

Just like us, dogs have several needs that must be met for them to live happy and healthy lives. A balanced approach to health includes meeting physical, emotional, mental, and spiritual needs. Our pet dogs rely on us to help them meet many of these needs. Explore the different aspects of a dog's health with the activities below.

Physical



- Dogs require **regular visits** to a _____ (**IRAENINERVAT**) to receive medical treatment, vaccinations, and health check-ups. They can **diagnose and treat illnesses, fix injuries, and** _____ (**RSEIPCREB**) medications.
- **Vaccines** help protect dogs from developing severe illness caused by bacteria and _____ (**SVISREU**) by training their body's _____ (**MUEMNI**) **system** to fight the infectious agents before it encounters them for real. All dogs should receive vaccines for **rabies, distemper, and parvovirus**.
- There are many _____ (**SPAITSARE**) that like to live in and on dogs. These include **fleas, ticks, and worms**. Medications can be used to prevent and treat these.
- To keep their muscles strong and to maintain a **healthy weight**, dogs require regular _____ (**EICRESXE**).
- A **complete and balanced diet** containing proteins, fats, carbohydrates, vitamins, and minerals is required for proper _____ (**OTRINTNUI**).

Mental



- An active brain is a **healthy brain**. Learning tricks, solving problems, exploring new sights and _____ (**LESSML**), and having new experiences are all ways that dogs can keep their brains active.
- A mentally stimulated dog will also be less likely to have **behavioural problems** that are caused by _____ (**OBNEROMD**).

Emotional



- Dogs feel many of the same **emotions** as us. A healthy dog should experience more **positive** emotions than _____ (**GEIVNTEA**) ones.
- We can support the **emotional well-being** of dogs by treating them with _____ (**OLEV**) and **kindness**. Dogs that are **abused or neglected** can become **fearful and** _____ (**RVGSSEAGIE**).
- **Exercise** can help boost positive emotions and reduce boredom. Dogs can get exercise by doing many of the _____ (**VITEISCAIT**) **they enjoy** such as playing fetch, tracking scents, and running with other dogs.
- Dogs are very _____ (**CSOLIA**) animals and form strong bonds with people and other animals. If dogs are left alone, they experience loneliness.

Circle all the positive emotions:

ANXIETY LOVE CURIOSITY ANGER SADNESS BOREDOM
ENJOYMENT ENTHUSIASM LONELINESS EXCITEMENT HAPPINESS FEAR

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Create an Instructional Guide to Dog Health

Your neighbour Skye has just adopted a new dog. She has never cared for a dog before and she is worried about keeping him happy and healthy. Create an instructional guide to help Skye care for her new dog. Think about the different health needs of a dog. Make sure that the guide is easy to follow and be creative!



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Questions for Further Discussion

- In some communities, dogs roam freely outside. Can you think of any benefits this may have for a dog's health?
- In some communities, dogs roam freely outside. Can you think of any risks this may pose to a dog's health?
- What are obstacles some owners may face in obtaining veterinary care for their dog?
- Humans help dogs to meet many of their health needs. Does the relationship between humans and dogs benefit human health too?

TEACHER'S ANSWER KEY

Just like us, dogs have several needs that must be met for them to live happy and healthy lives. A balanced approach to health includes meeting physical, emotional, mental, and spiritual needs. Our pet dogs rely on us to help them meet many of these needs. Explore the different aspects of a dog's health with the activities below.

Physical



- Dogs require **regular visits** to a **VETERINARIAN** to receive medical treatment, vaccinations, and health check-ups. They can **diagnose and treat illnesses**, **fix injuries**, and **PRESCRIBE medications**.
- **Vaccines** help protect dogs from developing severe illness caused by bacteria and **VIRUSES** by training their body's **IMMUNE system** to fight the infectious agents before it encounters them for real. All dogs should receive vaccines for **rabies, distemper, and parvovirus**.
- There are many **PARASITES** that like to live in and on dogs. These include **fleas, ticks, and worms**. Medications can be used to prevent and treat these.
- To keep their muscles strong and to maintain a **healthy weight**, dogs require regular **EXERCISE**.
- A **complete and balanced diet** containing proteins, fats, carbohydrates, vitamins, and minerals is required for proper **NUTRITION**.

Mental



- An active brain is a **healthy brain**. Learning tricks, solving problems, exploring new sights and **SMELLS**, and having new experiences are all ways that dogs can keep their brains active.
- A mentally stimulated dog will also be less likely to have **behavioural problems** that are caused by **BOREDOM**.

