

Caring for my best friend



naturewatch foundation

ADVANCING ANIMAL WELFARE

Caring for my best friend

Hi!

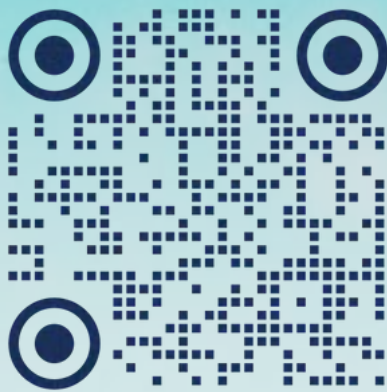
Welcome to my activity book.
I've spent ages putting together
lots of fun activities that I think
you'll enjoy. But not only that,
the activities also contain lots
of handy tips about caring for
four-legged friends just like me.
I hope you enjoy completing it
and learning all about
dogs along the way!

Have fun,
Sammy the dog



A Message For Paw-Rents

We love dogs at Naturewatch Foundation,
but we know it can be difficult to avoid bad breeders.
If you're thinking about welcoming a dog into your home,
visit naturewatch.org or scan the QR code to find out more
about getting a dog or puppy from an ethical source.



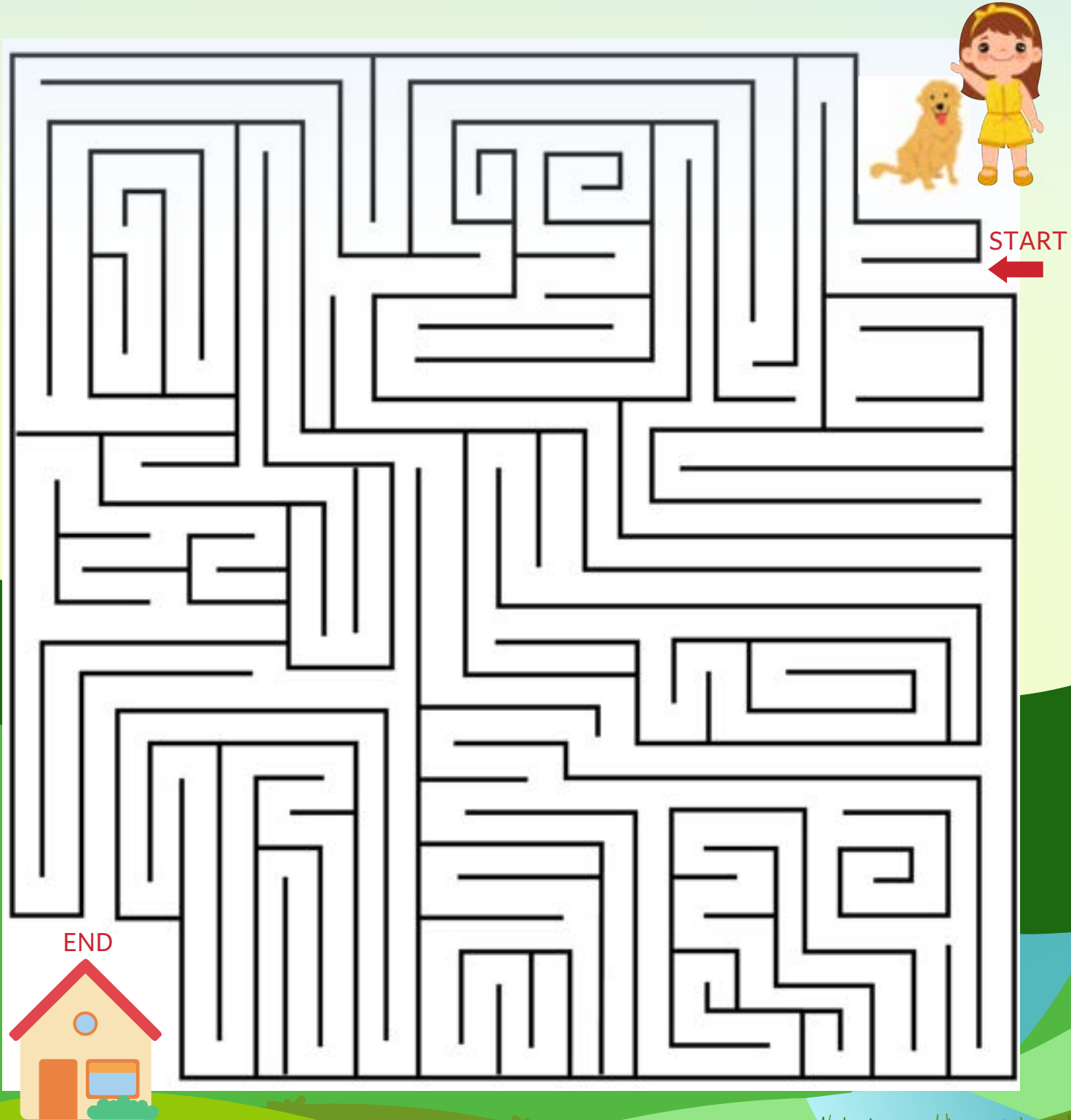
We hope your child enjoys completing our activity book.



