

A Choose to Read Ohio Toolkit

Use this toolkit to plan library programs as well as activities for family time, day care, or the classroom.

Meet author Sandra Markle, an Ohio native, and illustrator Howard McWilliam, who lives in Cheltenham, England.

As winter approaches, it's time for black bears to hibernate—unless you're Baby Bear, determined to find a reason to stay awake through the cold months.

Explore fun activities that align with Ohio's Learning Standards for kindergarten through grade 3.

Hush Up and Hibernate!

By Sandra Markle (author)
and Howard McWilliam (illustrator)



About the Book

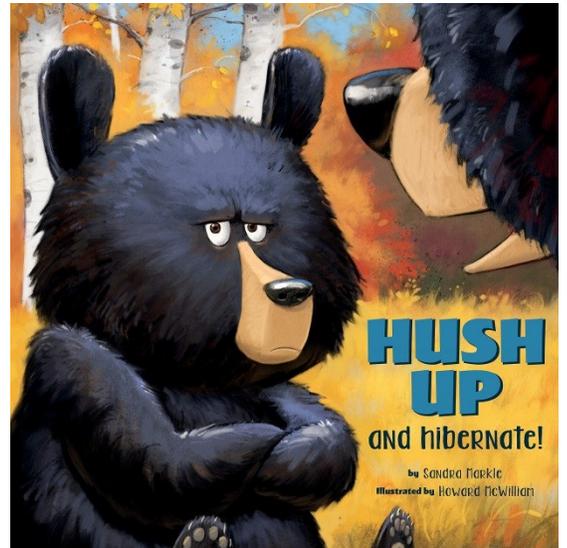
Leaves are falling, a cold wind is blowing, and geese are heading south. Clearly, winter is coming. It's time for black bears to do what they always do this time of year—hibernate.

Kids will get a big kick out of this romp of a tale about a black bear cub that finds every excuse imaginable to avoid the inevitable go-to-bed moment.

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Ages 4-8.

Leveled Reading: AD520 Lexile.
persnickety-press.com/product/hush-up-and-hibernate/



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Get Ready To Read!

Encouraging early literacy skill-building in young children.

Many of the activities in this toolkit incorporate **five early literacy practices**, everyday activities that help children get ready to read. These practices are:

Reading - Writing - Talking - Singing - Playing

Reading to and with children is the most effective way to support reading readiness. Reading aloud develops comprehension and vocabulary, builds familiarity and comfort with books, and is fun for adult and child.

Writing (or drawing and scribbling) helps children learn about print, letters, and vocabulary, and supports fine motor skills.

Talking helps children learn oral language—a critical early literacy skill—and increases vocabulary and comprehension.

Singing slows language down so children can hear the different sounds that make up words, and helps develop vocabulary and phonological awareness.

Playing teaches children to think symbolically, practice self-expression, and put thoughts into words.

All of these practices lead to children being ready to learn how to read when they begin school.

Parents, teachers, and librarians can share these practices with children at home, in the classroom, or at the library. For more information, visit ohreadytoread.org.



Author photo and biography courtesy Persnickety Press; used with permission.

About the Author

Best-selling author Sandra Markle is also fondly known as Ms. Whiz by children, from the title of the local Atlanta, Georgia, television show she starred in and from the science magic she's shared with thousands of students during visits to schools worldwide. In the mid-1990s, she was selected by the National Science Foundation to travel to Antarctica with the Artists & Writers Program and provided some of the first live chats with schools from that remote location.

Sandra is the author of over 200 nonfiction and fact-based fiction books, including the popular *What If You Had!?* series, with over two million books in print; the *Hush Up Series*; ***The Case of the Vanishing Golden Frogs***, which won the American Association for the Advancement of Science Subaru SB&F Prize for Excellence in Science Books Award; and ***A Mother's Journey***, which was a Boston Globe-Horn Book Award Honor Book. Sandra has developed science specials for CNN and PBS and Internet-based science education programs for Scholastic and the National Science Foundation. Born in Fostoria, Ohio, she lives in Sarasota, Florida, with her husband, photographer Skip Jeffery.

