



'5 a Day'

Activity Booklet

for 5-12 year olds



Responsibilities



Feelings

Friends



Needs

www.LearnWithDogsTrust.ie

Introduction

Welcome to our '5 a Day' activity booklet, which is suitable for pupils aged 5 to 12. This booklet has been designed to be used throughout a week providing an activity for each day of the week - or they can be used on their own.

Each day, we have provided a different story or discussion based activity that all have a dog theme. These are supported by 5 image flashcards, which aim to teach pupils 5 different things about dogs. The activities should last for 20 minutes and can be used as a time filler or as part of assembly or circle time.

Monday	Meet 5 doggy friends
Tuesday	Story: 5 doggy feelings
Wednesday	Story: 5 doggy needs
Thursday	Story: 5 dog owner responsibilities
Friday	5 of the best things about dogs

The Monday and Friday activities are based on using flashcards to encourage discussion. The three story activities are based on a true story and follow three days in the life of a family and their new dog. Although it is recommended that you read them in day order, they have been designed to be used as stand alone stories. Within each story, 5 reflection and discussion points are placed throughout to encourage pupils to reflect upon the theme of the story and to think about what is happening and why.

We have also included a consolidation activity which could be used at any point during the week or as an extra activity to learn everyday. Pupils are asked to learn a short song called 'Has your doggy got?' The song is designed to be sung to the tune of 'head, shoulders, knees and toes' and includes similar movements for pupils to learn.

Curriculum links

Ireland:

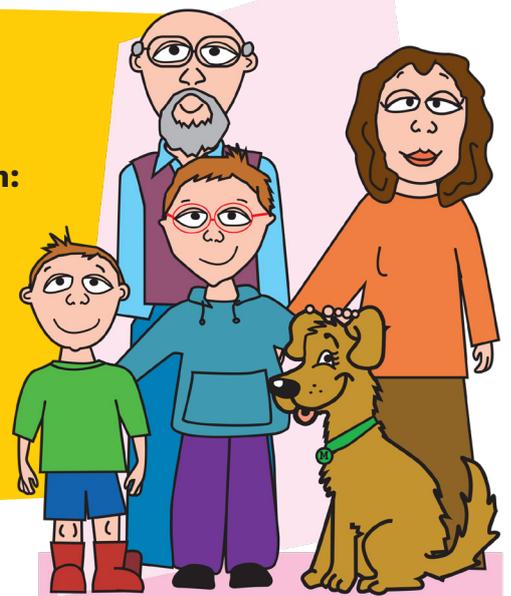
Developing Citizenship in the Irish SPHE Curriculum:

Strand: Myself and the wider world

Strand Unit: My school community

Strand: Environmental awareness and care

Strand Unit: Caring for my locality



Monday

Meet 5 doggy friends

We have provided flashcards of our Canine Gang characters.

Each card provides a picture and description of the dog for you to read out to your pupils.

Using the flashcards, ask pupils the following questions:

1. Which dog do you like the most and why?
2. Do you think the dogs are happy, if not why not?
3. Do you think the dogs are friendly to each other?
4. Do you think friends are important?
5. Why do you think they live at a rehoming centre?

Extension Activity

Separate pupils into groups and then give each group a dog description picture flashcard. Ask pupils to create the ideal family and home for their dog.

Things to consider:

- Size of dog - bigger dogs eat a lot more food and will need more space
- Age of dog - younger dogs need a lot more exercise and play
- Length of fur - longer coats need more grooming
- Likes and dislikes - a dog that is nervous about being hurt might be better in a family with older children who are less boisterous, and a young playful puppy full of energy is not the right choice for an old age pensioner
- Will the dog be left alone ? - if your house is empty for long periods during the day then a dog is not the right choice of pet

Pupils could use descriptive words or pictures to share their ideas.



Tuesday

5 doggy feelings

I used to live near a train station in Bray with my owner, but he didn't want me anymore, so one day I ran off.

I ran so fast my owner couldn't catch me. There was a train at the station so I jumped on - no-one saw me. I hid and curled up under one of the chairs. I had escaped. Yes. I felt so pleased with myself that I fell asleep 🐾(1). Suddenly I woke up. A friendly looking train guard was talking to me. "Hello chap. Wonder where your owner is? Umm no collar or tag. What am I going to do with you?" he said. The next thing I remember was the train guard taking me to a rehoming centre. I have been living here, now, at the rehoming centre for about 4 months. The centre tried to find my owner, but because I didn't have a collar and tag, they couldn't find him.

Although at first it was strange living at the centre, I really started to enjoy it. I made lots of doggy friends - I met Digger, Rex, Zippy, Muffin and Flick. The people that looked after me were really nice and gave me lots of attention. This was much better than where I used to live, I thought! 🐾(2)

Then one day it all changed again. Whilst I was in lying in my dog basket, people kept coming to see me. Then they took me for a walk and played with me. They seemed nice but I didn't know what was happening. They left me for a while. Then they came back - they came back for me! They put a lead on me and then I left the centre. I didn't want to go with them. I was very scared. What was happening? Where was I going? 🐾(3)

I was taken to a big house with a big garden, where I

was greeted with a big smile from a little boy. He gave me a big hug and said "we are your new family!" Wow I thought, how good is this? A new family to love me! I smiled to myself.

I started to run around the garden. It was fun to play. There's lots of space for me to run around. Great I thought. All this for me! Suddenly the garden got full with people. They were all looking at me. I started to feel tired so I lay down near the big tree. Then a girl, a friend of the little boy, came towards me. She stared at me. Then she started to fling her hands around. I thought she was going to hurt me like my old owners. I growled at her. She screamed and ran behind my new owners legs. Did I do wrong to growl at her? Was I in trouble? Then my new owner gave me a pat on the head and said "it's OK fella, she just wants to be your friend." Then he turned to the girl and told her she needed to know how to play safely around dogs. 🐾(4) "You shouldn't stare at a dog, and always wait for the dog to approach you before petting them. Speak softly to him and he will be friendly to you," he said. The little girl then appeared from behind my new owners legs and said "hello" in a friendly voice. She stood quietly, and I approached her for a sniff. I let her stroke me - it was nice. I am now friends with the little girl and have a great new family. I have lots of fun and we all play safely together.

I needn't have worried about leaving the rehoming centre and all my friends because now I have new friends, and a new loving family. Oh and they gave me a new name too. My name is Jake. 🐾(5)

Reflection Points

Q1: How was the dog feeling as he went to sleep under the chair on the train?

A: Happy, calm and relieved, as he had escaped his owner.

Q2: How do you think the dog is feeling now?

A: Happy, hopeful and safe as he has met new friends.

Q3: What do you think is happening? And how do you think the dog is feeling?

A: The rehoming centre has found the dog a new family, but he is feeling nervous and scared as he doesn't really understand what's happening.

Q4: Why was the dog growling? Why do you think he felt like this?

A: Because he thought the girl was going to be horrible to him - she was waving her hands and staring at him.

Q5: Do you think the dog is happy and why?

A: He is happy and playful as he has a new family and lots of new friends.

Extension Activity

Using the flashcards as discussion stimulus, ask pupils what they think the dogs in each photo might be feeling? Look for a wide range of feelings for each dog - prompt if needed (excited? thirsty? tired? bored?). Ask if we can know how a dog is feeling just by looking at them? No! Can dogs talk to us and tell us how they are feeling? No! Because of that we should never try and pet a dog who isn't with their owner. We must ALWAYS ask the owner before we pet a dog. Which of the dogs in the photos is the only one we may be able to pet? (dog with owner) What must we do first? Ask.

There are 2 photos that show 2 situations in which we may NEVER pet a dog, even if the dog is ours - can you identify them (eating and sleeping) - why do you think we shouldn't pet dogs who are eating or sleeping (link back to own feelings here).

Wednesday

5 doggy needs

My name is Matt and we've just got our new dog Jake from a rehoming centre. Before we got Jake, we had to think about all the things that a dog would need to be happy and healthy.

Owning a dog is a big commitment. Dogs can live for a long time and so you need to make sure that someone is around to look after them for their whole life! When we decided as a family to get a dog, we all sat down and made a list of all the things that a dog would need. We worked out if we could afford to care for a dog. Then we considered who would look after the dog. As my mum doesn't work and is at home all day, she will always be around to look after him. Once we agreed on all the things we needed, we went shopping to buy everything.

We bought a collar and tag 🐾 (1). The tag has our name and address on it. If Jake gets lost and someone finds him, they can contact us. Jake wasn't wearing a collar and tag when he was taken to the centre so they couldn't find his previous owner. We also bought a lead 🐾 (2) so that we can take him out for walks. We bought a comfy bed for him to sleep in, 2 bowls (for food and for water), a brush, and some toys for him to play with and, of course, we bought lots of dog food! 🐾 (3)

At home we were ready for our new arrival! But there were still things for us to learn. We went to the rehoming centre to see Jake and to make sure he liked us. I took him for a walk around the garden whilst Mum and Dad talked to a Canine Carer. A Canine Carer is someone who works at a rehoming centre and looks after the dogs in their care. She told Mum and Dad that a vet had examined Jake and he had been given a vaccination. She explained that Jake would need vaccinations every year to make sure he doesn't get poorly. It is very important to keep him healthy, just like us! 🐾 (4) We also have to get flea and worming treatment and it's a good idea to get pet insurance to make sure your covered for any unexpected vet bills too.

So thinking we knew all the things that Jake needed, we took him home for his new life. But we forgot one thing . . . we needed to train Jake! 🐾 (5) On his first walk, wearing his new collar and on his new lead, he kept pulling and making mum fall over! Dad had to teach him how to sit, stand, wait, and walk nicely! Jake learnt very quickly. We gave him treats to say well done! Jake has now got all the things he needs to stay happy and healthy.

Reflection Point

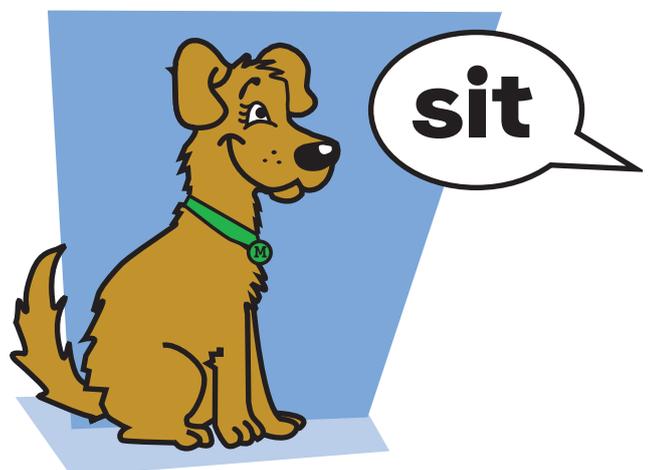
We had to think very carefully about getting a dog.
Do you remember what 5 doggy needs my family had to consider for Jake?

- 🐾 1. A collar and tag
- 🐾 2. A lead
- 🐾 3. All other items - a bed, bowls, a brush, toys and food
- 🐾 4. Veterinary care
- 🐾 5. Training

Extension Activity

Using the story as a starting point, help pupils compare the needs of a dog to their own needs. Fold an A4 sheet of paper in half - on the left hand side draw a dog and on the right hand side draw yourself. List all the things a dog needs and then what you need to stay happy and healthy on the appropriate side of the page.

Now compare and discuss your two lists - colour, circle or highlight all the common needs recorded on both sides of the page.



Thursday

5 dog owner responsibilities

“Oh what’s that? Oh what do you want? Oh what time is it? Oh Jake, it’s 7 o’ clock in the morning. It’s not time to get up yet. Jake it’s the weekend. Go on, go back to your bed. Oh please let me sleep . . . OK Jake, you want to go out and play, come on then, let me put my slippers and dressing gown on!”

So that’s how my weekend usually starts. My name is Jake, if you haven’t already guessed and that was my owner. He doesn’t really like getting up early at the weekends, but us dogs still need to go out and play. I am a very energetic dog and always on the go! Even at 7 o’ clock in the morning! So my day starts with a lovely walk 🐾 (1). My owner and his son Matt take me to the park where lots of dogs go. I sometimes meet up with my friend Charlie who is often on his walk too! We play for a while and then my owner and I walk on. I like to go out for a walk everyday. My owner always has to pick up any mess I make, especially in the park where lots of children like to play too. He would be in trouble and could be fined a lot of money if he didn’t!

