

Sleepy STEM Cards

For School-Age Children

Kangaroo

When a baby kangaroo is born, he's only as big as a lima bean, and he looks a little like a pink grub. He's bald. He can't see. Only his front legs are developed. But he uses those little front legs to climb up his mom's belly and into her pouch.

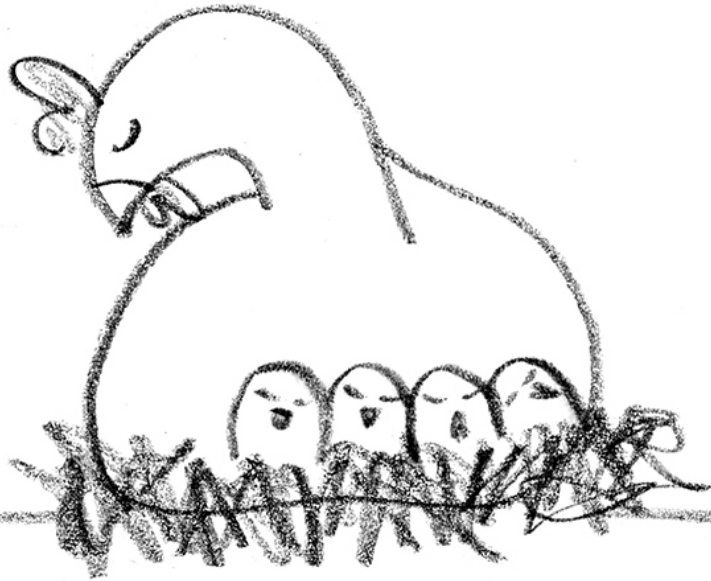


There he stays, drinking milk, growing, and sleeping until finally he's big enough to stick his head out and look around. After he grows some more, he climbs out of his mom's pouch and hops around on his own. But he often climbs back into the pouch and spends a lot of time there until he's almost a year old.

Can't sleep?

Have a big glass of milk before bedtime.

From the picture book **If I Were a Kangaroo** by Mylisa Larsen and illustrated by Anna Raff (Penguin). Image © 2017 Anna Raff Illustration. Visit mylisalarsen.com for more free animal bedtime cards.



Chicks

Baby chicks have a cozy tent always waiting for them. Their moms have wide wings to snuggle under. At night (or in the rain or cold), chicks climb back into the nest, where their mom spreads her wings over all her babies, keeping them warm and dry.

Can't sleep?

Make a cozy tent of your blankets and crawl inside.

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Otter

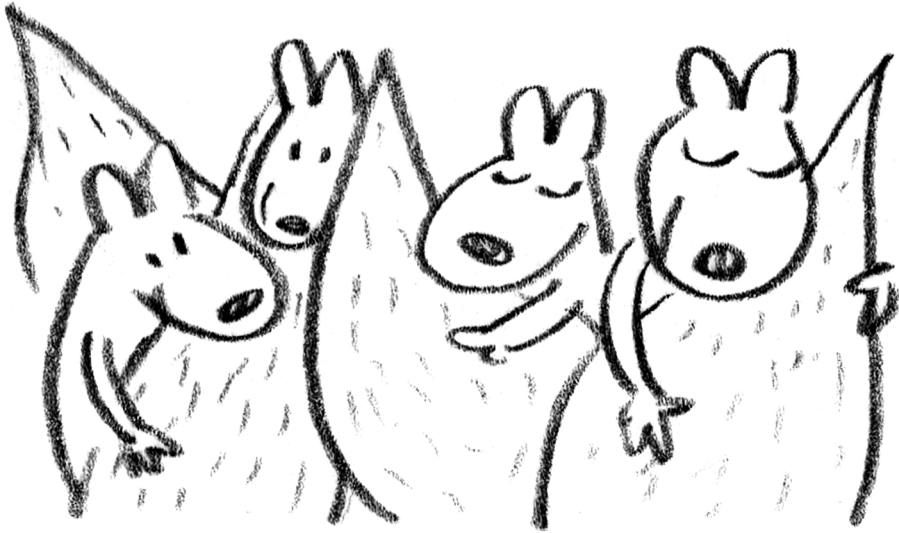


Sea otters sleep floating on their backs in the water. They often join with other otters in groups called rafts and rest together. Sometimes otters hold paws with each other to keep from floating apart while they sleep. Mom otters might wrap a strand of kelp around a baby otter's middle so the baby doesn't float away while the mom dives under the water searching for food. Baby otters often ride on their moms' tummies, floating and resting.

Can't sleep?

Lie on your back and hug a pillow or stuffed animal to your chest.

