

Animal Heroes Activity Pack

January 2022

This belongs to: _____



#LIVE
KINDER 

Animal Welfare.
Worldwide.



#LiveKinder in 2022

Hey kids! Are you excited about the new year ahead? We cannot wait to see what wonderful things this year has in store for us. Let's start the year off by living kinder towards each other, animals, and the planet!

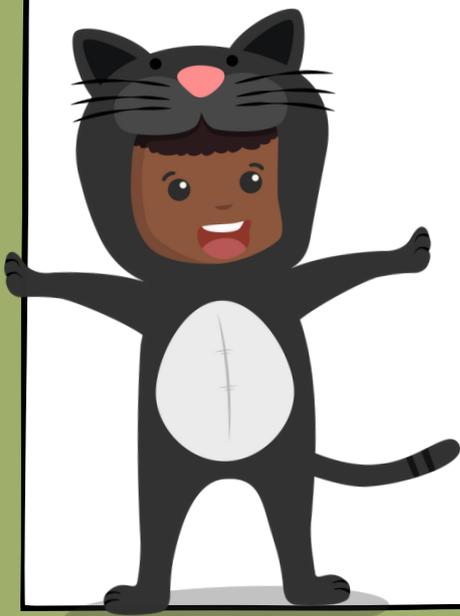
Eshaan the Elephant has some cool tips on how you can #LiveKinder in 2022 – tick the ones you think you want to try and do:

- Be an animal hero by reporting any animals you see suffering or being abused to your local SPCA.
- Animals are not here to be our entertainment so please don't support circuses with animals or shows with sea animals like dolphins or any wild animals performing for human entertainment. These are very cruel.
- Help the wild birds in your garden or open spaces in your neighborhood and make a DIY bird feeder in your backyard, on your stoep or in your local park. Birds also rely on clean, fresh water so water fountains and bird baths are great.
- If you are a meat eater, try going vegetarian for one month. If you are vegetarian, try 2 vegan recipes a week. The less farmed animals and animal products you eat the kinder you are to animals, the planet as well as your health.
- Ask your family if you can start an Animal Emergency Facebook or WhatsApp group for your street, township, or immediate community to alert one another if pets are lost, you see or find stray, abandoned or injured animals. You can also use this to discuss other animal issues and share education and information.
- Celebrate your birthday a bit differently this year by being paw-some and giving back to animals. Ask your family and friends to bring dog and cat food to your birthday party and then you can donate the food to your local animal shelter.



Get creative with Carla the Cat

Show how you will make 2022 the year of living kinder to animals. You can draw, make a collage from pictures you cut from magazines or newspapers, go digital and do it online, or even write a short story or a poem...



January = Veganuary

Do you remember in last year's November pack we learned about World Vegan Day? Well, many people call the month of January, Veganuary. Veganuary is a 30-day challenge where people try and eat only plant-based foods in January. Why not give it a try?



**I'm Paula and I am vegan.
I love all animals and I don't want
them to suffer. I have learned that
it is healthier to eat more foods
made from plants.**



Join Dan-Dan and pledge to be an Animal Hero



Hey Dan-Dan,
what are you
doing?



I am making a
promise for animals that I
will try and keep
the whole year.



That's so cool Dan-Dan,
I'm going to sign it too!
And then I'll stick it up in
my room!



Or you can even stick it
on the fridge or a
cupboard where you can
see it every day! This is
so cool Dan-Dan!

Dan-Dan's Animal Hero Pledge



My name is

.....

and I am taking Dan-Dan's
Animal Hero pledge to do what I can to
protect animals in 2022.

I promise to #LiveKinder and to be
kinder in what I eat, what I do and in the
way I treat animals and the planet.

I promise to:

1.....

.....

2.....

.....

3.....

.....

International Zebra Day

Who lives in Africa, looks like a horse, and has white and black stripes all over?
A ZEBRA OF COURSE!

On 31 January we celebrate these beautiful striped animals from Africa on International Zebra Day. Zebras are closely family members of horses and their babies are even called foal just like a horse. They have thick bodies, thin legs, a tufted tail, and a long head and neck with a short mane – and of course their black-and-white striped coat!

Let's learn about zebras:

- There are 3 main species of zebras – the Grevy's, mountain and plains zebra. The plains zebra is the most common one. Some species or groups of zebras are endangered, which means there aren't that many left of them.
- They are herbivores so they eat only plants.
- Zebras are fast! They can run up to 70 km per hour. That's as fast as an ostrich - the world's biggest and fastest bird.
- They stand up straight when they sleep!
- Zebras like living and travelling in a group called a herd and sometimes they even team up with friends like antelope and wildebeest.
- They can live up to their 25th birthday!

Sadly, zebras need our help. Their homes in the wild is getting smaller and smaller, and there is less and less food and water available for them in the wild. They are also hunted (poached) and their skin and body parts are used for jewelry, fashion, and decoration.

How can you help zebras?

- Don't support people or places who use zebras to make money, like zoos and circuses.
- Only visit and see zebras who are living in the wild, and not ones living in cages.
- Don't buy zebra skins or jewelry and handbags made from their skin hair



So what's the deal with the stripes?

