



# 4-H PetPALS

## Project and Record Book

Name \_\_\_\_\_

Age (as of January 1 of the current year) \_\_\_\_\_

Club name \_\_\_\_\_

County \_\_\_\_\_

Master PetPALS advisor \_\_\_\_\_

Signature \_\_\_\_\_

Print name \_\_\_\_\_





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# Getting Started

Welcome to 4-H PetPALS! The *4-H PetPALS Project and Record Book* has everything you need to track, record, and make notes about the wonderful journey you are about to begin. Your 4-H PetPALS advisor will let you know when you should complete each worksheet, record, and activity that follows. Please do not fill out any portion of this book until your advisor instructs you to do so. This book is designed for use in a three-ring binder. Add pages as needed to any section of this book.

You must purchase a new *4-H PetPALS Project and Record Book* every year, even if you take this project with the same pet. Your pet's personality, health, and care may change with time and a new book allows you to note and adjust to any changes.

Keep an individual scrapbook of activities you complete as well as information you collect showing growth and achievement in your project. You may keep your scrapbook separate from the *Project and Record Book* or incorporate it into your binder.

Remember, you must enroll in the 4-H PetPALS project **EACH** year you plan to complete this project. Be sure to follow your county and/or state fair judging requirements if you plan to be judged on your project.



## Introduction to 4-H PetPALS

4-H PetPALS is an intergenerational program of Ohio State University Extension, 4-H Youth Development, and is supported by the Iams Company. 4-H PetPALS stands for People and Animals Linking Successfully. The focus of the 4-H PetPALS project is for you to visit senior adults in various healthcare facilities with your pet. These interactions, called animal-assisted activities, help you gain a greater appreciation for your pet, while experiencing compassion and caring for senior citizens.

4-H PetPALS uses the natural bond between you and your pet to promote positive youth development. A Master 4-H Volunteer Leader will teach you skills needed to interact with residents in healthcare facilities, such as assisted living and skilled nursing facilities, and enhance relationships across generations. You will learn about the physical changes associated with aging, as well as medical conditions you may encounter while visiting. You will also learn to select, socialize, and train your pet to participate as youth-pet teams in animal-assisted activities.

By completing the 4-H PetPALS project, you become a model for healthcare facilities' residents and the community at large of the significance of human-animal interactions and the importance of intergenerational relationships.





## 4-H PetPALS Project Background

4-H PetPALS is a leader-directed project and cannot be completed as a self-guided independent project. To take this project, you must be enrolled in a 4-H club or group with a Master 4-H PetPALS Volunteer Leader as your adult advisor. Your advisor will teach you the subject matter and guide you through this 4-H project. The 4-H PetPALS curriculum is designed as ten steps with each lesson building upon the other. You begin learning about human-animal interactions in Step 1. Step 2 helps you understand animal behavior and how your pets communicate. In Step 3 you learn how to identify animals that are appropriate for animal-assisted activities. Step 4 introduces you to senior adults and others with various medical conditions. Step 5 takes you through the decision-making process of where to visit and how to contact the facility. You will learn how to prepare for a visit, what is expected of you during a visit, and effective communication skills in Step 6. In Step 7 you will visit the selected healthcare facility without taking any pets. Step 8 teaches you how to prepare pets for visiting, including instituting a year-round wellness program. You will role-play visiting situations in Step 9, to help you feel more comfortable when you bring your pet along for a visit. In Step 10 you will visit the facility with your pet, provided you and your pet are ready for an animal-assisted activities visit.

Your Master 4-H PetPALS advisor, along with input from club members, will decide whether to follow these steps in order. For example, your club may decide to complete Steps 5 and 7 after your second or third meeting.

Many of the steps will take more than one meeting to complete. Your advisor will help you and the other club members determine how many meetings to have so you will effectively and successfully complete the required activities. Many times, the age

and experience of the 4-H members will dictate the frequency and length of meetings.

After completing Steps 1 through 9, you will receive a 4-H PetPALS Steps 1-9 Completion Certificate. You will be permitted to go on an animal-assisted activities visit only when both you and your pet are ready for the visit. Once you have successfully completed a 4-H PetPALS visit, you will receive a Project Completion Certificate.

Once you have successfully completed the 4-H PetPALS project and achieved 4-H PetPALS visits your first year of taking this project, you can continue taking the 4-H PetPALS project each year. In subsequent years you can help your 4-H PetPALS advisor with club activities and help new members, learn more about animal-assisted activities, and continue to develop relationships with your pet and visiting people in healthcare facilities. You can also train new pets for 4-H PetPALS. However, you must make sure you enroll in this project every year to continue to receive credit for being a 4-H PetPALS member.

## Criteria to Become a 4-H PetPAL

To become a 4-H PetPAL you must:

- Be at least age 8 and enrolled in the third grade as of January 1 of the current year and not over 18 years old. 4-H eligibility ends December 31 of the year in which you reach age 19.
- Enroll in a 4-H club with a Master 4-H PetPALS Volunteer Leader who gives leadership to the 4-H PetPALS project.
- Either own a pet or have access to a pet that is suitable for visiting.
- Establish a strong bond with your pet to form a youth-pet team that enjoys making animal-assisted activities visits. Your pet must be predictable around the people you visit so everyone is at ease.
  - Dogs and cats must be at least one year old prior to the first visit to the healthcare facility.
  - Rabbits, guinea pigs, and chinchillas must be at least six months old prior to the first visit to the healthcare facility.
- Complete the activities in the 4-H PetPALS curriculum.
- Have a strong desire and be able to make a commitment to visit healthcare facilities with your pet.



