



Kindness Kongs!

Does your dog chew your shoes, eat your socks or gnaw on the furniture? He might be bored! Try stuffing a Kong® for him and turn mealtime into a puzzle game with mouth-watering rewards.

You can keep it simple with some wet dog food or a couple of dog cookies and peanut butter – or have fun with layers of flavour and make a four-course feast!



Step 1: TANTALIZER. Meat chunks, a soft treat, peanut butter or cheese.

Step 2: DESSERT. Fill 1/3 of the cavity with crunchy or soft dog treats.

Step 3: MAIN COURSE. Fill the last 2/3 with a mixture of canned and dry dog food OR get creative – try some mac and cheese or mashed bananas.

Step 4: THE APPIE. Leave a super tasty tidbit sticking out of the opening. YUM!

Check out kongcompany.com for even more fun recipes!

Other tips

Start easy. If your dog has never done this before, start off with a few pieces of kibble to let him see how rewarding it can be.

Hide it. Make even more of a game by hiding your dog's Kong® around the house!

Make a KONGcicle. Freezing a stuffed Kong® makes for a great snack in the summertime. Plus, it takes longer for your dog to finish.



Peanut butter bark bites

If you want a new treat for your dog, why not make it for him? No baking required!

- 3/4 cup peanut butter
- 1/4 tsp cinnamon
- 1/4 cup water
- 1-1/4 cup oats



In a big bowl, stir together the peanut butter, cinnamon and water. Slowly add the oats, 1/4 cup at a time, until completely mixed in. Form the mixture into bite-size balls and chill them in the refrigerator. You can store the treats in a container

in the fridge for two weeks, or freeze them for up to two months (but chances are your dog will yum them up quicker than that!).



Spring cleaning

These simple kind acts can make a big difference in a dog's life!

Collar clean-up

Choke, prong and shock collars hurt dogs! The kind choice is to use a flat collar or Martingale collar. If your dog pulls, a humane head halter or over-the-shoulder collar can help. Visit spca.bc.ca/dog-collars to find out more.



Toss (away!) the tennis ball

Most dogs LOVE tennis balls, but that doesn't mean they're good for them. Tennis ball material is very abrasive and wears down dogs' teeth. Give your pup a rubber ball to play with, instead.

Brush up

To stay healthy, both your dog's coat and teeth need to be brushed regularly. Your kind act? Commit, with your family, to brushing your dog's hair and teeth at least every other day.



PHOTO: LINDA MACKIE



Kind Act #66

Eight-year-old Althea's family has two dogs adopted from the Sunshine Coast SPCA, Manchester and Goldie. To help other animals at the shelter, Althea collected pledges by reading as many books as she could. She raised \$102.40!



Kind Act #42

No matter the weather, Lily, 10, always makes sure that her dog, Bella, gets plenty of exercise.

Norman, Speak!

by Caroline Adderson

When they discover he doesn't understand English, Norman's new family does the kind thing. They learn his language.



No Shelter Here: Making the World a Kinder Place for Dogs

by Rob Laidlaw

Get inspired! This non-fiction book is chock-full of real stories and ideas to make a difference for dogs.

Your farm kind act is buying cage-free! Turn the page to play "Chicken and Egg."





The great outdoors

Rabbits and guinea pigs make great pets. And, while they should never be kept outdoors permanently, taking them outside for some exercise is a kind act.

Being outside gives your pets a chance to explore. Just imagine how excited they will be to smell, taste, see, hear and touch new things!



Sun... making me... sleepy...

- Outdoor time checklist:**
- ✓ A warm, sunny day
 - ✓ A lawn free from chemicals (your pets could get sick from eating grass treated with pesticides or fertilizers)
 - ✓ An exercise pen (rabbits need a taller pen than guinea pigs do because they can jump)
 - ✓ One or two small shelters (for your pets to hide in, just in case something startles them)
 - ✓ An old sheet (to cover part of the pen to provide some shade)

Remember: Never leave your pets unattended! You can sit in the pen with them, or quietly watch them from nearby.

First adoption option

The SPCA has more than just dogs and cats for adoption. Help the little guys get noticed! Make a poster showcasing a small animal at your local shelter in need of a home. You can design your own or download our template from spca.bc.ca/crafts.

Display your poster somewhere you think potential adopters will see it – at your school, community centre, veterinary clinic, laundromat, pet supply store, church or coffee shop. Just ask permission before you put it up.