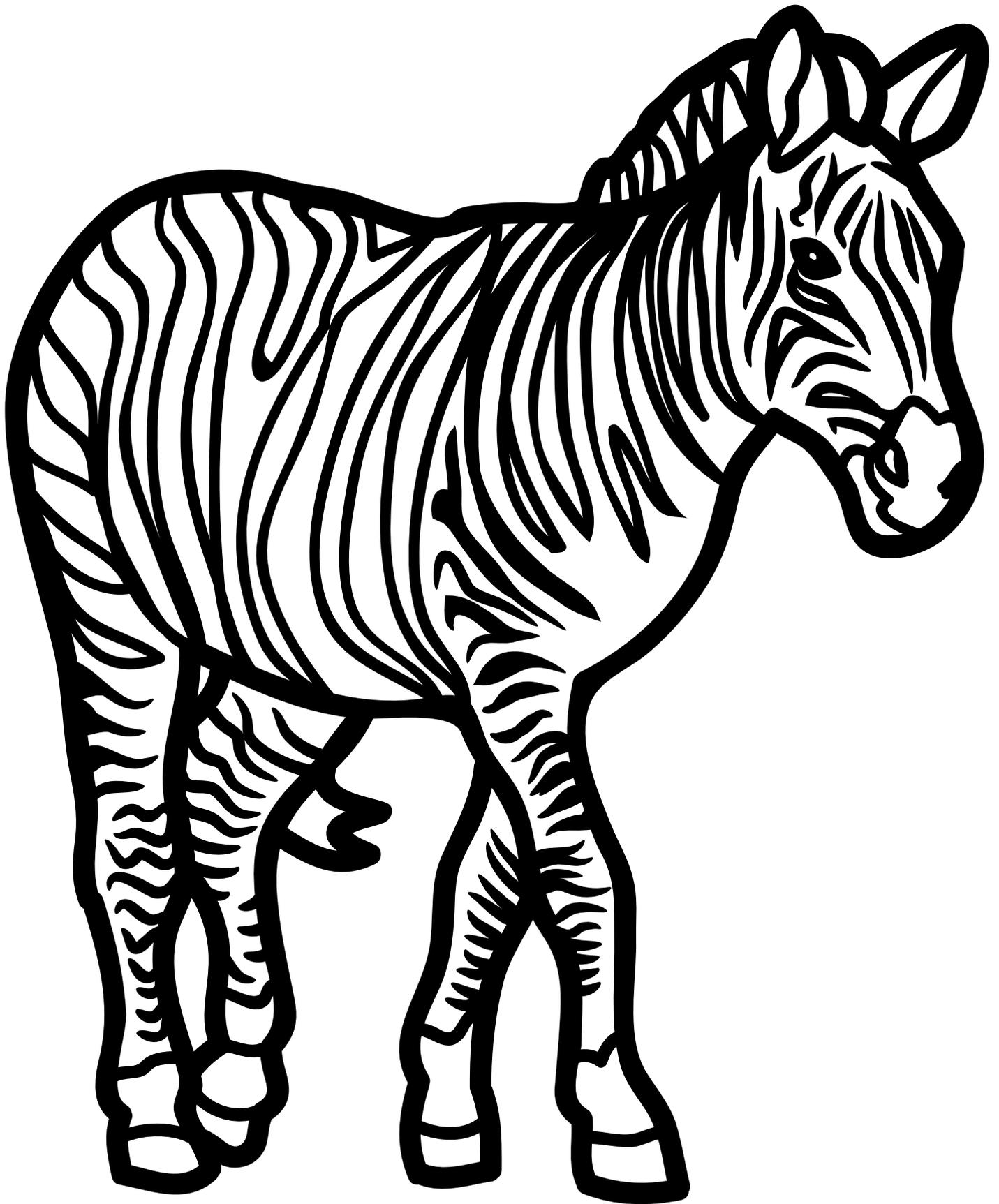
- Each zebra's stripes are unique and no zebra looks the same. It's like our fingerprints!
- They use their stripes to camouflage in long grass and hide from predators like lions.
- Some say their stripes keep insects like flies and mosquitoes away.
- Their stripes also work like a natural sunscreen.
- When a baby zebra is born their stripes are reddish-brown and the older they get, the darker the stripes become.



DID YOU KNOW?

We don't only have lions and other big cats at our LIONSROCK Big Cat Sanctaury in the Free State, but also many zebras who call this piece of Free State veld their home.

Design your own zebra - color this zebra in your favorite colors!



Meet Ivan & Cornel

Ivan and Cornel are two playful brothers from Serbia. These lions were born in Belgrade Zoo in 2008 and in 2009 they were bought for private keeping. They were not kept in a nice place and had to find a new home - and soon! Luckily FOUR PAWS was asked to help, and we managed to get them to South Africa where their new lives in a new and safe home was waiting for them.

Ivan and Cornel have been living at LIONSROCK Big Cat Sanctuary since 2012 and recently celebrated their 13th birthdays. The brothers are very close to one another and are always seen side-by-side - they even look very much alike, even their manes look similar!

Their favorite activities include watching their neighbors Kara and Lea, laying on their structure in the sun and practicing their cat naps.

Did you know?

Lions can sleep up to 20 hours a day! They spend between 16 and 20 hours each day resting and sleeping. They save their energy by resting during the day and then become more active at night when it is cooler.