibernation and Migration</b></p> <p>Children will compare and contrast hibernation and migration.</p>	<p><b>Book:</b> "Animals in Winter" by Henrietta Bancroft</p> <p><b>Discussion:</b> Which animals hibernate and which ones migrate.</p>	<p><b>Hibernation and Migration Sorting Activity</b></p> <p>Children will sort pictures of different animals.</p> <p><b>Materials:</b> Animals that Hibernation &amp; Migrate printable (5 pages)</p>

# Hibernation & Migration

## Day 1: What is Hibernation?

Children will understand the concept of hibernation and identify animals that hibernate.

## Introduction

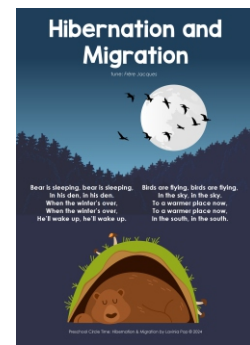
"Good morning, friends! Today, we're going to learn about a very special time called hibernation. Does anyone know what hibernation means? It's a time when some animals take a long, long nap during the winter to stay warm and safe. Let's find out more about these sleepy animals!"

## Song

"Hibernation and Migration" (Tune: "Frère Jacques") Verse 1

**Prop:** Bear

**Action:** 1. Place hands together, rest them on the side of your face, and close your eyes as if sleeping. 2. Stand up tall, stretch arms up high, and give a big, happy yawn to show the bear waking up.

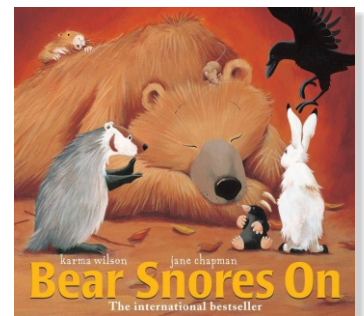


## Read Aloud & Discussion

**Book:** "Bear Snores On" by Karma Wilson

**Before Reading:** "This book is about a big bear who takes a nap and what happens while he's sleeping. Let's see what his friends do!"

**After Reading:** "Wasn't it funny how Bear's friends had a party while he slept? What other animals do you think might hibernate like Bear?"



## Activity

**Bear in a Cave Craft**

**Materials:** paper plate cut in half in an arch shape; construction paper: blue, black; bear printable; white paint; cotton balls; glue; scissors, crayons

**Activity:** Color the paper plate to look like a cave entrance. Glue the paper plate and a piece of black construction paper onto the bottom half of a blue construction paper sheet. Cut out the bear and glue it onto the center of the black construction paper. Glue white cotton balls across the top edge of the paper plate to create a snowy look around the cave entrance. Dip fingers into white paint to dot snowflakes all over the blue background around the cave.

**Extension:** Create a sensory bin with materials like cotton balls (for snow), small twigs (for trees), toy animals, and paper caves (small cups or paper towel tubes cut in half).

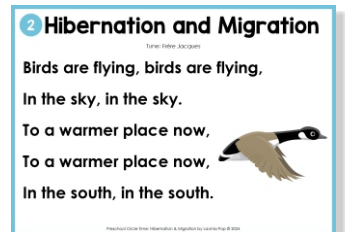
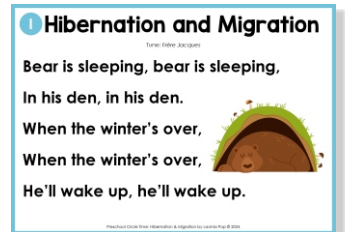


# Hibernation & Migration

## Circle Time Song Posters and Props

This section includes all song posters and props.

- *Hibernation and Migration* complete song poster
- *Hibernation and Migration* verse song posters
- Bear prop
- Goose prop



# Hibernation and Migration

tune: *Frère Jacques*



Bear is sleeping, bear is sleeping,  
In his den, in his den.  
When the winter's over,  
When the winter's over,  
He'll wake up, he'll wake up.

Birds are flying, birds are flying,  
In the sky, in the sky.  
To a warmer place now,  
To a warmer place now,  
In the south, in the south.





