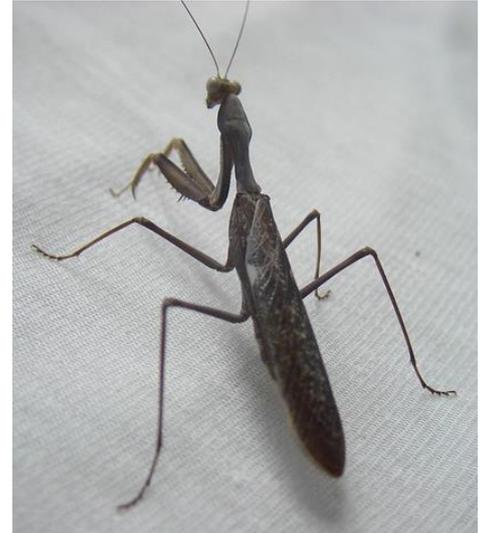




Common Name: African Praying Mantis
Other Common Names: African Mantis, Large African Mantis
Scientific Name: [*Sphodromantis centralis*](#)
Group: Mantis
Origin or Range: Africa
Relative Size: 2-4 inches
Average Lifespan: 12 months
Category: Insects » Praying Mantis



Animal Description:

The African Mantis, also known as the "African Praying Mantis" or "Large African Mantis", is a popular mantis within today's pet trade. The Praying Mantis has attracted mankind's attention for several centuries.

African Mantids are relatively easy to keep being less sensitive to temperature and humidity than many other insects. They will, however, grow faster if kept in warmer temperatures. The African Mantis needs a tank, which provides enough height for moulting. They are not at all demanding in their housing requirements. Glass tanks work well as long as they are sealed so the creatures cannot escape; remember to use a lid that is well ventilated. Some will seal their mantids so tightly that they die from not having enough oxygen.

After acquiring a suitable tank you must place substrate in the bottom of the tank, 10mm is recommended. Twigs should be placed in the tank as mantis furniture. It is unnecessary to provide a super-humid environment because the Mantis will get the moisture it needs from its prey. Adult Mantids do not seem to need much humidity; light misting seems to take care of their needs. Young, African Mantis will need more humidity. For newborns, if dew is seen on the glass the tank may be too moist, one needs to make sure this does not happen, as some may drown. Humidity must also not fall too low; it should be enough to provide a humid environment that does not become soggy.

In the wild, their habitat is mostly forest, and they subsist mainly on other insects. Captive feeding should take place every two to three days, though they may sometimes eat less. Adult African Mantids seem to do well on hoppers and black field crickets. Newborns need smaller insects such as drosophilae or pinhead crickets. If you keep more than one African Mantis it is important to keep them well fed. If they are left hungry they will often eat each other.

An average African Mantis will grow to a length of seven to ten centimetres. Colours will range from dark brown to bright green. Adults are fully winged. They are known for their incredible eyesight. Mantids are special because they have one ear under their thorax. The African Mantis comes in several different colours ranging from bright green to dark brown. The occasional cream variety is also seen.