



## Tree/Rock Activity Instructions:

### Describe Tree Position

- Display the 'tree' position card (Appendix C)
- Explain that when a dog approached that seems cheeky, aggressive or scary, we should stand tall and strong like a tree.
- Ask students to stand up and put themselves in their best 'tree' position.
- Examine the students' positions.
- Ask students to correct their tree positions according to the card and assist where needed. Ensure that their branches (arms) are close to their trunk (body) and their roots (feet) are together and firmly on the ground.
- When we stand tall and strong like a tree, we are telling the dog with our body that we are big, strong and not scary and the cheeky dog will likely sniff us and go away.
- Highlight the importance of NEVER looking a potentially harmful dog directly in the eyes as this is very scary for the dog and they are likely to react to this. Instruct the students that we should place our chins on our chests and look at the ground.

### Describe Rock Position

- Once all students have demonstrated the tree position correctly, explain that sometimes an angry dog may jump on us, knocking us to the ground in an attack.
- Emphasize that if an angry dog pushes us to the ground, we must turn into a 'rock'.
- Display the rock position picture card (Appendix D)
- Ask students to sit on their knees, lean chest down, tuck their chins to their legs and place their arms over their heads, clasping hands behind the neck. This is to protect their ears and neck.
- By us being a rock, we are telling the dog with our bodies that we are not a threat, but at the same time, we are also protecting ourselves.
- It's VERY important to stay VERY still and not move until the dog leaves. If we yell and fight, the dog is likely to become more aggressive.



## Tree or Rock game time!

### Materials Required

- Tree and Rock pictures
- Toy dog
- Music device

### Instructions

This game is similar to the conventional game of freeze; however, students use the positions of Tree and Rock.

- Have students stand to begin.
- *If you have a device that can play music: Using device to play music (if available) press play and ask students to move around the room, dancing to the music.*
- Stop the music and call out either Tree or Rock.
- *If you don't have a device that can play music If not using a music device encourage the students to move freely around the room and say stop calling out either Tree or Rock.*
- Students then need to freeze in the position called out.
- Once students are in the position, tiptoe around the room with the 'cheeky' toy dog, sniffing and growling at the students. NOTE- the cheeky dog is not allowed to touch the students and can only make noise. If students move or start laughing, they are eliminated from the game and become a 'cheeky dog' with the teacher.
- The game continues until all students are out.
- The winner of the game is the last student remaining.

### Conclusion

- Recap on the learning objectives from the lesson plan and ask the students 1. If an angry dog runs up to you, what do you do? 2. If an angry dog pushes you to the ground, what do you do?

*Continue with Staying Safe Around Dogs Lesson PowerPoint Presentation*

**Appendix (A, B, C, D)**



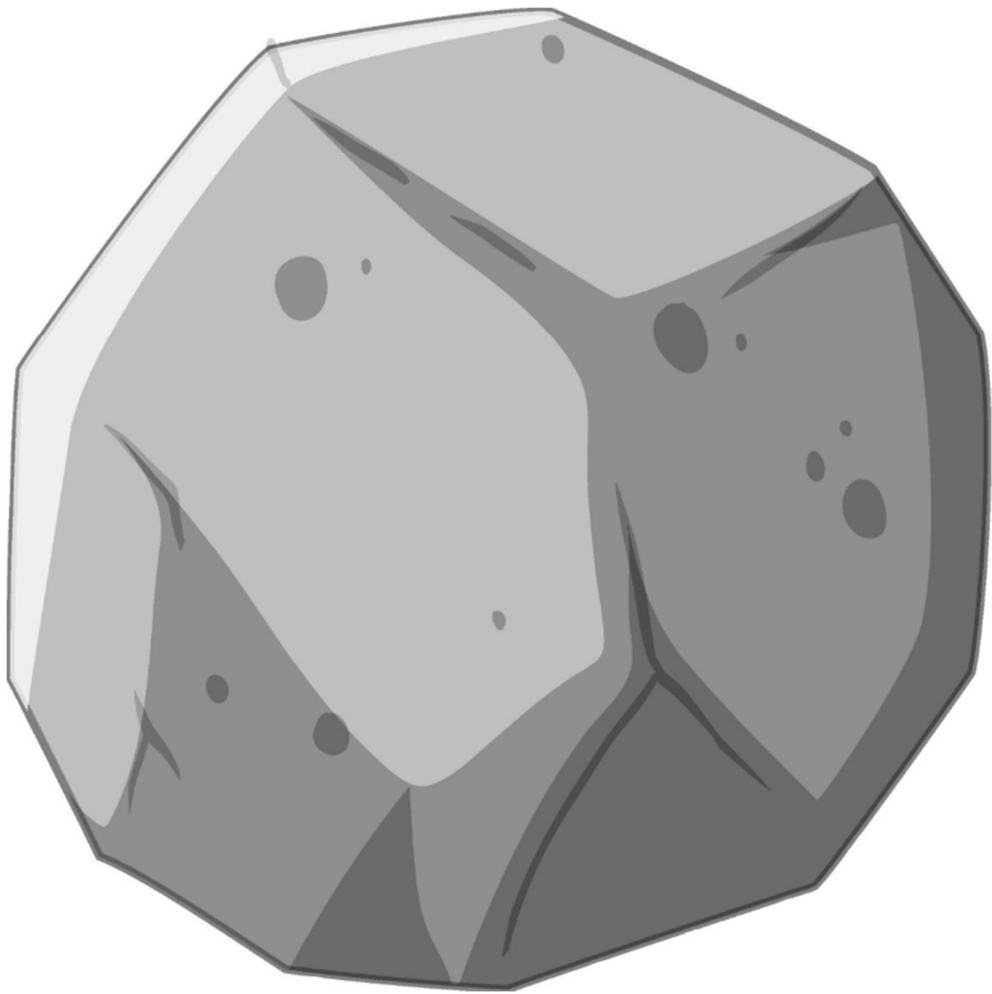
## Appendix A

### Tree Picture Card



**Appendix B**

Rock Picture Card



**Appendix C**

Tree Position Picture Card



## Appendix C

### Rock Position Picture Card