“Baby Bear runs as fast as he can to catch up with Mama.

When they reach their den under the big, old tree, they crawl in and curl up.

But Baby Bear wiggles.”

Author Resources

Sandra Markle's official website

sandra-markle.blogspot.com

Ohio Center for the Book profile of Sandra Markle

ohiocenterforthebook.org/2017/02/07/markle-sandra

For in-person and virtual author visits or keynote and conference programs:

Email Sandra Markle at sandramarkle@yahoo.com

Talk About It!

Open a conversation with children to increase comprehension and spark creativity.

- Black bears are sometimes seen in Ohio, and more often in other Midwest states. Have you ever seen a bear in the wild, or in a zoo? There are many kinds of bears; can you name some others? Do you know of any other books about bears? Check some out at your local library!
- Mama Bear tells Baby Bear that she sees winter coming. What things does Mama Bear see? What other signs tell us that autumn has arrived, and that winter is coming?
- Many animals hibernate for the winter. Others leave or migrate. And some adapt to winter weather. Can you name some of the animals from ***Hush Up and Hibernate!*** that do these things? Do you know of others? What about people? What do humans do to get ready for winter? How do they stay warm?
- When Mama Bear tells Baby Bear it's time to hibernate, he thinks of many reasons to stay up longer! What reasons does he give to stay up? Does that ever happen when it's bedtime at your house?
- Baby Bear gets angry when Mama Bear tells him he will have to hibernate. What does Baby Bear do to show he is angry?

About the Illustrator

Howard McWilliam left his career as a U.K. financial magazine editor and journalist in 2005 to concentrate on illustrating. He is the cover artist for *The Week* in the U.S. and U.K. and has illustrated dozens of children's novels, puzzles, and picture books, including the bestsellers ***Elbow Grease*** and ***I Need My Monster***. He lives in Cheltenham, England, with his wife Rebecca and three young children.

Illustrator biography courtesy Persnickety Press; used with permission.

Illustrator Resources

Howard McWilliam's official website

www.howardmcwilliam.com

Howard McWilliam's Workbook portfolio

www.workbook.com/portfolios/view/mcwilliam

Learn and have fun!

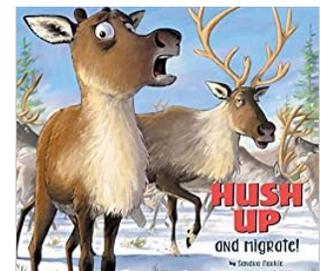
*Ideas for extending the experience of reading and sharing **Hush Up and Hibernate!***

- Baby Bear tries to catch a salmon in the river, but it's a lot harder than it looks! Have you ever seen a bear try to catch a fish? Check out the brown bears of Katmai National Park and watch them try to catch fish just like Baby Bear; explore.org/livecams/brown-bears/brown-bear-salmon-cam-brooks-falls Without a fishing pole, how do the bears in the videos catch fish in the river?
- Want to see brown bears in their den while they hibernate? Check out Grouse Mountain's bear den live cam: www.grousemountain.com/webcam-winter/bear-den-cam What materials would you use to make your own den?
- Is there a zoo close to you? A visit to a zoo is a great way to extend **Hush Up and Hibernate!** Find the bears first. How many kinds of bears are at the zoo? How are they alike? How are they different? Does a polar bear hibernate? As you see the other animals at the zoo, talk about their native habitats. Where in the world do they live? Do they hibernate? Why or why not? Talk about the reasons each animal does or does not hibernate.
- Take a walk in your neighborhood or a local park. Talk about the wild animals that live there. Do they hibernate, migrate, or adapt when the seasons change? Talk about the domestic animals that live in your neighborhood and their wild animal cousins. Wolves are relatives of our domestic pet dogs. Lions and tigers are related to our pet cats. Do animals in the wild have people to take care of them and provide food or shelter? Could our pets or domestic animals survive in the wild without us? Where would a dog get food in the wild? Talk about why wild animals do not make good pets! Why do we keep pets?