Caring for my best friend

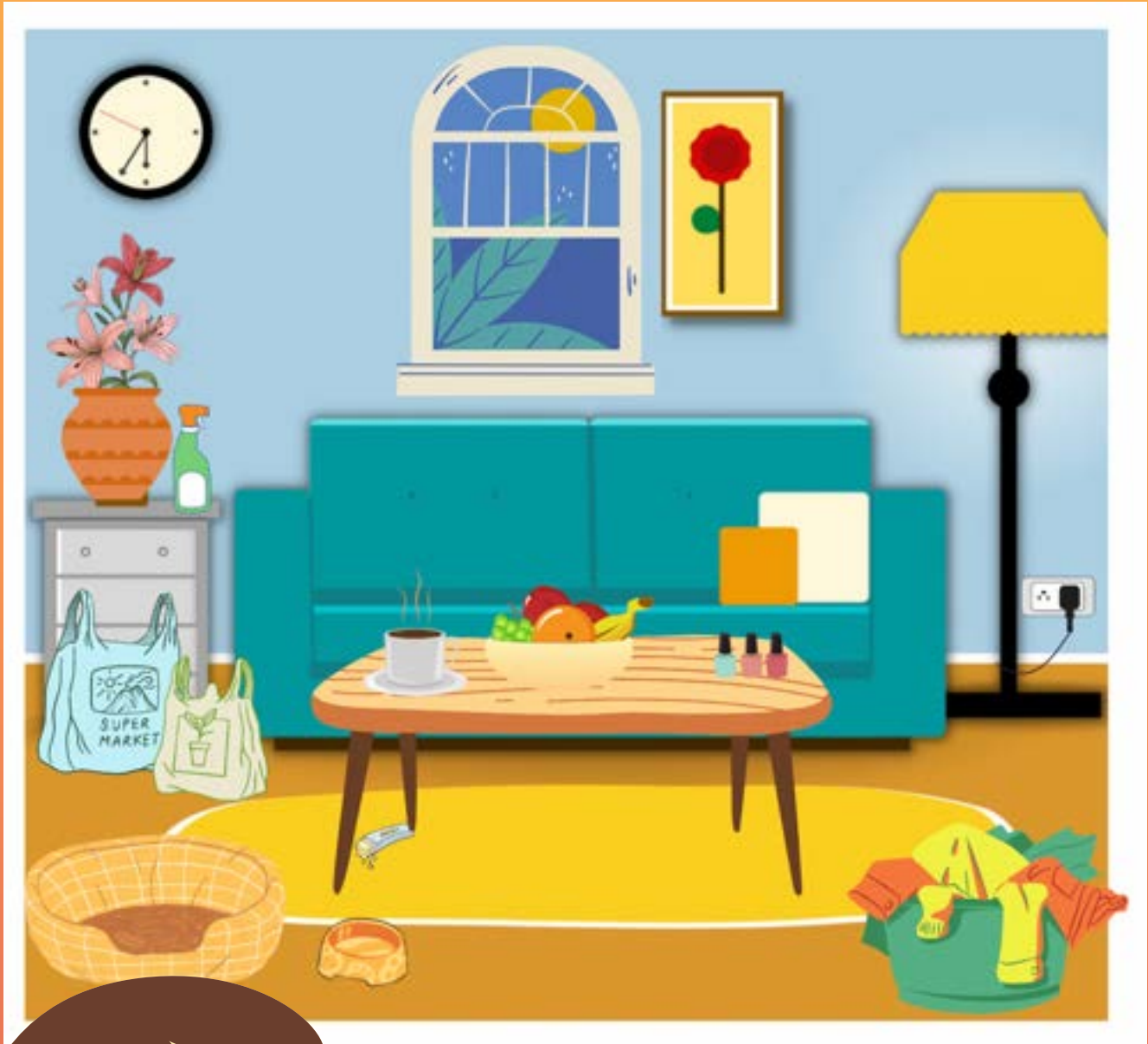
Walk the dog

Emma and her dog Penny have forgotten which route they took on their walk. Can you help them find their way home?



Find the objects

Imagine you're bringing home your family's new dog. Dogs are a lot of responsibility and can get into all sorts of trouble if you aren't careful! Look at the picture and try to spot all the potential hazards before the dog arrives.



Hint: There are a total of 10 hazards to spot



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Dog supplies

You will need to make sure you pick up everything you need at the shops for your furry friend.

Can you match the words to some of the things they will need?

	Bowls
	Food and treats
	Collar and tag
	Poo bags
	Harness
	Grooming brush
	Toys
	Lead
	Bed



.....



