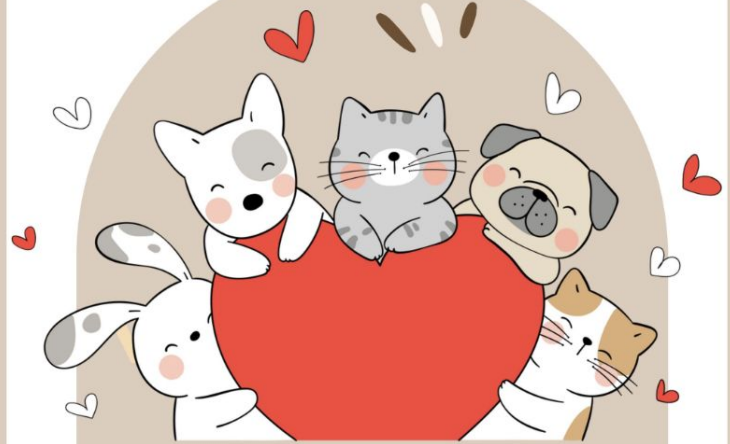


# Pet Empathy & Appreciation Workshop

Serena Gandhi |  girl scouts  
of northern california

girl scouts  
of northern california



## THE EMPATHY ARK

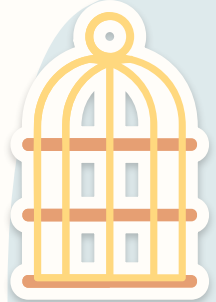
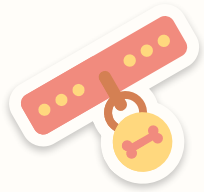
### Nurturing Love for Pets

Through a series of fun activities, young readers will explore the world of pets, from dogs and cats to hamsters and fish, as they discover ways to care for and improve the lives of these beloved animal companions. With coloring pages, word games, and heartwarming stories of real-life pet heroes, this book not only entertains but also instills empathy and kindness in young hearts.

By Serena

# Welcome!

Understanding the Emotional Needs of Pets





# Emotional Needs of Pets

## Emotional Needs of Pets:

1. Love and Attention
2. Positive Interaction
3. Comfort and Security
4. Socialization
5. Routine and Predictability
6. Patience and Understanding

## WHAT CAN HELP...

Make your pet feel emotionally supported

When they feel lonely...

When they feel scared...

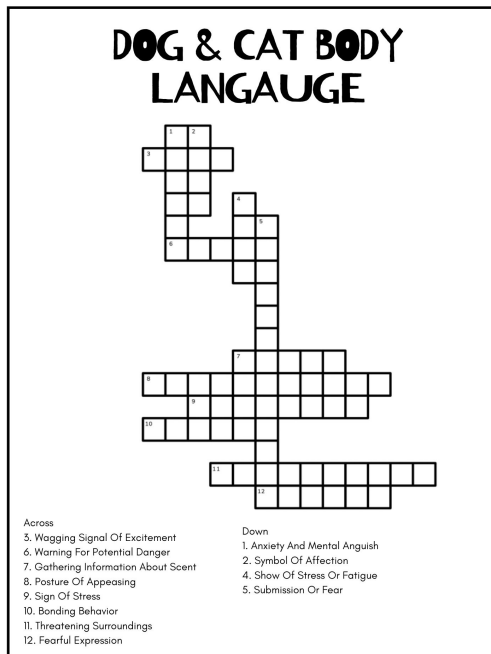
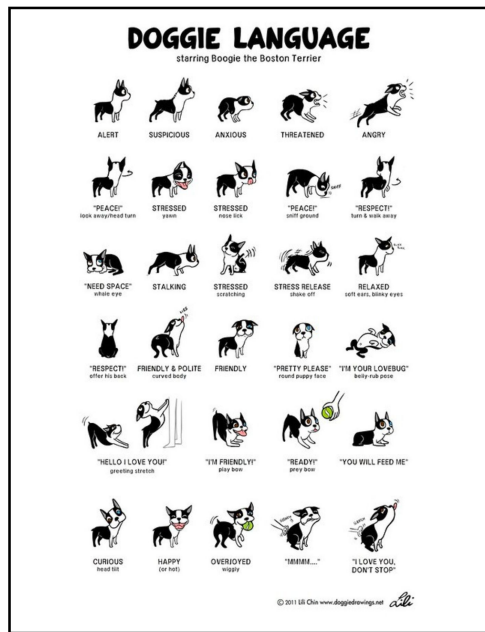
When they feel unloved...

