Animals sleeping during the day and becoming active at night are called nocturnal animals.

Animals that sleep at night and are active during the day are called diurnal animals. We are diurnal animals!!

Why is being nocturnal helpful to some animals? If they are prey, it is easier to hide from predators at night. If they are predators, it is easier to be sneaky in the dark.

Nocturnal animals include, among others: moths, bats, owls, spiders, and skunks.

Book suggestions: Owl Babies, The Kissing Hand, and The Goodnight Circle

Song: Have you ever seen a Moth, a Moth, a Moth? Have you ever seen a Moth Fly this way and that? Fly this way and that way, Fly this way and that way? Have you ever seen a Moth Fly this way and that? Continue with… Bat-Hang, Spider-Crawl, Owl-Hunt, Skunk-Spray.