



# LOLA THE THERAPY DOG



## Lola Plush Curriculum Guide:

Introduce students to compassion, what it means, how to promote it.

Lola is so excited to share her Lola plush with you! While Lola would like to chew on it, she understands that children play a little differently. She has been learning a lot about circle time when she visits schools and she would love it if her Lola plush can join your circle time!



## Standard topics:

- Understanding differences
- Empathy/ Theory of Mind: Imagining how others feel and think
- Exploring how to care for animals and each other.
- Connecting with Literature

## Objectives:

- To show students how to appreciate and tolerate differences.
- To get students thinking about how to care for others. (Perspective Taking)
- Self-help skills.
- Self-regulation

## Key Terms/Concepts:

- Compliments
- Differences
- Compassion
- Cooperation

## Discussion Questions:

- What do we know about Lola?
- Do you have a dog? A different pet?
- How would you take care of Lola? Your pet?
- How is Lola different from you?
- How is she the same?
- Would you take care of a turtle the same way you would take care of Lola?
- Do you do any of the same things as Lola? Brush teeth? Play with toys?



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## Activities:

### Plush Puppy Pretend

**Objectives:** Self-help skills, Self-regulation, Empathy and Perspective Taking

**Materials:**

Lola Plush Puppy  
Leash (you can use anything to be a leash)  
Face Cloth  
Toothbrush  
Comb  
Pretend Treats

**Instructions:**

Practice how to treat a dog by using the plush puppy as if it were a real dog. Have each child, one at a time, come up to Lola slowly and quietly, putting out their hand for Lola sniff.

They can offer her a pretend treat by holding it in their hand, open palm up. Practice petting her back gently.

Attach a pretend leash and practice walking her slowly and without pulling. *\*Kids need to regulate to control speed and force.*

Either as part of this activity or separately, they can brush the puppy's fur, brush her teeth, and wash her face and body. The kids can practice their own self-help skills with a face cloth, tooth brush, and comb.

### I Spy Lola

**Objectives:** Language Development, Directionality, Visual Scanning, Prepositions

**Materials:** Lola Plush

**Instructions:**

Show Lola to the students. Tell them how Lola likes to try to hide. If there is another adult in the room tell them to "hide" Lola in plain sight. Then explain to the students that you need help finding Lola, can they tell you where to go and where to look? When they start to tell you directions act like you don't understand. Ask the students to give you very simple step by step directions. So if one student says, "She is right on top of the bookshelf!" Look around like you don't see her and ask if you should go forward, turn right, etc.

A variation of this game would be to have one student close their eyes or turn around while another student hides Lola. Then have all the other students guide the "seeker" with verbal directions.



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## Lola's Cooperative Story Time

**Objectives:** Language Development, Sequencing, Listening Skills

**Materials:** Lola Plush

**Instructions:**

Have the students tell a co-operative story. Pass Lola around a circle, whoever holds Lola adds the next part of the story. Here are some story starters:

*One Day Lola was on her walk when all of a sudden she saw an enormous dog coming her way and...*

*Lola was peacefully sleeping in her little dog bed when....*

*Lola has to go to the doctor today and she is feeling.....*

For younger children: have the children say what happened next in the book (retell the story that they just read). Use the Lola Plush to act out the different parts of the story.

## Lola's Compliment Circle

**Objectives:** Empathy, Theory of Mind, Compassion, Turn Taking

**Materials:** Lola Plush

**Instructions:**

Pass Lola around the circle. Have the students say one nice thing about Lola and then one nice thing about the person sitting next to them.

You can also use Lola as a signal that it is that students turn to speak when they are holding Lola. You can use that technique to guide a variety of topics:

- Tell your favorite part of the story.
- Tell something that you are afraid of.
- Tell about *one* hard job that you did.