

# KS1: Comfort and rest for dogs

Discuss how to help dogs be healthy and happy by creating a calm, safe and comfortable space for them. A safe environment helps prevent harm, whether we're out for a walk or staying at home.

## What learners will be learning

- How to keep dogs cool on hot days
- The importance of a safe environment for dogs
- What dogs need for a peaceful rest

## Wider learning opportunities

- The importance of a safe environment
- The value of rest and quiet time
- The importance of having a routine

Objectives	Learning taking place	Educator notes
<b>Initial assessment</b>	1 Discuss: Initial thoughts and feelings around the importance of safety and rest for dogs.	Our lessons are intended for learners to feel empowered to create meaningful positive experiences for animals to live a good life.  At the start of each lesson we advise to ask what learners know about each learning objective.  We also encourage wider questions such as: - Whether dogs deserve a good life? - Are owners responsible for making dogs happier?
<b>Keeping dogs cool on hot days</b>	2 Vote: Dogs should be exercised in cool weather. 3 Discuss: Keeping ourselves safe in hot weather.  4 Vote: Keeping dogs safe in hot weather. 5 Video: Some dogs enjoy swimming, but others might be nervous (best to not force them if they don't enjoy it).	Correct: A  Opportunity: The right amount of Sun improves our health (Sunlight activates vitamin D which boosts our immune system).  Correct: A, B and D  Opportunity: It's OK for us to not do something which others enjoy. We all have preferences in life.
<b>Healthy vs. unhealthy food</b>	6 Discuss: Humans and animals have routines in their life. 7 Video: Dogs should go out for walks at least once a day (unless there are health reasons). 8 Vocab: Dogs will get excited when they start to expect a walk.  9 Drag/drop: How to keep dogs safe when going for a walk.	Opportunity: Which routines improve our health (e.g. cleaning teeth).  Opportunity: We should also strive to go out for a 30 minute walk per day as it improves our mental and physical health.  Opportunity: How we feel when we have expectations that are not met (e.g. frustrated or anxious - dogs can feel the same).  Correct: Keep dogs on a lead and asking owners will keep dogs safe. Dogs can choke on sticks and can harm themselves on slippery surfaces.
<b>Healthy diet</b>	10 Vocab: Too much noise in the house can upset dogs.  11 Vote: We should give dogs a space where it is quiet for them to rest properly.  12 Discuss: Whether we have safe spaces to help us relax and feel safe.  13 Vote: We should leave dogs alone when they are resting (dogs rarely enjoy being snuggled as it is not normal for them).	Opportunity: Are there times when we want peace and quiet? How do we feel when it is too noisy?  Correct: C  Opportunity: Adults also like having safe spaces to help us relax and feel safe.  Opportunity: Importance of consent and understanding the needs/wants of others may be different to our own.
<b>Recap</b>	14 Video: Reflect on content and note any changes in thoughts or feelings.	Reflect back on the first set of questions.  Did learners learn anything new about keeping dogs safe and giving them a proper rest? Have views changed as to whether dogs deserve a good life? Do learners now know how we can make dogs happier?  If inspired, select one of our practical activities for domestic animals from the library. Contact us if learners have their own ideas and we will support with suggestions and new certificates where possible [Education@rspca.org.uk]

# KS1: Comfort and rest for dogs

Discuss how to help dogs be healthy and happy by creating a calm, safe and comfortable space for them. A safe environment helps prevent harm, whether we're out for a walk or staying at home.

Welcome

**Welcome to our lesson all about dogs and how to give them a calm, safe, and comfortable living space for them to feel good.**

Think about how you would feel if you were a dog throughout this lesson.



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**In this lesson you will be able to think about:**



How to keep dogs cool on hot days      How to keep the environment safe for dogs      What dogs need for a proper rest

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**Summer has arrived, and the dogs are excited to go outside and exercise.**

**When do you think we should take our dogs out to exercise?**

Select one or more options

A. When it is cool outside

B. When it is hot outside

**That's right!**

Hot weather will make dogs overheat. If this happens, we should find dogs a cool, shaded area with some water.



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**Imagine that it's a hot day.**

Do you enjoy hot weather?

How do you stay safe and keep cool when it is hot?



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**What can we provide dogs to keep cool on hot days?**

Select one or more options

A. Shade

B. Fresh clean water at all times

C. Sunglasses and a sunhat

D. Paddling pools

**That's right!**

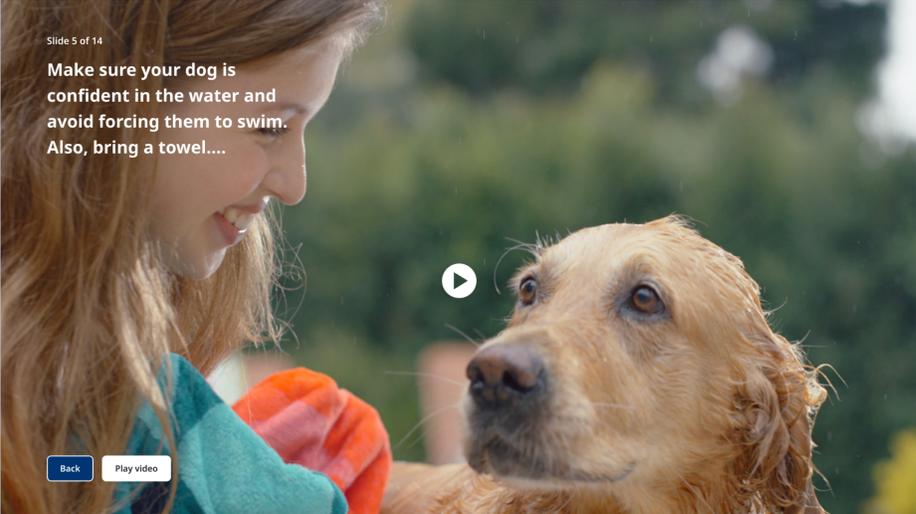
Shade, clean water, and paddling pools are great ways to keep dogs cool in the summer. We would not want dogs to wear sunglasses or hats (they might find it a bit strange).