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Squirrel

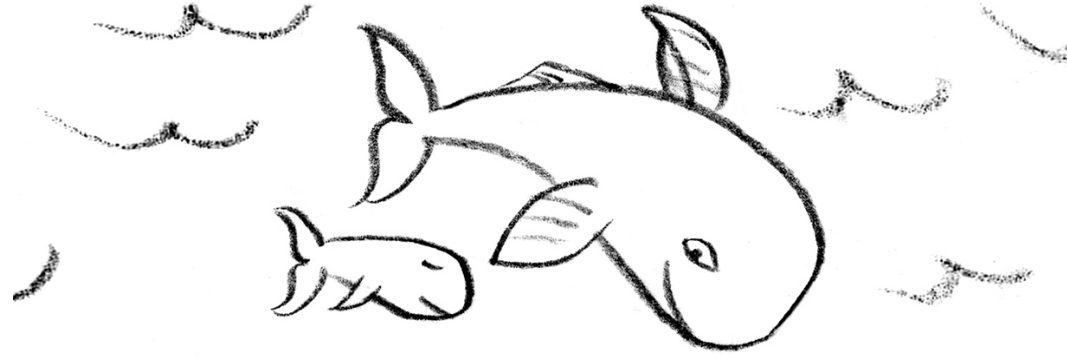
Squirrels carry a built-in blanket—their tails. They wrap their tails around their bodies when they sleep, like tucking themselves in. Their tails can even be an umbrella when it rains. Moms and babies sleep in nests called dreys. Built in a fork of a tree or a hollow place, dreys are made of sticks and twigs. Soft things like bird feathers and fur make the inside comfy.

Can't sleep?

Make a big tail out of a blanket or pillow and hug it tight.

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Whale



For the first few weeks of a baby whale's life, she doesn't have enough blubber to float if she stops moving. So she naps while she swims. She'll swim a little behind her mom in the slipstream where her mom's big strokes help pull a little whale along. Since the baby is still too little to swim the long distances of their migration, she and her mom hang out for four to six weeks, swimming slowly and resting while the baby grows. There might be a whole nursery of moms and babies taking it slow together.

Can't sleep?

Have a nice long bath before bedtime!

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Bat

Bats sleep during the day, which is different from how most people sleep. And they sleep hanging upside down, which is definitely different from people. A baby bat sleeps in a nursery colony with other bat moms and babies. The baby may hang from his mom's furry tummy. While the moms are off hunting for food, the babies wait at home. When mom flies home, she can find her own little baby bat by his voice and smell, even though there are hundreds of other babies all hanging out together in a small space.

Can't sleep?

Lie on your back, carefully slide your head and shoulders over the edge of the bed, and spread your arms. Count to 10 and then resume your normal sleep position.

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Giraffe

Well, giraffes don't sleep much. Grown-up giraffes sleep less than two hours a day, mostly in five-minute naps. A giraffe can sleep standing up, with its long neck twisted to rest along its back. For the first few days after it is born, a baby giraffe stays near its mom, resting and sleeping. It may lie down to sleep more often than grown giraffes do.

Can't sleep?

You are never too old to take a nap! Studies show grown-up nappers are often better thinkers.

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Gorilla

Every night a mama gorilla builds a brand-new nest for herself and her baby to share. The nest might be in a tree or on the ground. The gorilla bends branches of trees or bushes and weaves them into a nest shaped like a big bowl. This gives a whole new meaning to “make your bed”!

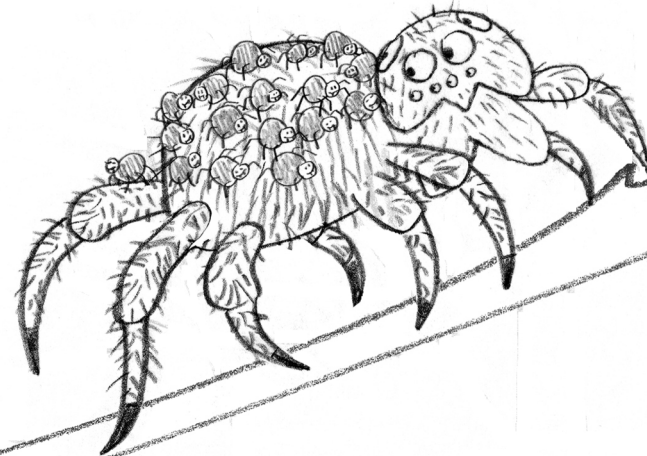


Can't sleep?

Make a nest of your blankets and snuggle in.

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Spider



Though spiders don't sleep in quite the same way as humans, they do have alternating periods of rest and activity. And spiders that live in cold climates can go into a winter sleep like hibernation. Mommy wolf spiders carry their egg sacs with them until the baby spiders hatch. Then the babies ride around on their mom's back in a big, spidery pile.

Can't sleep?

Ask for a piggyback ride to your bed.

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