

**ACTIVITY WRITE-UP 2**

**Name of Activity: Walk-a-dog**

Type of modality	Animal Therapy
Type of play	Solitary
Interaction pattern	Intra-group
# of participants required	<ul style="list-style-type: none"> <li>• Minimum of 1 service dog</li> <li>• Minimum of 1 trained supervisor</li> <li>• Minimum of 1 participant to walk dog</li> </ul>
Equipment/supplies	<ul style="list-style-type: none"> <li>• Dog leash</li> <li>• Dog harness</li> <li>• Trained dog</li> </ul>
Facilities required/environment	Inside/outside with ample space
Precautions	<ul style="list-style-type: none"> <li>• Make sure the animal is trained for therapy purposes</li> <li>• Make sure the participant is not allergic to dogs</li> <li>• Make sure the participant is not afraid of dogs</li> </ul>

**Directions**

1. Call the dog over to you
2. Command the dog to sit and stay
3. Pick up dog harness
4. Let the harness hang loose in your hand
5. Slide dog's head through the open neck piece (large round hole in the middle of the harness)
6. Slide the bottom straps between dog's front two legs (under dogs belly)
7. Reach around your dogs legs and secure buckles on either side of the harness together
8. Pick up dog leash
9. Pull back the small lever on the leash
10. Put the leash buckle on the harness so that your leash is attached to your dogs harness
11. Hold onto the leash with your hand through the loop at the opposite end of the leash
12. Command the dog to walk
13. Walk dog however far/around obstacles until the participant is satisfied

**Activity Analysis**

Category	Skills
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Primary body position	Sitting/standing/walking
Part of the body required	All body parts
Movement	Grasp, picking up, putting down, bending, carrying in the hands, reaching, releasing, walking short distances, standing, stretching, turning/twisting hands and arms
Physical	Balance: dynamic standing, bilateral integration, crossing midline, fine muscle coordination, flexibility, gross muscle coordination, motor control, active range of motion of the upper extremities, active range of motion of the lower extremities, visual-motor integration, visual function
Cognitive	Arousal/alertness, alternating attention, divided attention, focused attention, concentration, simple decision making, STM, initiation, orientation, simple problem solving, size recognition, sequencing,
Social	Heterogeneity, maintaining social space, physical contact, regulating behavior, relationships (forming), social conduct, social cues, showing respect and warmth, showing tolerance
Perception	Auditory, tactile, visual
Communication/language	Reception to spoken language, reception to body language
Self-care	N/A
Psychological/emotional (possible)	Excitement, joy, fear (of hurting the dog), frustration (if cannot get the harness or leash on by themselves)

### **How to Simplify the Activity**

You could have it be a larger dog or smaller dog, depending on the fine motor control and gross motor control and movement of the client.

### **How to Make the Activity More Complex**

You could make the activity more complex by having the participant walk 2 dogs (one leash in each hand) or having the participant walk the dog around objects or for a longer distance.

### **Other Comments**