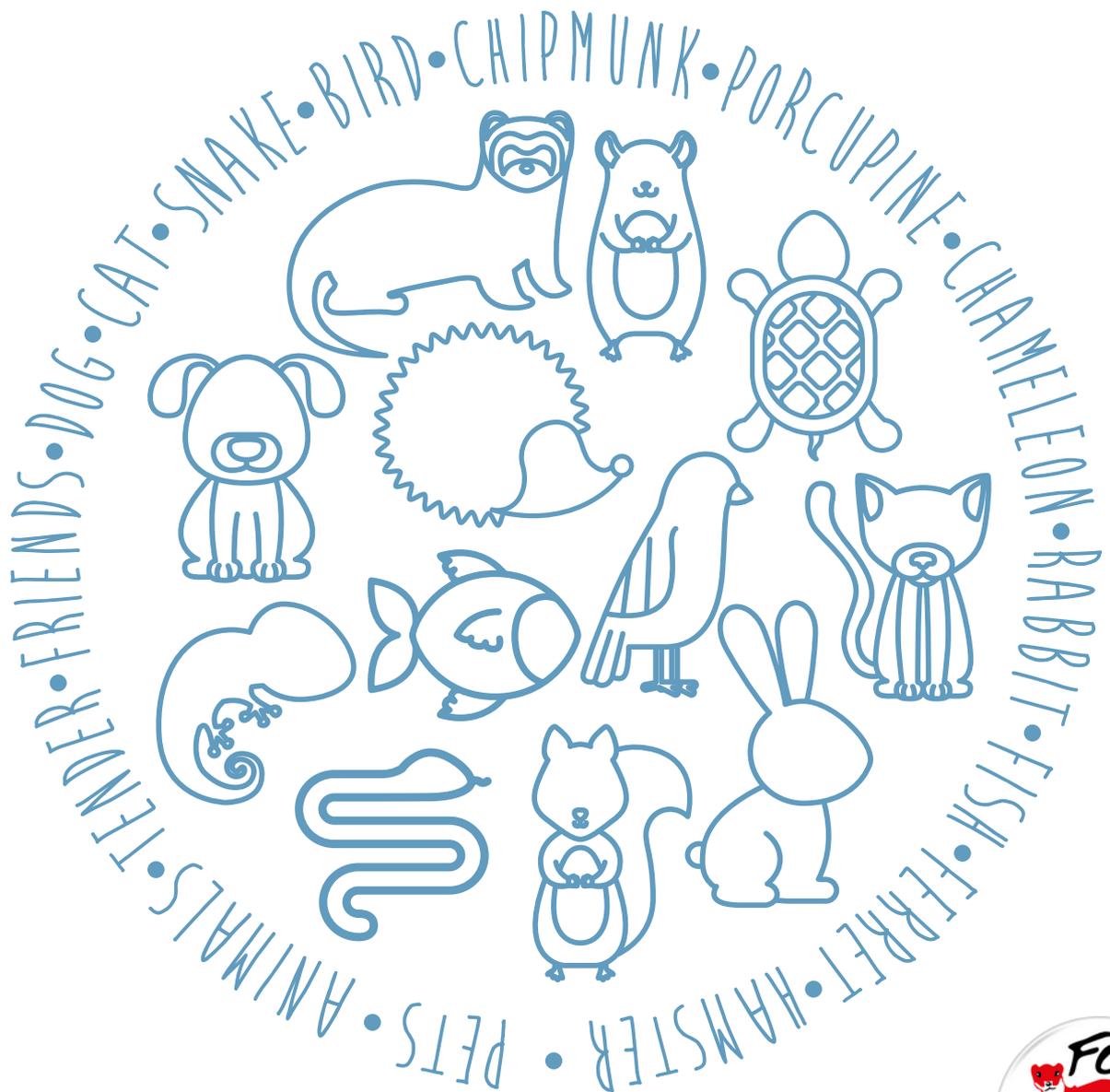


Animal Heroes

Kids Club

October Activity Pack

Name: _____



World Animal Day

Hey kids! It's our favorite time of the year! Every year on 4 October, World Animal Day is celebrated all over the world. This special day reminds us to stand up for animals, to take care of them and ensure they are treated with respect, empathy and understanding. The good news is that this special day doesn't have to stop after October 4th. You can make every day World Animal Day!