Then we head home. We sometimes stop at the shop so that my owner can buy some milk for his cereal. I’m not allowed in the shop so Matt waits with me outside. It seems like a long time waiting for my owner to come out, but I know if I wait nicely, I usually get a doggy treat. Yum! Then we set off for home, where Mum is waiting for us in the kitchen. She always gives me a big bowl of fresh water, which is just what I need after a run in the park! 🐾 (2) Then comes my breakfast - a big bowl of dog food!

After all that exercise and food, I need a rest. Later in the afternoon I’m up and ready to play again. Matt is sitting playing computer games. Umm I wonder. Maybe I could play with him. I wander up to him and stand right in front of the TV. He asks me to get out of the way. I don’t. Suddenly there’s a loud booming noise. It makes me jump. Then Matt shouts ‘NOooooo’. Whoops. What did I do? OK his game has ended as he can’t see it anymore, but he can still play with me – that’ll cheer him up! Us dogs always need attention and we always want to play. So as an owner it is very important that you are happy to play with us! Matt and I like to play ball in the garden 🐾 (3). I am very good at catching the ball and then dropping it at Matt’s feet to throw it again. Then Mum shouts to Matt to come in, as they need to go out. I want to come, I want to come? Woof, Woof! “Not this time boy, you have to stay here”, says Dad. “But I’ll give you a brush before we go.” I love to be brushed 🐾 (4). My fur is quite long so I need to be brushed every day, otherwise Mum gets my fur on her black skirts! After being brushed, I love looking at my shiny, smooth fur. I am a handsome chap!

At the end of each day, Mum cooks dinner for the family and I have another bowl of food! Yum. Whilst they watch TV, I curl up next to Mum’s feet. She uses her toes to tickle my tummy! I like that! At bedtime I have a lovely comfy bed. 🐾 (5) Just like my owners do! As we both curl up in our beds, I start to dream about my next fun day. My owner dreams of lying in bed on a Sunday morning but there is no chance of that happening, as I will want my next walk! Every day is a busy day, with a dog like me as a pet!

Reflection Point

There are lots of responsibilities that come with owning a dog. My family carried out lots of them today; can you remember all the things that they had to do to keep me happy and healthy?

- 🐾 1. Taking Jake for a walk
- 🐾 2. Giving Jake some food and water
- 🐾 3. Playing ball in the garden with Jake
- 🐾 4. Brushing Jake as he has long fur
- 🐾 5. Giving Jake a comfy bed to sleep in

Extension Activity

Using the flashcards to help them recall all the responsibilities that come with owning a dog, pupils could write their own ‘day in the life of a dog’ story from either the owner’s or the dog’s perspective. Pupils who don’t have a dog of their own could choose one of the Dogs Trust Canine Gang characters, from Monday’s activity, to write about in their story.

Friday

5 of the best things about dogs

Here is a list of examples of the best things about dogs

- 🐾 Being good friends and companions
- 🐾 Having a dog's unconditional love
- 🐾 Dogs are loyal
- 🐾 Dogs are comforting
- 🐾 Dogs are playful

Describe 5 things that you feel are the best things about dogs. You could use your own dog as an example or use a fictional dog to help describe the best things.

Now draw all these items to make a picture of the best things about dogs. You could use the pictures to make a display in the classroom.

Extension Activity

Dogs have lots of great qualities, but just like us they are all individual. Help your pupils to think about all the things that make them a special person by relating the friendship, love, loyalty, understanding and fun qualities of dogs to similar qualities in each other.

If pupils find it hard to list positive things about themselves, then get them to focus their ideas on their best friend or a family member.

This activity can be used as an introduction to the abstract concept of self-esteem.

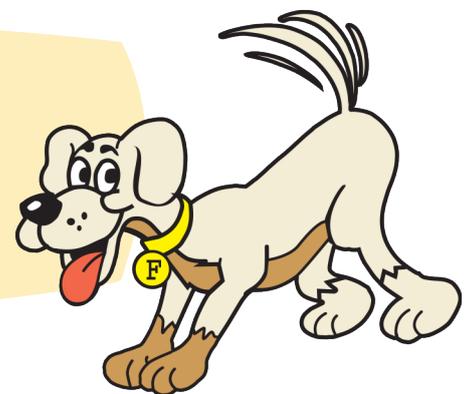
Consolidation Activity

As an extension to the activities, this consolidation activity teaches pupils a fun song about 'Has your doggy got?'

This short song can be sung along to the theme tune of 'heads, shoulders, knees and toes' and uses movements to explain each line.

Song: Has your doggy got?

Has your doggy got bright eyes, bright eyes?
Has your doggy got clean ears, clean ears?
A cold wet nose, tidy paws and waggy tail?
Check these five things every day! Every day!



Song

- | | |
|--|--|
| 1. Bright eyes _____ | Point to your eyes |
| 2. Clean ears _____ | Flap your hands next to your ears |
| 3. Cold wet nose _____ | Touch your nose |
| 4. Tidy paws _____ | Hold your hands out and clench your hand |
| 5. Waggy tail _____ | Wiggle your bottom |
| 6. Check these five things every day _____ | Mime drawing a tick on the palm of your hand |

Movements

Monday



Name: Rex

Sex: Male

Description: Rex is light brown, very tall and a strong dog. He can be a bit forgetful but is very friendly. He loves meeting and playing with other dogs. He was bullied by another dog called Biff, but stood up to him, so Biff now leaves him alone.

Monday



Name: Zippy

Sex: Male

Description: A light brown young dog with a brown patch over his right eye. He is a happy puppy, with lots of energy. He's called 'Zippy' as he is always 'zipping around'. He loves playing games and going for long walks. He would love to live with a loving family.

Monday



Name: Muffin

Sex: Female

Description: Muffin is chocolate brown with long eyelashes. She is a sleepy dog, has lots of friends, and enjoys having fun. Muffin used to live with a family but she ran away. She now lives at the centre.

Monday



Name: Flick

Sex: Male

Description: Flick is a clever dog. Although old, he has lots of energy and is always on the go. He loves playing ball and eating doggy treats. He is at the centre as his owners couldn't look after him.

Monday



Name: Digger

Sex: Female

Description: Digger is a young dog who loves playing and jumping around. Her family didn't have the time to look after her so gave her to the centre to find a new home.