When they feel angry...

When they feel tired...



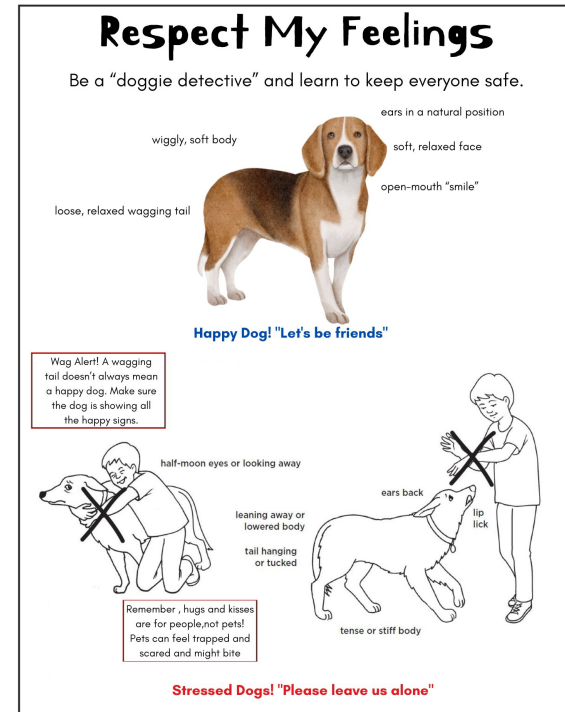
# Deciphering Pet Body Language and Communication Cues



- Tail Talk: Different tail positions indicate various emotions (high tail = alert, low tail = submission).
- Ears and Expressions: Erect ears show curiosity; flattened ears indicate fear or aggression.
- Vocal Clues: Different sounds (barking, meowing, chirping) convey specific messages.
- Posture and Movement: Body posture and movement reflect pets' emotions (arched back = threatened, playful bounce = invitation to play).
- Grooming Gestures: Grooming can signify trust and affection.

# Recognizing Signs of Distress and Discomfort

- Dogs:
  - Whining or Whimpering: Pain, fear, or anxiety.
  - Excessive Panting: Stress, anxiety, or overheating.
  - Aggressive Behavior: Fear or discomfort.
  - Hiding or Withdrawal: Avoiding interaction.
  - Changes in Eating/Drinking Habits: Loss of appetite.
- Cats:
  - Hissing or Growling: Fear, aggression, or discomfort.
  - Hiding: Avoiding interaction.
  - Excessive Grooming: Stress or skin irritation.
  - Changes in Litter Box Habits: Urinating outside the box.
  - Lethargy: Reduced activity.
- Rabbits:
  - Teeth Grinding: Pain or discomfort.
  - Hunched Posture: Discomfort or pain.
  - Lack of Appetite: Not eating or drinking.
  - Aggression: Biting or scratching.
  - Changes in Fecal Output: Smaller or fewer droppings.



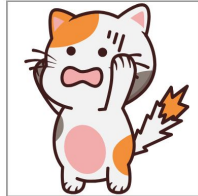
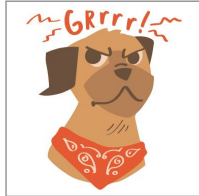
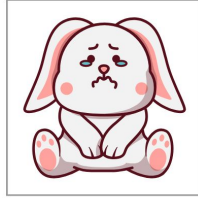
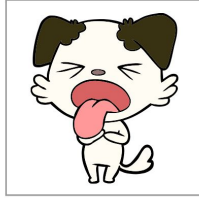
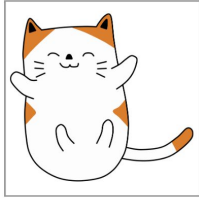
# KNOW THEIR FEELINGS

Match the emotion words to the correct face.

