

# NELLIE STOKES THERAPY DOG

MS. BORIS, SCHOOL COUNSELOR

## TUCKER BLUE

Tucker and Dog Safety Lesson  
link



### SERVICES PROVIDED

#### EXAMPLES OF SERVICES PROVIDED BY TUCKER BLUE

Examples of activities that students may engage in with a therapy dog include petting and/or hugging the dog, speaking to the dog, and giving the dog simple commands that the dog is trained to respond to. Additionally, Tucker will enter into classrooms to help with life skills, academics such as reading, math, writing, test anxiety or lay with them as they work independently on their Chromebooks. Tucker will also provide support in small groups such as grief, deployment, friendships, attendance and emotional regulation.

The possibilities are endless!

## PERMISSION SLIP

LINK

## PURPOSE

The presence of a certified therapy dog at Stokes Elementary is aimed at enhancing the overall environment and achievement of our students. Research has shown that having a therapy dog at school can lead to improved academic performance, positive behavior, increased confidence, a greater enthusiasm for learning, and a higher attendance rate among students.

Tucker is trained through Training Tales in Clayton, Delaware

## POLICY

Tuckers' certifications will be displayed in my office for parents and/or guardians to view.

Parents and/or guardians must complete a release form in order for Tucker to visit their child's classroom.

If a parent/guardian indicates "no" on the release form, the handler, Nicole Boris, will contact them to discuss Tuckers' role at Stokes Elementary.

If the parent/guardian still does not allow Tucker to interact with their child, measures will be taken to ensure minimal contact between Tucker and the student.

Students will be educated on Tucker's rules to promote safety for all parties involved.

Students are reminded to wash their hands after petting or feeding Tucker treats to promote good hygiene.

## SERVICES/BENEFITS

Research shows that having a therapy dog at school has the following benefits:

- Reduce Negative Behaviors
- Promote Prosocial Behaviors
- Positive Learning Outcomes
- Increase Well-Being
- Increase Attendance

Additional, scientifically proven, benefits of therapy dogs for students include promoting production and regulation of:

- Oxytocin - A hormone associated with positive emotions, bonding, and calmness. Sometimes referred to as our "feel-good" hormone.
- Serotonin - A neurotransmitter that regulates activities such as mood, behavior, and memory. Normal or increased levels of serotonin can result in students feeling: more focused, emotionally stable, happier, and calmer.
- Cortisol - Known as the body's stress hormone. Cortisol helps to regulate the body's stress response, fight or flight, immune functioning, and more.