.....



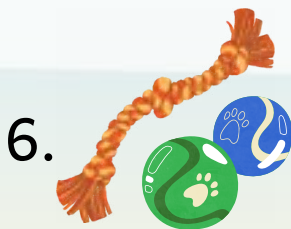
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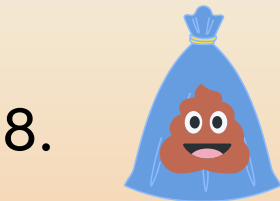
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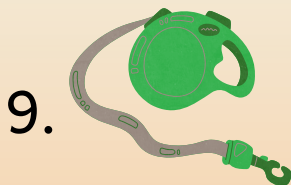
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.....



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.....

Dog scramble

Unscramble the letters to reveal the dog breed.
There are pictures to guide you if you need some help.



NAPLEIS



RODREB LCOILE



AJCK SSRELLU



CRBROSSEED



EABGLE



HNDΟΥYERG



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Wordsearch



There are over 200 different dog breeds!

Below are just some of them; there may be a few you have never even heard of before! Can you find them all in the wordsearch?

F L A B R A D O R F X M H Z V Y B C F O
C G B B T E S H Y J D L O Y Q I H J D M
O V O E K F F T Q L E O N B E R G E R C
L Y J L R O J O X Y V C G D G X Q B G O
L X M M D N D A U C Q P K L O G C W I R
I Z G P A E E B N K T R D Z L P C R G G
E I X L L L N S R A B O P D V O R P D I
V R H O H F T R E I T J X T R O O S E V
J C Q Q Z P B E E M A O W W C D S H Z S
S B H R Y B V I S T O R L H V L S A J E
B O C O Q P A Z C E R U D I B E B R Z L
V R E S W C I Q I H V I N M A M R P I S
F Z F G N C L S X P O S E T D N E E Q A
Y O G R E Y H O U N D N A V A K E I Q L
V I I Q H E I O Y J Y W F M E I D Q Y U
A U Z N M X E S W E W W A R O R N X K K
N E W F O U N D L A N D D J I Y D D W I
P Z O T U A E B Y X T L T Z K S E P O L
I R I S H W O L F H O U N D I W E D B G
R K I X F J E F V N Z T Y E V E I H J K

Bernese Mountain Dog

Newfoundland

Chow Chow

Maltese

Shar Pei

Crossbreed

Poodle

Golden Retriever

Samoyed

Greyhound

Bichon Frise

Borzoi

Corgi

Irish Wolfhound

Labrador

Leonberger

Saluki

Collie

Anatolian

Briard



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Dog treat receipe

Why not make some homemade treats for your four-legged friend?
Follow our easy recipe guide.
Make sure you get an adult to help you.



Ingredients

Plain flour 300g
Plain rolled oats 100g
Dog peanut butter 250g
Bananas peeled x 2
Honey 1 tsp
Eggs x 2

Method

1. Preheat the oven to 180°C.
2. Blend together the peeled bananas, eggs, peanut butter and honey. Don't worry if you don't have a blender - just mash the bananas with a fork and whisk together the ingredients.
3. In a separate bowl, mix together the flour and oats. Then add this to the wet mixture from step 2.
4. Keep on mixing together until it forms a dough.
5. Dust a clean work surface with flour and roll out the dough to be around 1cm in thickness. Use a cookie cutter to cut out a biscuit shape from the dough (you could even design your own shape).
6. Place the biscuits on a lined baking tray and bake in the oven for around 15-20 minutes or until golden brown in colour. Make sure the biscuits have fully cooled before feeding to your dog.



REMEMBER: Don't give your dog too many treats a day - treats should be given as part of a balanced diet.
Make sure the peanut butter does not contain xylitol as this is harmful to dogs.

Spot the difference

See if you can spot all 10 differences in the picture below

1



2



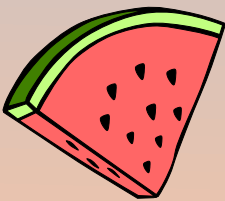
Dog diets

Did you know? There's some human food that can be toxic to dogs! Some can cause a poorly tummy, while others may be even more dangerous. Most dogs love to eat (and aren't too fussy), so it's important to know which foods to avoid.

Remember, if you give your dog a treat, choose something dog-safe and only feed in moderation.



Look at the food items below and circle which ones you think are dangerous or toxic to dogs.



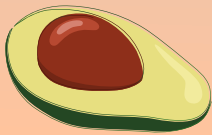
Watermelon



Chewing gum



Onions



Avocado



Banana



Chocolate



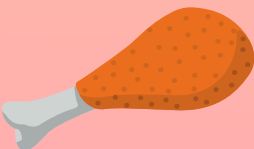
Grapes



Carrot



Broccoli



Cooked chicken bones



Sweet potato



Green beans



Caring for my best friend

True or false

Below are 10 sentences. Can you guess which are **TRUE** or **FALSE**?