Tuesday



Tuesday



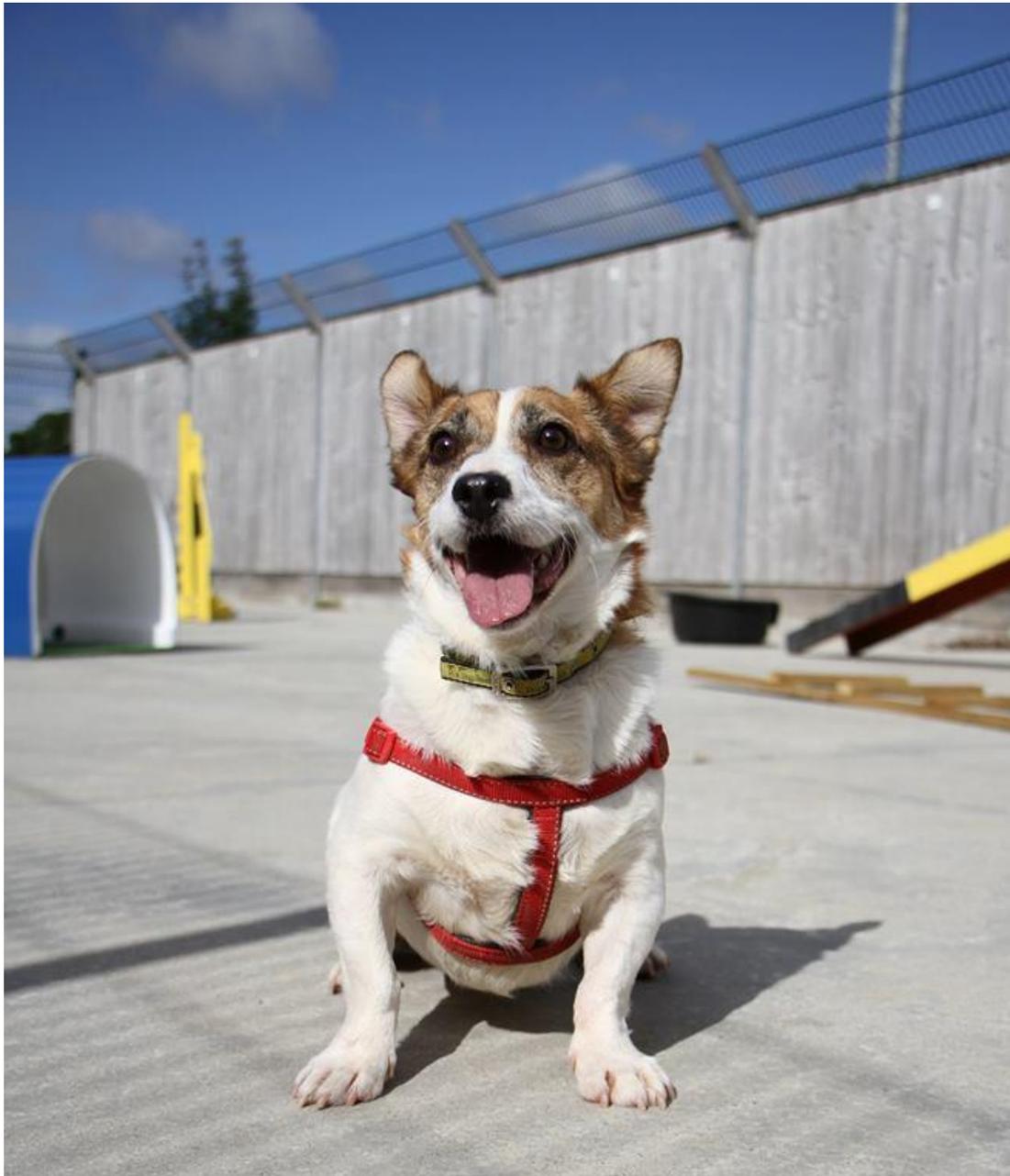
Tuesday



Tuesday



Tuesday

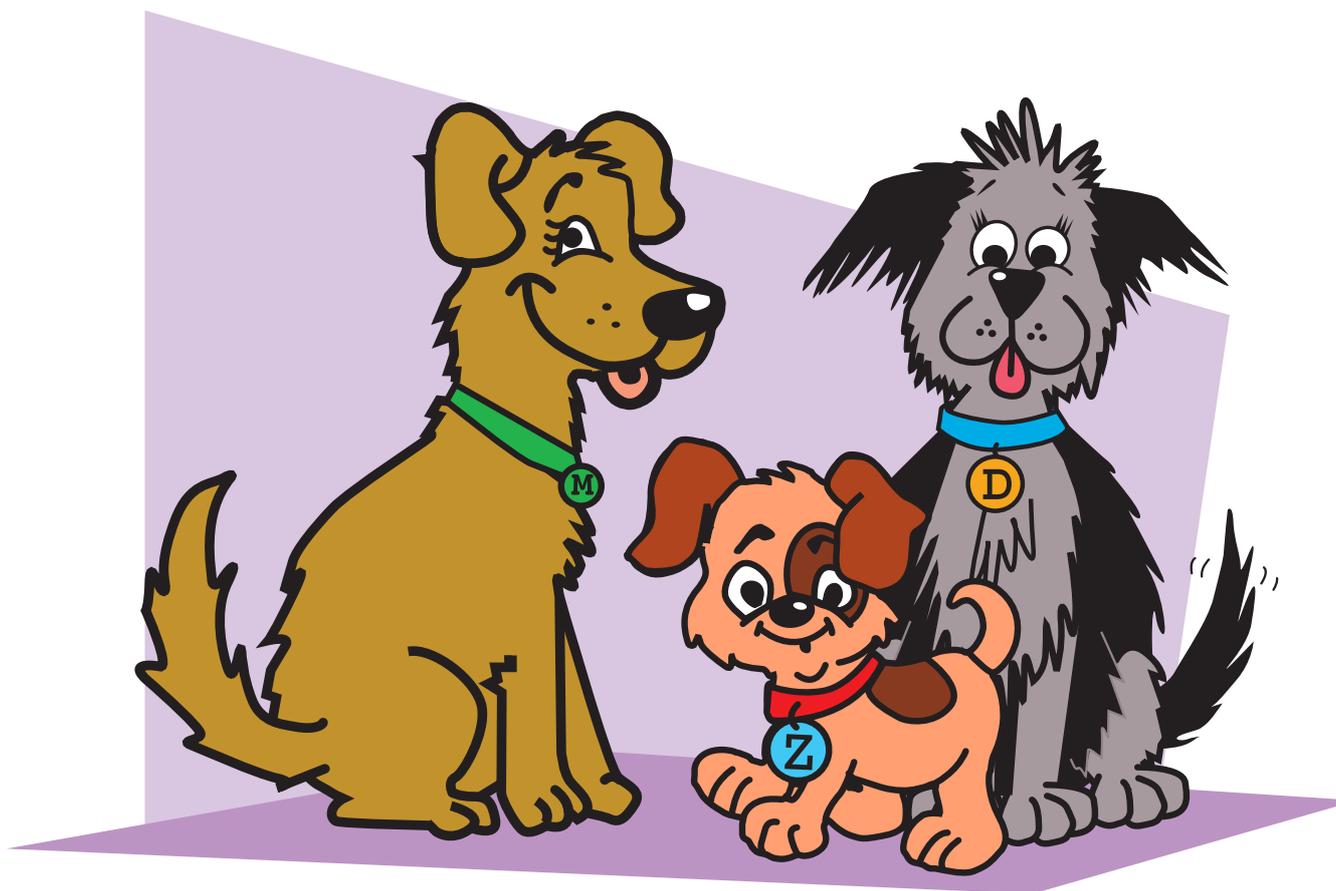


Wednesday



