

# Dragonflies and Damselflies

Dragonflies and Damselflies are brightly coloured insects which need aquatic and terrestrial habitats to fulfill their lifecycle. You can easily spot the difference between these two groups: **dragonfly** wings sit flat when perched and have a strong sustained flight; **damselfly** wings are held over their backs (except spreadwings) and have a weak and fluttery flight.

See how dragonflies grow from eggs to adult dragonflies:

