



EAT LIKE A BEAR

AUTHOR: APRIL PULLEY SAYRE

ILLUSTRATOR: STEVE JENKINS

See a video of the book read aloud here: [Eat Like a Bear](#)

**** REMEMBER: HAVE FUN AND THE KIDS WILL TOO! ****

OVERVIEW

ABOUT THE BOOK

A sleepy bear awakes in spring and goes to find food. But what is there to eat in April? In May? Follow along and eat like a bear throughout the year: fish from a stream, ants from a tree, and delicious huckleberries from a bush. Fill up your belly and prepare for the long winter ahead, when you'll snuggle into your warm den and snore like a bear once again. (us.macmillan.com)

ABOUT THE AUTHOR

April Pulley Sayre is the award-winning author of over fifty natural-history books for young readers. Sayre has a biology degree from Duke University and editorial experience working at the National Geographic Society and the National Wildlife Federation. She has written books about the climate, weather, and ecology of every continent and every biome on Earth, including a twelve-book series on Exploring Earth's Biomes for middle school readers. (aprilsayer.com)

ABOUT THE ILLUSTRATOR

Steve Jenkins was born in Hickory, North Carolina. When he was young, he worked with his father (a scientist) on a book about the Solar System. Wherever he lived, he kept a menagerie of lizards, turtles, spiders, and other animals, collected rocks and fossils, and blew things up in his small chemistry lab. Steve went to art school in North Carolina, where he studied graphic design. He now lives in Boulder, Colorado, with his wife and their three. His children ask him a lot of questions, which give him ideas for stories. (stevejenkinsbooks.com)

BEFORE READING

Use these before reading the story to help students activate background knowledge and make predictions:

- Look at the illustration on the cover. I am wondering what this book is about? What do you think? Why do you think that?
- What are some facts you know about bears?
- Do you think this book is fiction or non-fiction? What makes you think that?

DURING THE STORY

Use these while reading the story to help students interpret the action and content.

- (p. 3) Why do you think it's been 4 months since the bear was awake? What is that called? (hibernation) What is hibernation? (animal's heart rate, breathing, temperature, and body functions decrease to save energy)

EAT LIKE A BEAR

TOPICS & THEMES:

- Bears
- Seasons
- Hibernation

Tips for every book!

POWER PHRASES:

I WONDER...

I NOTICE...

TELL ME MORE...

DIGGING DEEPER:

"Tell me more, why do you think that?"

"How do you know that?"

"Why do you think they feel like that?"

"Interesting, did you notice anything else?"

- (p. 4) Look at this illustration. Why do you think they call this plant a horsetail?
- (p. 9) What do you notice about this illustration?
- (p. 10) Have you discovered anything about when this book takes place? (progresses month to month) Which month do you think will come next?
- (p. 16) What do you think “forage” means? (reader: use the illustration to help students determine the definition) Use your hands to show how you would forage? Why does the bear need to forage?
- (p. 25) What is the bear preparing to do? How do you think the bear got ready for hibernation?

AFTER READING

Use these after reading the story to help students understand what they just read.

- Bears are omnivores. What do you think that means? (Explain herbivores only eat plants and carnivores only eat meat) What makes the bear an omnivore?

BRINGING THE BOOK TO LIFE!

- (p. 15) What is a thrashing fish? Can you make a thrashing motion with your hands? What other animals could thrash besides fish? Lizards? Snakes?
- (p. 19) Can you climb like a bear? Stand up and use your arms and legs to climb. Faster, slower big steps, small steps.

COOPERATIVE LEARNING

- Turn to your neighbor and discuss if you think this book is a fiction or non-fiction book? Why do you think so?

SMALL-GROUP IDEAS

1. DISCUSSION ACTIVITY

- Take a picture walk through the book, having students retell the story using the illustrations. Point out the names of the months.
- Why do you think the bear is so hungry when it wakes up? How long can you go without eating before you get hungry?
- Why do you think the bear eats a certain kind of food each month?
- How does this help the bear prepare for hibernation? Why do animals hibernate? Why do you think bears hibernate in the winter and not summer?
- Read the section on hibernation in the “meet the bears” section at back of book. What other animals hibernate? Why do they hibernate?

Suggested Optional Activity:

- Write the names of the months on index cards. Shuffle on the table. Have the students take turns choosing cards to put in order.

2. WRITING ACTIVITY

- Write one fact you learned about bears? Draw a picture to illustrate this fact.

3. EXTENSION ACTIVITY

- Can you draw pictures of at least 2 more animals that hibernate? Label the animals (e.g. snakes, skunks, groundhogs, ladybugs, lizards, bats)

COMMON CORE LINKS

CCSS.ELA- Literacy, RIT. 1.1, 1.4, 1.7