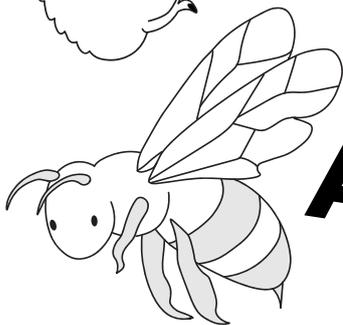
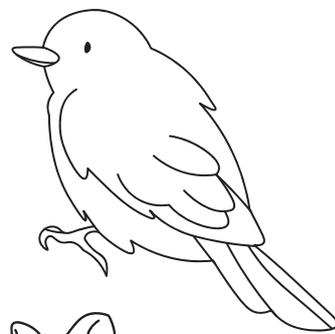
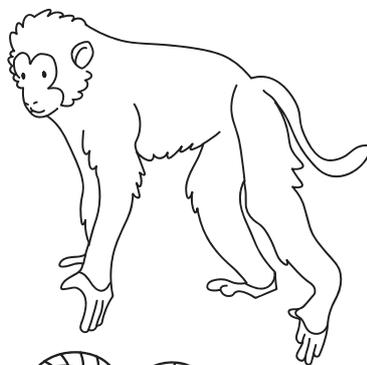
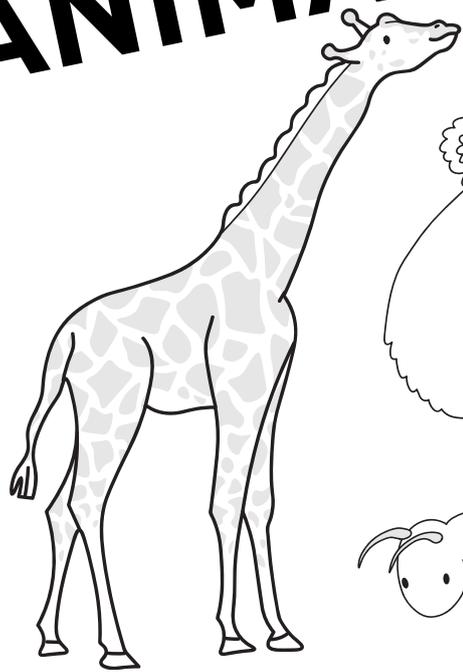
Here are some paw-some ways you can celebrate World Animal Day every day and be an Animal Hero in your family, school, community, or town:

- Be the voice of all animals: speak up if you see animals being abused, going hungry or being hurt. You should contact your local animal welfare organisation if you see people treating animals badly.
- Know who your local animal welfare organisation and law enforcement agency are and how to contact them, so you can phone them regarding animal cruelty.
- Be a responsible pet owner: make sure your pets have food and fresh water every day!
- Look out for pets who are left without water during the day and be an Animal Hero by providing them with a recycled plastic container like an old ice cream container with fresh water.
- Care for the farm animals in and around your community like cows, sheep, donkeys, and pigs by ensuring they have enough water and shade.
- Sterilise your pets and encourage your friends, family, and neighbours to have their pets sterilised too. This reduces the number of unwanted animals across the country!
- Speak up when you see or hear about people using their dogs for hunting or dog fighting as both are illegal and very cruel.
- Remember to keep your family activities kind! Avoid places where animals are used for entertainment, kept in cages, touched, cuddled, or used for close selfies.

