



# Hibernation Challenge

## Equipment required

- Twigs (representing earthworms or slugs)
- Stones (representing snails)
- Leaves (representing bedding)
- Cones or markers to define each zone
- Large outdoor space for safe movement

## Set up

1. Create a Start Line for all players to begin.
2. Set up four zones:
  - Zone 1: Food Collection (Twigs = earthworms/slugs).
  - Zone 2: Bedding Collection (Leaves = bedding).
  - Zone 3: Warm Weather Challenge (Simulate energy loss with jumping jacks/hops based on the temperature).
  - Zone 4: More Food Collection (Stones = snails).
3. Mark an end zone for players to reach safety/hibernation.
4. Assign 1–2 learners to act as predators (e.g., foxes or badgers) and tag players between zones.
5. Decide on a challenge for the 'Warm weather' zone, e.g. It's 10°C = 10 jumping jacks / It's 20°C = 20 hops / It's 30°C = 30 star jumps.

## How to Play

1. Players start at the Start Line and move through the zones, collecting 2 food items (twigs or stones) and 1 bedding item (leaves).
2. Players must avoid predators between zones. If tagged, players return to the Start Line, discard items outside the play area, and restart.
3. Follow zone-specific instructions:
  - Zone 1: Collect 1 twig.
  - Zone 2: Collect 1 leaf.
  - Zone 3: Perform the warm weather challenge based on the temperature.
  - Zone 4: Collect 1 stone.
4. The game ends when the players reach the End Zone with all items collected, OR no items are left to collect, symbolising resource scarcity.
5. After playing the game, take some time with the learners to reflect:
  - What do hedgehogs need for food and bedding to prepare for hibernation?
  - How does warm weather cause energy loss and create survival challenges for hedgehogs?
  - What threats do predators pose to hedgehogs?
  - How do limited resources affect the survival of wildlife?
  - How could this activity be adapted for younger learners? (e.g. reducing the number of zones or making predators stationary).

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