Happy  
Sad

Angry  
Tired

Scared  
Shocked



# Decipher these pet's thoughts!

These pets are feeling sad. Decipher the message to find out why!

A	
B	
C	
D	
E	
F	
G	
H	
I	

J	
K	
L	
M	
N	
O	
P	
Q	
R	

S	
T	
U	
V	
W	
X	
Y	
Z	





# How to Help Pets in Need

1. Stay Calm and Approach Gently:
  - Remain calm to avoid further stressing the pet.
  - Approach the pet slowly and speak in a soothing voice.
2. Provide a Safe Environment:
  - Create a quiet and safe space for the pet to relax.
  - Remove any potential stressors or hazards from the area.
3. Check for Immediate Needs:
  - Ensure the pet has access to food, water, and a comfortable place to rest.
  - Check for any obvious injuries or signs of illness.
4. Consult a Veterinarian:
  - Seek professional advice if the pet shows signs of severe distress or illness.
  - Follow the vet's recommendations for care and treatment.
5. Offer Comfort and Reassurance:
  - Spend time with the pet, offering gentle petting and reassurance.
  - Use calming techniques such as soft music or a gentle massage.
6. Maintain a Routine:
  - Keep a consistent daily routine to help the pet feel secure.
  - Ensure regular feeding, exercise, and playtime.
7. Provide Mental Stimulation:
  - Engage the pet in activities that stimulate their mind, such as puzzle toys or training exercises.
  - Rotate toys and activities to keep the pet engaged.
8. Monitor and Adjust Care:
  - Observe the pet's behavior and health regularly.
  - Make adjustments to their environment or care routine as needed.





# Empathy Building Exercise: "What's Wrong with My Pet?" Scenarios

## Scenario 1: Whining Dog

- Description: You notice your dog is whining and whimpering frequently, especially when you leave the room.
- Questions to Ask:
  - a. How do you think the dog is feeling?
  - b. What might be causing this behavior?
  - c. How can you help the dog feel better?

## Scenario 2: Hiding Cat

- Description: Your cat has been hiding under the bed for most of the day and hisses when you try to coax her out.
- Questions to Ask:
  - What emotions might the cat be experiencing?
  - Why do you think the cat is hiding?
  - What steps can you take to help the cat feel safe?

## Scenario 3: Thumping Rabbit

- Description: Your rabbit has been thumping its back feet loudly and frequently.
- Questions to Ask:
  - What do you think the rabbit is trying to communicate?
  - What could be causing this behavior?
  - How can you help the rabbit feel more comfortable?



# CHECKLIST: BEFORE YOU GET A PET

Before getting a pet, it's essential to assess your readiness and ensure that you're prepared for the responsibilities of pet ownership. Here's a checklist to complete before bringing a pet into your life:

## 1. Research and Choose the Right Pet:

- Research different pet species and breeds to find one that matches your lifestyle, living situation, and preferences.
- Consider factors such as size, energy level, grooming needs, and temperament.

## 2. Assess Your Lifestyle:

- Evaluate your daily routine, work schedule, and travel plans to ensure they align with pet care requirements.
- Determine if you have enough time to dedicate to pet training, exercise, and companionship.

## 3. Financial Planning:

- Estimate the costs associated with pet ownership, including food, veterinary care, grooming, supplies, and potential emergencies.
- Create a budget to ensure you can comfortably afford these expenses.

## 4. Pet-Friendly Living Space:

- Ensure that your home is pet-friendly and safe. Remove hazards and provide a secure space for your pet.
- Check local regulations and your lease agreement if you rent to confirm pet policies.

