

Name _____

What Are a Panda's Daily Habits and Behaviors?



Pandas have fascinating daily habits and behaviors. Most of their day is spent eating and resting. Pandas are crepuscular animals, meaning they are most active during the early morning and late evening. At these times, they search for bamboo to eat or move around their forest habitats. During the rest of the day, pandas are usually resting or sleeping.

A typical day for a panda involves spending 10 to 12 hours eating bamboo. Since bamboo is low in nutrients, pandas need to eat a lot of it to get enough energy. After eating, pandas spend much of their time resting to help their bodies digest all the bamboo they've consumed. Resting also conserves their energy for the next round of eating.

Pandas are solitary animals, which means they prefer to live alone. Each panda has its own territory, and they do not like to share their space with others. However, pandas do communicate with one another when necessary. They use sounds like bleats, growls, and honks to send messages. They also use scent markings to let other pandas know which areas belong to them. Even though pandas live alone, they come together during the breeding season in spring.

While pandas are not very social, they are great climbers and can even swim. Climbing trees helps pandas escape danger or find a good place to rest. Swimming is another skill they use to cross rivers or cool off on warm days. These behaviors show that pandas are more active and resourceful than they might appear.

Protecting pandas means ensuring they have enough bamboo to eat and forests to live in. By learning about their daily habits, we can better understand how to help these gentle and unique animals survive.