Nova’s Guide to Amazing Adaptations

Explore, Observe, Adapt: How Do You Survive?

- **An adaptation is a special feature or behaviour that helps an organism survive and reproduce in its specific habitat.**
- **Physical adaptations include body shapes, such as a polar bear’s thick layer of blubber which acts as insulation against the freezing Arctic temperatures.**
- **Behavioural adaptations involve the way an animal acts, such as birds migrating thousands of miles to find food sources during the colder winter months.**
- **Living things are well-suited to their environments because they have inherited characteristics from their parents that improve their chances of survival.**
- **If an environment changes rapidly, some species may struggle to adapt, which can lead to a population decline if they cannot find new ways to thrive.**
- **Evolution is the process where, over millions of years, these helpful adaptations can lead to the development of new species that are perfectly tuned to their surroundings.**

> *Did you know? Did you know? Some desert plants have evolved to keep their 'pores' closed during the hot, sunny day to prevent water loss, only opening them at night to breathe! This is a perfect example of a behavioural adaptation for surviving in extreme heat.*

Key vocabulary: Adaptation · Environment · Evolution · Inherited · Characteristics · Survival · Habitat