

# Mental Health Matters Wales

## Activity Pack

### Cats and Dogs

#### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

#### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



**MHM Wales**



**Better  
Together**



**Wellbeing  
Hubs**



**Therapeutic  
Support**

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services

## Aim of Pack:

To create activities that celebrate...

### Cats and Dogs

“Dogs come when they’re called; cats take a  
message and get back to you later”

- Mary Bly

Whether you’re a cat person or a dog person, I’m sure you can agree that these funny, affectionate animals that share our lives bring love and joy to any household

**The Benefits of these Activities include but are not limited to**

#### **Better Communication**

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

#### **Improved Coordination**

Activities can delay the loss of muscle control.

#### **Relaxation**

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

#### **Pride**

There can be immense satisfaction and pleasure taken from drawing projects.



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# Picture Quiz

## What's that Dog?



1) \_\_\_\_\_



2) \_\_\_\_\_



3) \_\_\_\_\_



4) \_\_\_\_\_



5) \_\_\_\_\_



6) \_\_\_\_\_

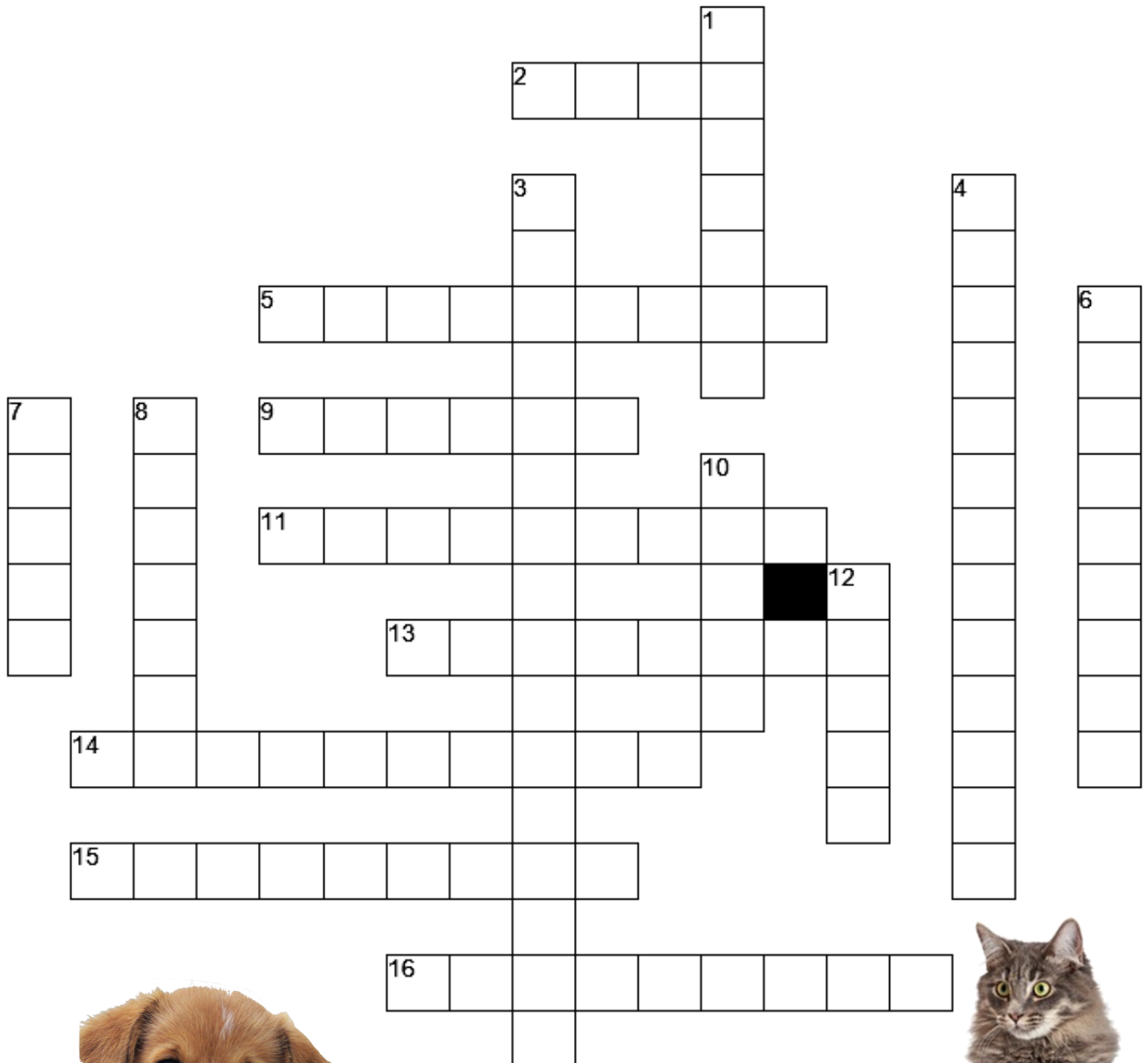


7) \_\_\_\_\_



8) \_\_\_\_\_

# Famous Cats and Dogs Crossword



# Famous Cats and Dogs Crossword Clues

## Across

2. What was the name of Dorothy's faithful friend in The Wizard of Oz?
5. What 1957 film tells the emotional story of a friendship between a young boy and a stray yellow Labrador mix breed dog?
9. What breed was Lassie?
11. What breed is Cartoon favourite Scooby-Doo?
13. What cat was known for his grin in Alice in Wonderland?
14. In what Disney Musical do we hear the song "Everybody wants to be a cat" sung by its stars?