# Project Goals and Objectives

Identifying goals and objectives at the beginning of your 4-H PetPALS project year helps you determine the knowledge you wish to gain and the skills you want to accomplish while taking this project. You should set goals for yourself to learn more about the topics in the 4-H PetPALS project, as well as goals you wish to accomplish with your pet. Goals and objectives provide guidelines for accomplishing new tasks.

A **goal** is a statement of what you want to learn or a task you want to complete. Goals help you focus on these tasks. A goal needs to be realistic and specific. Goals should challenge you in what you want to accomplish, yet be reasonably attainable within the current project year. Do not write a goal so broadly that it becomes a chore to complete. For example, the goal *Learn about animal-assisted activities* is too broad. However, *Learn the purpose of animal-assisted activities* is a better goal because it has guidelines—purpose—that will keep you focused.

Once you decide on a goal, determine what objective you must do to work toward reaching that goal. **Objectives** are individual steps used to accomplish your goals. Each goal you write will have one or more objective statements. Each objective statement tells one action you will do while working towards your goal. Objectives are best when written with action verbs and a few details.

For example, for the goal: *Learn the purpose of animal-assisted activities*, objectives to accomplish that goal might be:

Objective 1: *Read at least three resources that discuss the purpose of animal-assisted activities.*

Objective 2: *Identify at least four purposes of animal-assisted activities.*

Objective 3: *Record my findings, along with pictures, and report what I learned at a 4-H club meeting.*

Objectives can be measured. You can list the books and other resources you read to learn about animal-assisted activities. You can document a variety of purposes. You can share what you have learned with others in your 4-H club.

Write a rough draft of your goals and objectives, then ask your 4-H advisor to review them with you. Discuss whether they are reasonable for your age and experience level. Older members may have goals and objectives that are more involved than younger members. You may wish to adjust your goals before writing the final draft for your project book. Periodically review your goals to see if you are still on track to completing them, and what adjustments you may need to make so you can accomplish them.

Goals can be identified from the learning activities you list in this project book or from additional interest you have. Decide on at least three goals and your plan to accomplish them this project year. Write them in the space below. At the end of the project, ask yourself, "Did I reach my goals?" Write what you accomplished in the spaces provided.

Goal 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_

Objective 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Objective 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Objective 3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I accomplished and how I did it: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_



Goal 2: \_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_

Objective 1: \_\_\_\_\_

Objective 2: \_\_\_\_\_

Objective 3: \_\_\_\_\_

What I accomplished and how I did it: \_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_

Goal 3: \_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_

Objective 1: \_\_\_\_\_

Objective 2: \_\_\_\_\_

Objective 3: \_\_\_\_\_

What I accomplished and how I did it: \_\_\_\_\_

4-H advisor's initials: \_\_\_\_\_



## 4-H PetPALS Club Meetings

Record each 4-H PetPALS meeting that you attend. For each meeting, make notes about club business discussed and lessons learned from your advisor. (Add pages if needed.)

Date (include yr.)	Club Business Conducted	Lessons Taught by Advisor
4/10/YR	Discussed our goals as a club.	Learned what AAA and AAT mean. Learned how pets help people.

# Leadership/Citizenship Activities

Developing leadership and citizenship skills is an important part of your 4-H experience. As your experience in 4-H grows, you learn to be an effective speaker, practical organizer, and valued contributor to your community. Each year you are asked to complete **at least two** leadership/citizenship activities. Here are the steps to follow:

1. Leadership/citizenship activities should be different from each year's 4-H PetPALS project experiences. They do not necessarily have to be different each year, but each year you should be able to demonstrate expanded responsibility and leadership. For example, let's say you always attend 4-H camp. At first you simply attend, but over time you might take on leadership roles and eventually become a 4-H camp counselor.
2. After reviewing the list of activities below, place a check next to the ones you plan to do this year. You may add or change your plan at any time.
3. With approval of your 4-H advisor, you may also develop your own leadership/citizenship activities.
4. Ask your advisor to initial and date each experience you complete.

Leadership and Citizenship Activity	Plan to Do	Date Completed	Project Helper's Initials
<i>Example: Write a news story for a local newspaper.</i>		3/11/YR	L.M.
Lead the Pledge of Allegiance, a song, or a game at a 4-H meeting.			
Promote 4-H by writing a news story for a local paper or by participating in a radio or television program.			
Give a presentation (demonstration, illustrated talk, or a speech) to your club.			
Give a presentation (demonstration, illustrated talk, or a speech) to a group other than your club.			
Serve as a host for a 4-H meeting, as the chair of a committee, an officer of your club, or as a junior leader.			
Participate in a community service project.			
Attend 4-H camp or a leadership conference.			
Serve as clerk, chairperson, or apprentice judge at a 4-H show.			
Serve as a camp counselor.			
Plan an activity for your club by making tour arrangements, recruiting a speaker, etc.			
Help plan or conduct a quality assurance program, a project quiz bowl, a skillathon, or a judging contest.			
Participate in the annual meeting of a local organization or cooperative.			



Help at a club or county fund-raising activity.			
Prepare a window display during national, state, or local 4-H week.			
Do something to improve your neighborhood.			
Help in some way to educate the public in animal owner responsibilities and animal pet problems; offer some solutions.			
Modify or add your own experiences here.			

Sample Pages

## Information About My Pet

Knowing basic information about your pet comes in handy. Fill in the following blanks to keep as a reference. You will complete your pet's biography on page 21.

Species of pet \_\_\_\_\_

Breed \_\_\_\_\_

Variety (if applicable) \_\_\_\_\_

Pet's name \_\_\_\_\_

Color and markings \_\_\_\_\_

Age \_\_\_\_\_ Date of birth: (mm/dd/yr) \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_ Spayed or neutered: Yes \_\_\_\_\_ No \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Age when acquired \_\_\_\_\_ Date when acquired: (mm/dd/yr) \_\_\_\_\_