
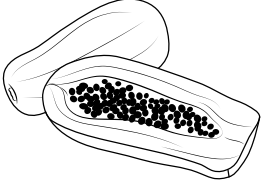


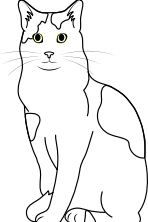
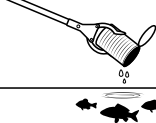

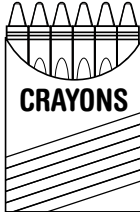



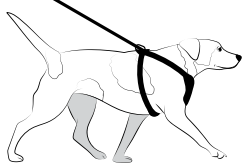
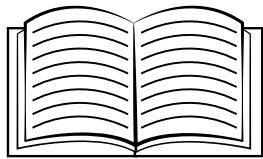
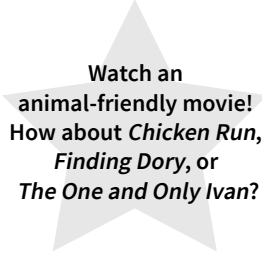




Kindness to Animals Activity Choice Board

Once you've finished an activity, color it in. A grown-up will need to help you with some of these activities. If no grown-ups are available, choose an activity that you can do on your own, or get creative and color the back of this page instead!

<p>Explore outside today. If you see an interesting animal, draw or take a picture, but don't touch. Never catch animals and take them out of their natural habitat.</p> 	<p>Try a fruit or vegetable that you've never tasted before.</p> 	<p>Collect gently used towels, bedding, and other supplies and donate them to your local animal shelter.</p>	<p>Try some yoga: Get on your hands and knees and do the "cow pose" by arching your back and looking up to the sky. Did you know that some cows choose their best friend right after they're born?</p>
<p>Ask a grown-up to get you some nondairy chocolate milk—it's delicious.</p> 	<p>The next time you need a bathroom product from the store, ask a grown-up to look for one that has PETA's bunny logo on it—that means it was made without hurting animals.</p> 	<p>Gently brush your animal companion, then give them a treat!</p> 	<p>Put together an animal-rescue kit to keep in your family's car in case of emergency. Make sure it includes a towel, a leash, a bottle of water, and a cardboard box or carrier.</p>
 <p>Go trash fishing!</p> <p>Head to a lake, pond, beach, or even your local park to pick up trash, which helps animals. (Be sure to wear gloves!)</p>	<p>Make a colorful sign to display in your window that encourages your neighbors to help animals. How about "Be Kind to Animals"?</p> 	<p>Grab some crayons or markers and color the back of this sheet!</p> 	<p>Visit PETAkids.com where you can learn how to help animals, download and print coloring sheets, order free stickers, and more!</p> 
<p>Have an indoor scavenger hunt. Make a list of all the products in your house that aren't tested on animals. Is your toothpaste or shampoo cruelty-free?</p> 	<p>Make an "it jar." Every time your family members call an animal "it," they have to throw a nickel into the jar. When the jar is full, donate the money to your local animal shelter!</p> 	 <p>Make a list of your animal companions' favorite activities, and make sure they get to do some of them every day.</p>	<p>Go to your local library and check out a copy of a book about your favorite animal.</p> 
 <p>Watch an animal-friendly movie! How about <i>Chicken Run</i>, <i>Finding Dory</i>, or <i>The One and Only Ivan</i>?</p>	<p>Make "ants on a log" by spreading peanut butter on a stick of celery and topping it with raisins, then remind your family why it's mean to step on real insects.</p> 	<p>What we say matters, so learn why it's not nice to say certain things about animals and how you can say nice things instead. Visit PETAkids.com/Idioms.</p>	<p>Help save birds from crashing into your windows! Cut shapes (like leaves) out of dark pieces of paper and tape them to each window. This can help birds see the glass better and avoid hitting it.</p> 

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. Have them visit PETA.org/AnimalEmergency for more information.

BE A HERO FOR DOGS AND CATS!



How to Help Them

- **Never buy them from pet stores or breeders. (Instead adopt from an animal shelter.)**
- **Never leave them outside alone or chained up. (They belong in the house with you!)**
- **Make sure they have plenty of love, clean water, food, toys, and a cozy place to sleep.**
- **Give your dog lots of walks outside, and clean your cat's litterbox twice a day.**

TeachKind