The word of the week is

 Molt

Molt is a verb.

**Definition:** to shed hair, skin, or an outer layer periodically

**Used in a sentence:**

*Molting is a stressful time in a hermit crab's life.*

In birds, molting is the periodic replacement of feathers by shedding old ones and producing new ones.

Animals molt their skin, fur, feathers or other outer layer.