**What a dog needs to be
happy and healthy**

Wednesday



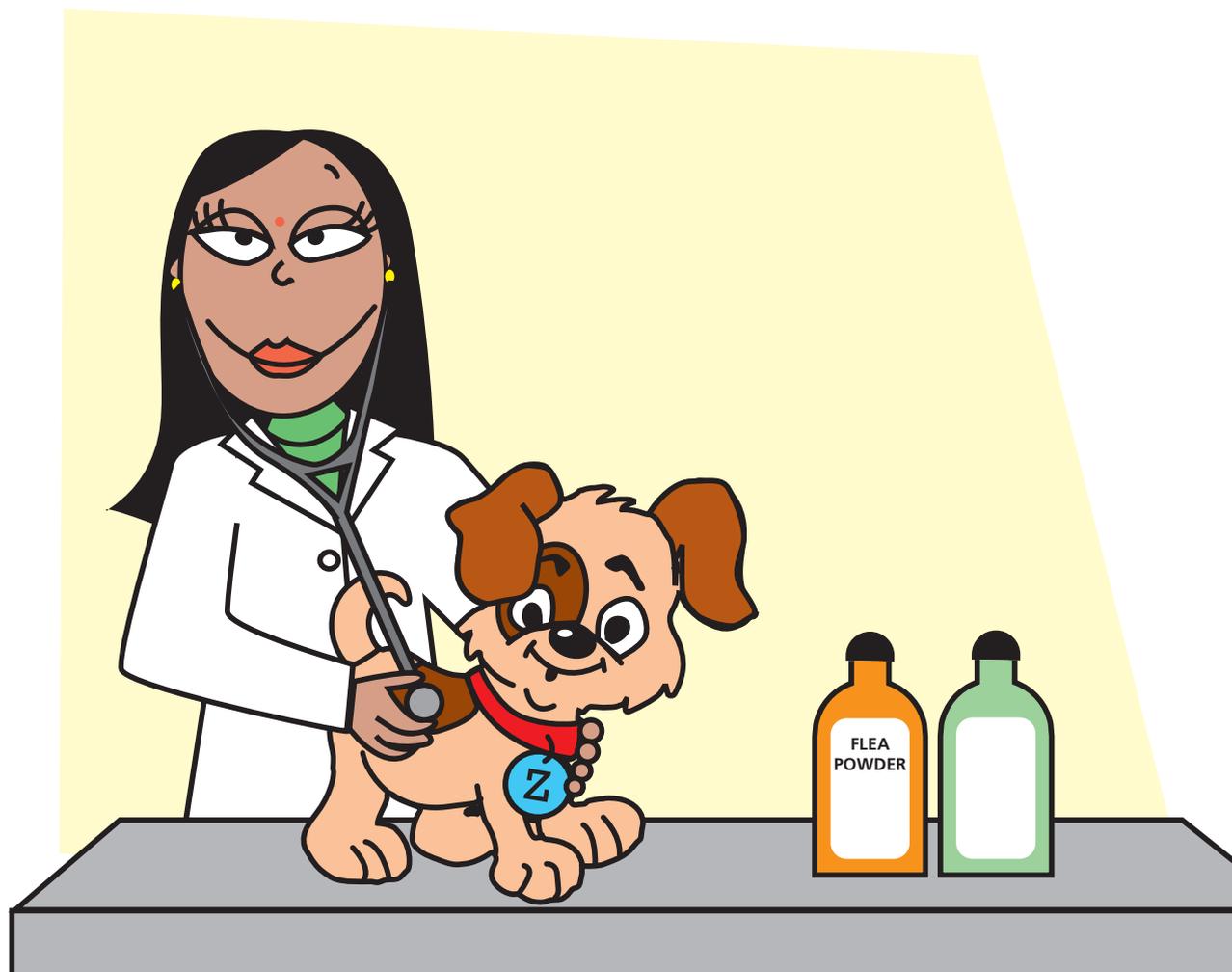
Collar and tag

Wednesday



Lead

Wednesday



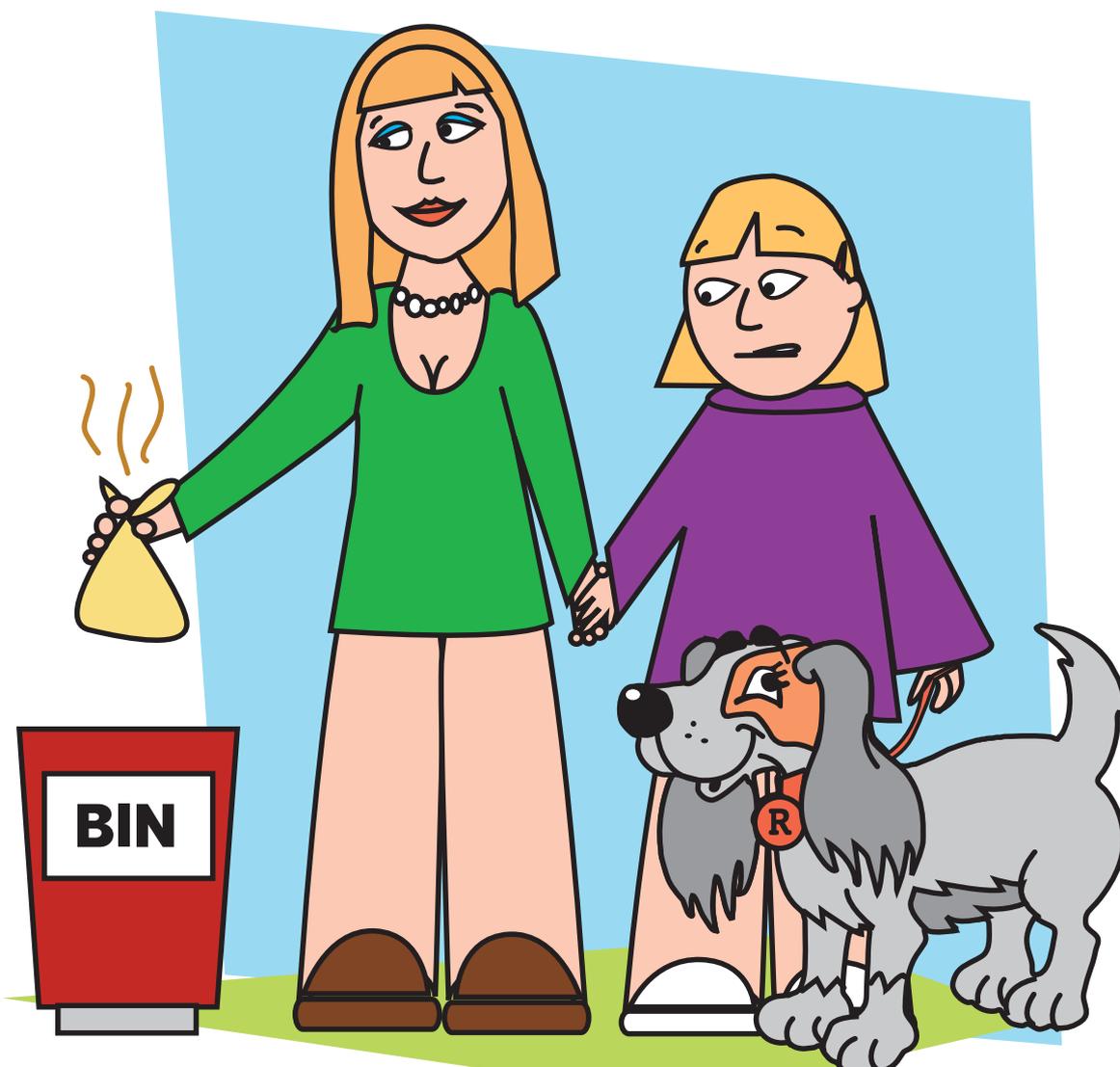
