



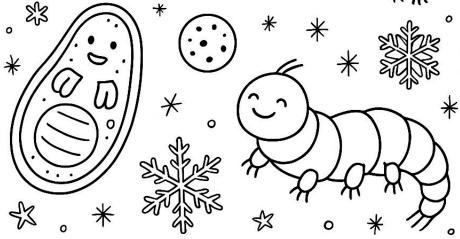


### THE ULTIMATE NAPI

Did you know some tiny creatures pause time to survive? They can dry out, freeze solid, and even survive in space! Then, when things get cozy again—they wake right up.

- Tardigrades
- Rotifers
- Spores
- Midge larvae





How do they do it?

They don't fight the cold they freeze with it!



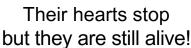


## COLD-BLOODED CRYO-CHAMPIONS

These chilly champions freeze every winter—and thaw in spring!



Gall flies



### **Nematodes**





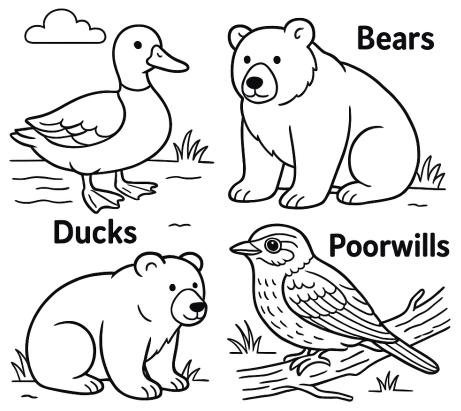






### WARM-BLOODED WARRIORS

Warm-blooded animals don't freeze – but they have clever ways to stay warm!



How do they do it? They don't shut down completely – they just power down to save energy.

How do you keep warm when it's cold outside?





# \* HOW TREES \*\* KEEP THEIR COOL

Big trees know how to survive cold, too! ₩



Birch

**Spruce** 

**Aspen** 

How do they do it?

They use a trick called supercoooling and make sugar shields to stay safe in-50°C winter!

How do YOU slow down in winter?















### INSPIRED BY NATURE



By studying and experimenting with ways to safely freeze and warm living systems.

What would you do if you could pause life?





### Picture Yourself in Naturel

Some tiny creatures can press the pause button on life to survive tough times.

What would you look like if you could do the same?

Draw yourself — as a scientist discovering these tiny wonders, or as one of the creatures taking a magical time-out!"





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