

Name: _____

Bear and Hare Warm Up

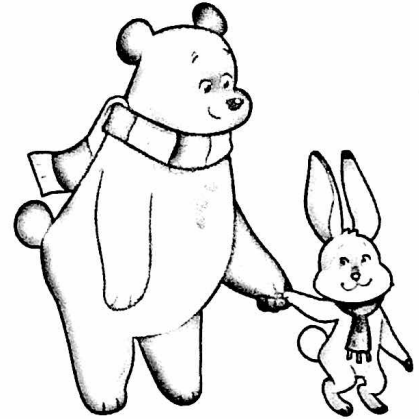
by Neal Levin

One cold frosty morning, Bear woke up from the middle of his long winter sleep. He wandered outside his den and noticed that the lake had frozen over.

"Good thing I'm not made of water," he said, "or I'd turn to ice."

"But you are made of water," said Hare, who was tumbling around in a snow bank beside him. "Over half your body is water."

"You must be fooling," said Bear. He looked at his body. His arms didn't look like water. His legs didn't look like water. His paws didn't look like water.



"Think of all your blood," said Hare. "Your blood's made of water. In fact, all your parts are made of cells, and cells are made of water."

Bear rubbed his paws together and blew on them to keep them warm. "I don't want to freeze like the lake," he said.

"Don't worry," Hare giggled. "We're warm-blooded animals. That means our body temperature stays the same, even when it's cold outside. Besides, our body water isn't pure water. It contains organic molecules like sodium and potassium that make its freezing point lower than regular water. We can only freeze in very extreme conditions."

"Brrrrr." Bear shivered.

"See, when you shake like that, your body's using energy to make more heat and warm you up."

"I know a better way to warm up," said Bear. "Let's go inside."

They stomped into Hare's house. Bear relaxed by the fireplace. A few minutes later, the snow on his fur melted and dripped into puddles on the floor.

A teapot whistled on the stove. Bear looked at the teapot and saw a thick stream of steam shooting into the air.

"How are you feeling now?" Hare asked as he brought Bear a cup of chamomile tea.

"I'm still afraid," Bear said as he cuddled the steaming teacup in his paws.

"Don't be silly," Hare told him. "Even though you're made of water, you know you aren't going to turn to ice."

"I know," Bear said. "But now I'm afraid I'll evaporate."

Name: _____

Bear and Hare Warm Up

by Neal Levin



The words below are scrambled words from "Bear and Hare Warm Up," by Neal Levin. Unscramble each word and write it on the line. Check back in the story to make sure each word is spelled correctly.

1.

e	n	e	a
d	d	w	r

Clue: walked or moved casually or leisurely

2.

n	o	g	c
a	i	r	

Clue: relating to living matter

3.

o	c	e	a	m
i	l	h	m	

Clue: a type of plant used to make herbal tea

4.

s	e	r	d
v	i	h	e

Clue: shook because of cold or fear

5.

p	e	t	a	e
r	v	a	o	

Clue: turn from liquid to gas

6.

b	n	i	m
l	t	u	g

Clue: toppling over