Veterinary care

Wednesday



Training

Thursday



Walking the dog

Thursday



Feeding the dog

Thursday



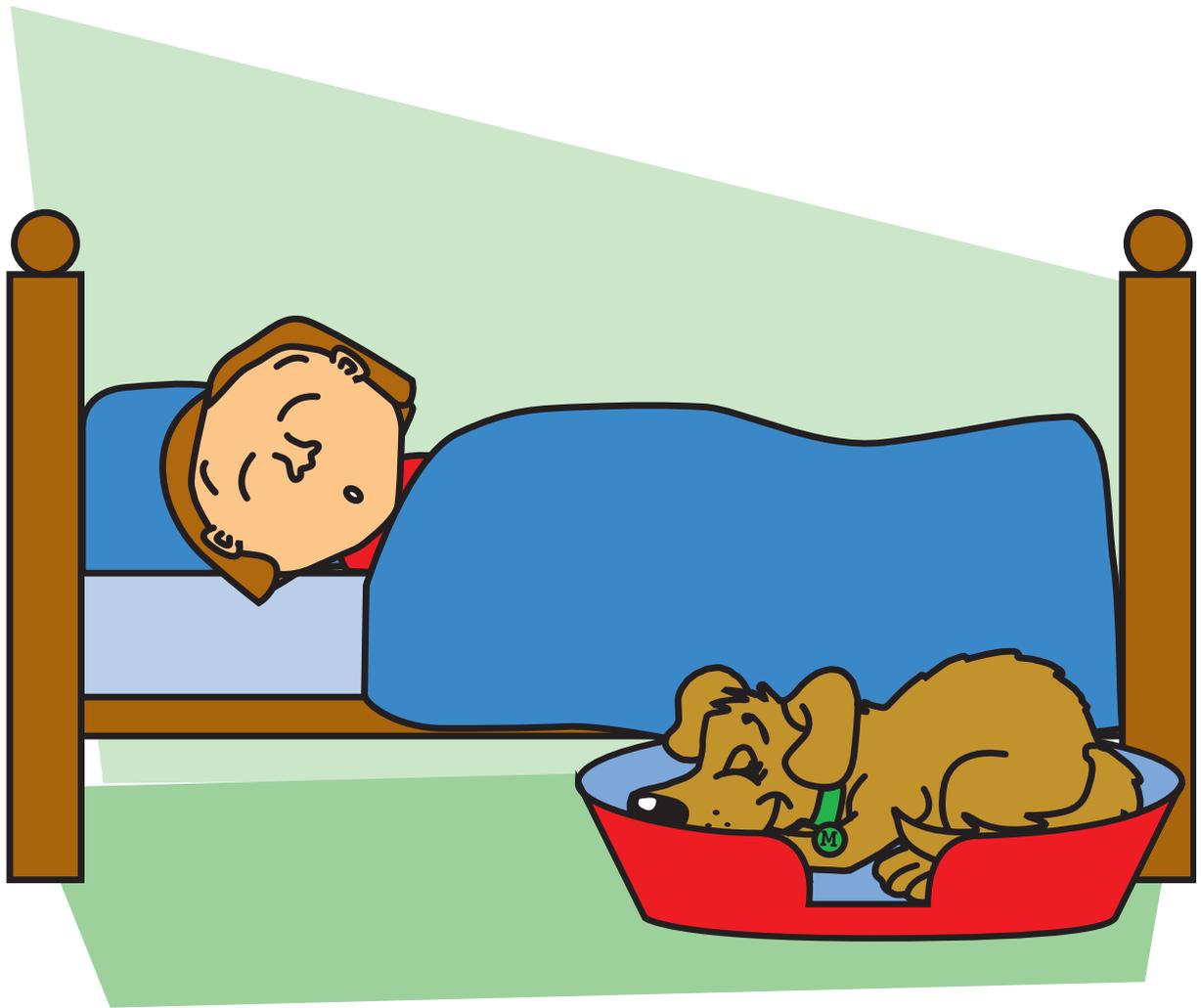
Playing with the dog

