

Name _____



The Daily Habits of Iguanas

Iguanas are fascinating reptiles with unique daily habits and behaviors. They are diurnal, which means they are most active during the day. As the sun rises, iguanas begin their day by basking in the sunlight. Since they are cold-blooded animals, they need the sun's warmth to stay active and alert.

Once warmed up, iguanas spend much of their day foraging for food. They are herbivores, so they mainly eat leaves, flowers, and fruits. Iguanas have sharp teeth that help them tear through tough plants, making it easier to eat their meals.

Iguanas are often seen resting on tree branches or rocky surfaces. These spots provide safety from predators and a good view of their surroundings. They are excellent climbers, using their strong claws and long tails to balance while moving through trees.

Iguanas are mostly solitary animals, meaning they prefer to live alone. However, they do interact with others during mating season or when competing for the best basking spots. Male iguanas can be territorial and may use head bobbing and tail whipping to scare off rivals.

In the late afternoon, iguanas often return to their basking spots to soak up the last bit of sunlight before nightfall. As the temperature drops, they become less active and find a safe place to sleep, usually hidden among plants or rocks.

These daily habits help iguanas survive and thrive in their natural habitats. By being active during the day and resting at night, iguanas make the most of their environment while staying safe and healthy.