



# Cloverbuds

For 5-8 year olds

## Hibernation and the Winter Blues

Wednesday, January 8th, 22nd, 29th

Time: 4:15-5:15

Place: Extension Office

Cost: \$5

What is hibernation? Why do animals hibernate? What keeps them warm?

What are the winter blues? How can we help ourselves feel better when we are sad?

