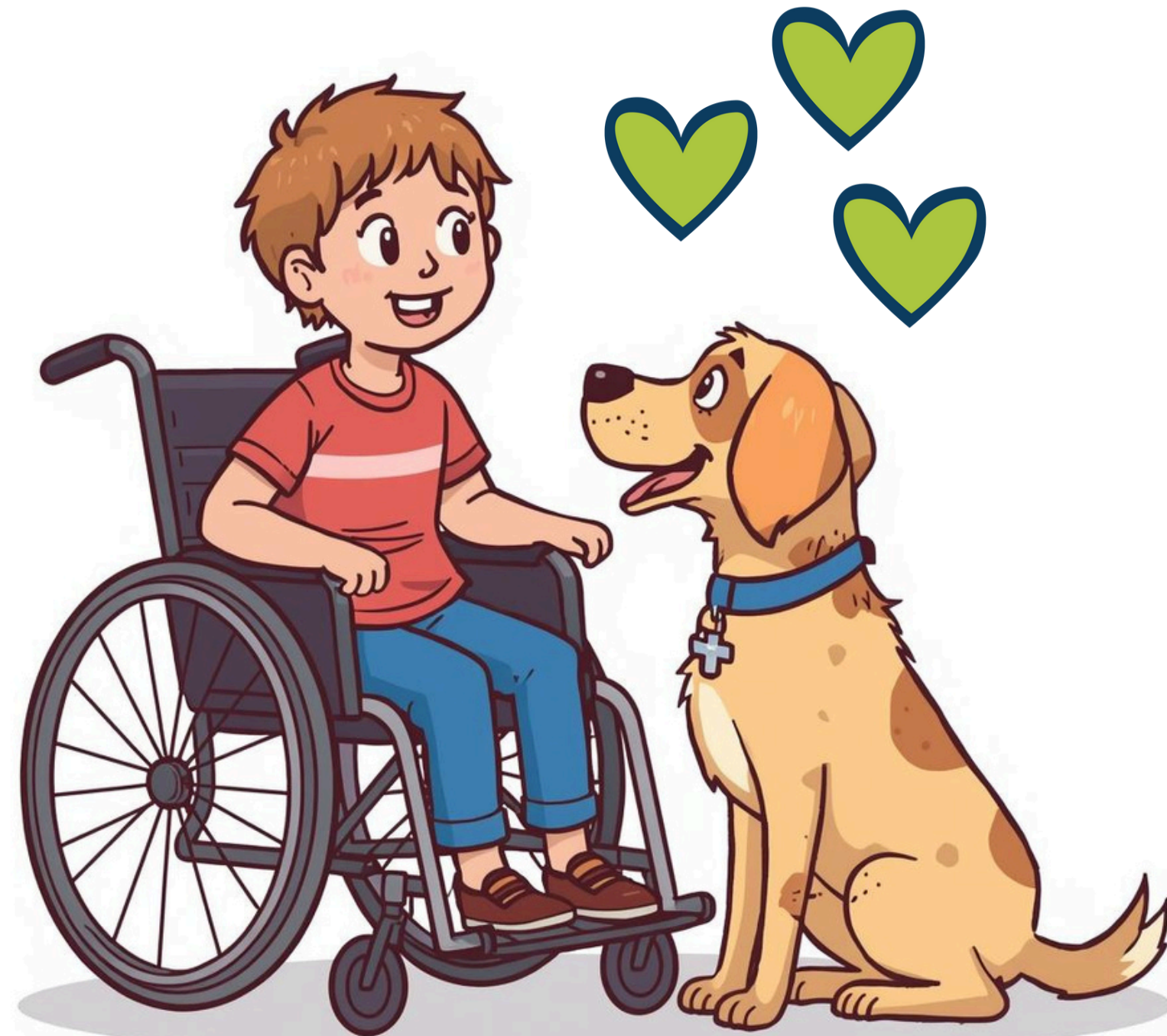




# My First Day with Canine Comprehension

# What is going to happen?

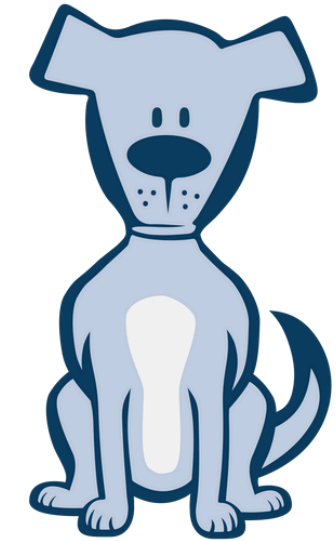


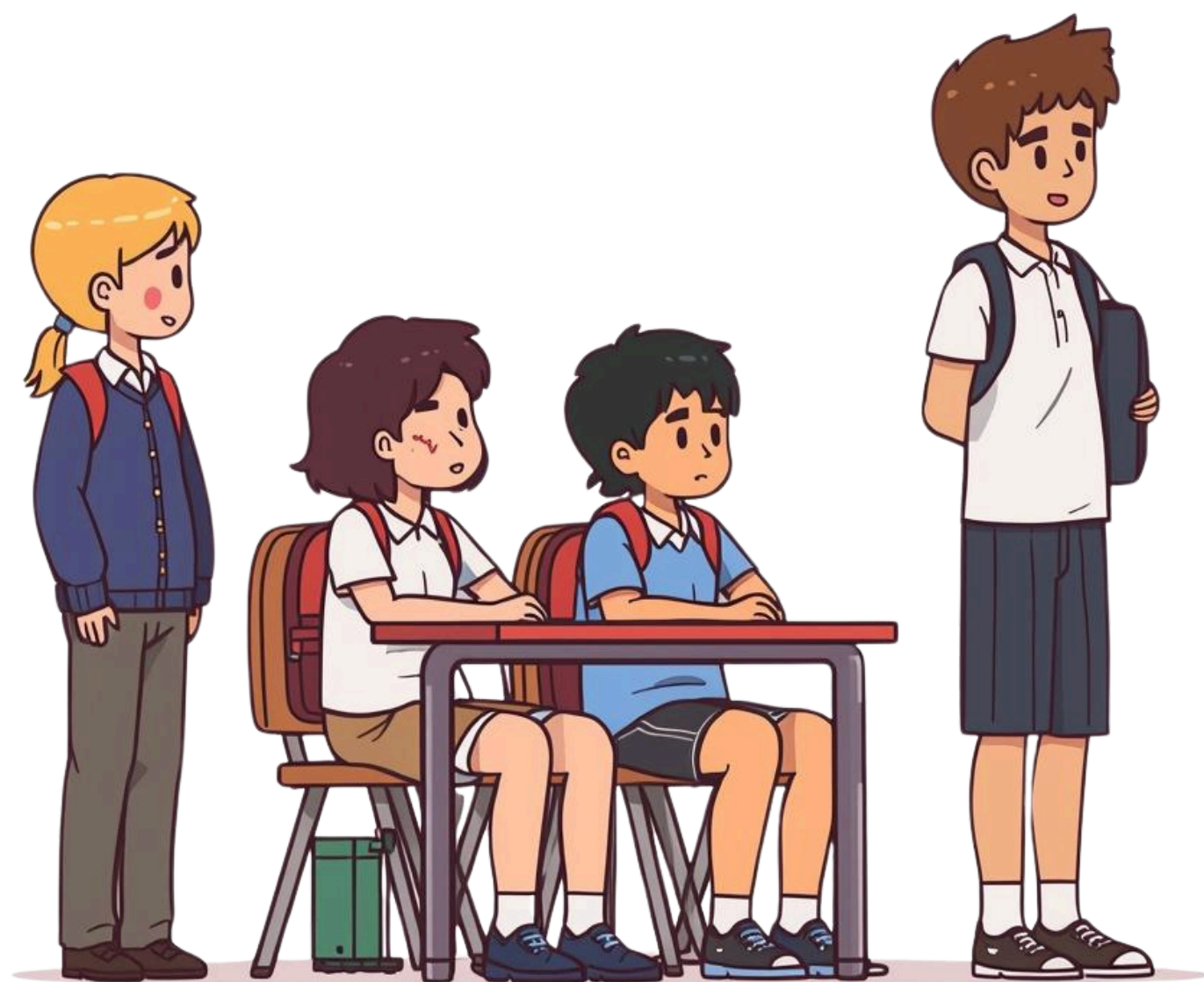
I am going to take part in a Canine Comprehension program. This is a group where I can learn, meet new people, and spend time with a friendly therapy dog and the mentor.

Therapy dogs are specially trained to help people feel calm and happy. They are different from pets at home because they have a job to do. The therapy dog comes to school with a handler who looks after them and helps everyone interact safely.

