

WELLBEING WORKSHOPS SESSION 5

A FEW TASKS TO ENCOURAGE WELLBEING

- BARKING ON CUE, BLOCKING, SOCIAL INCLUSION

INTRODUCTION – Recall last week's discussion: How good is it to have people work with you as a team? In honour preferring one another.

STARTER – Everyone to discuss what they feel they need in their life for Wellbeing. Might include space, peace, freedom, safety, friends & family. Give some details like how these things help.

Activity 1 – Blocking – consider how space is important for you & for the dog. Look at how we move a dog by luring with treats. Practice luring the dog between you and someone else when talking to them to get some space.

Activity 2 – Social Inclusion touch – remind everyone about how useful the touch cue is. Practice getting the dog to touch us. In pairs do the Social Inclusion touch – discuss how this would be useful.

Activity 3 – Barking on cue.

Activity 3 - Centering Therapy – This has enough power to light up the whole world so it can change your world completely. Do a few minutes if everyone wants to. How humility grows with recharging your batteries & reflecting on your life. How the more humble you are the less humiliated you are by life's challenges. Are we humble enough to learn and do what someone else asks us

Plenary & Feedback – Reflect on what you will train your dog to do if & when you get one. How will it help you to find Wellbeing?