

# THERAPY DOGS CAN HELP ME FEEL SAFE

A FURRY FRIEND. A CALMER ME.

Therapy dogs are special dogs trained to help people feel better. They don't judge. They just listen, care, and stay by your side.



YOU MATTER JUST AS YOU ARE



- Therapy dogs can help us:
- feel calmer
  - feel safer
  - feel braver
  - feel less alone

EVERY DAY CAN BE A LITTLE EASIER WITH A PAW BY YOUR SIDE.



Hi, friend! It's nice to meet you.

BREATHE. YOU'VE GOT THIS.



Sometimes life feels big and noisy. A therapy dog can help turn the volume down.

It's okay to have tough days. It's okay to need help. And it's okay to ask for support. YOU ARE DOING AMAZING.



## HOW THEY HELP

**COMFORT**  
Soft fur, gentle touches, and kind eyes can soothe big feelings.

**CALM**  
Being with a dog can slow your body down and help you breathe easier.

**ROUTINE**  
Dogs like routines too! They can help us feel more settled and ready.

**CONFIDENCE**  
Therapy dogs cheer us on and help us try new things.

**FRIENDSHIP**  
They remind us we are not alone. We have a friend.

YOU + THEM = A SUPER TEAM!

# HOW A THERAPY DOG HELPS WHEN FEELINGS GET BIG

Sometimes, feelings get too big. It can feel hard to cope.

TOO LOUD!

TOO MUCH!



I feel worried.

I need help.

My therapy dog notices. He comes close and stays with me.



I'm here with you.

He helps me take slow, deep breaths. We breathe in... and out... together.

In...

Out...

We've got this.



He helps me feel steady and grounded.

-  I see 5 things.
  -  I hear 4 things.
  -  I feel 3 things.
  -  I smell 2 things.
  -  I am 1 thing.
- I am ENOUGH.



8DHD

Little by little, my body and feelings settle.

I feel calm.

I feel safe.

I am not alone.

I can try again.



**REMEMBER:**

**A THERAPY DOG CAN HELP ME PAUSE, BREATHE, AND FEEL BETTER.**



## THE BENEFITS OF THERAPY DOGS

Therapy dogs help kids feel braver and more ready for everyday moments—big or small!

### 1. GETTING READY



Routines can be hard... but you don't have to do them alone.



One sock at a time. You've got this!

### 2. GOING TO SCHOOL



School can bring big feelings. I'm here to help you start strong!



High five for a brave start!

#### BENEFITS:

- ✓ Routine
- ✓ Confidence
- ✓ Support
- ✓ Brave Moments

### 3. WALKING INTO A NEW PLACE



New places can feel scary. Together, we can take it one step at a time.



I've got your back. You're safe.

### 4. MANAGING TRANSITIONS



Stopping one thing and starting another can be tough. I'll help you make the switch.



You did it! Now we can do the next thing.

#### MY PLAN

PLAY

SCHOOL

LUNCH

QUIET TIME

BIG OR SMALL, THERAPY DOGS HELP YOU FEEL BRAVER, STRONGER, AND READY FOR WHAT'S NEXT!

Together, we can do hard things!

WITH A THERAPY DOG BY YOUR SIDE, YOU'RE NEVER ALONE.

# THERAPY DOGS HELP WITH CONNECTION AND COMMUNICATION!

## MAKING FRIENDS IS EASIER!



Therapy dogs bring people together and help start positive conversations!

## FEELING COMFORTABLE WITH ADULTS!



They help kids feel safe and supported when talking with grown-ups.

## ★ HELPING YOU NOTICE FEELINGS AND ASK FOR HELP! ★



Therapy dogs help kids understand their feelings and give them courage to ask for help.

## READING TOGETHER IS FUN!



Therapy dogs encourage practice, build confidence, and celebrate every effort!

## BETTER COMMUNICATION, STRONGER SUPPORT!



Connection leads to friendship, communication, and a caring community!



# LOOK WHAT MY THERAPY DOG HELPS ME DO!

You + Your Dog = Amazing Team!

**1 HELPS ME FEEL SAFE**

**2 HELPS ME STAY CALM**

**3 HELPS ME BE BRAVE**

I CAN DO HARD THINGS!

**4 HELPS ME FEEL LESS LONELY**

**MY THERAPY DOG, MY BEST FRIEND**

**5 HELPS ME WITH ROUTINES**

MY PLAN

- WAKE UP
- EAT
- SCHOOL
- PLAY
- READ
- BEDTIME

**6 HELPS ME ASK FOR HELP**

I NEED HELP, PLEASE.

**7 HELPS ME SMILE**

**I AM SUPPORTED.**

**I AM SAFE.**

**I AM NOT ALONE.**

Thank you, therapy dog, for helping me every single day!