Poster tips:

- ✓ Start with an eye-catching heading
- ✓ Draw a colourful picture of the animal
- ✓ Add the location of the shelter
- ✓ Include some details that might be helpful or interesting to potential adopters, such as the animal's name, age, likes and dislikes



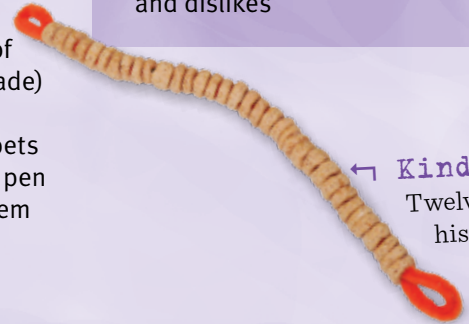
Game time!

Smart and curious, rats love to have fun – with each other and with their guardian. Try entertaining your rats with a game of bobbing for peas.

All you need to do is fill a shallow dish with about an inch of water. Pour in some peas (fresh or frozen will do), and watch as your rats figure out how to fish for them!



Kind Act #17
Twelve-year-old Ethan made some treat hangers for his rats out of pipe cleaners and plain Cheerios®.



Tube toys

Just like cats and dogs, small animals like to play. And toys become especially fun when food is involved!

Before you head out to a pet supply store, try making an easy – and cheap! – toy for your small animals at home. Rats, mice, guinea pigs, rabbits, hamsters and gerbils will all love tearing it apart to get at the treats inside. (Just be sure to make enough toys to go around so that your pets each have one to play with.)



What you need:
✓ Scissors ✓ Toilet paper roll ✓ Treats

What to do:

1. Cut the toilet paper roll into rings about a centimetre wide.
2. Begin wrapping the rings around each other to create a disk shape.
3. Just before you add the last few rings, slip a few treats inside. Add the remaining rings.
4. Shift the rings around to close any large gaps. That way, the treats will not just fall out – your pets will have to work for them!



For even more tube toy ideas, check out spca.bc.ca/crafts.

Must. Get. Treats.



Want to discover more ways to be kind to your small animals? Email us at kids@spca.bc.ca for a FREE copy of one of our small animal care guides! There are six to choose from: rats, mice, guinea pigs, rabbits, hamsters and gerbils.



Kind Act #30
Kiera, 10, baked some homemade treats for her guinea pigs. She found the recipe for carrot and banana cookies at spca.bc.ca/crafts.

Kind Act #82
Ten-year-old Alexis started a small vegetable garden for her rabbits. She grows yummy greens like kale, parsley and even some dandelions.



Kind Acts for Wildlife



Be a friend to bees

Bees are responsible for pollinating a third of all the foods we eat. Talk about hard work!

Gathering all that pollen makes bees thirsty. Like us, they need fresh water to drink. But they can drown in deep, open water sources like bird baths. So, be kind to bees: make a special bee bath just for them!



- Step 1:** Line a shallow bowl or plate with rocks.
Step 2: Add water, but leave the rocks as dry "islands" to serve as landing pads.
Step 3: Place the bath at ground level in your garden.
Step 4: Refresh the water daily, adding just enough to evaporate by the end of the day.

Deadly drifters

How can balloons be deadly when they look so peaceful floating slowly up into the sky? The trouble starts when they come back down. They usually end up in the water, where they become harmful litter.

Wildlife can mistake balloons for food and choke on them. Sometimes, the balloons cause painful blockages inside animals and they slowly starve. Balloon strings and ribbons pose a danger too. Animals can get tangled up in them – and even strangled by them. Yikes!

Your kind act? Just say "No!" to balloon releases! And when you do use balloons, choose air-filled instead of helium-filled ones.



Calling all nature lovers!

Do you love to explore the outdoors? Become a Young Naturalist! Young Naturalists get together throughout the year to learn all about native wildlife and plants and discover ways to protect them.

Visit ync.ca to learn more – and to find a Young Naturalists' Club near you!



Kind Act #7 ↗

Kieran, 12, has made it his mission to keep his family from wasting water. Any family member who leaves the tap running when they brush their teeth or wash the dishes has to pay up by putting a quarter in the "Save Water" jar!



Battery round-up

Take a moment to think about how many devices you have at home that use batteries. Television remotes. Alarm clocks. Smoke detectors. Flashlights. Each year, Canadians use more than 700 million batteries – about 20 per person!

Batteries are actually hazardous waste. They contain chemicals called heavy metals. Heavy metals can be toxic to plants, animals and people, even in small amounts. When they end up in landfills, batteries can pollute the soil, air and water.

Kindness to wildlife means helping to keep our environment healthy!

- ✗ **DON'T** throw dead batteries in the garbage.
- ✓ **DO** recycle your old batteries. Visit call2recycle.org/locator to find a battery recycling location near you.
- ✓ **DO** start a used battery round-up at your school. You can order a special collection box from call2recycle.org/collection-kit.



Wildlife Gardening by Martyn Cox

Create a habitat for bugs, birds, bees, butterflies and even bats, right in your own backyard.