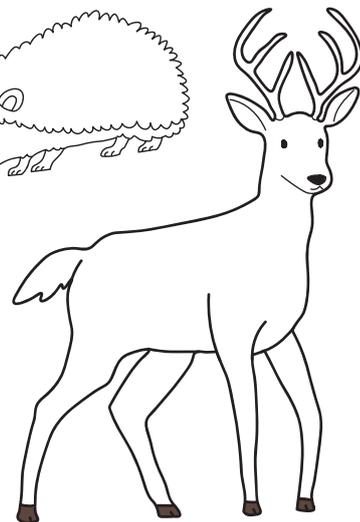
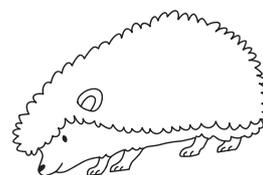
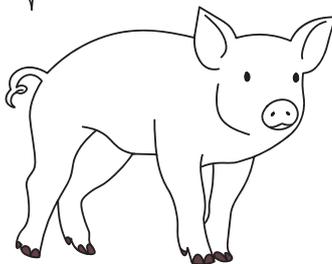
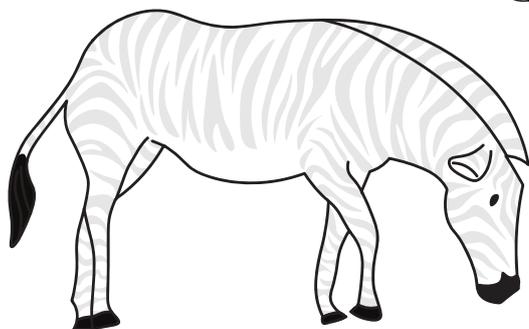
Remember Animal Heroes:

“It takes nothing away from a human to be kind to an animal” - Joaquin Phoenix

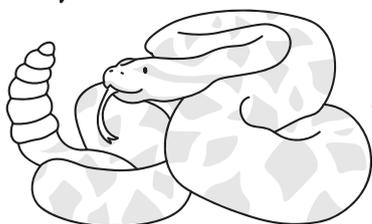
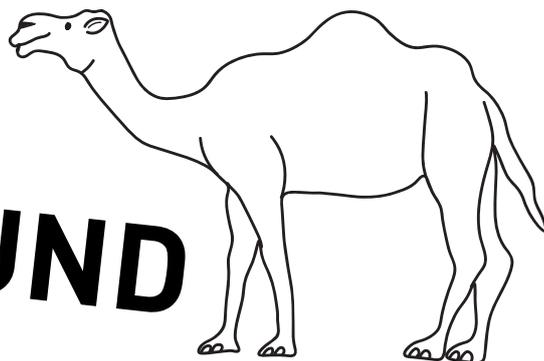
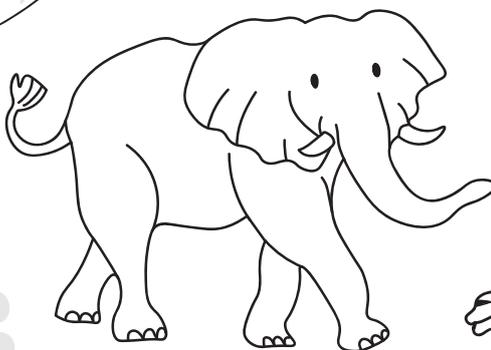
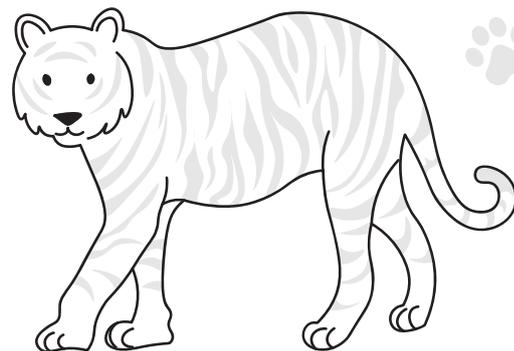
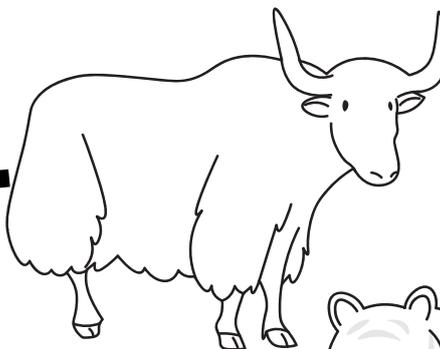
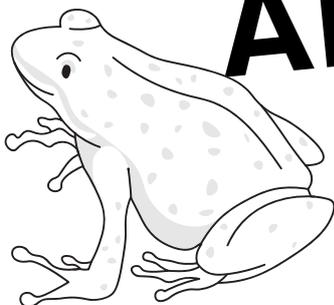
ANIMALS



ARE



ALL



AROUND

Let's write our own Acrostic Poem in celebration of World Animal Day!

Did you know?

An acrostic poem is a where you choose a word and use each letter of that word to start a new sentence or line. The sentence or line has to say something about that person or topic.

