This Activity is for an Animal Therapy lesson which will take 2 class periods.

Materials:
- Play-doh, classmate and animal if possible

Activity:

1. Students will have a partner, they will have a 3 ounce container of play-doh.
2. Students will flatten the play-doh into a 2” by 3” square, take turns practicing 5-15 pounds, 16-20 pounds and finally 21-30 pounds of pressure with thumb.
3. Students will have the teacher come to grade and approve their pressure point play-doh.
4. Students will practice on each other, they will find a pressure point on the partner and do the series of three pressures with the thumb. The partner will need to be an active participant and should feel 3 different pressures.
5. Finally, practice on an animal if available.

Purpose:

It is important for students to learn therapies for any animal whether it is companion, show, Equine Sports or recreational. Trigger Point therapy is the final lesson in the Animal Behavior Unit Focusing on Animal Massage Therapy. Students with a high interest can obtain Certifications, and possible career opportunities for Animal Massage Therapies.