# Hibernation & Migration

## Classroom Posters

This section includes posters you might like to display in your classroom.

- Hibernation poster
- How Animals Prepare for Hibernation poster
- Hibernating animals posters (informational):
  - bear
  - bat
  - groundhog
  - hedgehog
  - snake
  - chipmunk
  - skunk
  - dormouse
  - frog
- Migration poster
- Migrating animals posters (informational):
  - Monarch butterfly
  - Arctic tern
  - caribou
  - humpback whale
  - salmon
  - Canada goose
  - Ruby-throated hummingbird
  - zebra
  - European robin



# Hibernation

Hibernation is when animals sleep for a long time in winter to stay warm and safe. Animals hibernate to save energy and keep warm when it's cold and food is hard to find.



**chipmunk**



**snake**



**hedgehog**



**groundhog**



**skunk**



**bat**



**bear**



## **Bat: The Cave Dreamer**

Bats hibernate through the cold months to save energy. When it starts getting chilly, bats gather in dark, quiet places like caves, where they can hang upside down and sleep. Their bodies become very still, and they don't eat while they're resting. By hibernating, bats can survive until there are plenty of insects to eat again in the spring. They wake up hungry and ready to fly at night!

# Migration

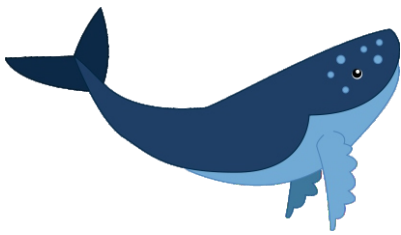
Migration is when animals travel a long way to find a warmer place to live for the winter. Animals migrate to find food and stay safe when it gets too cold where they live. They fly, swim, or walk to their new home, often returning when spring arrives and the weather gets warmer. Migration helps animals survive by moving them to places with more food and better weather!



**Arctic Tern**



**Monarch butterfly**



**humpback  
whale**



**zebra**



**caribou**



**Canada  
goose**



**Ruby-Throated  
Hummingbird**



## **Humpback Whale: The Ocean Traveler**

Humpback whales make one of the longest migrations of any mammal, traveling over 3,000 miles each way! They swim from cold Arctic or Antarctic waters to warm tropical seas, where they give birth to their calves. The warm waters are safer for their young, who stay close to their mothers until they're strong enough. In summer, the whales return to colder waters, where there's more food to eat.

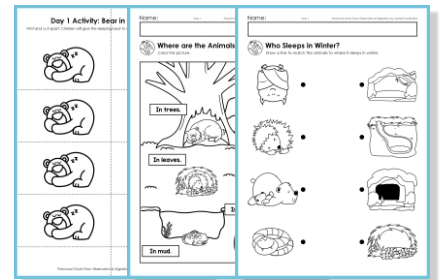
# Hibernation & Migration

## Activities & Worksheets

This section includes all the necessary lesson printables, along with some additional activities and worksheets. You can use these pages as outlined in the lesson plan or on different days, depending on your needs.

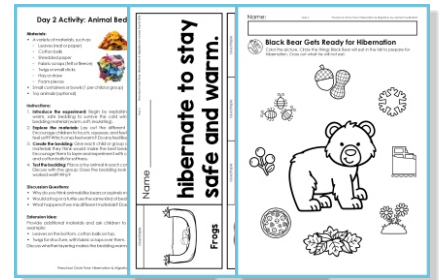
### Day 1: What is Hibernation?

- **Lesson Activity:** Bear in a Cave Craft
- *Additional Activity:* Hibernating Animals Coloring
- *Additional Activity:* Hibernating Animals Matching



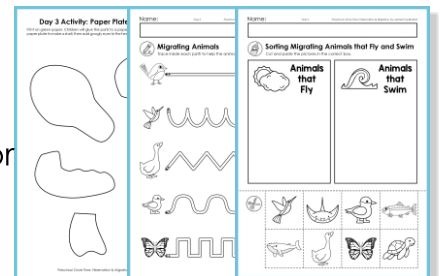
### Day 2: Why Do Animals Hibernate?