Now write your own World Animal Day Acrostic Poem here:

A ll of us should love animals, its so easy to do

N ever can I hurt animals, how about you?

I _____

M _____

A _____

L _____

D _____

A _____

Y _____



World Vegetarian Day



Hey kids, remember to eat your veggies! On 1 October we celebrate World Vegetarian Day, but what does it mean to be a vegetarian?

Get ready to learn about Vegetarianism:

- A vegetarian is someone just like you or me who chooses not to eat animals - so that means no red meat like beef or lamb, chicken, or fish.
- Vegetarians eat yummy foods like vegetables, fruits, nuts, beans, pasta, and bread.
- You can be healthy and happy and live a good, long life without eating animals.

People are vegetarian for different reasons:

- Some people choose to be vegetarian because they think it is wrong and cruel to eat animals.
- Some people choose to be vegetarian because of how bad it is for the planet and the environment, as it takes a lot of land, water, and energy to breed and raise animals for meat.

Remember Animal Heroes:

By eating less meat, you will help save animals and the planet!



If you and your family want to try and eat less meat this month, take a look at our 3Rs Principle:

The 3Rs Principle



Reduce

animal-based products.



Refine

food choices which promote high animal welfare standards.



Replace

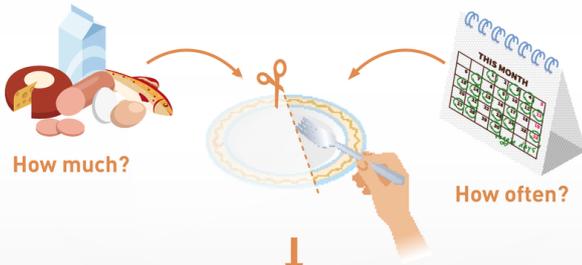
animal-based products with plant-based alternatives.

The 3Rs Principle



Reduce

The less animal-based products we consume, the less animals have to be bred, kept, transported and slaughtered.



Less consumption → Less production → Fewer animals farmed

The 3Rs Principle



Refine

Opt for products which are certified and labeled by high animal welfare standards.

