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.
- Learn the history and use of different types of therapeutic animals in America.

The activities above are ideas to inspire further project development. This is not a complete list.
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.
- Learn about animal genetics and how they relate to animal health.

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 animal's health.
- Learn how to safely and properly handle different types of animals.

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.
- Take your therapy animal to visit a hospital, nursing home, or rehabilitation facility.

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.

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Fair – Enter a poster display showing something that you learned in the therapeutic animal project.

Curriculum

- National 4-H Curriculum- [www.4-h.org/resource-library/curriculum/4-h-dog/](http://www.4-h.org/resource-library/curriculum/4-h-dog/)
- Ohio 4-H Youth Development Curriculum- [http://www.ohio4h.org/statewide-programs/animal-sciences/ohio-4-h-petpals](http://www.ohio4h.org/statewide-programs/animal-sciences/ohio-4-h-petpals)

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

Resources

- National Service Animal Registry [https://www.nsarco.com/service-definitions.html](https://www.nsarco.com/service-definitions.html)
- Pet Partners [https://petpartners.org/](https://petpartners.org/)
- Good Therapy [http://www.goodtherapy.org/learn-about-therapy/types/animal-assisted-therapy](http://www.goodtherapy.org/learn-about-therapy/types/animal-assisted-therapy)
- Dog Play [http://www.dogplay.com/Activities/Therapy/therapy.html](http://www.dogplay.com/Activities/Therapy/therapy.html)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

University of California Agriculture and Natural Resources