

RELATED FOUNDATIONS:

- Social & Physical Environments
- Student Engagement

RESOURCES:

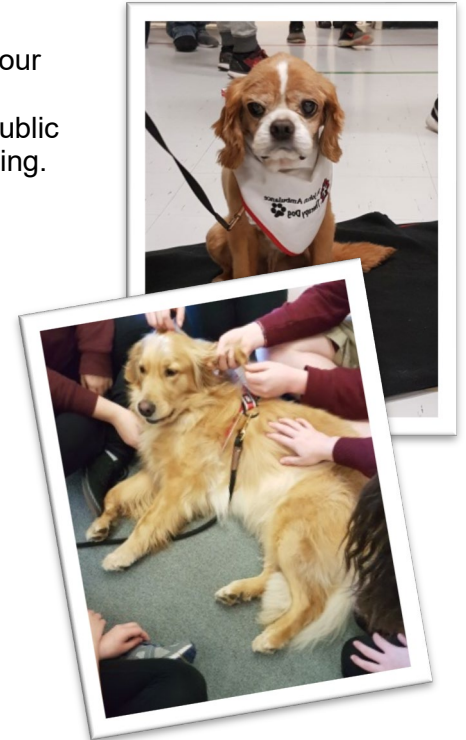
- Volunteers
- [St. John's Ambulance](#)
- [Post-its With Purpose](#)
- [Make and Take Activity](#)

Therapy Dogs

ACTIVITY GOAL: To reduce stress by connecting with therapy dogs and other peers who are participating in the event.

ACTIVITY INSTRUCTIONS:

1. Book the therapy dogs to come to your school by contacting St. John's Ambulance directly or talk to your Public Health Nurse for assistance in booking.
2. Ensure the space booked for the Therapy Dogs is large enough to accommodate a large number of visiting students.
3. Therapy dog visits present an excellent opportunity to provide additional information and increase awareness about mental wellness.
 - Use the 'Post-its with Purpose' Poster Board and ask students to contribute by adding their ideas on how they reduce their stress
 - Have a 'Make and Take' station where students can create personal resources (i.e. stress ball, fidget toy, de-stress kits, etc.)
4. Advertise the event through posters and announcements!



Curriculum Connections:

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental health – factors that enhance
- Grade 11: C 3.4 Skills for dealing with stressful situations
- Grade 12: C 2.5 Maintaining health and well-being when independent

