

# Note to Parents and Teachers

*Be More Like a Dog... and feel good*, is a gentle, strengths-based story designed to help children build simple, lifelong wellbeing habits in a way that feels safe, playful and achievable.

Through Reno the dog, children are introduced to five memorable “feel good” reminders:

1. **Move your body, feel good**
2. **Rest your body, feel good**
3. **Fuel your body, feel good**
4. **Talk to friends, feel good**
5. **Spend time in nature, feel good**

Rather than focusing on rules or perfection, the book encourages small, everyday actions that support physical health and positive relationships. Without pressure or judgement, the book uses repetition and rhythm to encourage healthy daily routines.

## **How This Book Can Be Used**

### **At Home**

- As a shared bedtime or family reading book
- To start conversations about healthy routines
- To gently encourage sleep, movement or balanced eating
- To reinforce positive friendship behaviours
- As a reminder that wellbeing habits can be simple and fun

### **In the Classroom**

- As part of Health and Physical Education lessons
- During morning meetings or wellbeing blocks
- To introduce discussions about physical/ emotional health
- Alongside visual cue cards or posters
- As a springboard for goal setting and reflection activities

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## **This story supports children to:**

- ✓ Notice how their body feels
- ✓ Recognise when they need rest
- ✓ Choose foods that help them feel energised
- ✓ Reach out to friends and trusted adults
- ✓ Spend time outdoors and connect with nature
- ✓ Understand that small habits make a big difference

Importantly, the book reassures children that:

- It's okay to feel tired or sad sometimes
- They can take small steps to feel better

Above all, this book aims to empower children with simple tools they can use every day — reminding them that feeling good often starts with small, healthy choices.

Thank you for sharing this story with your child and for supporting their journey toward lifelong wellbeing. 🐾