Thursday



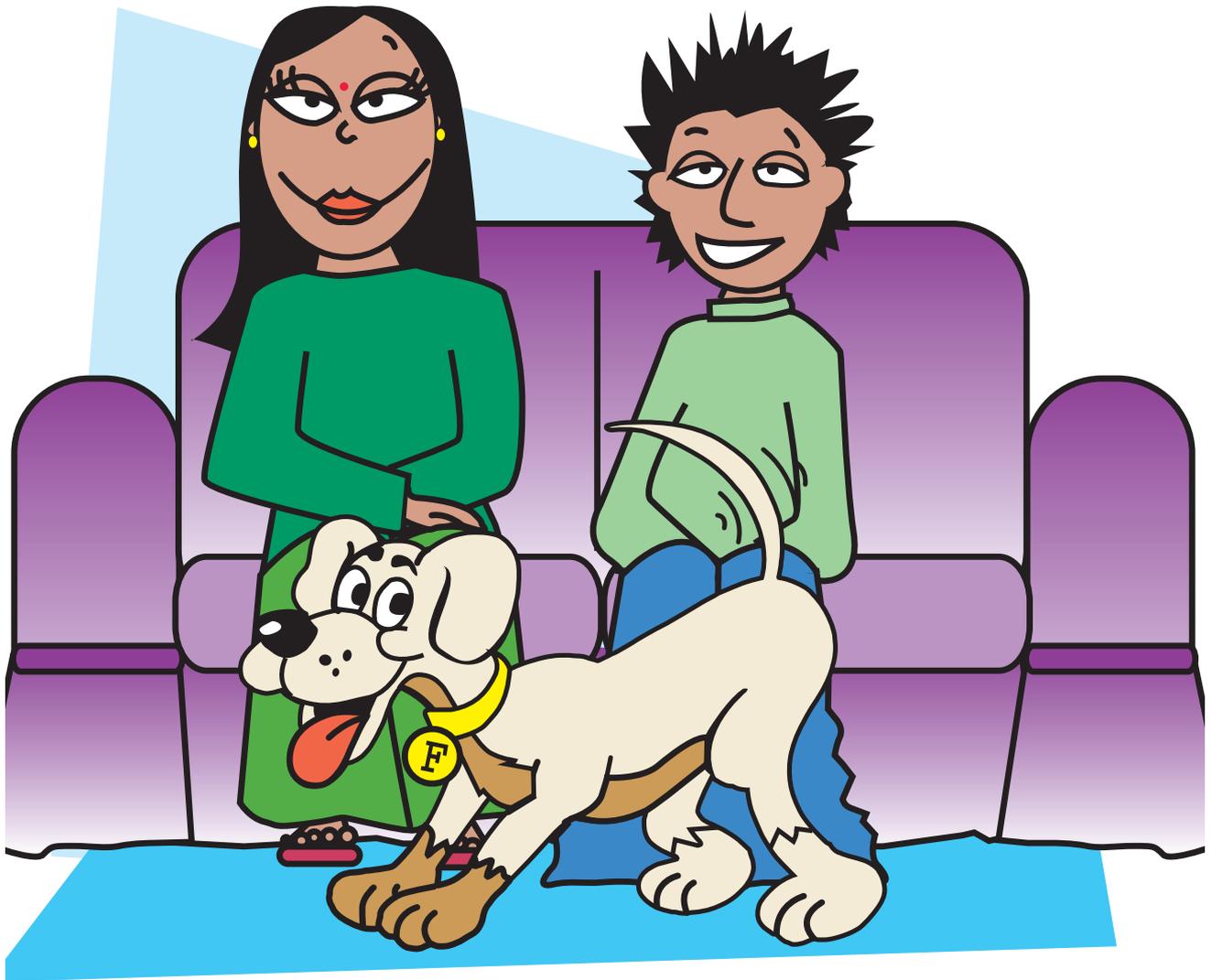
Grooming the dog

Thursday



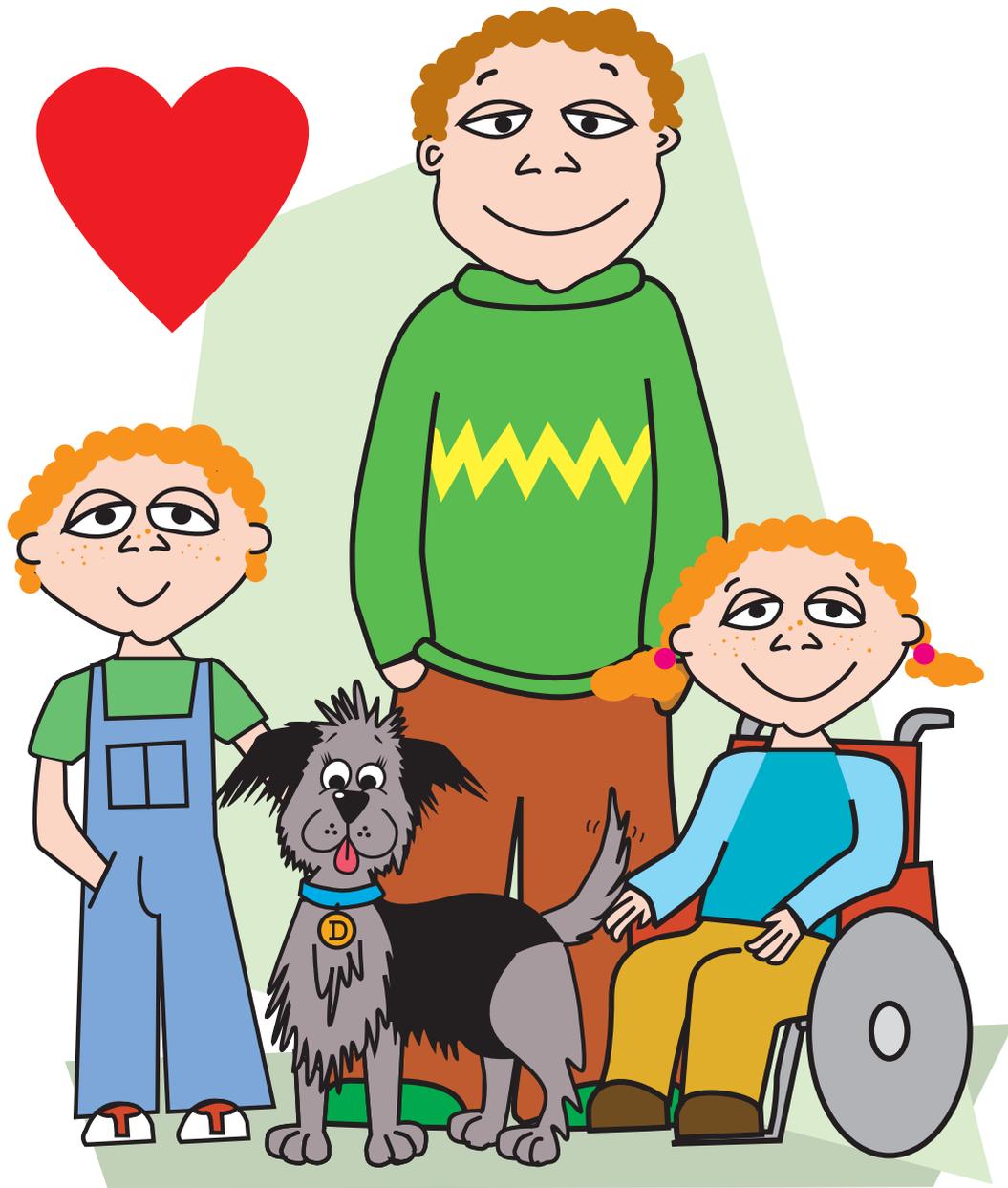
**Giving the dog a comfy bed
to sleep in**