# How do we get ready?

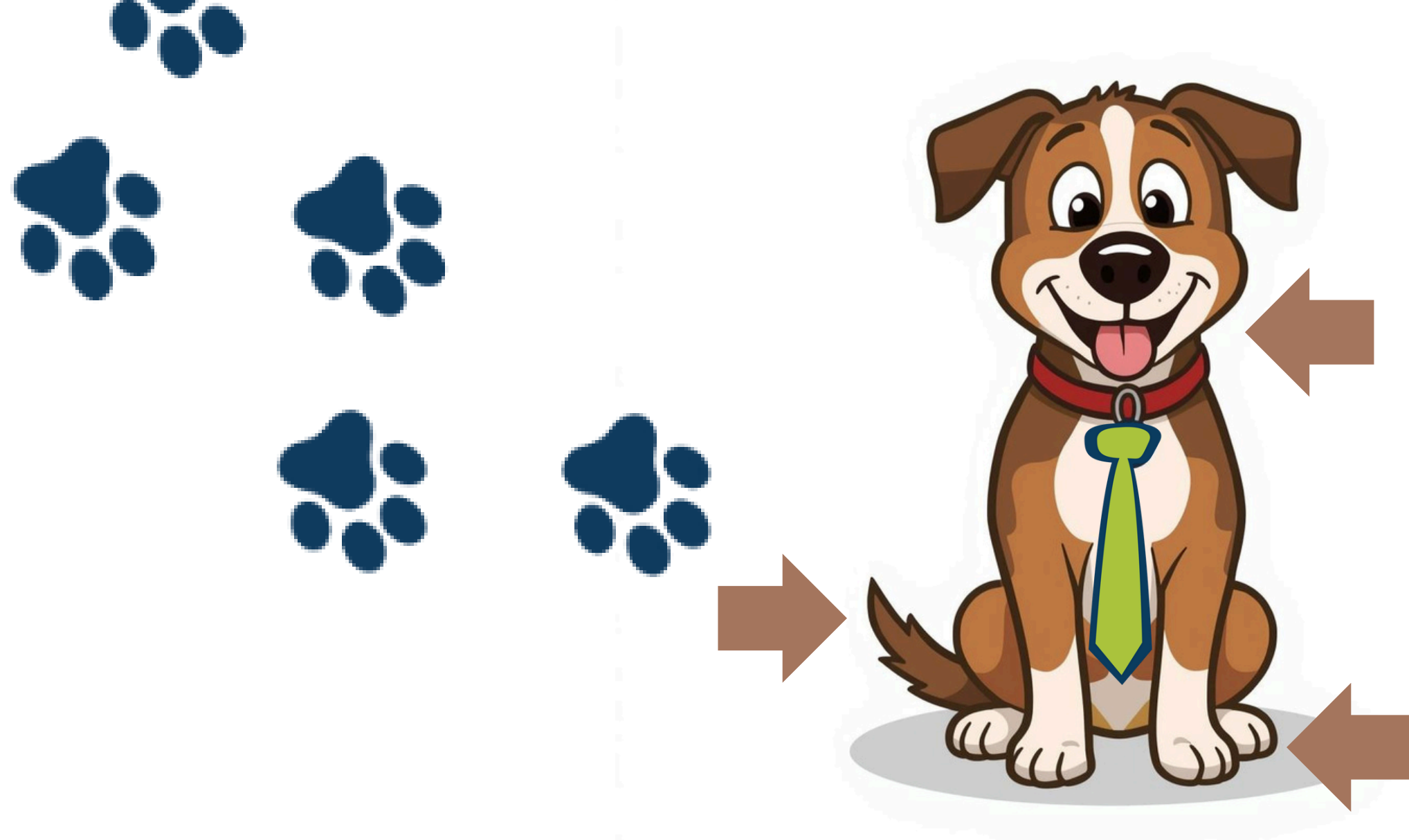
My teacher will be there to help me, and other students will be there too.  
The room will be set up so everyone has space and can see the dog easily.  
There might be pictures on the walls to remind us how to be gentle with the dog.  
You can sit in a chair or on the floor, whichever feels most comfortable for you.





## When I Arrive

I cannot touch the dog when it is on its green mat.  
We start by waiting and watching the dog.  
We ask the mentor if it's okay to say hello.  
We invite the dog to come closer by holding out our hand.  
We touch the dog gently on the head or back,  
only if we feel comfortable.



## How to Act Around the Dog

We use quiet voices and slow movements.

We don't crowd the dog or touch its mouth, feet or tail.

If we feel unsure or nervous, it's okay to watch from a distance.

We can practise what to do before the dog arrives, with our teacher or classmates.



## What Will We Do?

The mentor will greet everyone and introduce themselves and the therapy dog.

We will talk about what we will do in the program.

We will learn how to be safe and gentle with the dog.

There will be activities, time to talk, and time to spend with the dog.



