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Life Sciences  
Autistic K-5  
How Penguins Stay Warm

Objective/Purpose:  
Students are learning about different animals and their habitats. This hands-on activity helps the students to understand how penguins stay warm while they swim in the Arctic. It allows the students to feel the difference with their own hands.

QCCs:  
Topic: The Living World: Animals  
Standard: Recognizes and describes a variety of animal and plant life cycles.

Materials/Time Required:  
(One 45 minute period)

Large bucket of ice water  
Newspaper  
Paper towels  
Rubber gloves  
Vegetable oil  
4 zip lock bags  
Construction paper  
Penguin template  
Glue  
Markers

Background Information:  
This lesson is a combination of two lessons that I found. We discussed penguins, and where they live. First we made a penguin from a template I found at [www.dltk-kids.com](http://www.dltk-kids.com). Then we did an experiment that I found on [www.earthdayonline.org](http://www.earthdayonline.org). The kids really enjoyed this because it is very hands on and allows them to experience the way a penguin feels first hand.

Preperation:  
I printed out different pictures of penguins. One eating, swimming, and playing on the iceberg. Cut out the template of the penguin in different colored construction paper, one for each child. Just before class, get a bucket of ice water. You also need to fill 2 zip lock bags half full with vegetable oil. Then take the other 2 zip lock bags and turn them inside out. Zip in one flipped bag into each of the half full bags to create a blubber glove.
Safety Issues:
Watch for the kids who like to eat glue!!

Procedures:
Start by showing the pictures of the penguins. Ask the kids what they are doing and what the weather is like where they live. Then pass out the pieces of construction paper that will make the penguin. Go through step by step with the kids letting them do what you do. After you have finished making your penguins, you review what you talked about at the beginning. Emphasize the coldness of their habitat and the function of blubber. After you have talked about this, allow each child to put on one rubber glove. Then have them place the other hand in the blubber glove. Tell them to place both hands into the bucket of ice water. Ask them which hand is warmer.

Assessment:
Ask questions when they are done. Make sure to repeat things a lot so they each have a chance to understand. Have them tell you where a penguin lives and how they stay warm.