Ban the bread!

Tossing bread to ducks and geese at the park sounds like fun. But feeding bread to birds is like giving them junk food!

Natural foods for ducks and geese include leaves, roots, seeds, berries, insects and fish. Bread just fills them up without providing any real nutrition. Birds who eat a lot of bread can become overweight and sick. Even worse, birds who depend on being fed by humans can pass the habit on to their babies! Young birds need to learn to find their own food in order to survive.

So, spread the word: feeding bread to birds is **NOT** a kind act!

Kind Act #29

Nine-year-old Tyler asked his teacher to hold a Tote-Your-Own-Trash Day. Students in his class carried around their trash for a day to get an idea of how much garbage they throw out. At the end of the day, they brainstormed ways they could produce less waste – such as bringing reusable containers for lunch and composting food like apple cores and banana peels.



ecokids.ca

Play games, enter contests, get homework help and read about what other kids your age have done to make a difference for the environment.

Seven days of cat kindness

Do something kind for your cat each day of the week!



I hate cat puns. Just kitten - they're hysterical!



Meow Monday

Teach your cat a trick

Dogs aren't the only ones who can learn tricks! Try training your cat to come when she's called. (Make sure she's hungry enough to take treats before you start!)

- Step 1:** Say her name once and immediately give her a small treat. Repeat this five to 10 times and then take a break for the day.
- Step 2:** Repeat Step 1 each day for the rest of the week. She should start to make the association between the treat and her name. When you say her name and she responds by turning towards you, she's on her way!
- Step 3:** Slowly add some distance. Repeat Steps 1 and 2, calling her from further away – just a few feet to start. Increase the distance only when she's mastered the shorter one. Pretty soon, she'll be dashing in from the other room to the sound of her name!



Me: Oreo, come!

Oreo: You have cat to be kitten me right meow.



Treats Tuesday

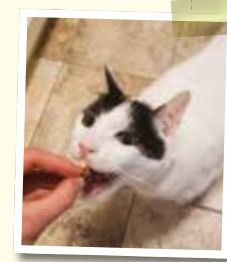
Bake cat treats

These tasty treats are made from only one ingredient (two, if you count love!). You can even use them for your daily training sessions!

Ingredient: om nom nom nom!

Directions: om nom nom nom

- Preheat the oven to 350°F.
- Open the can and shake out the loaf of cat food onto a sheet of waxed paper.
- Cut the loaf into slices about half an inch thick. Cut the slices into bite-sized pieces.
- Place the treats on an ungreased cookie sheet. Bake in the oven for 15 minutes.
- Flip the treats. Bake for 15 minutes more (until crispy).
- Let the treats cool completely before serving to your cat. Store in a sealed container in the fridge.



Whiskers Wednesday

What's your kind act for cats?

What nice things do you do for cats? We want to hear about it! Email us at kids@spca.bc.ca, and your story could be featured in an upcoming issue of Bark!. Use the subject line "Kind act for cats" and don't forget to include your name, age and city too.

(Hint: We also love cat photos!)

Checking out the cat tent I made him



Frisky Friday

Make a no-sew cat bed

No sewing skills required! All you'll need is a pair of scissors, an old, clean t-shirt and two different colours of fleece fabric.

- Cut a 50 cm by 40 cm rectangle out of each colour of fleece. Lay one piece on top of the other so they line up.
- Cut out a 7 cm by 7 cm square from each corner of both pieces.
- Cut fringes all the way around both pieces. Each fringe should be about 1 cm wide and 8 cm long.
- Take one fringe of each colour and tie a knot. Continue to tie knots on three sides of the bed. Leave one side open.
- Fold an old, clean t-shirt to fit inside as the padding for the bed. Tie knots in the fringes along the remaining side to close it up.

All you knead is love.

I made some beds for cats at the SPCA



Every day is Saturday!

Read to your cat

Pick a cat-themed book to practise reading aloud to your cat. Cats are great listeners, and never judge when you stumble over a word!



Hmmmm... maybe he's not listening to me, after all



Sunday Funday

Spend some supervised time outside with your cat

Cats love to explore, but the outdoors can be a dangerous place. Hang out with your cat outside – either in a fenced-in yard or with your cat on a harness and long leash. Under your watchful eye, she can sniff around as much as she likes without the risk of escaping – or attacking birds! Maybe she'll even come when she's called.

My friend's kitten loves his leash!



Thoughtful Thursday

Make a cat wand

Your cat will love to chase and pounce on this dangly wand!

Supplies:

Chopstick, white glue, scissors, fleece fabric

Instructions:

- Cut a strip of fleece 2 to 3 cm wide and about four times as long as the chopstick.
- Wrap the strip of fleece around the chopstick, gluing it down as you go. Leave a long piece dangling from the end.
- Make a pompom by tying smaller strips of fleece to the dangly end.



