

Name \_\_\_\_\_

## Horses' Daily Habits and Behaviors



Horses are fascinating animals with unique daily habits and behaviors. They are most active during the day, making them diurnal animals. Horses spend much of their day grazing on grass and plants, which helps keep them healthy and strong. Since they are herbivores, their diet consists mainly of plants, and they often graze for many hours each day.

Horses are social animals and prefer to live in groups called herds. Living in a herd helps horses feel safe, as there are many eyes to watch for danger. Herds are often led by a dominant horse, called the lead mare, while a strong male horse, or stallion, protects the group. Horses communicate with each other using body language, sounds, and even facial expressions.

Within a herd, horses develop close bonds. They groom each other by gently nipping at each other's coats, which helps build trust and friendship. When a horse feels threatened, it might snort or stomp its hooves to warn others of danger.

Horses also have a unique way of resting. They can sleep both standing up and lying down. When standing, they use a special locking mechanism in their legs called the stay apparatus, which allows them to rest without falling over. However, for deep sleep, horses need to lie down.

Horses need plenty of space to run and play. They often engage in playful behaviors, such as galloping, bucking, and rolling on the ground. These activities help keep them fit and alert.