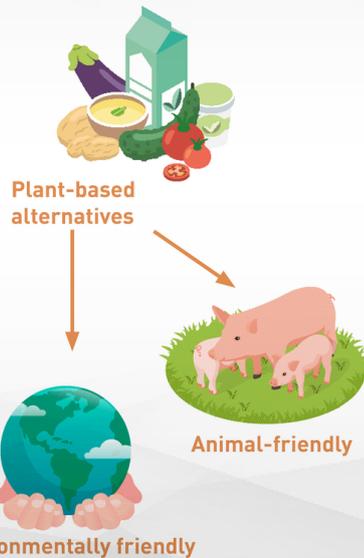


The 3Rs Principle



Replace

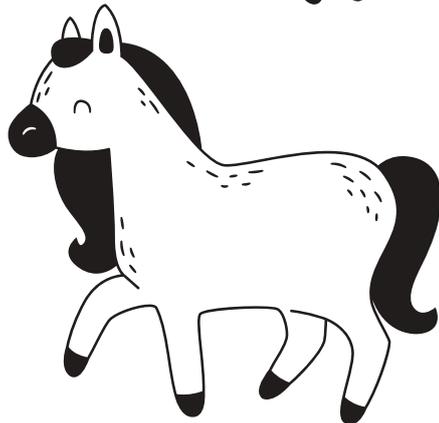
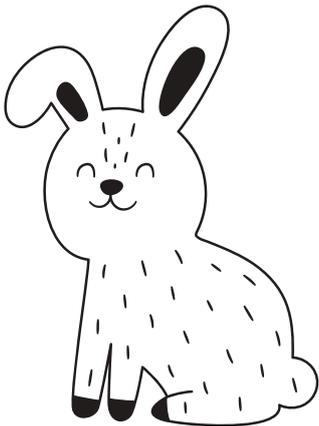
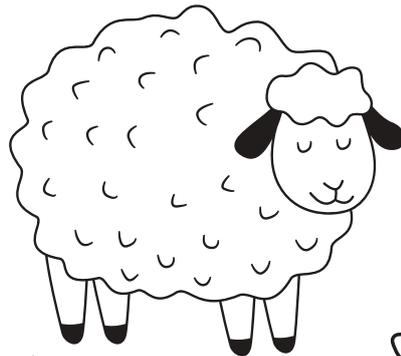
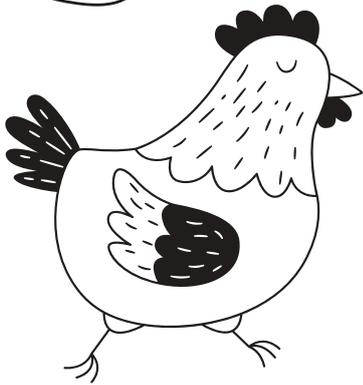
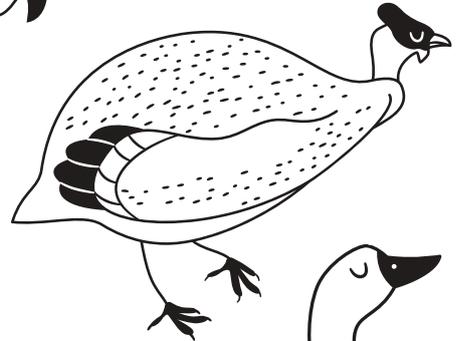
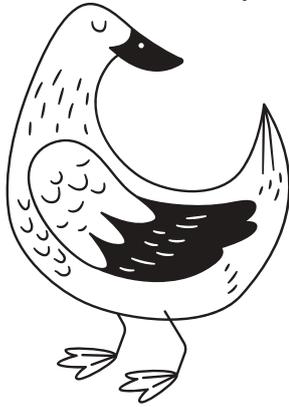
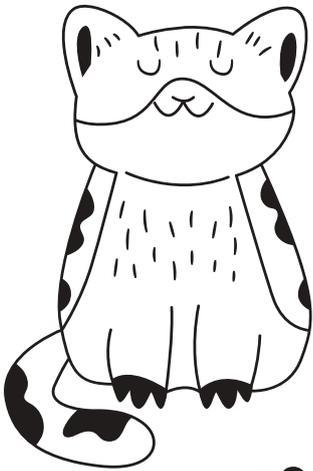
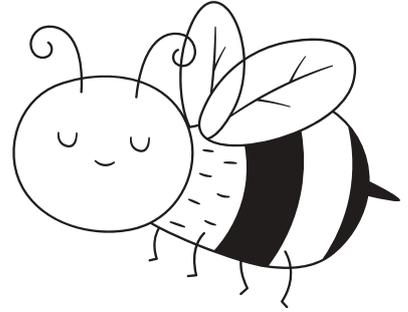
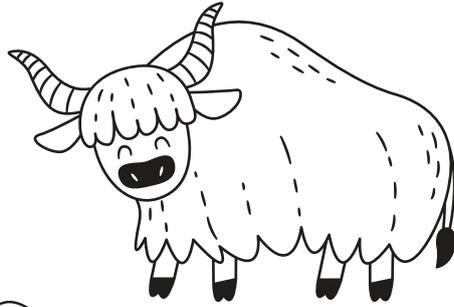
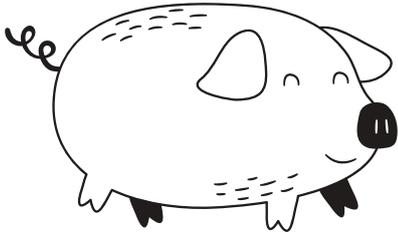
The most animal-friendly diet is a plant-based one. Choosing plant-based more often is one of the easiest ways to help animals, support human health and protect the planet.



Name: _____

Date: _____

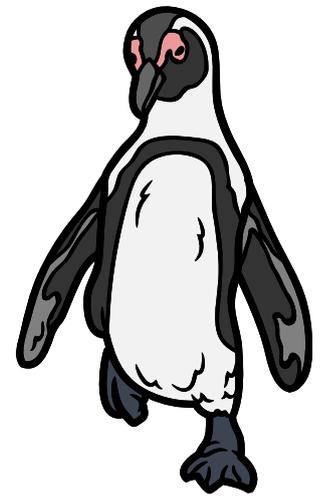
Farm Animal Coloring



African Penguin Awareness Day

Who is black and white, loves fish and swimming in cold water? A PENGUIN OF COURSE!

