#### Wheel of Wellbeing

# **People Activity: Virtual Pet Show**

An activity from Robyn Wilson (WoW Practitioner, Townsville)



## Overview of the activity

Encourage community connection with a fun virtual pet show that celebrates the bond and benefits of our furry friends.

# Why do this?

The bond between humans and animals is ancient and can support both our <u>physical and mental</u> <u>health</u>. Owning a pet can led to improved <u>cardiovascular health</u>, lower cholesterol levels and facilitate increased physical activity. Pets can give us a sense of purpose, make us feel safer, less alone and can make us laugh. They can also enhance our <u>social connectedness</u> - they are great conversation starters! So, try this virtual pet show activity and watch people bond over their pets.



### **Instructions**

- Advertise activity 'Virtual Pet Show' (include lots of funny pet pics in the email).
- Allow at least a week for the activity to run, 3+ days to bring or send in photos and 2+ days for voting.
- Encourage people to enter a photo of their pet with a pet bio.
- Choose categories e.g. Most Beautiful Pet; Best Dressed Pet; Naughtiest Pet; Very good boy/girl; Best Captioned pet photo.
- Include an entry fee (optional and donate to local pet rescue organisation).
- Create a real or virtual wall of "PAWsomeness" so everyone can see the entries.
- Use a container for each category and either make tokens or use a ticket book for people to write their votes on.
- Add up the votes and give out awards to the winners either make or buy rosettes or just print them off the internet and stick on the wall.