I learned to make these at BC SPCA summer camp!



Ideas / plans / organizing for next week:

Donate used towels to the SPCA

Meow for now! Ask our librarian about setting up a book display about cats!

Make homemade cat treats for our next-door neighbour's cat.

Get more cat training tips at [youtube.com/bcspca](https://www.youtube.com/bcspca)

Plant wheatgrass in a pot on our deck

Don't forget to email kids@spca.bc.ca with a new pic!

Kind Act #153 - Tell 10 friends to adopt a cat from the SPCA.

Kind Act #21 - Cut up and recycle six-pack rings.

Kind Act #47 - Make an SPCA poster display at school.

Kind Act #99 - Stop someone from dumping old paint down a storm drain.



Kind Act #39 - Adopt a dog from the SPCA!

One Million Acts of Kindness

Fighting cruelty with kindness

This year the BC SPCA celebrates **120 years** of rescuing abused, injured and neglected animals. Despite all the SPCA does to help animals, we can't do it alone. Every single act of kindness and caring by you helps end animal cruelty. To help show how much people care about animals, we are challenging all British Columbians to join the BC SPCA's Million Acts of Kindness campaign.

What's a kind act?

Kind acts help others. Making a larger habitat for your hamster, choosing cage-free eggs, putting an ID tag on your cat's collar and standing up for someone being bullied are all kind acts. So is picking up trash at the park, cutting six-pack rings and stopping someone from dumping old paint down a storm drain, all of which help wildlife.

What kids are already doing

Many Kids Club members are already doing lots of things to help animals. For example, **Jadyn**, an eight-year-old Kids Club member from Kelowna, asked neighbours she knows for contributions of pet toys and towels for the Kelowna SPCA.

Kind Act #9 - Create "Adopt Me!" posters for SPCA animals.



Then there is **Makayla, Rylan and Alexander**, from Penticton, who wrote a song, "Dalmatians and the SPCA," and sang it to their family and friends for donations. They raised \$21!

Record your kind acts

To count toward the million, you and your friends need to record and track your kind acts online at millionacts.ca. Make sure when you join Million Acts you fill out the profile and indicate you are a youth. To inspire you, new ideas are posted each week on the Million Acts website. The goal is to reach a million acts of kindness by year's end!

Help us inspire others

We bet you have lots of other ideas to help animals. Tell us about your kind acts and we'll put the best actions in the next issue of **Bark!** magazine. The spring edition will be packed with ideas to help companion animals, wildlife, farm animals and people.

Kind Act #27 - Bake cupcakes!



Send a short description of your example kind act (and, if you can, a photo) to:

Bark! Kind Acts, 1245 East 7th Avenue, Vancouver, BC V5T 1R1 or email kids@spca.bc.ca (put My Kind Act in the subject field).



Kind Act #4 - ID your cat.



Kind Act #63 - Buy cage-free eggs.



Kind Act #46 - Pick up trash at a park.

Kind Act #120 - Make a cat toy.

Kind Act #197 - Play fetch with your dog every day!

Kind Act #55 - Make a larger habitat for your hamster.

Kind Act #72 - Stand up for someone being bullied.

Kind Act #233 - Use cloth bags when shopping.

Kind Act #214 - Clean your Kitty's litterbox every day!

Kind Act #88 - Build a bird house!

BCSPCA **MILLION ACTS OF KINDNESS**
FIGHTING CRUELTY WITH KINDNESS



CELEBRATE



KIND ACTS COUNT!



May is *Be Kind to Animals Month*. Take action by performing as many kind acts as you can. Make the world a better, kinder place for animals and other people – kind acts count!

Here are five ideas to get you started:

- 1. Speak out** if you see animals being harmed or classmates being teased or bullied.
- 2. Be a class act.** Take time to tell your classmates how much you appreciate them, offer to clean up the classroom or help out at home without being asked.
- 3. Pamper your pets!** Spend more time with them – extra walks and play sessions.
- 4. Be a smart shopper.** Buy animal and environmentally friendly products such as cruelty-free beauty products, eco-friendly cleaners and cage-free eggs.
- 5. Try to live plastic free!** Plastic pollution is becoming a serious problem. Cut out unnecessary plastic from your life like plastic straws, grocery bags, water bottles, gum (yep, it's made of plastic!) and disposable plastic cutlery.

With *Bark!*, BC SPCA Kids Club members received a “Kind Acts Count!” poster (see back page to become a member). If you’re a member, your first action is to put up the poster somewhere prominent – at your school, community centre or other bulletin board (ask permission first).



ILLUSTRATIONS: SCOT RITCHIE



month!



(Be Kind to Animals)