

Reading to Pets Log

Reading to your pet is good for you, and good for them! It will help your pet relax, and help you improve your reading.

Materials: A good book, a pencil, and an animal to read to.

- Directions:**
- 1** Sit down somewhere comfortable for you and your animal.
 - 2** Read your book aloud to your animal.
 - 3** When you are done reading, or your pet decides they want to leave, add an entry to the log. Have your parents initial each time so you can remember how much you have read.

Don't have a pet at home?

You can read to a stuffed animal instead. They make great listeners!

Did you know there are several benefits to reading to an animal?*



Reading to a pet can help you focus better and help you understand more of what you are reading. You'll feel a sense of accomplishment when you finish a book!



Your pet will never make you feel judged or correct you when you say a word wrong. You can practice without fear and may even start to love reading!



Being with our pets lowers stress and anxiety. Talking to them improves our language and social skills.

*Based on research completed by Tufts University

Always supervise young children's interactions with a pet. It should always be the animal's choice if they wish to participate. To get ready to read, ask the child what things their pet might need to be comfortable while being read to. Where would they like to be? Do they need their bed?

Monitor the first session from a safe distance.



How does it help pets when we read to them?"



Additional Resources

spca.bc.ca/kids-teens