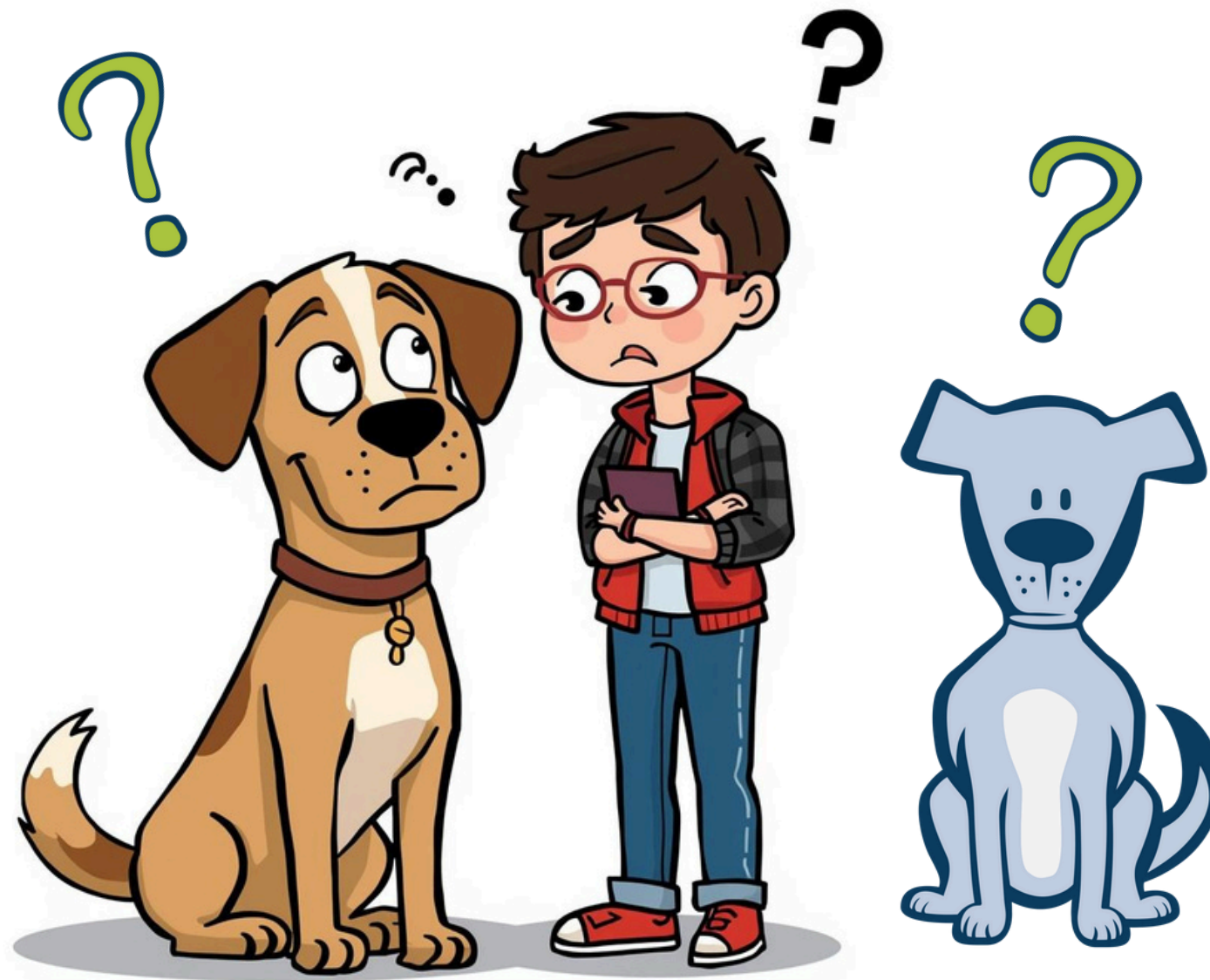
## How Can I Feel Comfortable?

If I feel worried, I can tell my mentor.  
If I need a break, I can ask for one.  
I can ask questions at any time.  
My feelings and ideas are important.



## How to Be Safe

I will use calm hands and a quiet voice around the dog.  
I will follow the rules my mentor explains.  
I will be careful not to step on the dog.  
If I am unsure, I can ask for help.



## What If I Feel Nervous?

It is okay to feel excited, nervous, or unsure.  
My teacher and the mentor are there to help me.  
I can take my time to get used to the group.  
The dog is trained to be kind, calm and safe.  
We celebrate when we try something new or help each other.



## Who Can I Talk To?

I can talk to my teacher or the mentor if I have any questions or worries.  
I can talk to my family about how I feel before or after the session.

Remember...

Everyone wants me to feel safe, happy, and included.  
Everyone is welcome here, and we will have a great time together!