

HIBERNATE



Goals: Children will cool-down after more intense activity by pretending to be sleepy bears who are preparing to hibernate.

Fundamental Movement Skills: Locomotor—walking, traveling in general space

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Slow music

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 82.

How to Play:

- Children will pretend to be sleepy bears who will slowly crawl into their caves to fall asleep (hibernate) all winter.
 - *“Did you know that bears go into caves and sleep all winter? Pretend we are all bears, and your spot is your cave. How do you think bears move? How would a sleepy bear move?”* (Demonstrate how bears might move, emphasizing the slowness because they are sleepy).
 - *“When the music starts, move around the space like a sleepy bear. When I say ‘hibernate,’ you must slowly move to your cave, crawl up and go to sleep.”*
- Allow children to “wake up” and move around again. Call out “hibernate” again to have them go back to their spots.
- Repeat this sequence of waking and sleeping 1-2 more times, with children moving slower and slower each time.
- End the activity time with children laying down on spots.