		TRUE	FALSE
1	Adult dogs have 42 teeth.		
2	Dogs have a better sense of taste than human.		
3	Dogs can smell 40 times better than us.		
4	Greyhounds can reach up to 45mph when running.		
5	Puppies have great eyesight when they are born.		
6	All dogs love to be cuddled.		
7	Recent studies say that there are over 10.2 million dogs in the UK.		
8	Puppies sleep for around 18-20 hours a day.		
9	Recent studies say that 32% of people got their dog from a rescue centre.		
10	A wagging tail means a dog is happy and friendly.		

Train your dog to sit

Training your dog can increase your bond with them whilst teaching them something new!

Teaching your dog to sit can be very useful. For example, teaching your dog to sit at kerbs can make crossing roads safer, and asking your dog to sit when greeting people may prevent jumping up.

1. Hold a tasty treat near your dog's nose whilst they are standing.

2. Keeping the treat near your dog's nose, move your hand slowly back over their head. As the dog raises his head to follow the treat, his bottom will go on the floor. The instant he sits, praise him and give him the treat.

3. Practise a few times. You can try saying 'sit' as he goes to sit.

4. Practise this a number of times in short but regular sessions.

5. After a few sessions, your dog should be able to sit when asked without a treat. Feel free to reward them for a job well done!



JOB WELL DONE!



The history of dogs

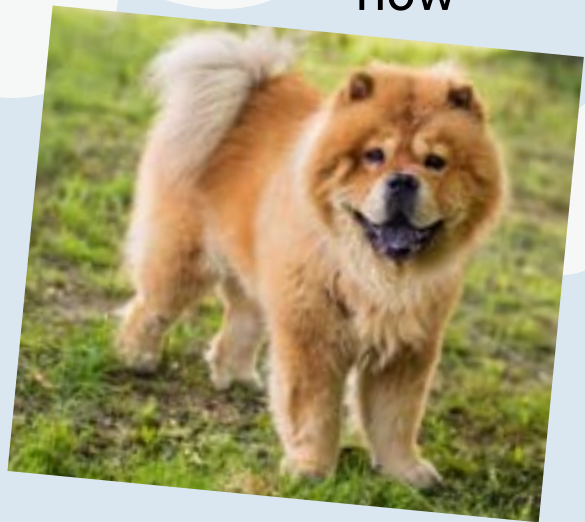
Dogs' appearances have changed a lot over the years. You would be surprised by what certain breeds used to look like before selective breeding.

Selective breeding is when a mother and father dog are specifically chosen to produce puppies with certain features that we humans (supposedly!) want. Sadly, it is not always in the best interests of the dog. Selective breeding can lead to health issues in dogs.

Chow Chow
then



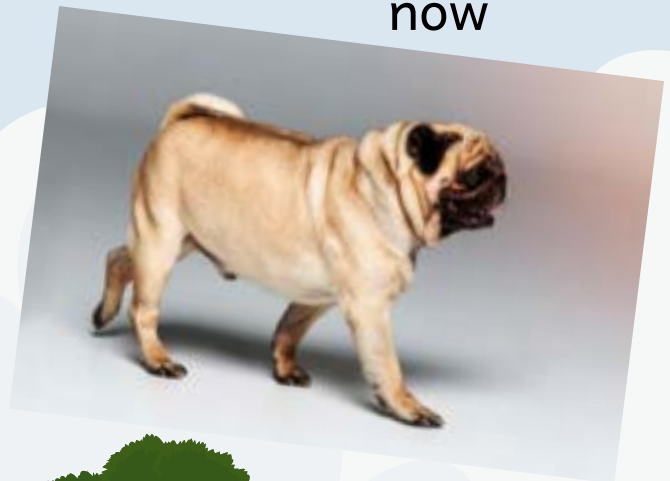
Chow Chow
now



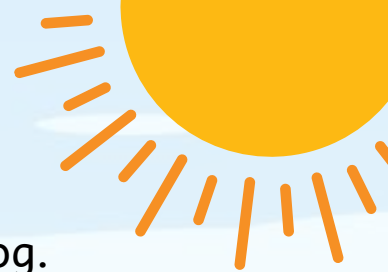
Pug
then



Pug
now



Story time



Below is a short story about Emily getting her new dog. Read through the paragraphs and try to answer the questions on the following sheet.

Today was an exciting day for Emily and her family. They were bringing their new dog home. Emily and her family have visited their local rescue centre several times to meet and get to know their new potential family member. There were so many different dogs at the rescue centre, all of different ages and personalities. Emily's family had thought a lot about which dog would be suitable for them. The family didn't mind what breed they would get, they just knew they had to make sure they were able to provide the right home.