15. What was the name of Snoopy's feathered sidekick in the comic strip Peanuts?
16. Pongo and Perdita are the parents of a rather large Disney family of what breed of dog?

## Down

1. "The Incredible" what tells of the adventure of unusual animal friendship between Sassy, Chance and Shadow?
3. The most popular canine with a black ring around his right eye was Pete the Pup in what 1930's family show?
4. A marmalade tabby called Orangey starred alongside who in Breakfast at Tiffany's?
6. What was the name of Tweety Birds feline rival in the much loved cartoons?
7. What was the name of the first cartoon black and white cat in a 1950's silent movie?
8. What English aristocratic feline had his own show, "The Pink" what?
10. What was the name of the Musical where an orphan girl befriends a stray dog she calls Sandy?
12. The tomcat aptly named Tom was given the runaround by which mouse?

# It's a Dog's Life Word Search

K S K G R E A T D A N E C R U B D  
R G O D L L U B R O D A R B A L D  
E B S C U E G R E Y H O U N D R L  
L M V H P O M E R A N I A N A N S  
G H K I N U W F K A T N W N O H A  
A B M H R J U R I W A K R R I Z Q  
E I G U M Y A T E M O E L H V S F  
B C X A S Q A C R L B H T L A S B  
V H V H E M A E K T L Z C X Z D O  
R O Z U L Y B C S R U I F W A K X  
Y N L A M O M M C Y U Y E S O T E  
D F D W D E K B O K N S C W C H R  
U R L M O Q Q D R E R H S Z T Z C  
L I S A F W K B G X U O U E N O V  
A S P F X U K H I N G O A S L V R  
J E E L D O O P D S D C Q W B L I  
I V H R E I R R E T L L U B P G A

**Chow Chow**

**Greyhound**

**Dalmatian**

**Bull Terrier**

**Corgi St Bernard**

**Bichon Frise**

**Rottweiler**

**Great Dane**

**Boxer**

**Bulldog**

**Beagle**

**Chihuahua**

**Shiitzu**

**Poodle**

**Doberman Dachshund**

**Jack Russell**

**Pomeranian**

**Labrador**



# Wild Things Word Shuffle

Can you unshuffled these wild cats & dogs?