Friday



A dog can be your best friend

Friday



A dog can give you lots of love

Friday



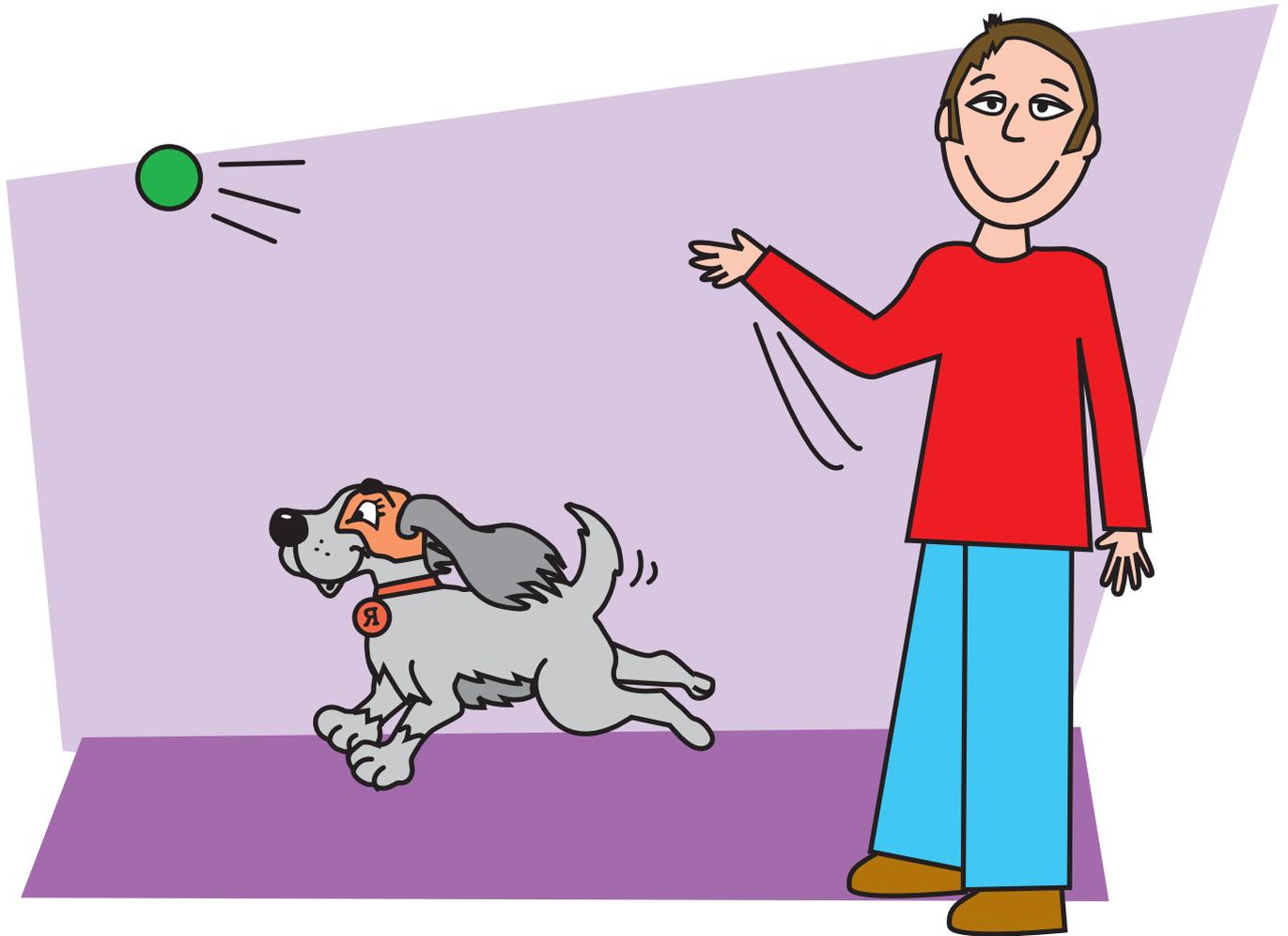
A dog can be a loyal companion

Friday



**A dog can provide you
with a lot of comfort**

Friday



**A dog can be playful and you can
have lots of fun with them**



Additional Information

Dogs Trust provides FREE education workshops about Safety around dogs, and Responsible Dog Ownership, to primary and secondary schools across Ireland, both in-person or online. If you are interested in finding out more about the education programme, or would like to see if there is an Education and Community Officer in your area:

visit: www.LearnWithDogsTrust.ie

call: 01 879 1827

email: education@dogstrust.ie

For more information about the work of Dogs Trust, Ireland's largest Dog Welfare organisation, please visit www.DogsTrust.ie.



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