- **Lesson Activity:** Animal Bedding Experiment
- *Additional Activity:* Hibernating Animals Flip Book
- *Additional Activity:* Bear Hibernation Worksheet



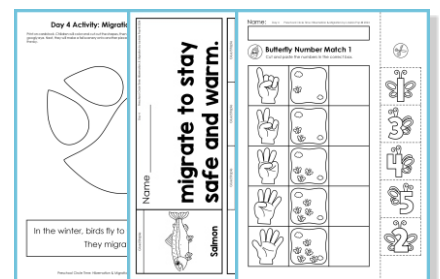
### Day 3: What is Migration?

- **Lesson Activity:** Paper Plate Sea Turtle Craft
- *Additional Activity:* Pre-Writing Practice
- *Additional Activity:* Sorting: Migrating Animals that Fly or Swim



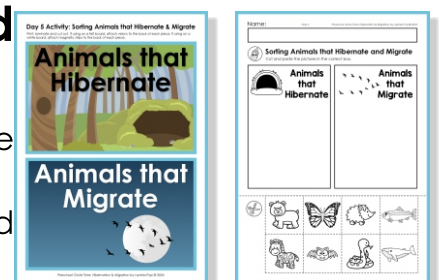
### Day 4: Why Do Animals Migrate?

- **Lesson Activity:** Migrating Bird Craft
- *Additional Activity:* Migrating Animals Flip Book
- *Additional Activity:* Butterfly Number Match

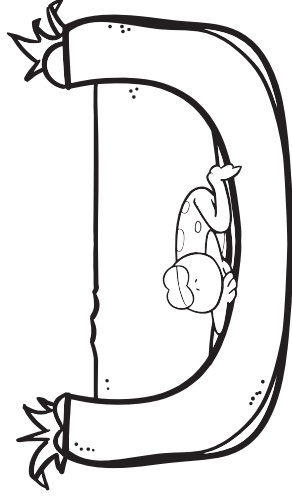


### Day 5: Comparing Hibernation and Migration

- **Lesson Activity:** Animals that Hibernate and Migrate Sorting (5 pages)
- *Additional Activity:* Sorting: Animals that Hibernate and Migrate

