



REGULATING A CLASS ROOM FOR THE DOG MENTOR

- Dog mentor to wait outside.
- Address class to say how important their role is.
- Instruct children to pick up items from the floor e.g. Rubbers, pencils, paper, books, blue tac, drink bottles, trays, bags and coats.
- Ask children to sit on chairs.
- Pull chairs underneath table, with knees together under desks and feet flat on the floor.
- Put everything down e.g. pens, books, paper.
- Hands flat on desks, palms facing down.
- Class to be completely silent, including teachers and TA's.
- Only movement to be heads and eyes to see and focus on the dog mentor.
- Shoulders relaxed, must be calm!
- Relaxed manner e.g. shoulders down, not angry, not excited and not sad.
- To instruct breathing in through the nose and out through the mouth.
- Silent breathing always (no heavy panting as if you had just like been run a marathon).
- When the class is completely relaxed and regulated, allow the dog mentor to enter the classroom.
- Children must not touch the dog and must stay still.
- Walk in a relaxed manner for dog mentor to explore and see and feel the class room (on lead to start).
- Class must continue to breath in and out to keep relaxed and calm until the dog mentor leaves.
- Visits to the class regularly. Those children who can comply, when instructed can choose to lower their hand to touch/stroke the dog as it passes.
- This should be practised in all environments to ensure everyone knows how to calm down and regulate themselves in every circumstance.
- This can also be practised in the home environment with parents ETC.

The Dog Mentor