Emotional



- Dogs feel many of the same **emotions** as us. A healthy dog should experience more **positive** emotions than **NEGATIVE** ones.
- We can support the **emotional well-being** of dogs by treating them with **LOVE and kindness**. Dogs that are **abused or neglected** can become **fearful and AGGRESSIVE**.
- **Exercise** can help boost positive emotions and reduce boredom. Dogs can get exercise by doing many of the **ACTIVITIES they enjoy** such as playing fetch, tracking scents, and running with other dogs.
- Dogs are very **SOCIAL** animals and form strong bonds with people and other animals. If dogs are left alone, they experience loneliness.

Circle all the positive emotions:

ANXIETY LOVE CURIOSITY ANGER SADNESS BOREDOM
ENJOYMENT ENTHUSIASM LONELINESS EXCITEMENT HAPPINESS FEAR

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Create an Instructional Guide to Dog Health *Teacher's key*

Your neighbour Skye has just adopted a new dog. She has never cared for a dog before and she is worried about keeping him happy and healthy. Create an instructional guide to help Skye care for her new dog. Think about the different health needs of a dog. Make sure that the guide is easy to follow and be creative!

Students should include instructions on meeting the physical, mental and emotional needs of the dog.

- Care for the physical needs may include: nutrition (balanced diet, water), exercise, weight control, medical care (regular vet visits, deworming, parasite control, vaccinations, dental cleaning, treating illness and injury, medications, spay/neuter), providing shelter, providing a clean environment (eg picking up poop), grooming.
- Care for mental needs may include: mental stimulation, play, learning, teaching tricks, going for car rides, providing new experiences, exercise.
- Care for the emotional needs may include: exposing the dog to positive experiences (eg playing fetch, going for car rides, going to the dog park, providing toys and treats), giving love and attention, exercise, socialization.

Students should use headings, highlighting, bullet points, images, etc to make the instructions creative and easy to follow.



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Questions for Further Discussion *Teacher's Key*

In some communities, dogs roam freely outside. Can you think of any benefits this may have for a dog's health?

- Dogs are able to get more exercise and are less likely to experience boredom and loneliness than dogs that are left inside while their owners are away at work.
- They have more freedom to display their natural behaviours, including exploring the land, foraging, hunting, and socializing with other dogs.

In some communities, dogs roam freely outside. Can you think of any risks this may pose to a dog's health?

- They are more likely to scavenge through garbage and animal carcasses. This puts them more at risk of being poisoned.
- They are at greater risk of injury. They are more likely to be hit by cars, to be attacked by predators, to be in fights with other dogs, or to be mistreated by people who see them as a danger or a nuisance.
- They are at greater risk of contracting disease. They may not be provided with preventative medical care, so are more likely to be infected by parasites such as mites, ticks, fleas, and worms. Without vaccines, they are also more likely to contract diseases and to spread these contagious diseases to the other dogs in the community. If not spayed and neutered, population numbers may rise.
- Without proper shelter, dogs are exposed to extreme weather conditions, including sun, snow, and rain. Not all dogs have the thick winter coats necessary to survive in cold weather and are at risk of hypothermia or frost bite, while others may have coats that are too thick in the hot weather and may be at risk of heat stroke.
- Dogs may not be able to find water sources in the winter in freezing temperatures.

What are obstacles some owners may face in obtaining veterinary care for their dog?

- Economic factors: they may not be able to afford veterinary care (this may include the inability to take time off work to go to a veterinary appointment, not having a vehicle, etc)
- Location: there may not be veterinary care available in the community
- Prejudice: they may not feel able to go into certain communities or businesses if they are treated differently due to their race, sexuality, gender, religion, etc
- Language: they may not be able to communicate with the veterinary professionals to explain the health needs of their pet or understand the instructions of the veterinarian. This may include speaking a different language or not having the same level of education.

Humans help dogs to meet many of their health needs. Does the relationship between humans and dogs benefit human health too?

- Dogs provide us with companionship, unconditional love, emotional support, and help reduce loneliness.
- Research has shown that owning a dog can reduce stress (which can even increase heart health).
- There are service dogs for people with disabilities - they can act as guide dogs, seizure response dogs, diabetic alert dogs, mobility assistance dogs, and more.
- Dogs encourage people to be more active.