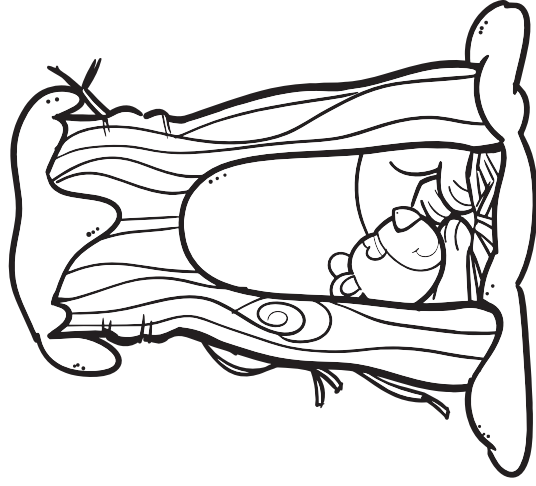


Name \_\_\_\_\_



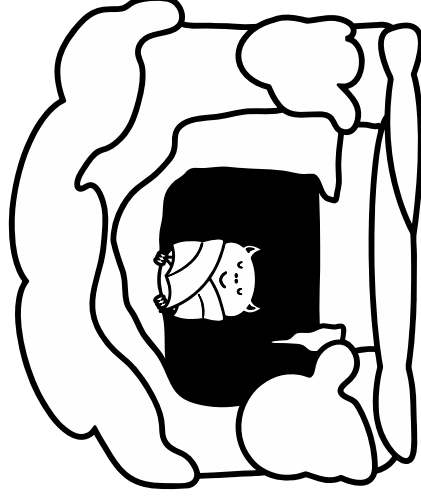
**Frogs**

**hibernate to stay  
safe and warm.**



**Bears**

Glue/Staple



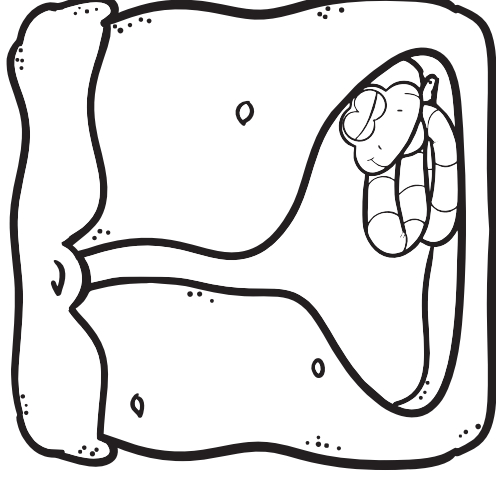
**Bats**

Glue/Staple



**Hedgehogs**

Glue/Staple



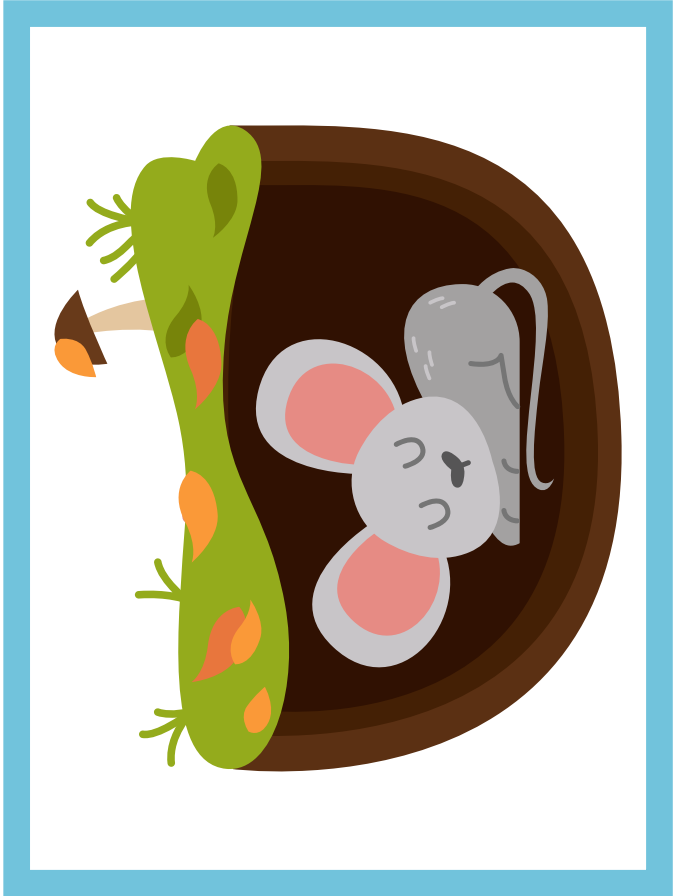
**Snakes**

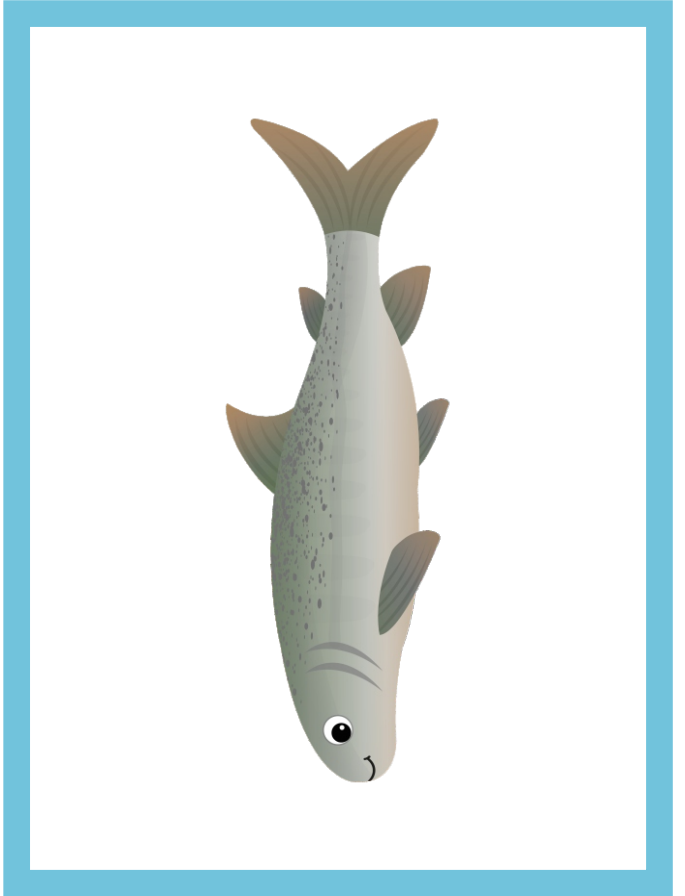
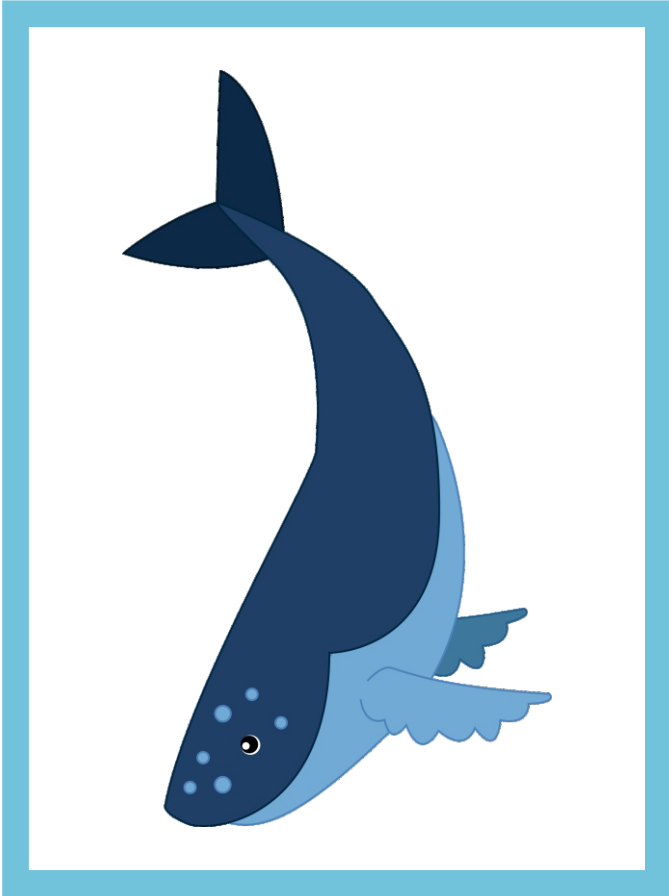
## Day 5 Activity: Sorting Animals that Hibernate & Migrate

Print, laminate and cut out. If using on a felt board, attach velcro to the back of each piece. If using on a white board, attach magnetic strips to the back of each piece.









# Additional Resources

## Winter

Winter

Aa Bb Cc

1 2 3 4

What doesn't belong?

Winter PRESCHOOL worksheets & activities

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Number Match 1

Cutting Fun 1

Sorting

hat cold

Alphabet Tracing 1

Food and Color

Color the snowman blue

Color the snowman red

Winter PRESCHOOL worksheets & activities

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## January

16 fine motor printable activities

## MORNING TUBS

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## winter WORD WALL

large classroom cards | word lists for folders | word work pages



Winter

shovel

melt

hat

snowball

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## weather WORD WALL

large classroom cards | word lists for folders | word work pages



Weather

spring

tsunami

rainbow

foggy

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## weather bears LEARNING FOLDER

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## December CALENDAR CARDS

cards for: December, Autumn, Winter, days of the week, numbers 1-31

Winter

December

SUN

MON

Monday

Sunday

1

2

3

4

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## January CALENDAR CARDS

cards for: January, Winter, days of the week, numbers 1-31

Winter

January

SUN

MON

Sunday

Monday

1

2

3

4

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## Polar Animals

Which picture is different?

1

2

3

4

A

a

-ag

P

let's connect!



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