



**Gabriel's Angels Activities  
Visit 1**

**Ages: 4-18**

**Core Behaviors:** Self-Confidence, Attachment & Empathy

**Intro (5 min):** Introduction of Volunteer Team

**Activity (15 min):** How to Greet a Dog

**Discussion (15 min):** Scrapbook & Stories

**Closing (5-10 min):** One Good Thing

**Intro:**

**Introduction of Volunteer Team**

Procedures:

1. Take this time to introduce yourself and your therapy animal.
2. Tell the kids your name & where you're from.
3. Give on reason why you and your therapy animal are excited to be there.
4. Invite & encourage children to introduce themselves.

**\*\*Tip:** Before you enter the space, speak to your contact person at the facility and make sure the kids are sitting down and know not to rush the therapy team when they arrive. You may have to remind the kiddos not to rush you and your dog.

**Activity:** (Self-Confidence & Attachment)

**How to Greet a Dog**

Procedures:

1. Thank the kids for waiting so patiently to say hi to the therapy dog and tell them that now we will learn how to properly greet their new friend!
2. Have the kids sit in a circle or small group (work with you staff facility if you need some help).
3. Explain to the kids that you will demonstrate how to greet a dog safely.  
**There are 3 steps:**
  1. you ask first if you can pet the dog,
  2. you hold your hand out for the dog to sniff,
  3. then you approach from the side. Explain this is important to be safe when meeting any dog for the first time.
4. Each child then gets a chance to say hello as demonstrated. Kids will come up one by one and then take their place back in the circle, line or desk.
5. You can continue the discussion throughout this by encouraging the use of praise and commending the kids for being gentle.

6. Talk about how your dog “talks” to you to let you know how he/she is feeling. E.g., wagging tail, sniffing, barking etc.

**Discussion:** (Attachment & Empathy)

**Scrapbook & Stories**

- In this portion you may share stories & pictures of your dog, in any format you choose! Ex: pictures, scrapbook, PowerPoint.

Procedures:

1. Now that the kids have all gotten a chance to greet their new friend, take this opportunity to share stories about your dog. Think how you got them, their favorite activities, toys, the relationship you have created together etc. This is an opportunity for the children to learn more about the dog and understand that they also have likes, dislikes, personalities & feelings.
2. Show the children the pictures or slides you have prepared and engage in discussions about them.
3. You may ask the children how they like the pictures, vote on their favorite, or share a story of something they may relate to.
4. If you have time, you could also show a video about your dog’s breed! Have fun telling your dog’s story!

\*\* This is open time for discussion so feel free to lead this however you feel most comfortable. Allow the kids to ask questions as this is also time for you to learn about them and what they like so it may be easier to choose activities moving forward 😊

**Closing:**

**One Good Thing**

- Tell the children that the visit is coming to a close and it is time for you and your pup to head back home and this is their time to say goodbye.

Optional:

1. Before you leave you may ask the kids to share one (good) thing about their visit today.
2. Allow the children to have a goodbye pet with your dog
3. Allow children to give a treat to the dog before they leave.

Additional Ideas & Activities:

- Books are always great! If the kids are feeling nervous about approaching or petting the dog, or if you’ve finished early for the day reading a book to the kids while they sit with your pup is always a calming activity
- Brushing! If the kids aren’t really feeling like an activity for the day and just need some extra love, brushing is a great option. Let the kids take turns brushing your dog and teach them how to do so gently.
- Stethoscope! Always a favorite and a great time filler: have the kids use the stethoscope provided in your ACT kit to find & listen to the dog’s heartbeat. Use this opportunity to explain to the kiddos that dogs have a heart and feelings just like we do! You can then ask the following:
  - What are ways we can make sure we are respectful to [pet’s] feelings?
  - How do you think [pet] is feeling right now?
  - Why do you think that?