

# What a Therapy Dog Can Teach Us

Courage To Risk 2026

**Erin De Assis, M. Ed. & Poncho**

[www.creativesystemsforeducation.com](http://www.creativesystemsforeducation.com)

erin@cs4education.com



## -Skills a Therapy Dog Can Teach Students-

### **Skill #1**

Supporting students to practice their **READING, WRITING, MATH, PRESENTING and COMMUNICATION** skills.

### **Skill #2**

Teaching students about how to be safe with a dog, by learning its body language.

### **Skill #3**

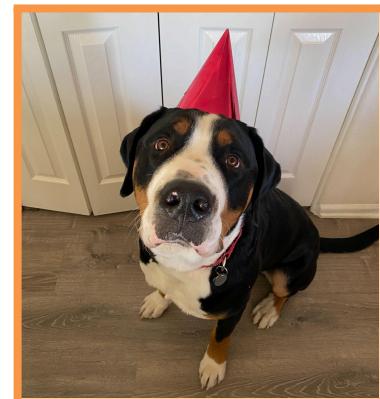
Dogs need problem-solving, brain stimulating activities every day to stay regulated.

### **Skill #4**

The Hippocampus and Amygdala go **CLICK!**  
AKA Memories + Emotions (Inside Out)  
AKA Remembered Past + Sensory Present (Dr. Barrett)

### **Skill #5**

*"Poncho loves and accepts me just the way I am, and wants me to feel better."*  
**Co-regulation!**  
Also, it's important students see themselves in the dog's story, and life experiences.



Notes:

## -Applying Poncho-Inspired Strategies in Your Classroom-

### Strategy #1



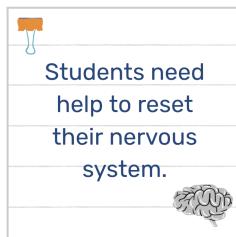
Make the power of the CLICK work *for* you!

### Strategy #2

Students need consistent creative, problem-solving tasks to regulate their brains.

Activate students' niche through creativity.

### (A Preface) and Strategy #3



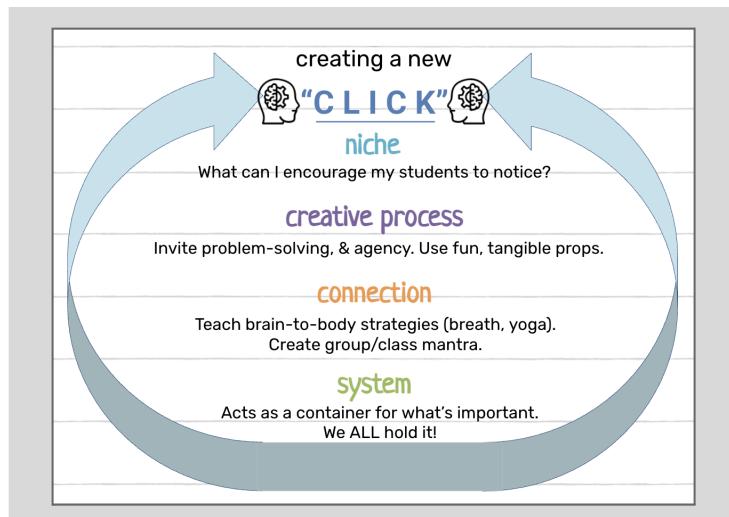
### Strategy #4

Systems make efforts more sustainable, by increasing agency.

Introduce strategies that help the brain reset, with practices that promote connection.

Systems help transform predictable problems.

What are some predictable problems in your day or week?



Additional Notes: