



HIBERNATING ANIMALS & TIPS TO SUPPORT THEM

Meet some of Scotland's hibernating animals! As nature enters its winter slumber, take a moment to reflect on how this can inspire you to slow down and look after your wellbeing during cooler, darker months.

HEDGEHOGS



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Hedgehogs hibernate throughout winter in nests made of leaves and grass. Their heart rate drops, and they rely on stored fat to survive until spring.

Tip: Support your neighbourhood hedgehogs by leaving out water all year round in frost-proof dishes, leaving fallen leaves on the ground and avoiding using slug pellets.

FROGS AND TOADS



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Frogs and toads hibernate in cold, dark and damp spaces. Most frogs hibernate on land, but did you know that some adult male common frogs hibernate at the bottom of ponds?

Tip: If you have a garden or access to an outdoor space create a safe place for frogs, toads and other amphibians by building a pond, compost heap or stone hibernaculum.

SLOW WORMS



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Although they look like a snake or worm, slow worms are actually legless lizards! In winter they hibernate underground or in crevices like log piles and emerge in spring.

Tip: They're vulnerable in spring when they first emerge from hibernation. Whether you're walking your dog or cycling, look out for slow worms on paths and give plenty of space.

BATS



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Bats hibernate from late autumn to early spring. They enter a deep sleep, slowing their heart rate and metabolism to conserve energy until insects return in warmer weather.

Tip: To support declining bat species, find a local bat conservation group and get involved in efforts to help protect and monitor our only flying mammals.