

Wellbeing, dogs and me



What is wellbeing for you?

Objective: Describe what wellbeing is, and how it can look different for each of us.

Happy

Good thoughts!



A dog ^{is for} life®

Watch the rehoming centre video. Can you spot all the ways we keep our dogs happy and healthy at Dogs Trust?
Draw a line through the images as you spot them in the video.
Did you spot all 12?

Objective: Identify ways in which we can support dog wellbeing.



Draw a picture of what makes you happy!



Objective: Recognise what we can do to look after our own wellbeing.



Can you mime doing something that makes you happy?
See if your friends can guess what it is.



Objective: Demonstrate what makes us happy.



My name is... Noah

Objective: Record how to boost the wellbeing of dogs and ourselves.
I will...

spend more time crafting, and make an enrichment activity for my dog!

My Pup Promise