

THE DOG MENTOR

BUILDING CHARACTERS



WHY ARE DOGS IN SCHOOL?

To work with children and staff within the school to create a positive impact. By working alongside the dog and learning how to become a good trainer, both staff and children experience the values and techniques that help develop:

- Communication
- Self control and confidence
- Discipline and Resilience
- Empathy and Relationships
- Focus and Concentration
- Stress Coping Strategies

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IN SCHOOL EXPERIENCE

How to behave around dogs in school:

- Always ask the handler if you can stroke
- Don't get too excited – always approach dog calmly
- No loud voices – no shouting the dog's name
- No screaming with excitement to see dog
- Try not to run
- No eating around dog
- Always wash hands after being with dog
- Always make the handler aware if you are allergic to dogs
- Always let the handler know if you're worried about meeting dog

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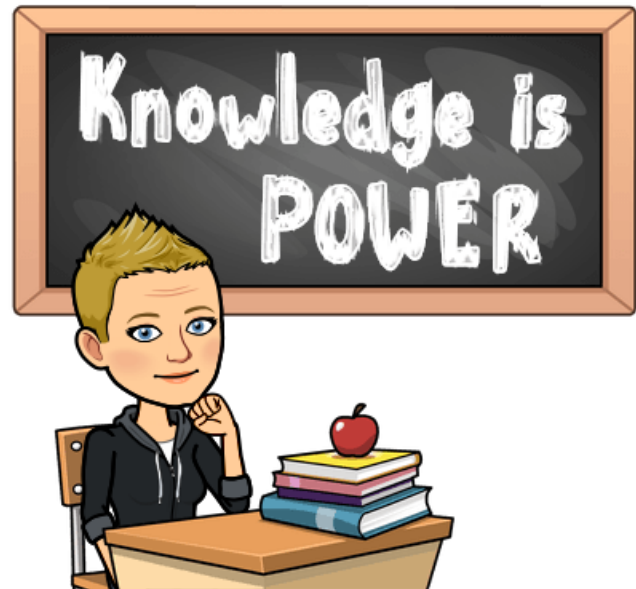


Wags and Waves

Would you believe that it is possible for you to communicate without uttering a single word? It may sound strange, but you can actually 'say' things with signals from your body. This is called body language and it can be a very important way to communicate to others.

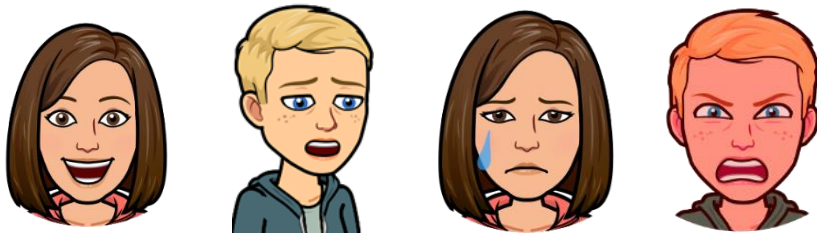
Working with our team of dogs you will discover how ...

- your body language works
- it helps us get along with others
- we say what we really mean
- we make good relationships

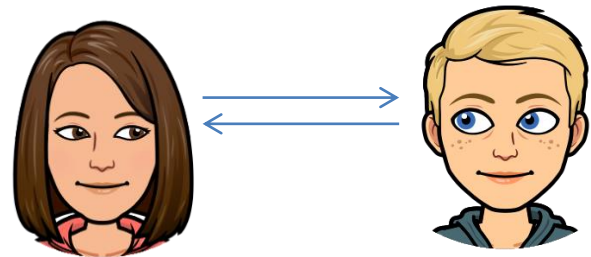


The secret of body language

Facial Expressions
show our true feelings



Eye Contact
helps us make a connection



Body Posture
shows that we are
confident and in control



Gestures
are used to
express information



Touch
is used to help
comfort someone



The body language of dogs

Just like us, dogs can show us through their body language how they are feeling. Look at the pictures and clues below to learn about how dogs show.

Happy



- Ears - folded
- Eyes - squinted
- Head - up
- Mouth - open showing tongue
- Tail - wagging
- Body - Relaxed

Scared/ Sad



- Ears - down
- Eyes - looking up
- Head - low
- Mouth - closed
- Tail - down between legs
- Body - hunched

Angry



- Ears - down
- Eyes - half closed
- Head - raised
- Mouth - open showing teeth
- Tail - up
- Body - tall, stiff
- Paw - up ready to jump

I wanna be like you

Nobody can help having feelings, they are part of everyone. We feel different feelings all day long as different things happen.

What counts is what we do about our feelings. We can learn to show our feelings in ways that help us and others around us.

We have two types of feelings:

- **Positive feelings** which can make us happy, kind, excited, caring, thoughtful, fun etc.
- **Negative feelings** which can make us sad, worried, angry, lazy, sick, bored, nervous etc.

Chemicals released in our brain give us these strong emotions.



Lucy's tips to help you to be happy

1. Tell Yourself

- Being happy helps you feel proud and grateful
- Being happy helps boost your self esteem
- Being happy helps you become more resilient (able to cope with life's ups and downs)

2. Tell Others

- You would like to share your happy mood

3. Tell Your Body

- Being happy helps your body communicate and decide
 - What action it should take
 - How it feels
 - What it believes
 - How to make decisions



DO'S AND DON'T'S

Dog Behaviour

- No nipping or biting unless invited to play with a specific toy
- No leading or pulling humans on a walk. Use the word 'slow' or 'this way' to shape and condition your dog
- No jumping up
- No stealing human food
- No whining or begging
- No stealing or destroying things that belong to humans
- No unnecessary barking
- No growling in a protective manner
- No excited running or behaviour indoors that would encourage excitement
- No chewing leads
- No chewing of peoples fingers

Human Behaviour

- No shouting, use calm voices at all times - if possible
- No shouting dogs name from around the school
- No giving human food
- To greet dog in a calm manner
- Always be confident and stand tall to instruct dog with a firm voice
- Dog should be calm to be stroked
- No more than two people to pet dog at the same time.
- To use the No or Leave command to make dog understand boundaries

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