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**Make sure your dog is confident in the water and avoid forcing them to swim. Also, bring a towel....**



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**In their minds, animals can form routines and expect certain things to happen during the day.**

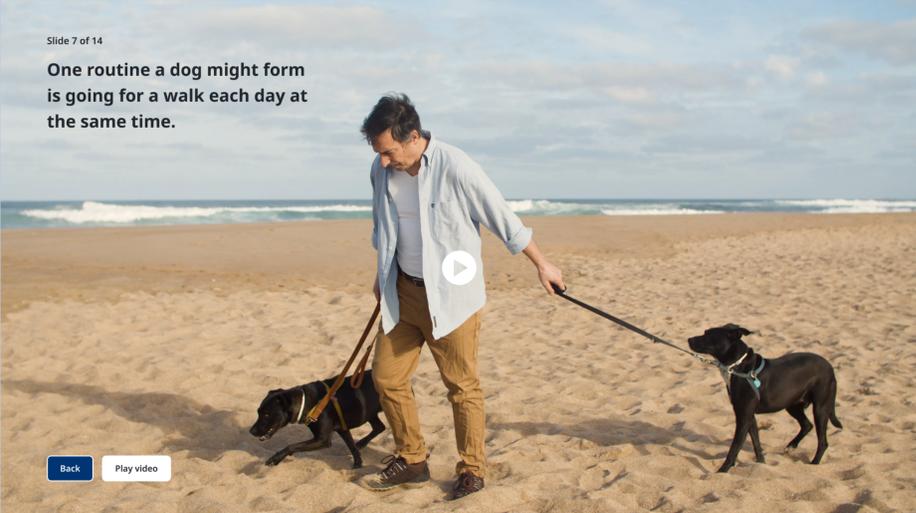
Do you have any routines throughout the day or week?



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**One routine a dog might form is going for a walk each day at the same time.**



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**How do you think dogs might feel when they know it is getting close to their walk time?**

Your answer  
Placeholder

**We said 'excited'**  
Going for a walk is a fun part of their day. As time goes on, they might start to feel anxious if their routine walk is missed.

Do you agree?



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**What should we do when taking dogs for a walk?**

Safe for dogs Dangerous for dogs

Let dogs chew on sticks Keep dogs on a lead (unless in a secure area) Walk dogs on slippery surfaces Ask dog owners if their dog is safe before playing

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**Dogs will need a rest after exercise. Too much noise in the house will make it difficult for dogs to rest. How might this make dogs feel?**

Your answer  
Placeholder

**We said 'upset'**  
We think it makes dogs feel overwhelmed, anxious, and unsure of how to react with so much happening.

Do you agree?



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**What could we suggest to the family so their dogs can rest?**

Select one or more options

A. Start running around the dogs so they can play as well

B. Shout at the dogs to make them calm down

C. Provide dogs with a safe and quiet space

**That's right!**  
Dogs are unlikely to understand why someone is shouting at them. It will likely make them feel scared or angry. Dogs enjoy playing, but only in a dog-friendly way.



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**We all need a good rest throughout our lives.**

Do you have a space you visit that is safe and quiet?  
How does it make you feel?



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**What should we do when dogs rest in their safe and quiet space?**

Select one or more options

A. Leave them alone

B. Try to snuggle with them

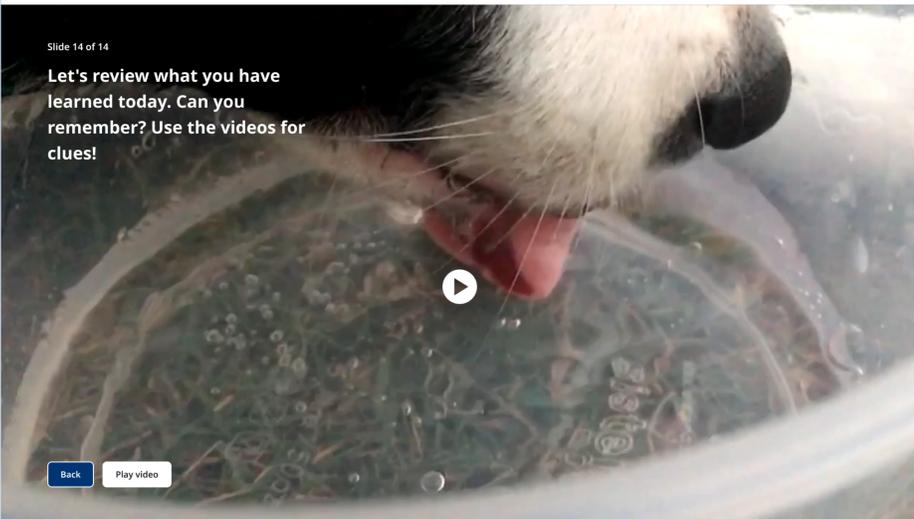
**That's right!**  
A proper rest means being left alone and undisturbed. Generally, dogs do not enjoy being cuddled or snuggled (it's unnatural for them and can be quite constricting).



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**Let's review what you have learned today. Can you remember? Use the videos for clues!**



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End of lesson

**Thank you for learning about dog welfare!**

Explore our library for practical animal welfare ideas and certificates.



Back Finish lesson