



# 4-H THERAPEUTIC ANIMAL PROJECT



Therapy animals provide comfort, aide, and affection to people in confined living situations, people with learning difficulties, people undergoing mental and physical therapy, and people in stressful situations. The goat project will help you:

- Learn the basic principles of animal training and handling.
- Demonstrate knowledge of animal health and care including nutrition, common health concerns, and grooming procedures.
- Learn about the different ways that humans and animals interact and the benefits of such interactions.

## Starting Out *Beginner*

- Learn about the most common species and breeds of therapy animals.
- Learn about the anatomy of different species (e.g., dog, horse).
- Learn how to properly groom different types of animals and identify equipment.

## Learning More *Intermediate*

- Learn about how to train and handle various types of therapy animals.
- Learn about the different ways that humans and animals interact on a daily basis.
- Learn about animal nutrition.
- Identify common animal diseases and their treatment.

## Exploring Depth *Advanced*

- Research specific types of human illnesses/injuries in which therapy animals are often utilized to aide in the healing/ coping process.
- Demonstrate knowledge of what makes a good therapy animal.
- Visit different businesses to learn about career

The activities above are ideas to inspire further project development. This is not a complete list.

## 4-H THRIVE

Help Youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Create presentation showing the different ways therapy animals are utilized.
- Research specific types of human illnesses/injuries in which therapy animals are often utilized to aide in the healing/coping process.

## Healthy Living

- Learn about zoonotic diseases. Discuss ways to mitigate diseases and minimize the transmission of diseases.
- Learn about the importance of proper nutrition and care as it relates to your ani-

## Citizenship

- Volunteer at a therapeutic equine facility.
- Take your dog to visit a local library or elementary school, so that children can practice reading to your animal and build confidence.

## Leadership

- Teach others about how therapy animals are used to comfort and help people.
- Take on the position of junior/teen leader to be a role model to others interested in service animals.

## Resources

- National Service Animal Registry  
<https://www.nsarco.com/service-definitions.html>
- Pet Partners  
<https://petpartners.org/>
- Good Therapy  
<http://www.goodtherapy.org/learn-about-therapy/types/animal-assisted-therapy>
- Healthy pets  
<http://www.cdc.gov/healthypets/>
- Dog Play  
<http://www.dogplay.com/Activities/Therapy/therapy.html>
- Therapy Dogs International  
<http://www.tdi-dog.org/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility



Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p><b>Fair</b>– Enter a poster display showing something that you learned in the therapeutic</p>	<ul style="list-style-type: none"> <li>• National 4-H Curriculum- <a href="http://www.4-h.org/resource-library/curriculum/4-h-dog/">www.4-h.org/resource-library/curriculum/4-h-dog/</a></li> <li>• Ohio 4-H Youth Development Curriculum- <a href="http://www.ohio4h.org/statewide-programs/animal-sciences/ohio-4-h-petpals">http://www.ohio4h.org/statewide-programs/animal-sciences/ohio-4-h-petpals</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>

## University of California Agriculture and Natural Resources

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