## 5. Find a Reputable Breeder or Shelter:

- If you're buying from a breeder, research their reputation and ensure they prioritize the health and well-being of their animals.
- Consider adopting from a shelter or rescue organization to give a home to a pet in need.

## 6. Prepare Your Home:

- Gather essential pet supplies, including food and water dishes, a bed or crate, toys, grooming tools, and a leash (if applicable).
- Create a designated area for your pet with comfortable bedding and safety measures.

## 7. Veterinary Care:

- Locate a trusted veterinarian in your area and schedule an initial check-up for your pet.
- Discuss vaccination schedules, preventive care, and spaying/neutering options.

## 8. Training and Socialization:

- Plan for pet training and socialization to ensure your pet becomes well-behaved and comfortable around people and other animals. Consider enrolling in obedience classes if necessary.

## 9. Pet Care Plan:

- Develop a daily routine for feeding, exercise, grooming, and playtime.
- Arrange for pet care during vacations or times when you cannot be with your pet.

## 10. Allergies and Health Considerations:

- Assess any allergies or health concerns within your household that could affect pet ownership.

Completing this checklist will help you make an informed decision about pet ownership and ensure that you are fully prepared to provide a loving and responsible home for your new furry friend.



## ADOPT OR SHOP?

The "adopt or shop" dilemma centers on whether to rescue a pet from a shelter or buy one from a breeder or pet store. Advocates of adoption argue for saving lives and addressing overpopulation, while those in favor of shopping emphasize specific breed preferences and breeder standards. The decision ultimately hinges on individual values and ethical considerations.

# Empathy Building Exercise

## PET CARE QUEST ACTIVITY



### HUNGRY PUPPY

As you wake up, Max greets you with an excited wag of his tail. However, his hungry eyes tell you it's breakfast time.

Options:

- A. Choose a bowl of nutritious dog food and serve it with a bowl of fresh water to satisfy Max's hunger.
- B. Ignore Max's plea and decide to have breakfast first..

### STORMY WEATHER

You and Max decide to take a walk in the park. Suddenly, dark clouds gather, and rain begins to pour.

Options:

- A. Quickly find shelter under a nearby tree or building to keep Max dry, ensuring he doesn't catch a cold.
- B. Continue walking in the rain, thinking it's just water, and Max will be fine.



### LONELINESS

Later in the day, you notice Max sitting by the window, looking out with a hint of sadness.

Options:

- A. Approach Max, pet him gently, and spend quality time playing together to chase away his loneliness.
- B. Leave Max alone, thinking he'll get over his feelings on his own.



### ENERGETIC PLAYTIME

Description: Max is bursting with energy and playfulness, eager for some fun.

Options:

- A. Engage in a playful game of fetch or tug-of-war to burn off Max's energy and strengthen your bond.
- B. Continue with your tasks, ignoring Max's enthusiasm for play.

### TIDYING UP TOGETHER

You return home to find Max's living area in disarray, with toys and blankets scattered around.

Options:

- A. Roll up your sleeves and start cleaning Max's living space together, turning it into a cozy and neat haven.
- B. Leave the mess as it is, thinking it's not a big deal and can wait.



### MAX FALLS SICK

One evening, Max appears unwell, with a cough and tired eyes.

Options:

- A. Provide loving care, including medication, warm blankets, and a comforting presence, to help Max recover.
- B. Hope Max gets better on his own without taking any action.



# Complete

- What Can Help
  - Dog & Cat Body Language
  - How Are They Feeling?
- How Are These Cats Feeling?
  - To Pet or Not to Pet?
  - Tracking Triggers
  - Know Their Feelings
- Draw these animals' emotions!
- Decipher these pet's thoughts!



The background features several decorative elements: a cluster of seven red dots in the top left; a light blue abstract shape at the top center; a yellow abstract shape at the top right; a red target symbol on the right side; a cluster of yellow dots in the bottom right; a green leaf-like shape at the bottom right; and large, soft-edged abstract shapes in yellow, light blue, and light pink on the left and bottom edges.

**See you in  
the next  
workshop!**