On 10 October we celebrate our very own, and very special penguins, on African Penguin Day. African Penguins live in colonies (or groups) all along the Western coast and islands between South Africa and Namibia and one of their biggest and most famous colonies is at Boulders Beach in Cape Town.



Let's learn about African Penguins:

- They are between 60–70 cm tall and weigh between 2.2–3.5 kg, that's about as heavy as 3 bags of rice!
- They have black backs, a white face and a black band across their breast.
- Their favorite foods are small fish like sardines, pilchards and anchovies.
- They can live until their 20th birthday.
- They are fast under the water and can swim up to 20km per hour, that's about half as fast as Usain Bolt, the fastest man alive.

Sadly, penguins need our help! There are less and less African Penguins these days because they struggle to find enough food! We learned that penguins eat small fish like anchovies and sardines, but the African Penguins are finding it more and more difficult to find enough food for themselves and their babies. One of the reasons for this is because people are overfishing and there are too few for the penguins, this has meant they are now an endangered species.

How can you help penguins?

- #LiveKinder and leave the fish for the penguins, there are many other yummy foods and vegetables to eat.
- If you find a penguin in trouble contact your nearest wild animal shelter.

Hey kids! Do you flip out over penguins like we do? Then you'll love our easy penguin craft.

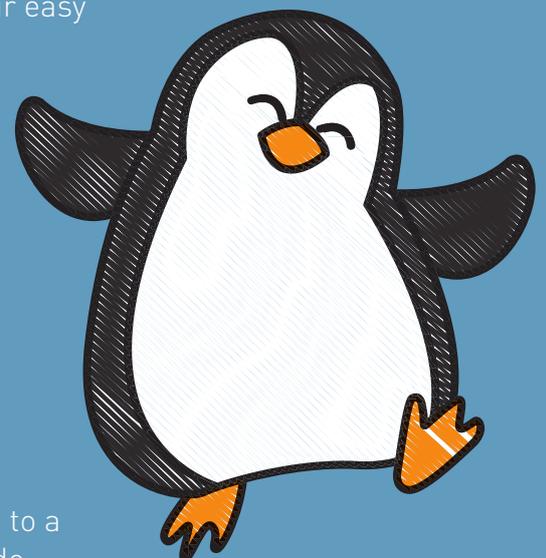
What you'll need:

- Two paper plates
- A pair of scissors
- Some glue
- Coloring in crayons, pencils or kokis