They did plenty of research before choosing their dog, they knew it was important that they could meet the needs of whatever breed they were to welcome into their family. Emily and her family were very active and sociable and preferred large-breed dogs. After looking through the rescue's website at all the dogs and their requirements, the family decided to adopt two-year-old Penny the golden retriever. The family knew that golden retrievers require a lot of grooming due to their coat shedding. The family agreed they could keep up with grooming the new dog 2-4 times a week and could afford any following costs before they decided to go view dogs at the rescue centre.

This would be Emily's first-ever dog. She decided to do some of her own research to make sure she knew everything the new dog would need. Emily's list included regular yearly vet visits and check-ups, enrichment games and toys, training, and exercise.



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Before picking up Penny the family went shopping. They bought a new bed, food, treats, toys, a collar, lead, and an ID tag which showed her family's contact details. Emily's mum had also bought pet insurance just in case Penny was to ever get sick or injured in the future. The rescue centre had already given Penny a full health check and up-to-date vaccinations. They also made sure she was microchipped and had received recent flea and worm treatment. She was ready to go home!

Penny curiously wandered around the house on her arrival. Emily's mum made sure everyone let Penny explore at her own pace. It was soon bedtime and everyone went to bed. However, Penny cried through the night. Emily's mum told her that it was probably because she was scared and it would take her a while to get used to her new surroundings. She would soon feel much more confident and comfortable with her new home.

Before Penny was adopted by her new family, she had never had any training. The family decided to sign Penny up for doggy training classes. Penny loved her training classes and enjoyed socialising with new dogs and people!

Penny would occasionally chew things she shouldn't. The family never punished Penny for doing this, as it could make Penny feel anxious and fearful. Instead, the family would reward Penny with treats and praise when she did something they wanted. She would soon learn certain behaviour was much more rewarding.

Penny soon adapted to living with her new family; everyone was so pleased to have Penny in their lives!



Story time questions

1. Why did Emily's family decide to adopt Penny?
2. How many times a week do golden retrievers need to be groomed?
3. What 4 things did Emily note down that all dogs need?
4. What did the family buy ready for Penny's arrival?
5. What information is on an ID tag?
6. What 2 important things had the rescue centre already given Penny before going home?
7. Why did Penny cry on her first night home?
8. Why did Penny enjoy training classes?
9. Why did Emily's family not punish Penny for doing something wrong?
10. What might put someone off the idea of getting a dog?



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Responsible dog ownership

Can you fill in the blanks to these statements?

1. By law, dogs must wear an _____ attached to their collar.
2. Before getting a dog, you should consider the _____ and do lots of research to make sure you can meet all their needs.
3. Dogs can get bored if not given the right amount of _____
4. Puppies shouldn't leave their mothers until they are at LEAST _____ weeks old.
5. If you are buying a puppy, you should ALWAYS make sure you are able to meet the _____
6. Children should always be _____ around dogs and puppies.
7. Dogs need _____ health checks and vaccinations.
8. Providing your puppy or dog with plenty of _____ experiences and socialisation around other dogs and people from an early age will prevent behavioural problems occurring as they grow up.
9. Most dogs will need to be _____ 2-4 times a week.
10. Dogs should never be fed _____ to avoid illness, and a trip to the vets.

Positive

Breed

Groomed

Chocolate

8

Supervised

Mental Stimulation

Mother

Yearly

ID Tag



Caring for my best friend

Dog DIY enrichment

Remember: dogs should be supervised when having enrichment, just in case they swallow anything harmful.



Snuffle Mats

Snuffle mats come in different shapes and sizes. They are usually felt blanket material cut into various shapes. Treats and biscuits can be hidden within the mat and dogs have to use their noses to sniff out the food.

Snuffle mats are great for slowing down a dog who may gobble food down too fast as they have to take their time to search for the food.

Destruction Boxes

Destruction boxes are fun for dogs who get bored. They can be made out of old cardboard boxes or egg cartons.

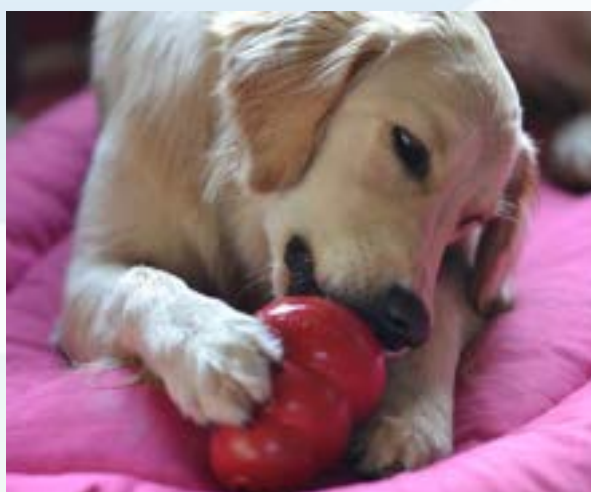
You simply hide treats in the box and fill it with newspaper or old magazines. Shred enough paper to fill at least half the box. This means your dog has to dig and 'destroy' the box to find the treats. It can make a mess so be prepared for a bit of clean up!