1. AURAJG \_\_\_\_\_
2. NGIOD \_\_\_\_\_
3. OECOTY \_\_\_\_\_
4. NRHTAPE \_\_\_\_\_
5. YNAHE \_\_\_\_\_
6. ALACKJ \_\_\_\_\_
7. SONW IEGTR \_\_\_\_\_
8. THIWE NILO \_\_\_\_\_
9. NSERABII RTEGI \_\_\_\_\_
10. AEDLRPO \_\_\_\_\_
11. FXO \_\_\_\_\_
12. HHECTAE \_\_\_\_\_
13. CTOEOL \_\_\_\_\_
14. RDE FOWL \_\_\_\_\_
15. FAICNAR ILDW OGD \_\_\_\_\_
16. TAB ARDEE XFO \_\_\_\_\_
17. RUCOAG \_\_\_\_\_

# Match the Owners to their Dogs

1. Charlie Brown
  2. Bernie Winters
  3. Shaggy
  4. Dorothy
  5. Timmy
  6. Mickey Mouse
  7. Dick Dastardly
  8. Dennis the Menace
  9. Tin Tin
  10. Travis
  11. John Noakes
  12. Turner
  13. Annie
  14. Den & Angie Watts
  15. Ethel Skinner (Eastenders)
  16. Magnum PI
  17. Julian Clary
- A. Hooch
  - B. Willy
  - C. Toto
  - D. Zeus & Apollo (The Lads)
  - E. Fanny the Wonder Dog
  - F. Snoopy
  - G. Sandy
  - H. Roly
  - I. Lassie
  - J. Schnorbitz
  - K. Scooby Doo
  - L. Mutley
  - M. Shep
  - N. Gnasher
  - O. Old Yeller
  - P. Snowy
  - Q. Pluto





## **Macavity the Mystery Cat** **by T.S. Elliot**

Macavity's a Mystery Cat: he's called the Hidden Paw  
For he's the master criminal who can defy the Law.  
He's the bafflement of Scotland Yard, the Flying Squad's despair:  
For when they reach the scene of crime - *Macavity's not there!*

Macavity, Macavity, there's no one like Macavity,  
He's broken every human law, he breaks the law of gravity.  
His powers of levitation would make a fakir stare,  
And when you reach the scene of crime - *Macavity's not there!*  
*You may seek him in the basement, you may look up in the air,*  
*But I tell you once and once again, Macavity's not there!*

Macavity's a ginger cat, he's very tall and thin;  
You would know him if you saw him, for his eyes are sunken in.  
His brow is deeply lined with thought, his head is highly domed;  
His coat is dusty from neglect, his whiskers are uncombed.  
He sways his head from side to side, with movements like a snake;  
And when you think he's half asleep, he's always wide awake.

Macavity, Macavity, there's no one like Macavity,  
For he's a fiend in feline shape, a monster of depravity.  
You may meet him in a by-street, you may see him in the square -  
But when a crime's discovered, then *Macavity's not there!*

### **She Sights a Bird, She Chuckles** **by Emily Dickinson**

She sights a Bird - she chuckles  
She flattens - then she crawls  
She runs without the look of feet,  
Her eyes increase to Balls

Her Jaws stir - twitching - hungry  
Her Teeth can hardly stand  
She leaps, but Robin leaped the first,  
Ah, Pussy, of the Sand,

The Hopes so juicy ripening  
You almost bathed your Tongue  
When Bliss disclosed a hundred Toes  
And fled with every one

# Colouring Pages



RaisingOurKids.com





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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>

Registered Charity Number: 1123842 Company Number: 6468412





# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



The Wisdom of a dog...

# DOG LESSONS FOR PEOPLE

Enjoy the simple pleasure of a walk



Run and play daily



Be loyal, faithful, and quick to forgive

Always drink plenty of water

Sometimes it is best to sit close and listen

Follow your instincts

Keep digging until you find what you want

Avoid biting when a growl will do

Accept all of life's treats with gratitude



Love unconditionally



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