Look for **Hush Up and Migrate!**, also by Sandra Markle and Howard McWilliam.

A tiny, green sprout pushes through a snowdrift, the first sign of spring, and Mama Caribou knows it's time to migrate. Baby Bou has other ideas—he wants to stay and play with his friends!

persnickety-press.com/product/hush-up-and-migrate



Tie It In!

Using this book with Ohio's Learning Standards.

Educators: Every CTRO book may be used to support Ohio's English Language Arts reading, writing, and speaking and listening standards. Other Learning Standards also apply. These activities using **Hush Up and Hibernate!** align with Ohio's Learning Standards for Kindergarten – Grade 3.

Librarians, parents, and others: These activities are also for library programs, family activities, and other projects. Learning Standards define what students should know and be able to do at each grade. For more information, see the Ohio Department of Education website, education.ohio.gov. From the Topics dropdown menu, click on "Learning in Ohio."

These activities are also great for library programs, family time, and playgroups.

Science Inquiry and Applications

Observations of the Environment. Mama Bear notices changes that signal winter is coming. What are some signs that she notices? Mama and Baby Bear will hibernate because they won't have enough food to eat. What other things do the bears need in order to live? The bears will hibernate in a cave. What are some other places where bears might hibernate if there are no caves?

Science: Earth and Space Science

Discuss the seasons. How many seasons exist where you live? How can we tell when seasons are changing? Talk about the temperature, hours of sunlight, and precipitation during different seasons. Try keeping track each day for a set time. Take note of when the sun sets or rises.

Social and Emotional Learning

Self-Awareness. Baby Bear becomes angry when Mama Bear tells him it is time to hibernate. How does Baby Bear let Mama Bear know that he is angry? Later, when Mama Bear tires of Baby Bear thinking of reasons not to hibernate, she gets angry with Baby Bear. What does Mama Bear do to show that she is angry with Baby Bear? What are ways you show how you are feeling when you are angry? What do you say when you are angry? When Mama Bear tells Baby Bear that hungry wolves and mountain lions do not hibernate, but hunt during the winter months, how does that make Baby Bear feel? What are some things that you are afraid of? Talk about the importance of expressing our emotions and healthy ways we can do so.

Approaches Toward Learning

Creativity. Pretend you are bears! Build a cave with blankets and chairs or a large cardboard box. What are the features of a real cave? Make a list of things you would take with you if you were going to hibernate through the winter. What would you take to eat? Things to do? Design a habitat. Using craft supplies and construction paper, assemble all the things that bears need in the wild and while they hibernate. Don't forget that all living things need food, water, air, shelter, and space to live. Invite the children to bear-crawl and to practice their growls!

Mathematics

Counting and Cardinality. When bears hibernate, they don't eat, drink, or "go" for about 100 days! Do you think you could do that? How long do you typically go without eating? Or drinking? Or going to the bathroom? Talk about the time we spend awake and asleep. Do we need food while we are sleeping? Why not? Is that how a bear hibernates? Discuss the number 100. Count to 100 by ones and by tens. When bears hibernate, their breathing slows down to about one breath per minute. How many times do you breathe in a minute? Experiment with it: count your breaths in a minute, then count how long you can hold your breath.

Discover more activities using the educational guide for **Hush Up and Hibernate!** provided by Persnickety Press:

persnickety-press.com/lesson-plans-for-childrens-books/

Choose to Read Ohio, a project of the State Library of Ohio, the Ohioana Library Association, and the Ohio Center for the Book, encourages public libraries, schools, families, and others to build a community of readers and an appreciation of Ohio authors, illustrators, and literature. CTRO is adaptable for use in classrooms, libraries, bookstores, by book discussion groups, families, and other community groups.

Explore Choose to Read Ohio resources & toolkits: library.ohio.gov/ctro.

This toolkit revised
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274 East First Avenue, Columbus, Ohio 43201-3692
(614) 644-6910 • library.ohio.gov