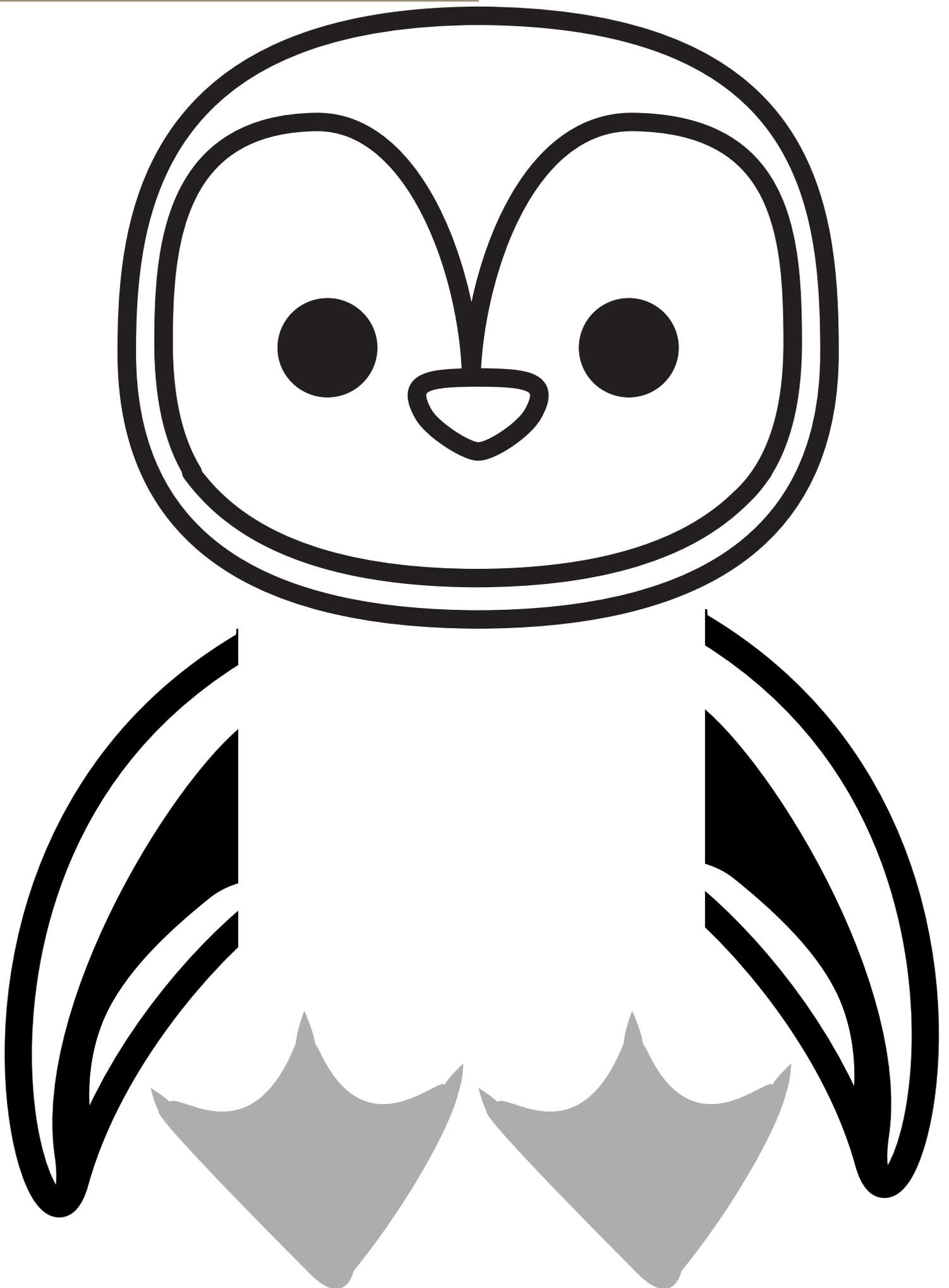
How to make:

- Color in the penguin parts on the template
- Cut them out
- Stick the paper plates together to form a head and body.
- Stick cut outs on your paper plate form.

Hang next to your bed, on the fridge, in your cupboard or give as a gift to a friend or member of your family who loves penguins as much as you do.



Colour & Cut



Meet Kimba the lion

LIONSROCK
Big Cat Sanctuary



Kimba, a male lion, was born on the LIONSROCK property in 2002 when it still belonged to the previous owner. Back then it was a bad place where they did not treat the animals well and hunted the lions. As Kimba got older, he grew into a beautiful big male lion with a wonderful mane. Hunters usually like to hunt the lions with the biggest manes. Kimba's life was in danger because he was going to be shot and killed.

Luckily Kimba and a few other lions living on the farm with him, was saved when FOUR PAWS bought the property. These days Kimba enjoys a good life at LIONSROCK where he gets the high-quality care, freedom, and safety he deserves.

Did you know?

A mane is the long hair on the neck of male lions that usually grows around their heads.



**LIONSROCK IS A FOUR PAWS
BIG CAT SANCTUARY THAT PROVIDES A
LIFELONG HOME FOR RESCUED BIG CATS.**

Add your #LiveKinder activities to this awesome calendar.
Remember to add our October special days.

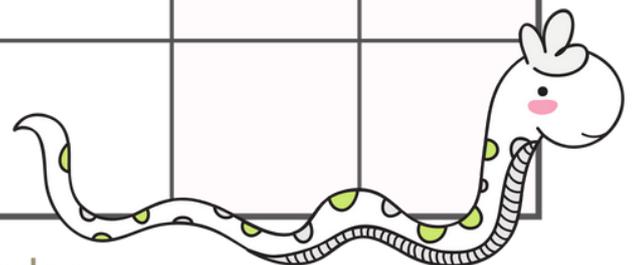
October 2021

Animal Welfare.
Worldwide.



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |



**#LIVE
KINDER** 

We can all #LiveKinder.
Kinder in what we do and they way
we treat animals and the planet.