Dog DIY enrichment

Remember: dogs should be supervised when having enrichment, just in case they swallow anything harmful.

Like us, dogs can also get bored. Some breeds require more mental stimulation than others, otherwise they can become destructive (this is why you may find they raid bins, chew and eat things they shouldn't). Dogs need to burn off energy - this doesn't always mean loads of exercise! Your dog is stimulated through their walks and interaction with us. However, it's important to also provide them with mental stimulation through enrichment. Think of enrichment as similar to us watching TV, playing a video game or reading a book.



Kongs ®

Kongs® are chew toys for dogs. You can fill them with biscuits, treats, pastes, dog meat etc. They are great boredom busters and can help anxiety. They're also useful for dogs who gobble food down too fast.

Lick Mats

Lick mats are rubber mats with ridges and bristles that encourage licking. Since they are flat, your dog is not able to grab the food with his teeth and must use his tongue instead. You could spread lots of different things on the mat, such as dog-safe peanut butter, squeeze cheese, meat pastes, mashed-up fruits or vegetables.



Licking can help soothe dogs so it's great for easing anxiety and a handy distraction.



Caring for my best friend

Dog body language

It is important to remember that not all dogs are friendly and approachable, especially ones you don't know. You never want to take a chance and risk getting hurt by approaching an unfamiliar dog without their permission.



Always ask the owner first if it's okay to say hello and interact with their furry friend. This way, you can ensure the dog is comfortable and won't feel threatened or scared. Remember to respect the dog's boundaries and body language, and never approach them if they seem stressed, anxious or scared. By being responsible and asking for permission you can make sure both you and the dog have a positive and safe interaction.

Happy

Relaxed posture, mouth open, wagging tail.

Dog is friendly and invites interactions.



Worried

Dog avoids eye contact, body tense, tail low. Licks its lips or yawns.

Lifting front paw in hopes of disengaging.



Very stressed

Very tense, cowering and trembling or growls and snarls, baring its teeth.

It is threatened and will bite if it must!



Dog safety

Ladder of communication

Dogs communicate their discomfort with situations and their desire to end an interaction by using visual cues. These are represented on this ladder of aggression. Recognising the lower 'green' gestures is very important, so that a stress or threat to the dog can be removed before they reach the top of the ladder.



Bite

Snap

Growl

Stiffening up, stare

Lies down, showing belly

Standing crouched,
tail tucked under

Creeping, ears back

Walking away

Turning body away,
sitting, pawing

Turning head away

Yawning, blinking, nose licking

Dog body language

Dogs rely on their body language to communicate with us humans. Body language can show us what our dog is thinking or feeling and it's up to us to listen to these signs.

Below we have listed a few ways dogs communicate with us.
We will test you on these shortly!

Signs of stress in dogs



Shaking
(when not wet)



Scratching
(frequently and excessively)



Licking
(when not eating)



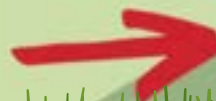
Yawning
(when not tired)



Sniffing
(excessively)



Whale eye
(showing whites of the eyes)



Body language

Test yourself! Write in the boxes what you think the dog is feeling and list two signs of body language on why you think this - take a look back at the previous pages if you need help.



I think this dog is feeling:

Y

Sign 1:

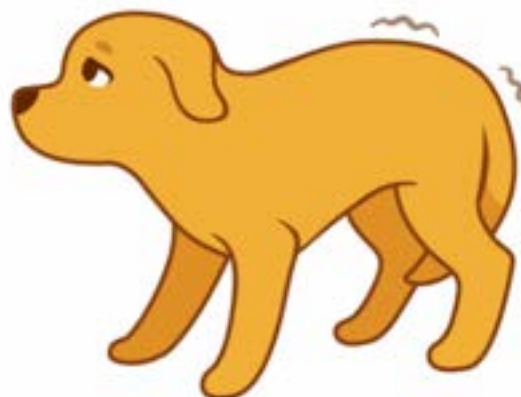
Sign 2:

I think this dog is feeling:

S

Sign 1:

Sign 2:



I think this dog is feeling:

O

Sign 1:

Sign 2:



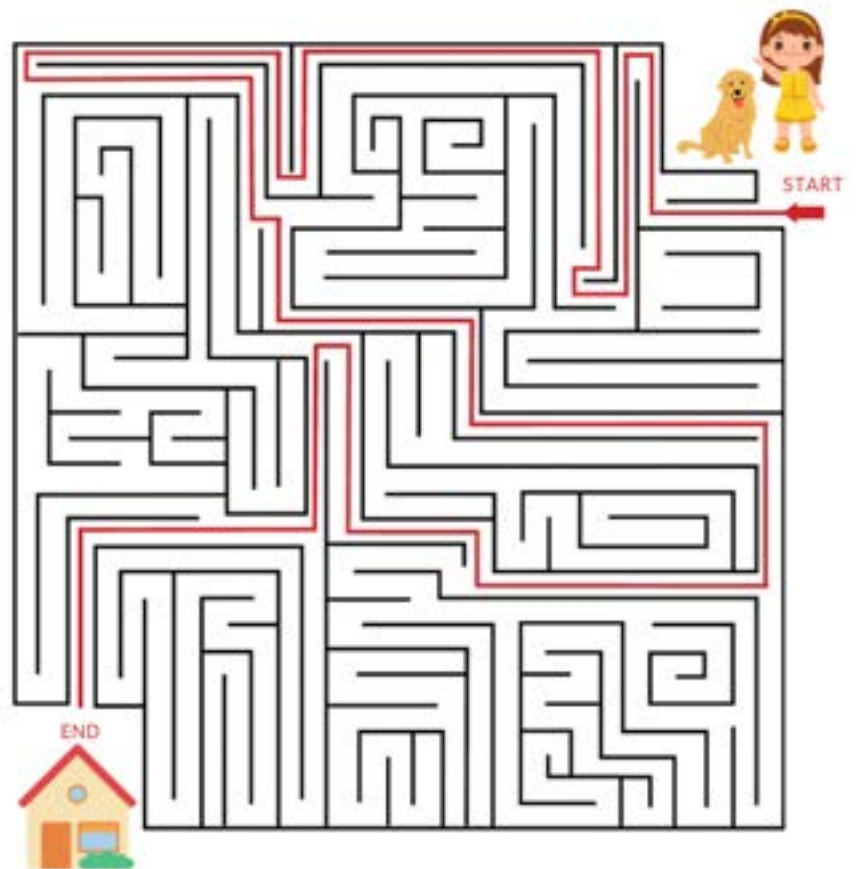
Wordsearch

Answers



Walk the dog

Answers



Caring for my best friend

Find the objects

Answers



1. Laundry - Dogs will pick up anything. They can swallow items of clothing which can cause blockages in their stomach.
2. Plugs and cables - These can cause mouth burns and electrocution if chewed.
3. Nail varnish - Ingredients in many cosmetics can be toxic to dogs.

4. Open window - Leaving doors, windows, and balconies open with easy access can mean your dog may escape.
5. Cleaning products - Many cleaning products can be highly toxic to dogs.
6. Lily flowers - There are lots of plants that may be harmful to dogs. Don't leave them within reach of your pets, and make sure you know if they are poisonous before placing them in your home.
7. Plastic bags - plastic bags can easily get stuck on dogs' heads.
8. Chewing gum - chewing gum contains Xylitol, which is harmful to dogs.
9. Hot drink - Leaving hot drinks within reach of your pet can make them easily accessible and risks them being knocked over. This may scold your dog and burn them.
10. Grapes - This is one of many foods that are harmful for your dog to eat.

Story time

Answers

1. Emily's family were active, sociable and preferred larger breeds.
2. 2-4 times a week.
3. Regular yearly vet visits, enrichment games and toys, training and exercise.
4. Bed, toys, food, treats, collar, lead, ID tag.
5. The family's contact details.
6. Microchip, flea and worm treatment, vaccinations.
7. She was scared and not used to her surroundings.
8. She enjoyed socialising with the dogs and people.
9. They didn't want to make Penny feel anxious or fearful.
10. They are a lot of work and can cost a lot of money.



True or false

Answers

1. TRUE - one in every 8 dogs suffers from dental disease every year - so we have to make sure we are taking the best care of our dogs' teeth so they can keep all 42 for as long as possible!
2. FALSE - dogs have around one-sixth of the taste buds that humans do. No wonder they eat plenty of things they shouldn't!
3. TRUE - a dog's sense of smell is so good, that a puppy placed near two female dogs will be able to sense which one is their mother from their scent alone.
4. TRUE - although one of the fastest dogs, those familiar with greyhounds say they are the world's fastest couch potato!
5. FALSE - puppies are still developing when they're born. They are blind and deaf whilst their ear canals and eyes continue to develop,
6. FALSE - although your own pooch may enjoy a hug, many dogs don't like unwanted attention. Some may tolerate it, but there will be signs that a dog is uncomfortable. This is why it's important to never run up to a stranger's dog and pet them without permission. Read more about dog body language on page 21.
7. TRUE - the number of dogs in the UK grew A LOT since the covid-19 lockdowns, with many owners saying how much their pet improved their mental health during this difficult time.
8. TRUE - sleep is crucial to puppy development They are constantly on the go during their waking hours, so need to recharge their energy whilst they sleep.
9. FALSE - sadly, only 14% of people rescued their dogs from rehoming centres in the UK. Please consider adoption when your family decides to welcome a new pet.
10. FALSE - a wagging tail can mean many things: happiness, nervousness, feeling threatened, anxiety, submissiveness and excitement. We go through this more on page 21.

