

# Session Title:

Wellbeing, pets and me - teacher led



I care  
about  
pets!

## Duration:

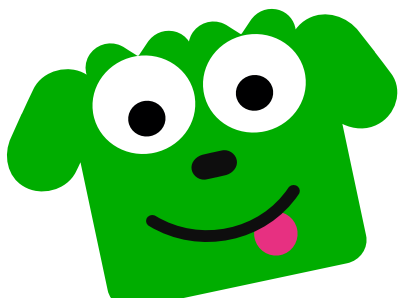
Up to 40 mins

## Aim:

To recognise that exercise and movement is essential to the wellbeing of people and pets

## Learning objectives:

- 1 Learners can explain the meaning of wellbeing
- 2 Learners can describe the similarities and differences between human and animal wellbeing.
- 3 Learners can give examples of activities they can do with or for pets to improve their wellbeing



## Key vocabulary:

Wellbeing - Feeling happy, safe and healthy.

## Curriculum references:

### Relationships and Health Education

- Mental wellbeing is a normal part of daily life
- The benefits of physical exercise on mental wellbeing and happiness



# Pet Education Partnership

England

Time	Activity	Instructions	Resources
10 minutes	Intro discussion	<p><b>Slide 2</b> - Explain the Pet Education Partnership includes eight of the UK's leading animal charities - ask the young people if they recognise any of the charities shown on the screen.</p> <p><b>Slide 3</b> - Play an introduction video from a celebrity they may recognise from TV, Jodie Ounsley from Gladiators.</p> <p><b>Slide 4</b> Introduce the definition of wellbeing and ask the class to suggest what the term 'wellbeing' means to them.</p> <p><b>Slide 5</b> Read the words that can contribute to good wellbeing and pick out 'movement' for the focus of the workshop. What do they do that involves movement and makes them happy?</p> <p><b>Slide 6</b> Listen to the video of people sharing what movement they do for good wellbeing.</p>	Presentation slides and video
10 minutes	True or false quiz	<p>As a quick warm up activity, ask the group to <b>vote if the statements that appear on the screen are true or false.</b> Use thumbs up / down, standing up/sitting down, moving to one side of the room or the other or any other method you choose. If anyone isn't sure of the answer, just have a guess.</p> <p><b>Slide 7-8</b> A hamster can travel up to 5 miles in the wild in just one night - <b>TRUE</b>. Wild hamsters travel huge distances at night to find food.</p> <p><b>Slide 9-10</b> Rabbits need lots of exercise - <b>TRUE</b>. Rabbits are active animals and need lots of room to move, especially at dawn and dusk when they are most busy!</p>	Presentation slides

Time	Activity	Instructions	Resources
	<p>True or false quiz</p> <p>Discussion</p>	<p><b>Slide 11-12</b> Most cats prefer to have the choice to explore outdoors - <b>TRUE</b>. Most cats enjoy the choice of being outdoors, if it is safe to do so</p> <p><b>Slide 13-14</b> Most dogs need a walk everyday to sniff and explore - <b>TRUE</b>. Most dogs need a walk every day to explore different sniffs.</p> <p><b>Slide 15-16</b> Guinea pigs are small so don't need much room to move around. <b>FALSE</b>. Guinea pigs may be small but still need lots of room to explore and exercise.</p> <p><b>Slide 17-18</b> Horses prefer to spend most of their time in a stable - <b>FALSE</b>. Horses prefer time outside in a secure field or paddock to move, graze, and be with their friends</p> <p><b>Slide 19</b> Ask the young people if there were any answers that surprised them at all, and if so, why? Do they view some of these animals slightly differently now? Which ones and why?</p>	Presentation slides
10 minutes	Comparing activity	<p><b>Slide 20</b> Explain for the next activity, can they use the knowledge they have gained from the true or false quiz and use it to decide <b>which pet or person they would rather be</b>. Children can use thumbs up/down and stand up/sit down again for answer A or answer B. Can they link all their answers back to movement?</p> <p><b>Slide 21</b> A child in a classroom v a child actively learning outside. While it's not appropriate or necessary to learn outside all the time, especially with our UK weather, there may be times where we would enjoy learning through moving outside more.</p>	Presentation slides

Time	Activity	Instructions	Resources
10 minutes	Comparing activity	<p><b>Slide 22</b> A cat in an empty room v a cat with lots to do and explore. Cats are active animals and love to have things to do that get them moving and exploring, climbing and being high up.</p> <p><b>Slide 23</b> A dog that looks out from a balcony/on a small patio v a dog that enjoys exciting walks. Remember, it is unlikely we can meet a dog's wellbeing and exercise needs in a gardens or other small outside space. It's important they get to go out and about every day, including lots of sniffing, to other places that aren't their home.</p> <p><b>Slide 24</b> A rabbit in a hutch v a rabbit in a large run with lots to do. Just like guinea pigs, rabbits love lots of space and things to do that get them moving.</p> <p><b>Slide 25</b> A goldfish in a bowl v a goldfish in a large tank with lots to do. Goldfish are active fish and need space to swim, explore and grow.</p> <p><b>Slide 26</b> Did they find there were some pets and people they would rather not be? Why was that?</p>	Presentation slides
5 minutes	Discussion	<p><b>Slide 27</b> Explain they are going to take a look at a short video of lots of different pets. What were all the pets in the video doing - were they sitting still or moving about? Can they decide <b>how the pets in the video are feeling?</b></p> <p><b>Slide 28</b> How did watching the video make <b>them</b> feel and why?</p>	Video

Time	Activity	Instructions	Resources
5 minutes	Plenary	<p><b>Slide 29</b> Ask the <b>group to vote: do they think moving around is important for pets too?</b></p> <p><b>Slide 30</b> Share a summary slide of how and why exercise/ movement is good for both us and our pets.</p> <p><b>Slide 31</b> Share how they can <b>all get involved</b> and help the wellbeing of their own pets or of their friend's pets, by getting them all moving around more. Watch the final video for some great ideas on how they can all get involved.</p>	Presentation slides and video



### Follow up ideas

Visit the Pet Education Partnership website on the QR link for a variety of follow up activities, including a PE lesson and things to make and do with your class to get all pets moving about!

# Pet Education Partnership