Dog scramble

Answers



NAPLEIS



SPANIEL



RODREB LCOILE



BORDER COLLIE



AJCK SSRELLU



JACK RUSSELL



CRBROSSEE



CROSSBREED



EABGLE



BEAGLE



HNDΟΥYERG



GREYHOUND

Body language

Answers



I think this dog is feeling:

Happy

Sign 1: open mouth
and floppy tongue

Sign 2: soft eyes, tail
wagging, relaxed ears



I think this dog is feeling:

Stressed

Sign 1: very tense,
cowering, trembling

Sign 2: growls, snarls
and baring its teeth



I think this dog is feeling:

Worried

Sign 1: avoids eye
contact, body tense,
tail low

Sign 2: licks lips,
yawns, lifts front paw

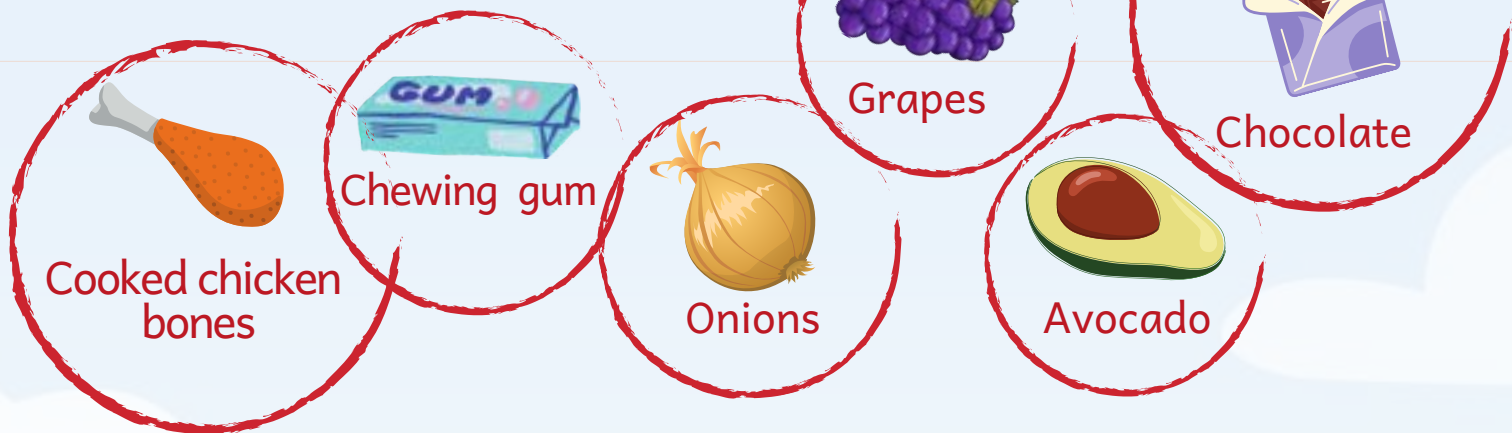


Caring for my best friend

Dog diets

Answers

Dogs must avoid these foods



Dog supplies

1.



Collar and tag

.....

2.



Food and treats

.....

3.



Bed

.....

4.



Grooming brush

.....

5.



Bowls

.....

6.



Toys

.....

7.



Harness

.....

8.



Poo bags

.....

9.



Lead

.....



Caring for my best friend

Responsible dog ownership

Answers

1. By law, dogs must wear an **ID tag** attached to their collar.
2. Before getting a dog, you should consider the **breed** and do lots of research to make sure you can meet all their needs.
3. Dogs can get bored if not given the right amount of **mental stimulation**.
4. Puppies shouldn't leave their mothers until they are at LEAST **8** weeks old.
5. If you are buying a puppy, you should ALWAYS make sure you are able to meet the **mother**.
6. Children should always be **supervised** around dogs and puppies.
7. Dogs need **yearly** health checks and vaccinations.
8. Providing your puppy or dog with plenty of **positive** experiences and socialisation around other dogs and people from an early age will prevent behavioural problems occurring as they grow up.
9. Most dogs will need to be **groomed** 2-4 times a week.
10. Dogs should never be fed **chocolate** to avoid illness, and a trip to the vets.

Spot the difference

1. In picture 2 there is no sunshine.
2. In picture 2 there is no squirrel.
3. In picture 2 there is no rabbit.
4. In picture 2 there is no blue plastic bag.
5. In picture 2 the girl is wearing a pink dress.
6. In picture 2 there are no toadstools by the tree.
7. In picture 2 there are 3 more trees.
8. In picture 2 the flowers by the tree are purple not yellow.
9. In picture 2 there is a deer.
10. In picture 2 there is no blue bird in the tree.



Caring for my best friend



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Well done for completing my
activity book!
I hope you had fun and learnt
lots along the way.

Sammy the dog

